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# Guidelines, Rules & Regulations



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## Athlete Requirements

### All athletes must meet the following conditions:

1. The minimum age of all athletes is 6 years old. The minimum age of Classique athletes is 18 years old.
2. Athletes must have a valid ID document for their country (Passport, ID card, etc.). All Athletes that compete from outside of the USA will compete in the International Open category.
3. Minors will have to show a legal guardian's ID for authorization and a parent consent form.
4. US Athletes must prove that they have health insurance valid through the competition date.
5. All competitors **MUST** know the Rules and Regulations of this competition and sign that they have read and understood all rules.
6. Athletes are responsible for printing out the Rules and Regulations. USPSF will not provide hard copies.
7. Before and during the entire competition contestants are not allowed to do any of the following: drink alcohol, take or use any substance that alters mind consciousness, take/use any forbidden stimulants such as steroids, etc. Any violation of these rules will immediately disqualify the contestant.
8. **ALL registration and video fees are non-refundable** regardless of ANY medical issues or other reasons that may arise after the decision to apply has been made. Athletes will sign that they understand this rule regarding the fees.
9. Athletes may not train with or talk to judges about the competition after the judges have been selected. Failure to abide by this rule will result in disqualification.



## Divisions and Categories

### Competitions

- Pole Sport
- Pole Art
- Classique
- Aerial Hoop
- Aerial Silks

### Divisions

- Amateur
- Competitive
- Para Athlete

### Categories (Men and Women)

- Varsity (6-9 years)
- Junior A (10-14 years)
- Junior B (15-17 years)
- Junior B Doubles (15-17 years)
- Senior (over 18 years)
- Senior Doubles (over 18 years)
- Masters 40+ (over 40 years)
- Masters 50+ (over 50 years)

### Suggested Requirements:

#### Competitive Division

- Previously competed in any Competitive / Pro or Amateur competition.
- For Pole Sport and Aerial Hoop and Silks - Able to execute moves within the Competitive level range

#### Amateur Division

- New to competition or has competed but have never won.

#### Doubles

- Athletes must be from the same category and can be same-sex or mixed gender.



- Athletes can participate in the individual and doubles in the same competition.

### **Masters**

- Athletes over 40 years can participate in the Senior Category provided that their technical level is enough.

**The USPSF reserves the right to move competitors from one category to another if that athlete is better qualified for that other category. Athletes that have previously competed at a higher level or division may not apply for a lower division with the USPSF.**

## **Rules and Regulations**

### **Conduct:**

- Athletes must fully read their Competition's required documents.
  - All competitors must read the USPSF Rules and Regulations document.
  - Pole Sport athletes must fully read the POSA Pole Sport Code of Points and POSA Rules and Regulations.
  - Pole Art athletes must fully read the POSA Pole Art Rules & Regulations and POSA Rules and Regulations.
  - Classique athletes must fully read the USPSF Pole Classique Rules & Regulations.
  - Aerial Hoop and Silk athletes must fully read the POSA Aerial Hoop and Silk Code of Points and POSA Rules and Regulations.
- Athletes must engage in proper conduct at all times while involved in the competition.
- No nudity, no G-strings or thongs, and no pasties. Violation of this requirement will lead to immediate disqualification.
- No explicit language is to be spoken on stage at any time.



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- No bullying, disrespect, or defamation of any other contestant will not be tolerated either on stage or backstage.
- Excessive touch or rubbing of intimate body parts is not permitted in this competition. This is a very subjective area and the committee will be happy to review any concepts in which you may need to include this type of movement to express your theme.
- Athletes may not be under the influence of drugs or alcohol at any time during the competition.
- Athletes agree to submit required documents, music, videos, and payments on time. Failure to do so will result in points deducted from the overall score or disqualification.
- Athletes agree that all private correspondence will be by email. Each athlete is responsible for checking his/her email promptly and for providing USPSF his/her correct email address. Submit all inquiries to [athletechair@usapolesports.org](mailto:athletechair@usapolesports.org)
- Group announcements will be made via email.
- Failure to check email is not an excuse for missing deadlines or announcements.
- Athletes who display unprofessional behavior via social media will also be disqualified from competing with the USPSF.
- Defamation, whether public, private, or online of fellow competitors, judges, the USPSF, or the POSA World Federation will not be tolerated. This behavior is grounds for immediate disqualification and future sanctions by the USPSF.

## Theme/Concept

Please send us the theme or concept of your intended routine at the time of application. Please feel free to send inspirational photos, videos, and/or a storyline of your theme/concept. This should be a concise and well-thought-out description of the character or story that you would like to portray on stage. Any changes to your theme must be approved by USPSF.



## Music

- Radio edits only. No explicit lyrics are allowed in music unless approved by USPSF.
- Contestants are responsible for the correct settings of the music. USPSF cannot edit audio files, adjust volume or background noise from the file. Music can be a mixture of different songs and may contain lyrics.
- Original mixes or combination of several songs is allowed.

## Props

**Props are allowed in Pole Art and Classique and must be approved by USPSF through the Concept Form.**

### **Prohibited:**

- Actual or realistic looking weapons of any kind
- Liquids of any kind
- Glass
- Sand/ Glitter
- Sharp implements of any kind (knives, scissors, etc)
- Fire
- Props may not leave a residue or mess onstage

## Fees

- Registration is when you submit to be a part of a USPSF Competition.
- All fees must be paid in full at the time of registration and are non-refundable. There are no exceptions.



## Video Requirements for Virtual Competitions

**Videos must be submitted on time. Any videos after that date will be disqualified and no refunds will be given.**

### Poles

- Athletes must perform on two poles, one static and one spin.
- Chrome, stainless steel, or brass finishes are accepted.
- Use of “stage poles” is accepted if they meet the other requirements.
- If possible, it would be preferred for athletes to use the correct set-up of two 12-foot poles that are approximately 9 feet apart with static on stage right and spin on stage left (from performer point of view, facing audience). However, we realize this may not be possible for everyone. The athlete will not be deducted if the correct height of poles or distance between poles is not able to be used.

### Lighting

- The performance should be well lit to allow for proper judging of the video.
- Lighting changes are not allowed during the video.

### Video Requirements

- The athlete and their entire body must be visible for the entire judged performance.
- Please film your video in the horizontal plane.
- The camera must be placed to give a “straight on” view of the performance area. The athlete may lose points if the camera is put at the side of the room or at an angle and the judges cannot accurately judge presentation angles of moves.
- The camera must be stationary for the entire performance and may not be zoomed in or out.
- Please ensure that the video is recorded in 1080p (1920 x 1080), as this is considered HD and will ensure the best video quality.
- Video must be submitted in .mov or .mp4 format.
- Routine must be recorded specifically for the competition. Videos from previous competitions or live performance events will not be accepted.

### Video Editing

- Athletes are allowed to record as many times as they would like to get the run-through that is the best. However, you cannot edit or splice videos together.



- Submissions must be of one continuous video.
- Overlaying music on top of the video is not allowed.
- Please name your video file as follows: Name - Competition – Division – Age Category. For example: Jane Doe – Pole Art – Amateur – Masters 40+Women

### Potential Deductions for Video Submissions

	Deductions
Body parts beyond ankles/wrists going off camera	-0.5 Points per time
Video not on a Horizontal Video Setting	-1 Point one time
Moving of the Camera	-1 Point one time

### Failure to Comply

- At the sole discretion of the Head Judge, penalties may be incurred if the video requirements are not met.
- At the sole discretion of the Head Judge, the Head Judge may deem a video disqualified if failure to comply with video guidelines makes it so the video is not able to be judged fairly. In this case, the Head Judge may also decide to not have the video aired in the online competition stream.

## Poles for Live Competitions

The poles will be between 12 and 14 feet in length and approximately 9 feet apart. From the view of the audience, the static pole will be on the left and the spin pole will be on the right. The poles will be one-piece poles but may be either chrome, brass, or stainless steel.

## Photography & Video

The contestants explicitly agree that all footage and photos can be used by USPSF for promotional, advertising, and commercial purposes indefinitely.

All photo/video material will remain the property of USPSF indefinitely.



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## Judging

The competitor with the highest number of points will win 1st place, with 2nd and 3rd place awarded in descending order.

The USPSF reserves the right to not broadcast or share any routine if they feel the competitor is showing a health or safety concern or has violated any rules or regulations listed above.

***The decision of the judges is final.***

## Contact Info

Any questions, comments, and concerns on all required athlete submission materials/info must be sent to: [athletechair@usapolesports.org](mailto:athletechair@usapolesports.org)