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**USPSF is proud to present:  
Championship Weekend 2023  
Workplan**

**USPSF National Championships  
Canada National Championships  
Pan American Championships  
Classique World Championships**

**August 11-13, 2023  
Savannah, Georgia, USA**

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## Championship Weekend

The championships are open to both amateur and competitive athletes. The goals are to assemble sports friends as a global family, to create new friends, and to exchange knowledge, expertise, and experiences within the multi-sport community of POSA, USPSF, and its partners.

### Up-to-date information:

- USPSF Competitors 2023 WhatsApp: <https://chat.whatsapp.com/DT6KpbnIHwECOoDYsMQxyU>
- Official USPSF Webpage: [www.uspsfcompetitions.com](http://www.uspsfcompetitions.com)
- POSA Webpage: [www.posaworld.org](http://www.posaworld.org)
- Facebook: [US Pole Sports Federation](https://www.facebook.com/USPoleSportsFederation)
- Instagram: [@uspolesportsfederation](https://www.instagram.com/uspolesportsfederation)

**Place of arrival:** Savannah, Georgia, USA

**Date of arrival:** Starting August 10, 2023

**Pole Championships:** August 11-12, 2023

**Aerial Championships:** August 13, 2023

**Date of departure:** August 14, 2023

### About Classique Competition and Showcase

Classique and Showcase are not a part of the POSA-recognized championships. However, we present this division under the permission of POSA as a championship separate from POSA. We have included it in this work plan to consolidate and provide clarity in schedules.



## Officials and Organizing Committee

### Pole Sports & Arts World Federation (POSA)

#### POSA Official Committee (OC)

President	Davide Lacagnina
Vice President	Tamas Katus
Vice President	Mariana Eichelbaum
Vice President	Katrina Wyckoff
General Secretary	Eleonora Soldano
General Secretary	Elisa Gozzi
General Secretary	Yofre Blanco
Head of Events	Sara Cavara
Head of Ethic	Cesare Bianchi
Treasurer	Franco Tinelli
Head of Antidoping	Jyrki Rantanen

#### POSA Technical Committee (TC)

President	Alessandra Marchetti
Vice President	Natalia Guseva
Member	Vanessa Costa
Member	Yana Romanova
Member	Asta Pussinen
Member	Veronika Pavlova
Member	Darina Lyushenko
Member-Supervisor	Tamas Katus





### Official POSA Contact Address

POLE SPORTS & ARTS WORLD FEDERATION

Via Pietro Bernasconi 3,

CH- 6883 Novazzano,

Switzerland

Tel.:+41765967337

E-mail: [contact@posaworld.org](mailto:contact@posaworld.org)

### Official USPSF Contact Information

President	Katrina Wyckoff	<a href="mailto:president@usapolesports.org">president@usapolesports.org</a>
Vice President	Odette Tan	<a href="mailto:vp@usapolesports.org">vp@usapolesports.org</a>
Athlete Chair	Ashley Robinson	<a href="mailto:athletechair@usapolesports.org">athletechair@usapolesports.org</a>



# Competition Information

## Running Order and Schedule

The running order of the competition will be made by the official representatives of USPSF after the deadline for athlete applications (July 10) has closed. USPSF reserves the right to make changes to the schedule based on registrations to ensure the best running of the competition.

Thursday, August 10		
Arrival of Athletes		
TBD	Workshops	Savannah Cirque
Friday, August 11		
7:30 am	Pole and Aerial Athlete Check-In Opens	Georgia International Gallery
TBD	Workshops	Savannah Cirque
8 am to 3 pm	Stage Rehearsals for Pole and Aerial Athletes	Chatham Ballroom A
4 pm	<b><u>Pole Art</u></b> Pole Art America Championships Canadian National Championships Pan-Am Championships <i>Awards Ceremony immediately following</i>	Chatham Ballroom A
Saturday, August 12		
8 am	Doors Open for Athletes	Chatham Ballroom A
10 am	<b><u>Pole Sport</u></b> US National Championships Canadian National Championships Pan-Am Championships <i>Awards Ceremony immediately following</i>	Chatham Ballroom A
6 pm	<b><u>Aerial Hoop Classique</u></b> US National Championships World Championships <b><u>Pole Classique</u></b> US National Championships World Championships <b><u>Showcase</u></b> <i>Awards Ceremony immediately following</i>	Chatham Ballroom A





Sunday, August 13		
8 am	Doors Open for Athletes	Chatham Ballroom A
10 am	<p><b><u>Aerial Silks Art</u></b>            US National Championships            Canadian National Championships            Pan-Am Championships</p> <p><b><u>Aerial Silks Sport</u></b>            US National Championships            Canadian National Championships            Pan-Am Championships  <i>Awards Ceremony immediately following</i></p>	Chatham Ballroom A
4 pm	<p><b><u>Aerial Hoop Art</u></b>            US National Championships            Canadian National Championships            Pan-Am Championships</p> <p><b><u>Aerial Hoop Sport</u></b>            US National Championships            Canadian National Championships            Pan-Am Championships  <i>Awards Ceremony immediately following</i></p>	Chatham Ballroom A

### Competition Format

The **USPSF National Championships, Canadian National Championships, and Pan American Championships for Pole Sport, Aerial Sport, Pole Art, and Aerial Art** will take place in conjunction with each other with athletes competing in their routines once. Athletes from the US and Canada will have the opportunity to compete for ranking in their respective countries and ranking in Pan American Championships. The top three from both the US and Canada National Championships and the winner from the Pan American Championships will qualify for POSA World Championships 2023. Only one registration fee is required to be considered for both the Nationals Championships and Pan American Championships. (Separate registration fee is required to compete in POSA Worlds.)

### The USPSF Classique National Championships and Classique World

**Championships for Pole Classique and Aerial Hoop Classique** will take place in conjunction with each other with athletes competing in their routine once. Athletes from the





US will have the opportunity to compete for ranking in the US and for a ranking in the World. Athletes not from the US will receive a World Ranking. Only one registration fee is required to be considered for both USPSF Nationals Classique Championships and Classique World Championships.

**Showcase** is not a judged category. Athletes may showcase their routines for an opportunity to perform on stage, get exposure, and enjoy their moments.

### **Visa**

Please check whether you need a visa to enter the United States of America. Athletes should work with their delegation/federation for help on visas. Head of delegations may email [president@usapolesports.org](mailto:president@usapolesports.org) for an official invitation to the competition.

### **Registration and Accreditation**

Athletes must do their registration on the website:

<https://USPoleSportsFederation.as.me/?appointmentType=category:National%20Championships>

Registration is:

\$150 per athlete/Group Mix/Showcase per routine by June 25, 2023

\$175 per athlete/Group Mix/Showcase per routine from June 26 – July 10, 2023

Accreditation will be carried out at the Athlete Check-In table. Heads of the Delegation or their representatives will have to bring a copy of the Medical Certificate/Diploma for medical personnel. We will collect and record these certificates. Please note that without this document, accreditation of the medical personnel will NOT be released.

Registered athletes and coaches will have access to certain controlled zones. Accreditation ID cards, given at registration, must be visibly worn throughout the whole event, and is non-transferable, and necessary to access the warm-up and competition area.

Athletes who are registered to compete will also receive a pass to watch the competitions. Please come and support the other athletes when possible.





## **Insurance**

POSA Technical Regulations stipulate that all participating federations or athletes must assume all costs concerning medical insurance (illness and accidents). The USPSF has the right to verify the validity of the insurance upon arrival of the athletes (policy insurance, original or copy).

Athletes entering the USPSF CHAMPIONSHIP WEEKEND without valid medical insurance will be disqualified.

## **Rehearsal information**

Rehearsals are on August 11, and each athlete will be sent the rehearsal schedule shortly after registration closes. Rehearsals will be located in the warm-up room and at the competition stage. Access to these areas will only be granted to the athletes wearing the Athlete ID card and only during the times reserved for their rehearsal.

Stage rehearsals will be without music playing over speakers. Each athlete will have a minimum of 1-1:30 minutes to rehearse on the stage.

## **Access to the Competition Area**

The competition area is accessible to the members of the various juries, competing athletes and their accredited coaches, local group leaders, the auxiliary personnel of the Jury, the President of the POSA Medical Commission, the official doctor, the team doctors, medical staff and to persons concerned with the apparatus. A team medical person is permitted to accompany the athletes and coaches during all Competitions.

Interpreters may not enter the competition area without the permission of the President of POSA/TC and USPSF.

The competition area is strictly forbidden to all other people.

The use of any kind of electronic device (video, mobile phones, etc.) is strictly forbidden in the competition area. Please note that, according to the decision of the Executive Committee of POSA, if a mobile phone or any other electronic communication device is used in the competition area during the entire competition, the person concerned (athlete and/or coach) will be immediately expelled. The athlete will not be ranked and will not be







authorized to participate in the remaining competitions. If this rule is violated by a coach, all his/her athletes will also be expelled.

Professional photographing and filming of the performances are under written permission from the organizing committee.

## **Pole & Aerial Apparatus**

The pole competition stage will have two 13 ft tall, 45 mm stainless steel X-Poles. There will be several X-Pole 45mm stages available in the warm-up room.

Aerial equipment provided by USPSF:

- The aerial hoop will be a single tab and have an inside diameter of 95 cm. The diameter of the hoop tube is 24 mm.
- The aerial silks will be white with medium elasticity and approximately 24 ft long. There will be an additional 24 ft long black silk option with low stretch. The stage truss will be approximately 25 ft high.

Aerial athletes may bring their own silk or hoop for the competition provided that they meet the requirements as listed in the Aerial Code of Points. Carabiners and swivels will be provided by the USPSF. The USPSF will not be responsible for the loss or misplacement of their own equipment.

## **Regulations**

USPSF Championship Weekend will take place under the following regulations:

- The current Codes of Points 2023 and the following remarks, or documents issued by the POSA.
- The current POSA and USPSF Rules & Regulations
- WADA International Regulations.
- The POSA Antidoping Rules
- The current POSA General Judges' Rules (Code of Ethics).

Documents, including Difficulty sheets, can be downloaded at the links below:

<https://uspsfcompetitions.com/documents> and <https://www.posaworld.org/documents/>



## List of Difficulty Elements

For POLE SPORT and AERIAL SPORT Competitions ONLY: Athletes must submit their Difficulty Sheet by August 1, 2023, to <https://forms.gle/oPWC7H14gxuFYFgDA>.

To limit printing problems, we will accept Difficulty Sheets in PDF format only. Each file will have to contain the following information:

- The name of the nation (official abbreviation of the country);
- The first and last name of the competitor(s);
- The category;
- The competition;
- **Example: USA\_Chloe\_Walther\_Masters50Women\_AerialHoop.pdf**

**Any athlete who changes something in the declaration of the elements must bring 8 copies of their new Difficulty Sheets before the Sport competition begins.**

## Concept

Optional for ART and CLASSIQUE Competitions: Please send us the theme, concept of your intended routine, and props through the Concept Form. Props will only be allowed through approval of the Concept Form. Any changes to your theme/concept must be approved by USPSF. Athletes must send their Concept Form by August 1, 2023, to <https://forms.gle/oPWC7H14gxuFYFgDA>.

## Music

To limit the technical problems with the music used for the competitions, we accept music in an MP3 format only. All music used during the USPSF CHAMPIONSHIP WEEKEND 2023 must be submitted online. Athletes must send their music by August 1, 2023, to <https://forms.gle/oPWC7H14gxuFYFgDA>.

Each music file will have to contain the following information:

- The name of the nation (official abbreviation of the country);
- The first and last name of the competitor/s;
- The category;
- The competition;
- The length of the music;
- **Example: USA\_Chloe\_Walther\_Masters50Women\_AerialHoop\_3min30s.mp3**





In addition, competitors need to bring their music with them to the venue on the competition day on a USB stick as a backup.

If you need help, please contact us at: [athletechair@usapolesports.org](mailto:athletechair@usapolesports.org)

### **Scoring and Distribution of Results**

Once the competition has finished, the results will be posted on the USPSF website. All Sport athletes can be provided Difficulty score information by request sent to [michelle@usapolesports.org](mailto:michelle@usapolesports.org) by September 13, 2023. Results may no longer be available after that date. No other additional scoring information will be released.

### **Awards Ceremonies**

The ceremonies in the competition venue will take place at Chatham Ballroom A. All athletes in that competition must be present and on stage for the award ceremony.

### **Doping control**

Any doping is prohibited. Anyone found to be doping may be disqualified according to POSA Rules & Regulations & POSA Code of Points.

### **Medical services**

Please see USPSF's Emergency Preparedness Plan regarding necessary medical services.





# The Jury

## Jury Composition

- 1 Head Judge fixed by draw
- 2 Difficulty Judges fixed by draw
- 3-5 Artistic Judges fixed by draw
- 3-5 Execution Judges fixed by draw

## Inquiries Procedure

Inquiries for the difficulty scores will be allowed if they are made verbally **immediately** after the publication of the score or at the very latest before the end of the routine of the following athlete (then 4 minutes). For the last athlete of a rotation (rotation=group of athletes, for example, 1st Group of athletes during the competition is called “rotation”), this limit is one minute after the score is shown on the scoreboard.

The person designated to receive the verbal inquiry will have to note the time of receiving it, which will start the procedure. Only the accredited coaches present in the competition area will be entitled to submit an inquiry. **Late verbal inquiries will be rejected.**

A federation will not be allowed to complain against an athlete from another federation. The inquiry will have to be confirmed in writing as soon as possible, but at the latest within 4 minutes after the verbal inquiry, and will require an agreement of payment of **150 USD** for the first complaint, **300 USD** for the second complaint, and **600 USD** for the third complaint. Should the inquiry not be confirmed in writing within 4 minutes, then the procedure will become obsolete.

Should the inquiry prove correct and be accepted, this sum will be reimbursed. Every inquiry will be examined immediately by the **Superior Jury** and a final decision, which may not be appealed, will be made very soon, at the very latest:

- At the end of the rotation for the qualifying competitions or the end of all-around competitions.
- Before the score of the following athlete is shown for the finals.

The detailed procedure is laid down in the respective POSA Code of Points.



## **Tie Breaking Rule**

See the POSA Code of Points in case of a tie at any position at the end of competitions.





## Event Information

### Competition Venue for USPSF Championship Weekend

#### Savannah Convention Center

One International Drive, Savannah, Georgia 31402

<https://www.savconventioncenter.com/>

### Official Hotel

#### The Westin Savannah Harbor Golf Resort & Spa

1 Resort Drive

Savannah, Georgia 31421

[The Westin Savannah Harbor Golf Resort & Spa Website](https://www.marriott.com/event-reservations/reservation-link.mi?id=1671049934486&key=GRP&app=resvlink)

We have negotiated room blocks at this hotel because it is next to the Savannah Convention Center. Book your discounted room using this link.

<https://www.marriott.com/event-reservations/reservation-link.mi?id=1671049934486&key=GRP&app=resvlink>

The discount is valid until July 10, 2023.

There are also many other hotels in the vicinity.

### Transportation

The Savannah Convention Center is conveniently accessible by two main interstates. It's also easily accessible by Amtrak and the Savannah / Hilton Head International Airport, which offers direct flights from major cities every day. The Savannah International Airport is only a 20-minute drive.

Uber, Lyft, and taxi cab companies are available for ground transportation to/from the airport and around Savannah.

Attendees who plan to travel by car to the Savannah Convention Center will find ample onsite parking close to the facility's main entrances. Parking rates are currently \$5.00 per car per day.





A three-minute complimentary ride from the Savannah Belles Ferry landing provides access between the Convention Center to Savannah's iconic River Street and Historic District seven days a week from 7 a.m. to 10:00 p.m. There are also free Express Shuttle services around the Historic District running seven days a week from 10 a.m. to 8 p.m.

### **Tickets for Spectators**

Tickets for spectators can be purchased starting July 10 at <https://uspsfcompetitions.com>. Ticket prices and more information will be included at that time.

### **Local Training Studio**

All athletes participating in competitions who wish to train during Championship Weekend can train at this facility. They have a separate competition pole room available for training with 14 ft tall stainless steel Lupit poles spaced 9 1/2 feet apart. They have 2 pulleys for lyra setups or rigging silks. Aerial hoops that are available: 1) tabless, 36" diameter, 1-inch bar 2) tabless, 32" diameter, 1.25-inch bar 3) single tab, 37" diameter, 1.25" bar. They also have 20 ft usable length low stretch silks. Please contact the studio separately to book training time.

### **First City Fitness & Savannah Cirque**

2125 E. Victory Dr. Ste. A

Savannah, GA 31404

<https://firstcityfitness.com/>

Phone: 801.673.6737





## Deadlines Checklists

### Competitors:

- The deadline for all athlete's EARLY registration is on June 25, 2023
- The deadline for all athlete's registration is on July 10, 2023
- The deadline for Difficulty Sheet, Concept Form, and music is on August 1, 2023
- Bring your music on a USB stick as a backup
- Bring your insurance

### National Federations/Head of the delegation:

- The deadline for the National anthem is on August 1, 2023 (for Pan Am Awards Ceremony). Please email [athletechair@usapolesports.org](mailto:athletechair@usapolesports.org).
- Bring the National flag for your delegation (for Pan AM Awards Ceremony)
- Bring a copy of the Medical Certificate/Diploma for medical personnel to the accreditation center
- Each accreditation person (other than the athlete) must purchase a coach's pass.







## Emergency Preparedness Plan

The following is our Emergency Preparedness Plan; which will be fully developed specific to our competition venue and published on the USPSF website the week of the competition weekend. Written copies will also be made available in the reception area.

### Contacts

This section will include:

- A list of contacts with their roles and responsibilities. This will include who is the point person that will receive and communicate emergency alerts and warnings to others.
- Process or point person for sharing information with relevant groups of people in their preferred language.
- Where each USPSF committee member will generally be located within the venue so that others can find should staff members need to be contacted.
- A floor plan of the competition venue and competition-specific areas.

### Evacuations

This section focuses on courses of action to evacuate the competition venue and area.

USPSF staff will discuss and determine with the competition venue representative:

- Where to safely move competitors and visitors through an evacuation route to designated assembly area(s). This may include alternative evacuation routes if the primary evacuation route is unusable.
- How to evacuate individuals with disabilities and others with access and functional needs.
- Designated shelter-in-place locations, including potential areas if competitors are outside of the competition area.
- Locations of fire extinguishers and smoke alarms within the competition venue. A map will be provided with the locations of fire extinguishers.

### Communications and Warning

This section includes communication and coordination during emergencies and disasters as well as communication of emergency protocols. USPSF staff will provide the following:

- News agencies for visiting competitors to learn about the weather, other local disasters, and emergencies.





- How the competition venue contacts police, fire, and emergency medical services.
- How the USPSF will communicate with competitors and audience members before, during, and after an emergency. Methods may include phone, email, text, app notifications, social media, or other communication methods.
- How the USPSF will communicate to competitors as the emergency impacts the competition schedule.

## **Health and Medical Emergencies**

This section describes the courses of action that the USPSF will implement to address medical emergencies. USPSF will coordinate these efforts with the appropriate emergency medical services, law enforcement, fire department, and other emergency representatives. USPSF will determine the following:

- Designated person(s) that will be providing initial first aid during an emergency. These person(s) will be easily identifiable with a uniform and will promptly share and report information and medical situation to the local health department.
- List of additional staff who have relevant training or experience, such as in first aid or CPR.
- With coordination from the competition venue, ensure emergency medical supplies (eg. First aid kits, AEDs) are located within the competition area. A map will be provided of these locations.

