

# International Pole and Aerial Sports Federation

## Code of Points – Mid-Cycle Update

### Aerial Hoop Sports & Aerial Pole Sports

## Appendix

2025



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## **APPENDIX TO IPSF CODES OF POINTS**

### **Introduction**

The IPSF has 8 different disciplines, each with their own code of points. This appendix has been created to amend the different codes of points with essential updates that have arisen through the testing of the codes mid cycle at IPSF National Championships and the IPSF World Championships. Any points raised in this document supersede the existing rules and regulations in each code. Each point below corresponds to each code and will be added to the respective future codes in the next applicable cycle.

The amended points are listed in accordance to which codes they apply to, as well as the respective sections and page numbers in each code.

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## AERIAL HOOP SPORTS

### CATEGORIES

#### Categories

- Pre-Novice (Mixed)
- Novice (Mixed)
- Junior (Mixed)
- Senior Women 18+
- Senior Men 18+
- Senior Women 30+
- Senior Men 30+
- Masters 40+ Women
- Masters 40+ Men
- Masters 50+ (Mixed)
- Doubles Youth (Mixed)
- Doubles Senior (Mixed)

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### TECHNICAL BONUSES

#### **CARTWHEELS: AERIAL CARTWHEEL AND FLOOR BASED CARTWHEEL**

##### **Cartwheel: Aerial**

Aerial Cartwheel (starting and ending on the hoop): **CWA (Max +0.8 pts)**

An aerial cartwheel refers to a cartwheel that is performed on the hoop, starting and ending on the hoop, flipping sideways. In this cartwheel the athlete should have contact with the hoop only and no contact with the floor. The legs are moving one after another. The cartwheel must fully rotate, with head over heels (i.e., a full 360° rotation), in a dynamic manner while maintaining contact with the hoop for at least a portion of the rotation. A full rotation will be considered based on if there is a full 360 degree rotation where the hips must pass straight over the head at some point in the movement. Twists are prohibited (see penalties). **+0.4**

##### **Cartwheel: Floor based**

Floor-based Cartwheel (starting and/or ending on the floor): **CFW (Max +0.6 pts)**

A floor-based cartwheel refers to a cartwheel that is performed on the hoop, starting and/or ending on the floor, flipping sideways. In this cartwheel the athlete should have contact with both the floor and the hoop for at least a portion of the rotation. The legs are moving one after another. The cartwheel must fully rotate, with head over heels (i.e., a full 360° rotation), in a dynamic manner while maintaining contact with the hoop for at least a portion of the rotation. A full rotation will be considered based on if there is a full 360 degree rotation where the hips must pass straight over the head at some point in the movement. Twists are prohibited (see penalties). **+0.3**

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**Combining spins with other spins: SP (Max +3.0 pts)**

Refers to all spins combined with a spin (see definition of spins). Each spin position in this combination must rotate a full 720° before changing into the next spin position (which must include a change in body position), and the transition must be direct. The spin is counted from when the position is fixed. **+0.5**

Three spins can be combined for this technical bonus. When combining three spins for a point value of 1.0, each spin must be in a fixed position and rotate 720° before changing into the next spin position (which must include a change in body position), and the transition must be direct; the code to use is **SP/SP. +1.0**

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**Dynamic combinations on hoop: DC (Max +4.0 pts)**

Dynamic combinations refer to a combination of two separate dynamic movements (see definition of dynamic movement) where the body is in a powerful control of momentum. There must be 2 clearly differentiated movements. The athlete must demonstrate a high level of control of centripetal force where at least one part of the body releases from the hoop. Dynamic movements can include rolls, acrobatic catches, jump-outs, etc. They should be executed in quick succession with no pause between the two dynamic movements to be awarded this bonus. **+0.5**

When Dynamic combinations are made up of 2 other singular bonuses, the DC must be indicated in brackets (for example, AC + AC (DC) or HD + JO (DC)). When Dynamic combinations are made up of 1 singular bonus and any other dynamic movement, the DC must also be indicated in brackets (for example, HD (DC) or AC (DC)). When Dynamic combinations are not made up of singular bonuses but rather only 2 separate dynamic movements not allocated to singular bonuses, the DC must be indicated without brackets.

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**Floor-based Contact Flip (starting and/or ending on the floor): FCF (Max +0.6 pts)**

A floor-based hoop flip with contact refers to a flip that is performed on the hoop, starting and/or ending on the floor, flipping backwards, forwards or sideways. In this flip, the athlete should have contact with both the floor and the hoop for at least a portion of the flip. The feet should start moving at the same time and stop moving at the same time, and should move simultaneously during the flip. The exception is in the preparation for the flip, where the athlete may use a leg to build momentum. The flip must fully rotate-in a dynamic manner while maintaining contact with the hoop for at least a portion of the flip. A full rotation in the flip will be considered based on if there is a full 360 degree rotation where the hips must pass straight over the head at some point in the rotation. The direction in which the athlete is facing will be determined by the direction in which the hips are facing – the hips are thus the anchoring point for all flips. Twists are prohibited (see penalties). **+0.3**

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**SINGLES - OVERALL BONUS POINTS (AWARDED ONE TIME):****Flexibility elements (Max +2.0)**

Flexibility refers to the flexibility of the legs, back, hips and shoulders. In order to display the highest LOD to the judges, the athlete should perform movements, combinations, and transitions with full extension and mobility. This includes but is not limited to compulsory elements or elements from this Code of Points – ALL flexibility components in the routine are considered.

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**Strength elements (Max +2.0)**

Strength refers to strength of the arms, core, and legs. In order to display the highest LOD to the judges, the athlete should perform both upper body and core strength elements and combinations. Holding and controlling a strength element (such as a front plank) for two (2) seconds or more will display a higher LOD. This includes but is not limited to compulsory elements or elements from this Code of Points – ALL flexibility components in the routine are considered.

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**Balance elements (Max +2.0)**

Balance elements refer to balancing on different parts of the body, e.g., stomach, hips, back, shoulders, legs. Holding and controlling the balance for two (2) seconds or more will display a higher LOD. This includes but is not limited to compulsory elements or elements from this Code of Points – ALL flexibility components in the routine are considered.

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## TECHNICAL DEDUCTIONS

### Fall

A definition of a fall is a sudden rapid uncontrolled drop where the athlete lands on the floor but not on their feet (where the final position on the feet is not held). A fall interrupts the flow of the performance, causing a momentary stop. This can be from any position on or off the hoop. **-3.0**

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### Poor presentation of the element

This refers to elements executed with poor positioning or a poor angle to the judges so the element cannot be seen fully. This applies to components performed both on the floor and on the hoop. **-0.5**

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### Slip

A definition of a slip is when an athlete performs a movement and they temporarily and unintentionally lose control of the positioning of their body or part of their body on the hoop. This is a rapid, sudden and uncontrolled descent on the hoop. This must be only for a brief moment and the athlete is able to correct their positioning almost instantly and thus stop themselves from falling (see Fall). **-1.0**

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### Loss of balance

A definition of a loss of balance is when an athlete performs a movement and they temporarily and unintentionally lose control of their equilibrium both on the hoop and on the floor, as well as transitioning to the floor from the hoop or from the hoop to the floor. This is a rapid and uncontrolled movement. This must be only for a brief moment and the athlete is able to correct their positioning almost instantly and thus stop themselves from falling over (see Fall). This could also be considered if an athlete has to extend another limb to stop themselves from falling. **-0.5**

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## **SINGLES/ DOUBLES - OVERALL DEDUCTIONS (DEDUCTED ONE TIME):**

### Failing to use the hoop on spinning (Singles and Doubles)

The athlete/athletes will be penalised for not spinning the hoop at least two times (2 separate x 720° rotations with momentum - i.e. 2 movements during the same spin are not counted as 2 separate spins) (see definition of using the hoop on spinning) during their routine. For doubles, both partners should spin together on the hoop in a synchronised manner (2 separate x 720° rotations with momentum - i.e. 2 movements during the same spin are not counted as 2 separate spins). Doubles must perform the same spins or mirror image spins. **-2.0**

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## ARTISTIC AND CHOREOGRAPHY PRESENTATION

### **SINGLES/ DOUBLES - ARTISTIC BONUSES:**

The level of creativity refers to the overall routine on and off the hoop.  
Please note: Athletes will be awarded points based on the overall majority of the routine.

- 0 = poor
- 0.5 = fair
- 1.0 = average
- 1.5 = good
- 2.0 = excellent

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## **SINGLES/ DOUBLES - SINGULAR DEDUCTIONS (DEDUCTED PER TIME):**

### **No logical beginning or end to the routine and/or and the routine starting before or ending after the music**

It is important that the athlete edits their music so that it corresponds with both the start and finish of the choreography. There should be a logical beginning and end to the routine that fits to the music. Athletes must begin and end their performance in a position on the stage, visible to be seen by the judges. They must start their routine when the music starts and the athlete's body should stop moving when the music ends. **-0.2**

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## **COMPULSORY**

### **Elite**

#### **Seniors, Masters 40+, Masters 50+ and Junior**

Athletes must select 11 elements:

- four (4) flexibility elements
- four (4) strength elements
- two (2) balance elements
- one (1) athlete's choice (from this Code of Points)

### **Professional\***

#### **Seniors, Masters 40+ and Masters 50+**

Athletes must select 11 elements:

- four (4) flexibility elements
- four (4) strength elements
- two (2) balance element
- one (1) athlete's choice (from this Code of Points)

### **Amateur**

#### **Seniors, Masters 40+, Masters 50+, Junior, Novice and Pre-Novice**

Athletes must select 9 elements:

- three (3) flexibility elements
- three (3) strength elements
- one (1) balance element
- two (2) athlete's choice (from this Code of Points)

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## **CATEGORY BREAKDOWN**

### **Seniors, Masters 40+, Masters 50+ and Doubles Senior:**

**Elite** athletes must choose compulsory elements with a technical value of between +0.5 and +1.0

**Professional** athletes must choose compulsory elements with a technical value of between +0.3 and +0.8

**Amateur** athletes must choose compulsory elements with a technical value of between +0.1 and +0.5

### **Pre-Novice:**

**Amateur** athletes must choose compulsory elements with a technical value of between +0.1 and +0.5.

Please note: elite and professional category does not apply to Pre-Novice athletes.

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## **COMPULSORY POINT REQUIREMENTS**

### **Elite Division Compulsory Point Requirements**

**Masters 40+ & Masters 50+** must have a total value of from 6.6 to 11.0 points on their compulsory form

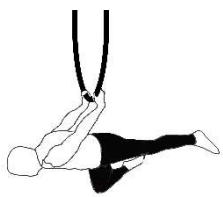

### **Professional Division Compulsory Point Requirement**

**Masters 40+ & Masters 50+** must have a total value of from 5.5 to 8.8 points on their compulsory form

Division	Category	Amount of compulsory moves	Permitted range of the compulsory elements	Permitted range of the total value
Amateur	all categories (Pre-Novice, Novice, Junior, Seniors, Masters 40+, Masters 50+, All Doubles)	9	between +0.1 and +0.5	from 1.1 to 4.5
Professional	Seniors, Masters 40+ and Masters 50+	11	between +0.3 and +0.8	from 5.5 to 8.8
Professional	Doubles Senior	9	between +0.3 and +0.8	from 4.4 to 7.2
Elite	Novice and Doubles Youth	9	between +0.3 and +0.8	from 4.4 to 7.2
Elite	Junior	11	between +0.3 and +0.8	from 5.5 to 8.8
Elite	Seniors	11	between +0.5 and +1.0	from 7.7 to 11.0
Elite	Masters 40+ and Masters 50+	11	between +0.5 and +1.0	from 6.6 to 11.0
Elite	Doubles Senior	9	between +0.5 and +1.0	from 6.0 to 9.0

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**Leg positions:**

	<p><b>Passé</b> One leg is bent at 90° at the hip and bent at the knee while the other leg is as per the criteria</p>		<p><b>Straddle</b> Both legs are extended or fully extended as per the criteria and open</p>
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\* Please note: if the minimum criteria require fully extended legs, but the definition requires only extended legs, the minimum criteria take preference, overriding the definition.

\*\* Please note the criteria on the split angles: The split angle must remain the same from all angles/perspectives and the legs must be in a straight line where 180 is required. E.g. The split angle must be the same from all angles/perspectives and not just from the side when performing a flexibility element on the spinning pole as the criteria require showing the split angle for 2 seconds.

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**PROHIBITED MOVEMENTS AND PENALTIES**

- All types of lifts and balances with extended arms and where the lifting partner is in an upright standing position and have no contact with the hoop are prohibited. All lifts where the partner is lifted and held above shoulder level with no hoop contact are prohibited.
- The lifting partner may not move in any way when performing an approved lift, including lifts with hoop contact.
- Pre-novice and Novice athletes are not permitted to perform aerial flips (defined as doing air-born flips with no contact with the hoop or the floor) or flip outs (defined as flips starting on the hoop and ending on the floor, with the athlete air-born (i.e. without hoop contact) during the actual flip).

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### HEAD JUDGE PENALTIES

Kiss and Cry	The athlete doesn't arrive before the end of the next routine – i.e. the athlete after them (unless the athlete has a medical issue)	-1 per athlete
	If <u>anyone</u> other than the athlete and/or IPSF recognised coach sits on the Kiss and Cry	-1
Disruptions	Athletes having a cell phone on them on stage during the medal ceremony or on the Kiss & Cry.	-1 per athlete
Grip aids	Pole cleaners cannot remove the residue from the poles in the allotted time (2 minutes)	-5
Presence of jewellery and props not in accordance with Rules and Regulations	Presence of all kind of jewellery/piercings during the routine	-3 per athlete

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### COMPLETING THE FORMS – TECHNICAL BONUS FORM

Extra rows may be added as long as the format of the form is not changed (e.g. columns changed around, rows moved around etc.).

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### GLOSSARY

#### **Body position: Twist**

Body position is where there is rotation on the vertical axis of the spine. The shoulders and the hips do not face the same direction.

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#### **Changing positions (Changing body position)**

Changing positions refers to changing the position of the whole body on the aerial pole. This means changes vertically or horizontally is required. At least one change in points of contact is also required.

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#### **Closed legs**

In a closed leg position, 2 of the following three body parts should be in contact:

- Thighs
- Knees
- Heels / Ankles

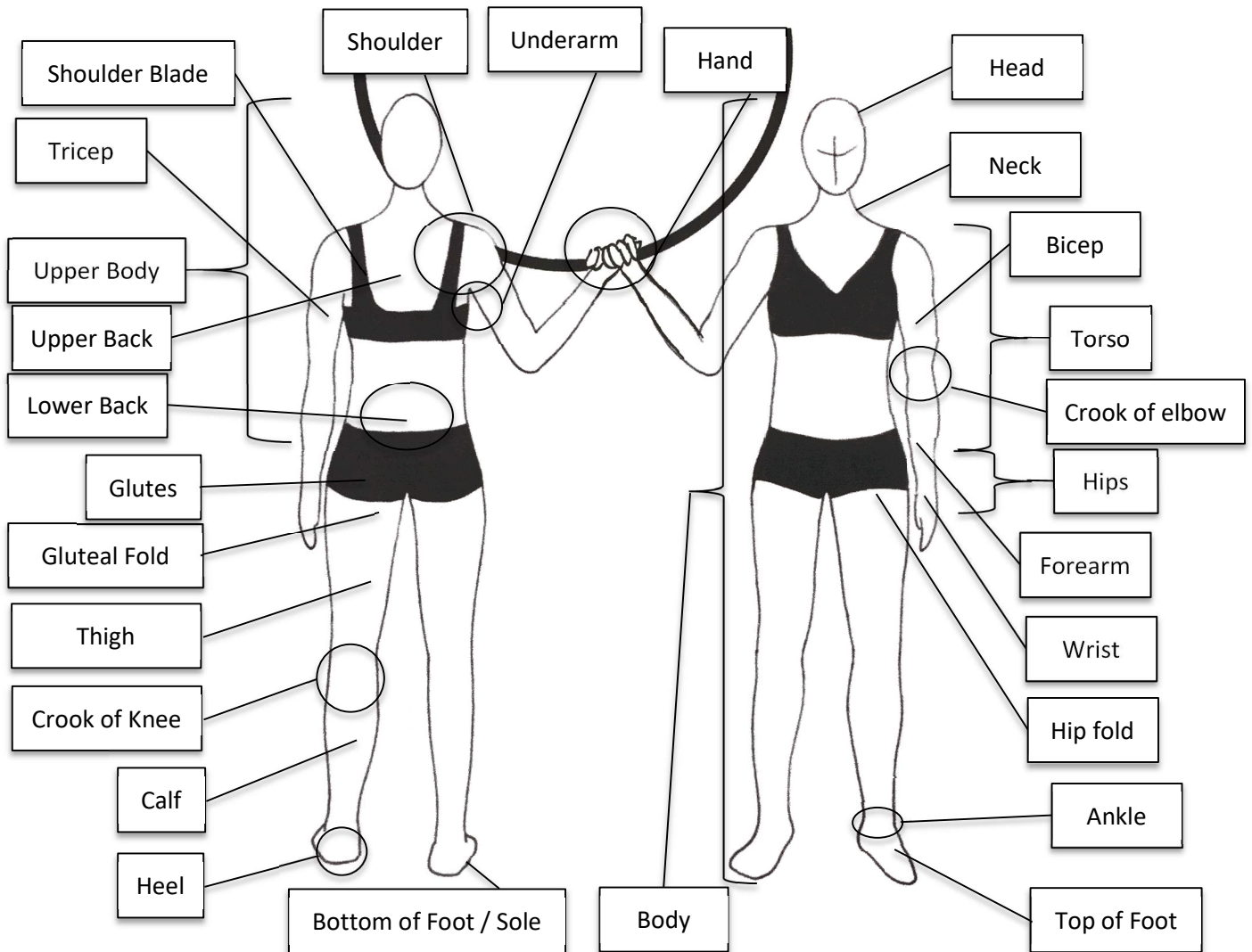
This would mean athletes should have either thighs and knees together, OR knees and heels/ankles together, OR thighs and heels/ankles together.

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## Description of body







Below, please find a diagram and descriptions indicating the regions of the body referred to in the minimum requirements. Please note that the below serves as a reference guide only and is not intended to be 100% anatomically correct.



**Hand:** from fingertips to wrist  
**Lower arm:** from wrist to elbow  
**Upper arm:** from elbow to shoulder  
**Arm:** from wrist to shoulder  
**Crook of elbow:** includes inside of the elbow as well as the upper part of the forearm and the lower part of the bicep

**Body:** from head to toes  
**Upper body:** from head to hips including head  
**Torso:** from shoulders to hips  
**Back:** Below the shoulders and above the glutes, does not include arms, shoulders or neck, but does include shoulder blades.

**Foot:** from toes to ankle  
**Lower leg:** from ankle to knee  
**Shin:** from ankle to knee, front of Lower leg  
**Calf:** from ankle to knee, back of Lower leg  
**Upper leg/Thigh:** from knee to hip bone  
**Leg:** from ankle to hip bone  
**Crook of knee:** includes back of the knee as well as the upper part of the calf and the lower part of the thigh

	<b>Fully extended arm</b>		<b>Fully extended leg</b>
	<b>Micro bent arm (Extended arm)</b>		<b>Micro bent leg (Extended leg)</b>
	<b>Bent arm</b>		<b>Bent leg</b>

When the minimum criteria of an element states Extended (as opposed to Fully Extended), and the athlete performs the element with Full Extended arms/legs, the element will still be awarded. However, if the element says Fully Extended and it is not performed with Fully Extended arms/legs (i.e. with only Extended arms/legs or with Bent arms/legs), the element will not be awarded.

\*Please note: Hyperextension is not a flexion of the joint. Flexion is what creates the bend in the joint which closes the angle of a joint. As hyperextension does not do that, hyperextension will be considered as fully extended.

\*\*Please note: The full extension of the arm is considered from the wrist to the shoulder. The full extension of the leg is considered from the ankle bone to the hip bone.

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### **LOC**

LOC refers to the **Level of Creativity** of a routine. An athlete shows creativity by producing or using original and innovative ideas to create their routine. The higher the level of creativity, the more points are awarded for this element.

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### **Using the hoop on spinning with momentum**

Momentum refers to the speed acquired when performing a spin. Good momentum in a spin means the rotation is at a high velocity and intentional. Lack of momentum in a spin means the rotation is at a low velocity, or results in a pendulum-type movement. Momentum refers to there being a constant rotation without the spin slowing down for a minimum of 720° for it to be considered as momentum in a spin (see definition of spin).

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### **Poor presentation of the element**

This refers to elements executed with poor positioning or a poor angle to the judges so the element cannot be seen fully.

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### **Spin**

The final position of the spin on the hoop must be fixed for a full 720° rotation at minimum. The transition in and out of the spin will not count towards the required minimum rotation. Spins may be performed in clockwise or anti-clockwise directions and in upright, inverted, or horizontal positions. It is also important to note that for spin combinations in the technical bonus section, each spin must be completed correctly to be awarded a bonus.

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## **RULES & REGULATIONS**

### **2. CATEGORIES**

Each of the following Elite categories must be opened at national level for WPAC qualification.

- Senior Women 18+
- Senior Men 18+
- Senior Women 30+
- Senior Men 30+
- Junior Mixed
- Novice Mixed
- Pre-Novice Mixed
- Masters 40+ Women
- Masters 40+ Men
- Masters 50+ Mixed
- Doubles Youth Mixed
- Doubles Senior Mixed

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### **3. AGE**

Age eligibility for each category is determined by the athlete's age at the end of the competitive year, on the first day of the World Aerial Sports Championship.

- Pre-Novice – Ages 6 – 9 on the first day of the WPAC
- Novice - Ages 10-14 on the first day of the WPAC
- Junior - Ages 15-17 on the first day of the WPAC
- Senior 18+ - Ages 18-29 on the first day of the WPAC
- Senior 30+ - Ages 30-39 on the first day of the WPAC.
- Masters 40+ – Ages 40-49 on the first day of the WPAC
- Masters 50+ - Ages 50+ on the first day of the WPAC
- Doubles –Youth and Senior rules apply. For mixed aged groups, the minimum age for athletes applies.

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### **4. ATHLETE SELECTION PROCESS**

4.6. Athlete(s) may only restart their performance in the following cases:

- A technical fault with the music.
- A health and safety fault e.g., a problem with unsafe equipment such as a hoop falling or cleaning fluid on the floor. This does not include slippery hoop as this is subjective to each athlete.
- At the discretion of the head judge.
- The athlete will be allowed to start their routine from where it was stopped, with a 10 second intro to prepare.

*\*Please note: If an athlete chooses to continue their performance regardless of the technical fault (for example music), they will not be allowed to restart their performance.*

4.7. Winners are the athletes with the highest scores in their competitive category. Should two athletes have the same final score the athlete with the highest technical deduction points shall be declared the winner. Should two athletes have the same final total technical deduction score, the athlete with the highest score in technical bonus shall be declared the winner. The detailed result of the tie breaking score will be shared with the athletes involved upon request.

- 4.8. Athletes who place 1st in the Elite category in an IPSF endorsed national competition will automatically qualify to compete at the WPAC. The 2nd placed athlete in the Elite category will qualify, provided that they meet the minimum score requirement as determined by the IPSF every year. The minimum point requirement as awarded at the qualifying National/Open competition for the current competition season is 25 points for all categories except for Senior Men and Senior Women; for these two categories, the minimum point requirement is 30 points. The 3rd and 4th placed athlete can be accepted to WPAC as reserve athletes in the event that the 1st and/or 2nd placed athlete is unable to compete at the WPAC. The minimum point requirements may be adjusted by the IPSF at any time at their discretion. Athletes will be informed in a timely manner by the competition organiser if this is the case. Reserve athletes will not be invited if a performer drops out after the entries for the WPAC have closed.

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## Registration Process

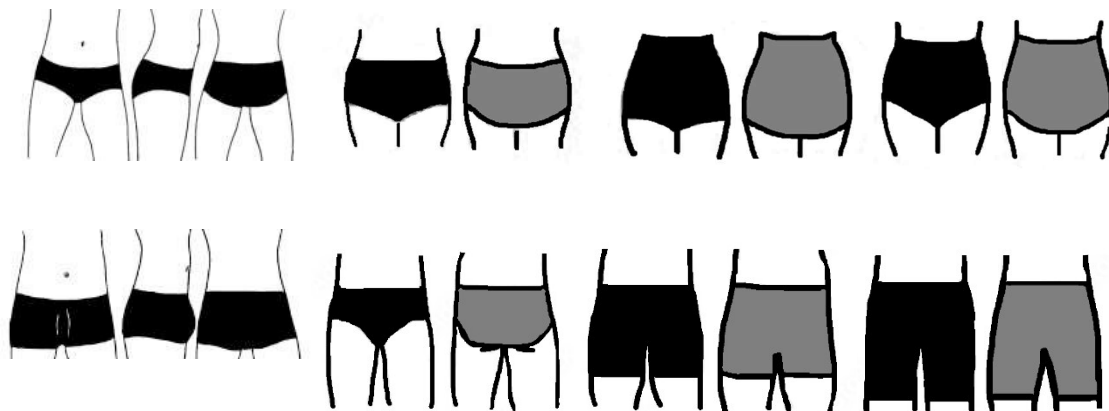
### 8. ATHLETE REGISTRATION

In the case of an athlete not showing up to registration without a legitimate reason, the athlete will be banned from all IPSF endorsed competitions all over the world for a period of one year. Names of banned athletes will be published on [www.ipsfsports.org](http://www.ipsfsports.org). Athletes may only cancel participation without being penalised a minimum of 21 working days prior to the competition. Exceptions are made for medical reasons and emergencies in which medical documentation and proof of travel ticket must be provided to the Organiser for confirmation a minimum of one day prior to the competition. Athletes not presenting themselves on the day of registration due to an emergency will have a maximum of seven days after the competition has ended to provide necessary proof of documentation. No exceptions will be made. *See also: IPSF No Show Policy (attached below).*

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## 10. COSTUME

- 10.7. Shorts should be no less than sports shorts, leotards or sports knickers that are appropriate attire for competitive sports. Shorts must cover the glutes. Some examples of appropriate coverage are as follows:



- 10.8. All the measurements above are the minimum requirements that must be covered by the costume. In Aerial Sports, long trousers, leggings, sleeves and full catsuits are allowed, provided they are skin-tight. Cut outs are allowed in leggings along the leg for grip safety, but must still provide the coverage required in point 10.6.
- 10.11. Medical taping may not be used except for medical tapes in a skin colour. Any joint support must be pre-approved, with medical documentation. Medical taping may not be used as an accessory or decoration – this would result in a Head Judge deduction for costume not in accordance with the rules. Any joint support (defined as a hard joint support or a fabric joint support) must be pre-approved, with medical documentation.

- 10.13. Costumes should not include:
- Underwear.
  - Items of clothing that give the illusion of underwear are prohibited.
  - Nude / skin colour fabric cannot be the same colour as the athletes' actual skin tone.
  - Implied nudity is prohibited (this includes nude mesh fabrics).
  - Lace and mesh fabrics are permitted as long as they do not imply nudity or give the illusion of underwear.
  - Swimwear or bikinis.
  - Metal parts.
  - Transparent clothing that does not cover the breast, pelvis, and gluteal area.
  - Jewellery and piercings of any kind.
  - Anything that interferes with the performance or can be considered a health and safety issue.
  - Face paint on the entire face.
  - Body paint or oil on any part of the body. (Make up and embellishment may be worn on the face only.)
  - Props such as hats and canes and anything that is not considered attached to the costume.
  - Hoods cannot be attached to costumes.
- 10.18 Discrete jewellery and watches are allowed at the opening ceremony and the medals/awards ceremony. Smart watches should be set to silent.

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## **12 GRIPS**

- 12.3 Poles must be cleaned with the competition organiser's cleaning products, and must be cleaned within 2 minutes. If residue remains on the pole and proves difficult to remove, the athlete will receive a Head Judge penalty.

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## **17 PENALTIES**

- 17.16 Presence of a cell phone on stage during the medal ceremony or on the Kiss & Cry.

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## **20 COACHES**

- 20.1. In order to be an IPSF-registered coach, the coach must have completed at least a Code of Points course specific to the apparatus and current year they are coaching on/in (i.e. if coaching Aerial Hoop, the coach must complete the Aerial Hoop Code of Points within the competition year), as well as an Anatomy qualification (which includes warm up and cool down, and has an exam incorporated in the course - this can be either a university course or the IPSF Anatomy, Physiology and Biomechanics course). A coaching course is also highly recommended. The coach should then submit these qualifications to the IPSF and will be required to pay a registration fee. This fee is applicable per year. The IPSF will update coaches if any changes are required, and will provide ample time and opportunity to complete any additional qualifications.
- 20.8. IPSF Recognised Coaches are required to wear the same tracksuit as the athlete they are coaching. Doubles athletes must be wearing matching tracksuits on the Kiss and Cry, and during the medal ceremony for their category.
- 20.9. No one other than athletes and IPSF-registered coaches may sit on the Kiss and Cry. During the competition, athletes are only permitted on the Kiss and Cry while waiting for their own scores.

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## **26. SCORING SYSTEM**

26.4. The process for contesting is as follows:

- 26.4.2. Indicate your intent to contest within 10 minutes of the announcement of your score with the competition organiser. It is the responsibility of the athlete to make sure they are informed of exactly where the contest needs to be registered.
- 26.4.3. You will be allowed access to watch your video by the competition organiser to determine whether you do want to go ahead with your contesting. You will be allowed 5 minutes to watch your video. You will be allowed to watch your video alone or with your IPSF certified coach and a technical support person, if necessary (technical support person relating to equipment and not athlete/competition related). Youth athletes may have their chaperone watch with them. A translator may also be present if deemed necessary by the Head Judge.

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### **IPSF COMPETITIONS NO-SHOW POLICY**

#### **Sanctions**

Athletes who do not satisfy the criteria for non-attendance at an IPSF national or international competition will be registered as a no-show athlete and will be banned from all regional, national, and international competitions for a period of. This refers to one competition year, but will also include all further competitions within the year of the sanction being applied. All details (names and competition) will be published on the IPSF's national and international websites.

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### **LIMITED ELEMENTS/MOVEMENTS**

If more than one limited element of a type is performed, this additional element is considered a prohibited element and will result in a -5 Head Judge deduction. Performing a repetition of a limited element will be considered a prohibited element, and will thus result in a -5 penalty per repetition.

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## **ADDENDUM 2**

### **WORLD AERIAL HOOP SPORTS COMPETITION RULES**

The rules below are to serve as an addendum to the National Rules, and apply to the WPAC competition. These rules are to be read alongside the National rules. Where there is a contradiction between these rules and the National rules, these rules take precedence for WPAC.

Please note that all communication with the competition organiser will be conducted via [ipsfathletes@ipsfsports.org](mailto:ipsfathletes@ipsfsports.org).

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#### **4. ATHLETE SELECTION PROCESS**

- 4.9 Only two athletes per category are permitted to represent each country. Reserves will not be invited if a performer drops out after the entries for the WPAC have closed.

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## AERIAL POLE SPORTS

### *CATEGORIES*

#### **Categories**

- Pre-Novice (Mixed)
- Novice (Mixed)
- Junior (Mixed)
- Senior Women 18+
- Senior Men 18+
- Senior Women 30+
- Senior Men 30+
- Masters 40+ Women
- Masters 40+ Men
- Doubles Youth (Mixed)
- Doubles Senior (Mixed)

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### *TECHNICAL BONUSES*

#### **Combining spins with other spins: SP (Max +3.0 pts)**

Refers to all spins combined with a spin (see definition of spins). Each spin position in this combination must rotate a full 720° before changing into the next spin position (which must include a change in body position), and the transition must be direct. The spin is counted from when the position is fixed. **+0.5**

Three spins can be combined for this technical bonus. When combining three spins for a point value of 1.0, each spin must be in a fixed position and rotate 720° before changing into the next spin position (which must include a change in body position), and the transition must be direct; the code to use is **SP/SP. +1.0**

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#### **Dynamic combinations on aerial pole: DC (Max +3.0 pts)**

Dynamic combinations refer to a combination of two separate dynamic movements (see definition of dynamic movement) where the body is in a powerful control of momentum. There must be 2 clearly differentiated movements. The athlete must demonstrate a high level of control of centripetal force where at least one part of the body releases from the aerial pole. Dynamic movements can include acrobatic catches, jump-outs, contact flips, etc. They should be executed in quick succession with no pause between the two dynamic movements to be awarded this bonus. **+0.5**

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**Contact Flip: CF (Max +1.0 pts)**

A contact flip refers to a flip that is performed from a starting position on the aerial pole, flipping backwards, forwards or sideways ending in a position on the aerial pole. The contact flip must fully rotate, with head over heels, in a dynamic manner while maintaining contact with the aerial pole. A full rotation in the flip will be considered based on if there is a full 360 degree rotation where the hips must pass straight over the head at some point in the rotation. The direction in which the athlete is facing will be determined by the direction in which the hips are facing – the hips are thus the anchoring point for all flips. The feet should start moving at the same time and stop moving at the same time, and should move simultaneously during the flip. The exception is in the preparation for the flip, where the athlete may use a leg to build momentum. The contact flip must be executed forwards, backwards or sideways. Twists are prohibited (see penalties). **+0.5**

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**Floor-based Contact Flip (starting and/or ending on the floor): FCF (Max +0.6 pts)**

A floor-based pole flip with contact refers to a flip that is performed on the aerial pole, starting and/or ending on the floor, flipping backwards, forwards or sideways. In this flip, the athlete should have contact with both the floor and the pole for at least a portion of the flip. The feet should start moving at the same time and stop moving at the same time, and should move simultaneously during the flip. The exception is in the preparation for the flip, where the athlete may use a leg to build momentum. The flip must fully rotate in a dynamic manner while maintaining some contact for at least a portion of the flip. We will consider a full rotation in the flip based on if there is a full 360 degree rotation where the hips must pass straight over the head at some point in the rotation. The direction in which the athlete is facing will be determined by the direction in which the hips are facing – the hips are thus the anchoring point for all flips. A flip should not change directions – e.g., if facing forwards at the start of the flip, the athlete should end the flip facing forwards as well. Twists are prohibited (see penalties). **+0.3**

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**CARTWHEELS: AERIAL CARTWHEEL AND FLOOR BASED CARTWHEEL****Cartwheel: Aerial**

Aerial Cartwheel (starting and ending on the aerial pole): **CWA (Max +0.8 pts)**

An aerial cartwheel refers to a cartwheel that is performed on the aerial pole, starting and ending on the aerial pole, flipping sideways. In this cartwheel the athlete should have contact with the aerial pole only and no contact with the floor. The legs are moving one after another. The cartwheel must fully rotate, with head over heels (i.e., a full 360° rotation), in a dynamic manner while maintaining contact with the aerial pole for at least a portion of the rotation. A full rotation will be considered based on if there is a full 360 degree rotation where the hips must pass straight over the head at some point in the movement. Twists are prohibited (see penalties). **+0.4**

**Cartwheel: Floor based**

Floor-based Cartwheel (starting and/or ending on the floor): **CWF (Max +0.6 pts)**

A floor-based cartwheel refers to a cartwheel that is performed on the aerial pole, starting and/or ending on the floor, flipping sideways. In this cartwheel the athlete should have contact with both the floor and the aerial pole for at least a portion of the rotation. The legs are moving one after another. The cartwheel must fully rotate, with head over heels (i.e., a full 360° rotation), in a dynamic manner while maintaining contact with the aerial pole for at least a portion of the rotation. A full rotation will be considered based on if there is a full 360 degree rotation where the hips must pass straight over the head at some point in the movement. Twists are prohibited (see penalties). **+0.3**

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**Re-grips: RG (Max +1.2 pts)**

Re-grips are defined as a release of contact from the aerial pole of either one hand or one arm grip for a brief moment and intentionally re-gripping the aerial pole in a new hand / arm grip position (including the top of the shoulder), e.g., elbow grip to hand grip. For a re-grip to be recognised, the athlete must not be able to hold their body position once they release their grip. There must be no body contact with the aerial pole other than the grip positions. **+0.4**

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**Partner catch / throw from pole to partner or partner to pole: PCT (Max +0.8 pts)**

Partner catch refers to one partner starting in a position on the pole and jumping into the arms of the second partner who is on the floor. A partner throw refers to both partners starting on a position on the floor and one partner throwing the other into a position on the pole. Please note that the partner being caught/thrown should momentarily be airborne with no contact to the apparatus. The floor-based partner must not have contact with the pole for the duration of this bonus. (See definition of throw.) **+0.4**

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### **SINGLES - OVERALL BONUS POINTS (AWARDED ONE TIME):**

#### **Climbs (Max +2.0)**

Climbs refer to the way an athlete moves up and down a pole using the hands and/or legs. Climbs may be performed upright, inverted, alongside of the pole. A minimum of 2 repeated movements are required to be recognised as a climb.

\* Please note: The direction of the climb (upwards versus downwards) could affect the level of difficulty given, considering that some climbs can be easier downwards versus upwards (or vice versa).

\*\* Please note: the level of difficulty depends on the way of execution. In order to display the highest level of difficulty (LOD), the athlete must display flowing movement and good body placement. The athlete must perform climbs with precision and ease.

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#### **Flexibility movements (Max +2.0)**

Flexibility refers to the flexibility of the legs, back, hips and shoulders. In order to display the highest LOD to the judges, the athlete should perform movements, combinations, and transitions with full extension and mobility. This includes but is not limited to compulsory elements or elements from this Code of Points – ALL flexibility components in the routine are considered.

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#### **Strength elements (Max +2.0)**

Strength refers to strength of the arms, core, and legs. In order to display the highest LOD to the judges, the athlete should perform both upper-body and core strength elements and combinations. Holding and controlling a strength element such as a flag for two (2) seconds or more will display a higher LOD. This includes but is not limited to compulsory elements or elements from this Code of Points – ALL flexibility components in the routine are considered.

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### **SINGLES - ADDITIONAL BONUS POINTS:**

Singles will be awarded a bonus point for:

- An athlete will be awarded a bonus if he/she manages to use the pole in a pendulum movement twice during the routine. This is 2 separate, distinguishable movements, where the athlete fully ends the first pendulum before performing the second pendulum (i.e. 2 movements during the same pendulum are not counted as 2 separate pendulum movements). The athlete must be on the pole in a fixed position for the duration of the pendulum. See glossary for the definition of pendulum movement. **+1.0**

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### **ADDITIONAL BONUS POINTS (DOUBLES ONLY):**

Doubles will be awarded bonus points for:

- Doubles will be awarded a bonus if they manage to use the pole in a pendulum movement twice during the routine. This is 2 separate, distinguishable movements, where the athlete fully ends the first pendulum before performing the second pendulum (i.e. 2 movements during the same pendulum are not counted as 2 separate pendulum movements). The athletes must be on the pole in a fixed position for the duration of the pendulum. See glossary for the definition of pendulum movement. **+1.0**

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## TECHNICAL DEDUCTIONS

### Fall

A definition of a fall is a sudden rapid uncontrolled drop where the athlete lands on the floor but not on their feet (where the final position on the feet is not held). A fall interrupts the flow of the performance, causing a momentary stop. This can be from any position on or off the aerial pole. **-3.0**

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### Poor presentation of the element

This refers to elements executed with poor positioning or a poor angle to the judges, so that the element cannot be seen fully. This can be on both the aerial pole and on the floor. **-0.5**

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### Slip

A definition of a slip is when an athlete performs a movement and they temporarily and unintentionally lose control of the positioning of their body or part of their body on the aerial pole. This is a rapid, sudden and uncontrolled descent on the aerial pole. This must be only for a brief moment and the athlete is able to correct their positioning almost instantly and thus stop themselves from falling (see Fall). **-1.0**

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### Loss of balance

A definition of a loss of balance is when an athlete performs a movement and they temporarily and unintentionally lose control of their equilibrium both on the aerial pole and on the floor, as well as transitioning to the floor from the aerial pole or from the aerial pole to the floor. This is a rapid and uncontrolled movement. This must be only for a brief moment and the athlete is able to correct their positioning almost instantly and thus stop themselves from falling over (see Fall). This could also be considered if an athlete has to extend another limb to stop themselves from falling. **-0.5**

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## **SINGLES/ DOUBLES - OVERALL DEDUCTIONS (DEDUCTED ONE TIME):**

### Using less than the full height of the pole

All athletes will incur a deduction if they fail to use the full height of the aerial pole a minimum of two (2) times during their routine. Full height refers to using the aerial pole from its lowest point to no less than 10cm below the anchor point. Athletes intending to use the full height of the aerial pole must ensure that they have contact with the aerial pole or reaches with any part of the body up to this point (without contact with the aerial pole). Athletes must descend fully to the floor in between the 2 ascents (i.e., an athlete cannot be at the full height, descend one metre, and then ascend to full height again and have this count as using the full height twice). A routine can be started at the top of the pole. If it fulfils all the criteria as mentioned above, it will be valid as having used the full height of the pole once (1 time). Novice and Pre-Novice athletes only need to reach 50% of the height of the aerial pole twice. **-2.0**

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## ARTISTIC AND CHOREOGRAPHY PRESENTATION

All work where the athlete is not in contact with the aerial pole, must be limited to a maximum of 40 seconds for the total length of the routine. When doubles are performing, this 40 second limit refers to the time when no athlete is touching either of the poles. Note: see Head Judge's penalties.

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### **SINGLES/ DOUBLES - ARTISTIC BONUSES:**

The level of creativity refers to the overall routine on and off the aerial pole.  
Please note: Athletes will be awarded points based on the overall majority of the routine.

0 = poor  
0.5 = fair  
1.0 = average  
1.5 = good  
2.0 = excellent

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#### **Flow (Max +2.0)**

Flow refers to the athlete's ability to create a seamless and effortless performance. The athlete should show a flow on the aerial pole, from the floor to the aerial pole, from the aerial pole to the floor, and from floor to standing or from standing to floor. The sequences, tricks, transitions, choreography and/or gymnastics and acrobatic movements should flow in a seamless, smooth, natural, flawless, and graceful way. Movement in and out of elements should continue to the next element faultlessly. The routine should not look disjointed in any way. An athlete will be marked down if they perform elements and wait for applause or the music, or have to wait for the music/beat to catch up to them.

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### **SINGLES/ DOUBLES - SINGULAR DEDUCTIONS (DEDUCTED PER TIME):**

#### **Failing to use the aerial pole on spinning**

The athlete/athletes will be penalised for not spinning the aerial pole at least twice (2 separate x 720° rotations with momentum - i.e. 2 movements during the same spin are not counted as 2 separate spins) (see definition of using the aerial pole on spinning) during their routine. For doubles, both partners should spin together on the aerial pole in a synchronised manner (2 separate x 720° rotations with momentum - i.e. 2 movements during the same spin are not counted as 2 separate spins). Doubles must perform the same spins or mirror image spins. **-2.0**

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#### **Failing to use the aerial pole in orbit**

The athlete/athletes will be penalised for not using the aerial pole in orbit at least twice (2 separate x 720° orbit rotations- i.e. 2 orbital movements during the same orbit are not counted as 2 separate orbits) (see the definition of using the aerial pole in orbit) during their routine. Body/bodies must be in a fixed position while orbiting.  
For doubles, both partners should use the aerial pole in orbit together in a synchronised manner at least once (1 separate x 720° rotations with momentum). **-2.0**

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#### **No logical beginning or end to the routine and/or the routine starting before or ending after the music**

It is important that the athlete edits their music so that it corresponds with both the start and finish of the choreography. There should be a logical beginning and end to the routine that fits to the music. Athletes must begin and end their performance in a position on the stage, visible to the judges. They should start their routine when the music starts and the athlete's body should stop moving when the music ends. **-0.2**

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## COMPULSORY

### Elite

#### Doubles –Youth

Athletes must select 7 elements:

- three (3) synchronised partner elements to include:
  - two (2) synchronised parallel element
  - one (1) synchronised interlocking and balance-based element
- one (1) balance partner element
- two (2) flying partner elements, athletes must choose:
  - one (1) one-partner contact flying element
  - one (1) both partner contact flying element
- one (1) partner supported element

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### Amateur

#### Seniors, Masters 40+, Junior, Novice and Pre-Novice

Athletes must select 7 elements:

- three (3) flexibility elements
- three (3) strength elements
- one (1) dead lift (DL)\*\*

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### CATEGORY BREAKDOWN

#### Pre-Novice:

**Amateur** athletes must choose compulsory elements with a technical value of between +0.1 and +0.5.

Please note: elite and professional category does not apply to Pre-Novice athletes.

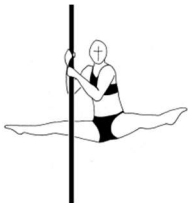
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### COMPULSORY POINT REQUIREMENTS

Division	Category	Amount of compulsory moves	Permitted range of the compulsory elements	Permitted range of the total value
Amateur	all categories (Pre-Novice, Novice, Junior, Senior, Master 40+, All Doubles)	7	between +0.1 and +0.5	from 0.9 to 3.5
Professional	all categories (Senior, Master 40+, All Doubles)	9	between +0.3 and +0.8	from 4.4 to 7.2
Elite	Novice	7	between +0.3 and +0.8	from 3.5 to 5.6
Elite	Junior	9	between +0.3 and +0.8	from 4.4 to 7.2
Elite	Youth Doubles (Mixed)	7	between +0.3 and +0.8	From 3.5 to 5.6
Elite	Senior	9	between +0.5 and +1.0	from 6.0 to 9.0
Elite	Senior Doubles (Mixed)	9	between +0.5 and +1.0	From 6.0 to 9.0
Elite	Master 40+	9	between +0.5 and +1.0	from 5.4 to 9.0

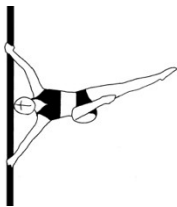
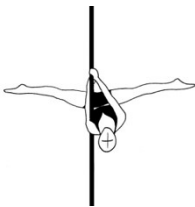
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**Arm positions & Grips:**

	<p><b>Basic grip</b> Both hands (or one hand where specified) on the aerial pole in a thumbs up or thumbs down position, without rotation in the shoulder. (see Hand positions)</p>
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**Leg positions:**

	<p><b>Passé</b> One leg is bent at 90° at the hip and bent at the knee while the other leg is as per the criteria</p>		<p><b>Straddle</b> Both legs are extended or fully extended as per the criteria and open</p>
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\* Please note: if the minimum criteria require fully extended legs, but the definition requires only extended legs, the minimum criteria take preference, overriding the definition.  
 \*\* Please note the criteria on the split angles: The split angle must remain the same from all angles/perspectives and the legs must be in a straight line where 180 is required. E.g. The split angle must be the same from all angles/perspectives and not just from the side when performing a flexibility element on the spinning pole as the criteria require showing the split angle for 2 seconds.

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**PROHIBITED MOVEMENTS AND PENALTIES**

- All types of lifts and balances with extended arms and where the lifting partner is in an upright standing position and have no contact with the aerial pole are prohibited. All lifts where the partner is lifted and held above shoulder level with no aerial pole contact are prohibited.
- The lifting partner may not move in any way when performing an approved lift, including lifts with aerial pole contact.
- Pre-novice and Novice athletes are not permitted to perform aerial pole flips (defined as doing air-born flips with no contact with the aerial pole or the floor) or flip outs (defined as flips starting on the aerial pole and ending on the floor, with the athlete air-born (i.e. without aerial pole contact) during the actual flip).

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## HEAD JUDGE PENALTIES

Kiss and Cry	The athlete doesn't arrive before the end of the next routine – i.e. the athlete after them (unless the athlete has a medical issue)	-1 per athlete
	If <u>anyone</u> other than the athlete and/or IPSF recognised coach sits on the Kiss and Cry	-1
Disruptions	Athletes having a cell phone on them on stage during the medal ceremony or on the Kiss & Cry.	-1 per athlete
Grip aids	Pole cleaners cannot remove the residue from the poles in the allotted time (2 minutes)	-5
Presence of jewellery and props not in accordance with Rules and Regulations	Presence of all kind of jewellery/piercings during the routine	-3 per athlete

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## COMPLETING THE FORMS – TECHNICAL BONUS FORM

Extra rows may be added as long as the format of the form is not changed (e.g. columns changed around, rows moved around etc.).

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## GLOSSARY

### Body position: Twist

Body position is where there is rotation on the vertical axis of the spine. The shoulders and the hips do not face the same direction.

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### Changing positions (Changing body position)

Changing positions refers to changing the position of the whole body on the aerial. This means changes vertically or horizontally is required. At least one change in points of contact is also required.

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### Closed legs

In a closed leg position, 2 of the following three body parts should be in contact:

- Thighs
- Knees
- Heels / Ankles

This would mean athletes should have either thighs and knees together, OR knees and heels/ankles together, OR thighs and heels/ankles together.

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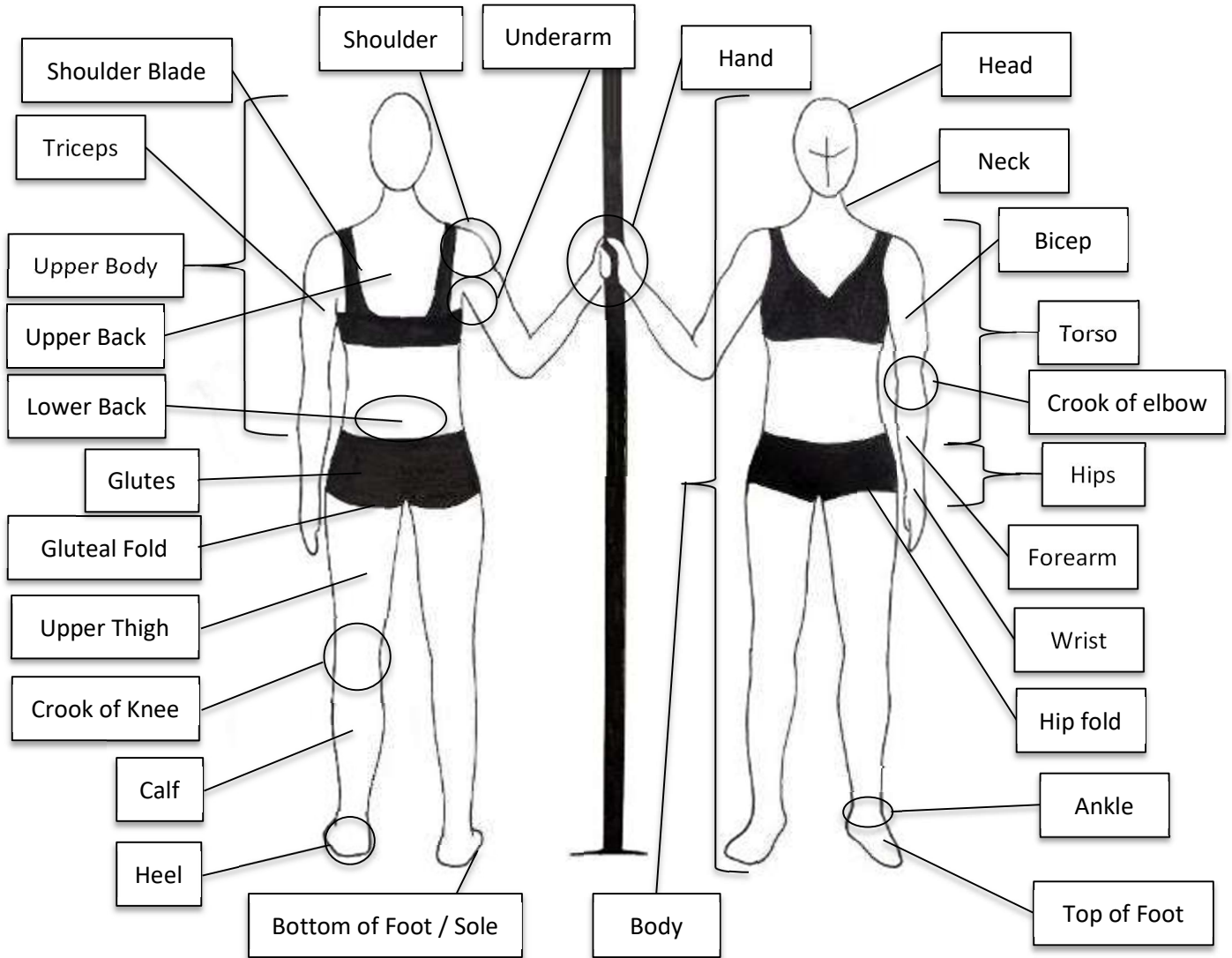
### Dead lift (DL)

A dead lift is defined by the starting position of the body. The feet must touch the floor and the legs must be together before going into the dead lift. The body should be extended away from the aerial pole before moving into the dead lift. The aerial pole must NOT be used to assist the dead lift and the legs should not be used to create momentum or a swinging/kicking motion. The dead lift must end in a fully inverted position.

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**Description of body**

Below, please find a diagram and definitions indicating the regions of the body referred to in the minimum requirements. Please note that the below serves as a reference guide only, and is not intended to be 100% anatomically correct.









**Hand:** from fingertips to wrist  
**Lower arm:** from wrist to elbow  
**Upper arm:** from elbow to shoulder  
**Arm:** from wrist to shoulder  
**Crook of elbow:** includes inside of the elbow as well as the upper part of the forearm and the lower part of the bicep

**Body:** from head to toes  
**Upper body:** from head to hips including head  
**Torso:** from shoulders to hips  
**Back:** Below the shoulders and above the glutes, does not include arms, shoulders or neck, but does include shoulder blades.

**Foot:** from toes to ankle  
**Lower leg:** from ankle to knee  
**Shin:** from ankle to knee, front of Lower leg  
**Calf:** from ankle to knee, back of Lower leg  
**Upper leg/Thigh:** from knee to hip bone  
**Leg:** from ankle to hip bone  
**Crook of knee:** includes back of the knee as well as the upper part of the calf and the lower part of the thigh



	<b>Fully extended arm</b>		<b>Fully extended leg</b>
	<b>Micro bent arm (Extended arm)</b>		<b>Micro bent leg (Extended leg)</b>
	<b>Bent arm</b>		<b>Bent leg</b>

When the minimum criteria of an element states Extended (as opposed to Fully Extended), and the athlete performs the element with Full Extended arms/legs, the element will still be awarded. However, if the element says Fully Extended and it is not performed with Fully Extended arms/legs (i.e. with only Extended arms/legs or with Bent arms/legs), the element will not be awarded.

\*Please note: Hyperextension is not a flexion of the joint. Flexion is what creates the bend in the joint which closes the angle of a joint. As hyperextension does not do that, hyperextension will be considered as fully extended.

\*\*Please note: The full extension of the arm is considered from the wrist to the shoulder. The full extension of the leg is considered from the ankle bone to the hip bone.

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### **LOC**

LOC refers to the **Level of Creativity** of a routine. An athlete shows creativity by producing or using original and innovative ideas to create their routine. The higher the level of creativity, the more points are awarded for this element.

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### **Momentum in a spin**

Momentum refers to the speed acquired when performing a spin. Good momentum in a spin means the rotation is at a high velocity, which pulls the body away from the pole. Lack of momentum in a spin means the rotation is at a low velocity, leaving the body close to the pole, or resulting in a pendulum-type movement. Momentum for doubles refers to there being a constant rotation without the spin slowing down for a minimum of 720° for it to be considered as momentum in a spin.

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### **Poor presentation of the element**

This refers to elements executed with poor positioning or a poor angle to the judges so the element cannot be seen fully.

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### **Spin**

The final position of the spin on aerial pole must be fixed for a full 720° rotation at minimum. The transition in and out of the spin will not count towards the required minimum rotation. Spins may be performed in clockwise or anti-clockwise directions and in upright, inverted, or horizontal position. It is also important to note that for spin combinations in the technical bonus section, each spin must be completed correctly to be awarded a bonus.

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## **RULES & REGULATIONS**

### **2. CATEGORIES**

Each of the following Elite categories must be opened at national level for WPAC qualification.

- Senior Women 18+
- Senior Men 18+
- Senior Women 30+
- Senior Men 30+
- Junior Mixed
- Novice Mixed
- Pre-Novice Mixed
- Masters 40+ Women
- Masters 40+ Men
- Doubles Youth Mixed
- Doubles Senior Mixed

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### **3. AGE**

Age eligibility for each category is determined by the athlete's age at the end of the competitive year, on the first day of the World Aerial Sports Championship.

- Pre-Novice – Ages 6 – 9 on the first day of the WPAC
- Novice - Ages 10-14 on the first day of the WPAC
- Junior - Ages 15-17 on the first day of the WPAC
- Senior 18+ - Ages 18-29 on the first day of the WPAC
- Senior 30+ - Ages 30-39 on the first day of the WPAC.
- Masters – Ages 40+ on the first day of the WPAC
- Doubles –Youth and Senior rules apply. For mixed aged groups, the minimum age for athletes applies.

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### **4. ATHLETE SELECTION PROCESS**

4.7. Athlete(s) may only restart their performance in the following cases:

- A technical fault with the music.
- A health and safety fault e.g., a problem with unsafe equipment such as an aerial pole falling or cleaning fluid on the floor. This does not include slippery aerial pole, since this is subjective to each athlete.
- At the discretion of the head judge.
- The athlete will be allowed to start their routine from where it was stopped, with a 10 second intro to prepare.

*\*Please note: If an athlete chooses to continue their performance regardless of the technical fault (for example music), they will not be allowed to restart their performance.*

4.9. Winners are the athletes with the highest scores in their competitive category. Should two athletes have the same final score the athlete with the highest technical deduction points shall be declared the winner. Should two athletes have the same final total technical deduction score, the athlete with the highest score in technical bonus shall be declared the winner. The detailed result of the tie breaking score will be shared with the athletes involved upon request.

- 4.10. Athletes who have placed 1<sup>st</sup> in the Elite category in an IPSF endorsed national competition will automatically qualify to the WPAC. The 2<sup>nd</sup> placed athlete in the Elite category will qualify if they meet the minimum score requirement as determined by the IPSF every year. The 3<sup>rd</sup> and 4<sup>th</sup> placed athletes can be accepted to WPAC as reserve athletes. The IPSF reserves the right to implement additional qualification criteria, which will be announced ahead of the WPAC. The minimum point requirements may be adjusted by the IPSF at any time at their discretion. Athletes will be informed in a timely manner by the competition organiser if this is the case. Reserve athletes will not be invited if a performer drops out after the entries for the WPAC have closed.

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## Registration Process

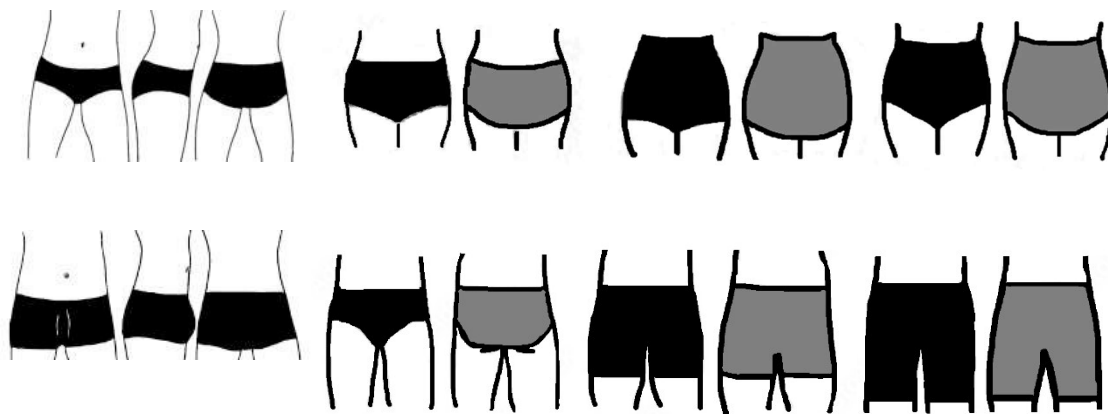
### 8. ATHLETE REGISTRATION

In case of an athlete not showing up to registration without a legitimate reason, the athlete will be banned from all IPSF-endorsed competitions everywhere in the world for a period of one year. Names of banned athletes will be published on [www.ipsfsports.org](http://www.ipsfsports.org). Athletes may only cancel participation, without being penalised, a minimum of 21 working days prior to the competition. Exceptions are made for medical reasons and emergencies, in which case medical documentation and proof of travel ticket must be provided to the Organiser for confirmation a minimum of one day prior to the competition. Athletes not presenting themselves on the day of registration due to an emergency will have a maximum of seven days after the competition has ended to provide necessary proof of documentation. No exceptions will be made. *See also: IPSF No Show Policy (attached below).*

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### 10. COSTUME

- 10.7. Shorts should be no less than sports shorts, leotards or sports knickers that are appropriate attire for competitive sports. Shorts must cover the glutes. Some examples of appropriate coverage are as follows:



- 10.8. All the measurements above are the minimum requirements that must be covered by the costume. In Aerial Sports, long trousers, leggings, sleeves and full catsuits are allowed, provided they are skin-tight. Cut outs are allowed in leggings along the leg for grip safety, but must still provide the coverage required in point 10.6.
- 10.11. Medical taping may not be used except for medical tapes in a skin colour. Any joint support must be pre-approved, with medical documentation. Medical taping may not be used as an accessory or decoration – this would result in a Head Judge deduction for costume not in accordance with the rules. Any joint support (defined as a hard joint support or a fabric joint support) must be pre-approved, with medical documentation.

10.14. Costumes should not include:

- Underwear.
- Items of clothing that give the illusion of underwear are prohibited.
- Nude / skin colour fabric cannot be the same colour as the athletes' actual skin tone.
- Implied nudity is prohibited (this includes nude mesh fabrics).
- Lace and mesh fabrics are permitted as long as they do not imply nudity or give the illusion of underwear.
- Swimwear or bikinis.
- Transparent clothing that does not cover the breast, pelvis, and gluteal area.
- Metal parts.
- Leather, latex, PVC, or rubber.
- Jewellery and piercings of any kind.
- Anything that interferes with the performance or can be considered a health and safety issue.
- Face paint on the entire face.
- Body paint or oil on any part of the body. (Make up and embellishment may be worn on the face only.)
- Props such as hats and canes and anything that is not considered attached to the costume.
- Hoods cannot be attached to costumes.

10.20 Discrete jewellery and watches are allowed at the opening ceremony and the medals/awards ceremony. Smart watches should be set to silent.

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## **12 GRIPS**

12.3 Poles must be cleaned with the competition organiser's cleaning products, and must be cleaned within 2 minutes. If residue remains on the pole and proves difficult to remove, the athlete will receive a Head Judge penalty.

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## **17 PENALTIES**

17.15 Presence of a cell phone on stage during the medal ceremony or on the Kiss & Cry.

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## **21 COACHES**

20.2. In order to be an IPSF-registered coach, the coach must have completed at least a Code of Points course specific to the apparatus and current year they are coaching on/in (i.e. if coaching Aerial Hoop, the coach must complete the Aerial Hoop Code of Points within the competition year), as well as an Anatomy qualification (which includes warm up and cool down, and has an exam incorporated in the course - this can be either a university course or the IPSF Anatomy, Physiology and Biomechanics course). A coaching course is also highly recommended. The coach should then submit these qualifications to the IPSF and will be required to pay a registration fee. This fee is applicable per year. The IPSF will update coaches if any changes are required, and will provide ample time and opportunity to complete any additional qualifications.

20.10. IPSF Recognised Coaches are required to wear the same tracksuit as the athlete they are coaching. Doubles athletes must be wearing matching tracksuits on the Kiss and Cry, and during the medal ceremony for their category.

20.11. No one other than athletes and IPSF-registered coaches may sit on the Kiss and Cry. During the competition, athletes are only permitted on the Kiss and Cry while waiting for their own scores.

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## **26. SCORING SYSTEM**

26.4. The process for contesting is as follows:

- 26.4.2. Indicate your intent to contest within 10 minutes of the announcement of your score with the competition organiser. It is the responsibility of the athlete to make sure they are informed of exactly where the contest needs to be registered.
- 26.4.3. You will be allowed access to watch your video by the competition organiser to determine whether you do want to go ahead with your contesting. You will be allowed 5 minutes to watch your video. You will be allowed to watch your video alone or with your IPSF certified coach and a technical support person, if necessary (technical support person relating to equipment and not athlete/competition related). Youth athletes may have their chaperone watch with them. A translator may also be present if deemed necessary by the Head Judge.

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## **IPSF COMPETITIONS NO-SHOW POLICY**

### **Sanctions**

Athletes who do not satisfy the criteria for non-attendance at an IPSF national or international competition will be registered as a no-show athlete and will be banned from all regional, national, and international competitions for a period of. This refers to one competition year, but will also include all further competitions within the year of the sanction being applied. All details (names and competition) will be published on the IPSF's national and international websites.

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## **LIMITED ELEMENTS/MOVEMENTS**

If more than one limited element of a type is performed, this additional element is considered a prohibited element and will result in a -5 Head Judge deduction. Performing a repetition of a limited element will be considered a prohibited element, and will thus result in a -5 penalty per repetition.

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## **ADDENDUM 2**

### **WORLD AERIAL POLE SPORTS COMPETITION RULES**

The rules below are to serve as an addendum to the National Rules, and apply to the WPAC competition. These rules are to be read alongside the National rules. Where there is a contradiction between these rules and the National rules, these rules take precedence for WPAC.

Please note that all communication with the competition organiser will be conducted via [ipsfathletes@ipsfsports.org](mailto:ipsfathletes@ipsfsports.org).

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#### **5. ATHLETE SELECTION PROCESS**

4.10 Only two athletes per category are permitted to represent each country. Reserves will not be invited if a performer drops out after the entries for the WPAC have closed.

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