

# International Pole and Aerial Sports Federation

## Sports National / Regional Championships

*Pole, Aerial Hoop, Aerial Pole*

Rules and Regulations 2026



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## Definitions

**Apparatus** refers to Poles, Aerial Hoop and Aerial Pole.

**Athlete** refers to the person invited to participate in the competition.

**Category** refers to the age groups and gender in each division.

**Competition** refers to all IPSF endorsed competitions.

**Discipline** refers to the specific competition in which the athlete is competing. For example, Aerial Pole Sports, Pole Sports, Artistic Pole, Ultra Pole, Artistic Aerial Hoop and Aerial Hoop Sports are each a separate discipline.

**Division** refers to the levels of difficulty within the competition.

**Document** refers to this entire document.

**IPSF** refers to the International Pole and Aerial Sports Federation.

**Organiser** refers to the organiser of an IPSF endorsed competition.

**Routine** refers to the athlete's programme from the start to the finish and includes spins, transitions, inverts, holds, poses, tricks, lifts, acrobatics, gymnastics, slides, climbs, catches, drops, splits, and floor work.

**WPAC** refers to the World Pole and Aerial Championships, which covers all disciplines.

## Eligibility

### 1. DIVISION

- Intro (Pole Sports Only)
- Amateur
- Professional
- Elite

#### 1.1 Intro (Pole Sports Only)

Athletes who have basic experience and who are able to only choose elements with the lowest technical values, may apply to participate in the Intro division. No applicant is allowed to enter the Intro division if they have:

- Competed in an Amateur, Professional or Elite division in any past years of any IPSF Sports competition, with the Apparatus being competed in and/or
- Placed twice in the top 3 places in an Intro division of any IPSF Sports competition, with the Apparatus being competed in in the past years and/or
- Is or has been an instructor / teacher / trainer in the Apparatus they are competing in, whether sport, dance, or the Apparatus in general and/or
- Has received financial compensation for performances or promotions with the Apparatus being competed in.

#### 1.2 Amateur

Athletes who have basic experience and who are able to only choose elements with the lowest technical values, may apply to participate in the Amateur division. No applicant is allowed to enter the Amateur division if they have:

- Competed in a Professional or Elite division in any past years of any IPSF Sports competition, with the Apparatus being competed in and/or
- Placed twice in the top 3 places in an Amateur division of any IPSF Sports competition, with the Apparatus being competed in in the past years and/or
- Is or has been an instructor / teacher / trainer in the Apparatus they are competing in, whether sport, dance, or the Apparatus in general and/or
- Has received financial compensation for performances or promotions with the Apparatus being competed in.

### 1.3 Professional

Athletes who have a good amount of experience and who are able to choose elements with higher technical value may apply to compete in the Professional division if they are:

- Students of intermediate/advanced classes and/or
- Are, or have been instructors / teachers / trainers and/or in the Apparatus they are competing in, whether sport, dance, or the Apparatus in general
- Athletes who have competed in a Professional division of any IPSF Sports competition, with the Apparatus being competed in in any of past years and/or
- Athletes who have placed twice in any of the top 3 places in an Amateur division in any past years of any IPSF Sports competition, with the Apparatus being competed in and/or
- Athletes who have received financial compensation for performances or promotions with the Apparatus being competed in.

No applicants are allowed to enter the Professional division who have:

- Competed in the Elite division in any past years of any IPSF Sports competition, with the Apparatus being competed in and/or
- Placed twice in the top 3 places in a Professional division in previous national IPSF Sports competitions, with the Apparatus being competed in.

\*Please note: Professional athletes, who place in the top 3, may compete in the same division for a second year.

### 1.4 Elite

The Elite division is for top athletes who are able to choose elements with the highest technical value, and who strive to compete with other top athletes and become a part of their national team to represent their country. Elite athletes are typically:

- Students of advanced classes and/or
- Instructors / teachers / trainers, both past and present and/or
- Athletes who have competed in an Elite division in any previous national IPSF Sports competitions with the Apparatus being competed in and/or
- Athletes who have placed twice in the top 3 places in a Professional division in the past years of any IPSF Sports competition, with the Apparatus being competed in.

All open competitions will offer the Elite division across all categories. Professional, Amateur and Intro (for Pole Sports only) categories may be available to athletes competing in open competitions at the discretion of the competition organiser.

**Please note:** an instructor is defined as someone who has taught the specific apparatus in any way – this includes teaching in person (regardless of the level), online classes, workshops of any kind (including group routines of any kind) or via tutorial dvd's/video instruction. This is regardless of whether or not compensation received – it is the act of instructing that qualifies someone as an instructor. If an instructor enters the amateur category, they will be disqualified and banned from competing for at least 1 year.

**Please note:** when referring to placing twice in a division above, this refers to 2 competition seasons in which an athlete has placed first in the division, not twice within the same competition or competition season. For example, if an athlete compete as an Amateur in a singles and doubles category in one year, and place first in both, this counts as the first time you have placed first, and you can compete as an amateur again the next year. Also, if you compete as an Amateur in a National Competition and place first, and then compete in an Off-Season Competition in the same competition season and also place first, this is still considered as placing first for one season, and the athlete would be able to compete as an Amateur again in the next competition season.

## 2. CATEGORIES

Each of the following categories (with the exception of Pre-Novice ) must be opened at an Elite level at IPSF National Championships for WPAC qualification.

All disciplines – Pole, Hoop and Aerial Pole Sports:

POLE SPORTS	HOOP SPORTS	AERIAL POLE SPORTS
	Senior 18+ Women	
	Senior 18+ Men	
	Senior 30+ Women	
	Senior 30+ Men	
	Master 40+ Women	
	Master 40+ Men	
Master 50+ Women		
Master 50+ Men		Master 50+ Mixed
Master 60+ Women		
Master 60+ Men		
Junior Female		Junior (Mixed)
Junior Male		
Novice Female*		Novice (Mixed) *
Novice Male*		
	Pre-Novice (Mixed)*	
Doubles Novice (Mixed)		
Doubles Junior (Mixed)		Doubles Youth (Mixed)**
Doubles Youth (Mixed)**		
Doubles Senior (Men/Men) ***		
Doubles Senior (Women/Men)***		Doubles Senior (Mixed) ***
Doubles Senior (Women/Women) ***		
Para ****		

Pole Sports:

- Senior 18+ Women
- Senior 18+ Men
- Senior 30+ Women
- Senior 30+ Men
- Master 40+ Women
- Master 40+ Men
- Master 50+ Women
- Master 50+ Men
- Master 60+ Women
- Master 60+ Men
- Junior Female
- Junior Male
- Novice Female\*
- Novice Male\*
- Pre-Novice (Mixed)\*
- Doubles Novice (Mixed)
- Doubles Junior (Mixed)
- Doubles Youth (Mixed)\*\*
- Doubles Senior (Men/Men) \*\*\*
- Doubles Senior (Women/Men) \*\*\*
- Doubles Senior (Women/Women) \*\*\*
- Para Pole\*\*\*\*

Aerial Hoop Sports:

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

Aerial Pole Sports:

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

*\*Pre-Novice & Novice categories: Athletes aged 6 – 9 years old must compete at an Amateur level as Pre-Novice athletes. Pre-Novice athletes are not able to qualify for the WPAC, as it is ONLY an Amateur category, and is thus not a category offered at the WPAC. Athletes aged 10 – 14 years of age may compete at an Amateur or Elite level as Novice athletes. A 9-year-old athlete may compete at a Novice Elite level in regional and national competitions only if they will be 10 years old on the first day of the WPAC.*

*\*\* Youth Doubles is a mixed age category for athletes aged 10 – 17 – i.e., one junior and one novice athlete. These athletes follow the requirements of Novice Doubles.*

*\*\*\*Senior Doubles are for athletes aged 18+ on the first day of the WPAC.*

*\*\*\*\*Please see Addendum 3 for all rules and requirements that are applicable to Para Sports: Para Pole athletes.*

### 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 Pole and 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
- Master 40+ - Age 40-49 on the first day of the WPAC
- Master 50+ - Age 50-59 on the first day of the WPAC
- Master 60+ - Age 60+ on the first day of the WPAC
- Doubles – Novice, Junior and Senior rules apply. For mixed aged groups, the minimum age for Elite athletes applies.

*\*Example: A junior athlete will be 17 years old for the regional and national competitions in his/her country but will be 18 years old by the first day of the WPAC - this athlete must compete in the Senior men/women category for both the regional and national competitions (regardless of whether or not they wish to compete at the WPAC). A junior athlete who competes as an Elite may compete at a Professional level when they turn 18, should they choose to do so, for 1 year.*

**\*\*Please note:** athletes competing under the wrong age category will face disqualification.

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

- 4.1. All applicants of national competitions must have citizenship or residency of the country they are competing in except when competing in Open Championships.
- 4.2. Deadlines must be strictly adhered to. If an athlete is late in submitting their application to compete, they will not be allowed to compete. All athletes will be given deductions for late forms and late music.
- 4.3. Athlete participation is by qualification, i.e., regional heats. The selection process can be specified by the Organiser of the national competition.
- 4.4. Athletes must be in the correct age category.
- 4.5. The athlete's position in the running order will be determined by a random draw. This will be recorded by the competition organiser. In the case of an athlete performing in multiple categories (e.g., Senior doubles Women/Men and Senior 18+ Women), the competition organiser reserves the right to place the athlete (i.e., not randomising their position in the running order) to take this into account.
- 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 pole falling or cleaning fluid on the floor. This does not include slippery apparatus, 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.*

- 4.7. Winners are the athletes with the highest scores in their competitive categories. Should two athletes have the same final score, the athlete with the highest technical deduction points will be declared the winner. Should two athletes have the same final total technical deduction score, the athlete with the highest score in technical bonus will be declared the winner. The detailed result of the tie breaking score will be shared with the athletes involved upon request.
- 4.8. The title of National Sports Champion 20XX or Open Sports Champion 20XX (if applicable) in all categories will be a lifetime title unless a sanction has been placed on the athlete.
- 4.9. Athletes who place 1<sup>st</sup> in the Elite category in an IPSF endorsed national competition will automatically qualify to compete at the WPAC.
  - Minimum score in Pole Sports: 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.
  - Minimum score in Aerial Hoop Sports: 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.
  - Minimum score in Aerial Pole Sports: The 2nd placed athlete in the Elite category will qualify if they meet the minimum score requirement as determined by the IPSF every year.
  - 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. Reserves will not be invited if a performer drops out after the entries for the WPAC have closed.
- 4.10. Athletes from countries that do not have a national competition are permitted to compete in an open competition to qualify for the WPAC. The two athletes with the highest scores for their country will qualify for the WPAC. This will be determined after the final open competition in the competition season.

## Application Process

### 5. INITIAL APPLICATION

Failure to comply with the following may result in disqualification from the competition. (See also Head Judges Penalties in the Addendum 4.)

- 5.1. All qualified athletes must:
  - Download an application form from the organisers' website, and complete, sign and return the application form to the organisers' email address by the deadline. If this is not available on the website, please contact the organiser for an application form. This also applies to athletes entering an open competition.
  - Pay the application fee, which is non-refundable. Application fees and payment details can be found on the application form.
  - Send their music in mp3 format to the email address provided in the application pack, by the specified deadline (See Head Judges Penalties in the Addendum 4).
  - Submit their compulsory form by the deadline specified by the organiser. (See Head Judges Penalties in the Code of points). Athletes may change their compulsory forms between the preliminaries and the finals. The new forms must be submitted within one hour of the conclusion of the preliminaries or by a time stated by the competition organiser  
*\*Please note: In the event of form changes between preliminaries and finals, handwritten forms will not be accepted unless specified by the organiser. Signatures may be typed.*
  - Provide information about their legal gender. A copy of their birth certificate must be submitted upon request.
  - Should athletes wish for their forms to be checked by the Head Judge for accuracy, an additional cost will be charged. The date for submission of forms for checking will always be two (2) weeks before the final submission of forms for competition. Please use the official channels as communicated.
- 5.2. All applications must be completed in the national language of the host country (or the language determined by the competition organiser). All applications for open competitions should be completed in English.
- 5.3. All athletes should be fit, healthy, and in the case of female athletes, not knowingly pregnant. Upon request, an athlete may be required to produce documentation from a doctor as confirmation of good health and fitness level. All information will be treated confidentially.
- 5.4. All athletes wishing to use grip gloves are required to produce a letter from their doctor written within the competition season year confirming that the athlete suffers from hyperhidrosis (sweaty hands) or similar.
- 5.5. All athletes must disclose if they have been previously disqualified from any IPSF competition.
- 5.6. Athletes may only compete in a national competition if they have citizenship and / or residency in that country. In the case of dual citizenship, athletes may only represent one country in the WPAC. Athletes wishing to change their country of representation must allow for one competitive year to pass before the changeover. Doubles athletes may only represent one country, and both athletes would be required to provide this proof of residency and to adhere to these conditions. It is also important to note that, should one of the Doubles athletes have competed for a specific country in the particular year of competition (or the year before that), both athletes must compete under that country's flag. Athletes may only compete in one National competition in a competition year.
- 5.7. Applicants under the age of 18 may only apply for participation in the competition by way of written permission signed by a parent(s) or by a legal guardian(s). Documentation must be provided upon request.
- 5.8. Applications will not be fully processed if they do not meet all of the above requirements by the given deadlines.

## **6. MUSIC CHOICE**

- 6.1. Athletes have a personal choice of music; this can be a mix of various music and artists.
- 6.2. The music must be instrumental only. Lyrics/words in any language or dialect are not permitted, and no religious connotation is permitted. Vocals may only be permitted if used as an instrumental accompaniment and no words are being sung.
- 6.3. The same music can be used for both the preliminaries and finals.
- 6.4. Music must be submitted by the specified deadlines, or a penalty will apply. If music has not been received 48 hours before the start of the competition, the athlete will be disqualified.
- 6.5. Music must be submitted to the competition organiser in MP3 format, or the format specified by the competition organiser by the given deadline, and must be named using the name and category of the athlete.
- 6.6. A copy in CD or USB stick format must be clearly labelled with the athlete's name and category and submitted at time of registration. Failure to do so may result in the athlete not competing.

## **7. SCORE SHEETS**

- 7.1. Athletes must adhere to the following rules:
  - Athletes must complete compulsory forms and technical bonus forms by the given deadlines.
  - Forms must be completed in black print and typed; handwritten copies will not be accepted unless specified otherwise by the competition organiser.
  - Athletes must sign each form; coaches may also add their signature.
  - A penalty of -1 will be given for each day that either of the forms is late, up to a maximum of -5 points; after which the athlete will be disqualified.
  - Forms must be completed in black ink, and must be typed into the Microsoft Word documents as provided – any other format will receive a deduction. Signatures are added electronically (and can be typed in).
  - Forms must be submitted to the competition organiser by the given deadlines.

## **Registration Process**

### **8. ATHLETE REGISTRATION**

An athlete who does not show 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.ipfsports.org](http://www.ipfsports.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).*

- 8.1. All athletes must arrive and register at the time designated by the Organiser unless prior written permission is received.
- 8.2. In the case where the country of an athlete's origin uses both a passport and an identity card, both documents should be presented.
- 8.3. All athletes, including doubles, must provide proof of citizenship, residency or working visa of the country they are competing in (or representing in the case of an Open Championships). Proof must be in the accepted form of the country, e.g., green card, passport, ID card, residency papers, etc.
- 8.4. All athletes must sign a confirmation of the following at the time of registration:
  - Rules and Regulations were read and accepted.
  - The IPSF Code of Ethics was read, accepted and the athlete agrees to behave in a manner befitting a professional sports person.
  - All expenses incurred by the athlete are the responsibility of the athlete and not of the Organiser.
  - Waiver of all image rights and agreement that the images can be used for promotion of pole **and aerial** sports around the world by the IPSF and/or National Federations belonging to the IPSF. Athletes will not receive any compensation for photos and videos taken during the event.
  - To be interviewed, filmed and or photographed by the media approved by the Organiser.
  - To take part in anti-doping testing in accordance with the WADA Code.
  - To enter the National or Open Championships at their own risk. Any injuries or accidents that may occur are the responsibility of the athlete and not of the Organiser or the IPSF.
  - To respect and follow rehearsal and performance times.
  - To wear their club/regional tracksuit at all times except during their performance.
  - To be present at the medal ceremony unless a medical emergency has occurred that prevents attendance.
  - If a participant does not attend the medal ceremony without a legitimate excuse (anti-doping testing, medical emergency or death of a direct family member) and has placed in the top 3, they will be disqualified, and their medal will be awarded to the next athlete.
  - If a participant has a legitimate excuse for missing the medal ceremony (anti-doping testing, medical emergency or death of a direct family member), a teammate or IPSF-recognised coach may step in for them in the ceremony, and will be expected to adhere to the tracksuit rules and regulations.
- 8.5. Athletes found to be causing disruptions to the competition may incur penalties or be disqualified in accordance with the published IPSF Rules and Regulations.
- 8.6. Athletes who do not arrive on the registration day will receive a -1 Head Judge deduction.
- 8.7. Please note that all IPSF competition venues are non-smoking venues –smoking will not be permitted in a 100m radius of the venue.

## Competing

These rules apply to all IPSF competitions.

### 9. PERFORMANCE TIME

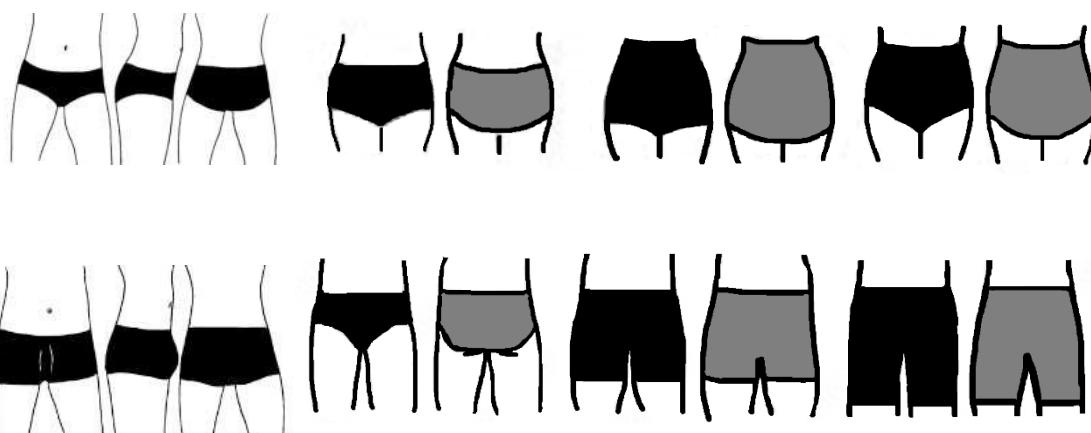
Athletes must adhere to the following rules:

- 9.1. In Seniors (including Doubles) /Masters/Junior categories, routines are to last a minimum of three minutes and fifty seconds (3.50) and a maximum of four (4) minutes.
- 9.2. In the Pre-Novice, Novice, Doubles Novice and Doubles Youth category routines and all categories in the Intro Division are to last a minimum of three minutes and twenty seconds (3.20) and a maximum of three minutes and thirty seconds (3.30).
- 9.3. The first note of music indicates the start.
- 9.4. The last note of music indicates the end. The last note should not exceed the allotted time in the given category.
- 9.5. Failure to meet the minimum or exceed the maximum time requirements will be penalised by a -3/-5 deduction, dependent on the severity; furthermore, additional deductions can be applied (e.g. music length is not in accordance with the rules).

## 10. COSTUME

Costumes must be appropriate for competitive athletic sports. They must fully cover the pelvis and gluteal area for all athletes and the breast area for female athletes. Athletes will be penalised by a deduction should they not adhere to the following costume requirements:

- 10.1. Costume must be of a sporting nature.
- 10.2. Costume must be skin-tight in order for body alignment to be seen and judged correctly.
- 10.3. A two-piece or a cut-away leotard is allowed for all athletes; a one-piece bottom is allowed for men only.
- 10.4. The top must fully cover the breast area for women and show no added or unnecessary cleavage. It should be no less than a crop top with a strap size (defined as the part of the costume that attaches the front of the costume to the back of the costume, typically over the shoulder) of no less than ten (10) millimetres in width. Halter style tops are also permitted. A neckline of no lower than eighty (80) millimetres from the lowest part of the collarbone is permitted. Please note that lace-up tops (similar to corset styles) are not permitted.
- 10.5. Men should wear a vest, crop top, cut away leotard or be bare-chested.
- 10.6. The cut of the bottoms must be no higher than the fold of the hip in front (where the thigh and the hip meet) and must cover the pelvic bones fully. They must fully cover the gluteal area. There must be no cut-outs – i.e., sections of fabric missing on the bottoms.
- 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 and recommended, provided they are skin-tight.
- 10.9. Long shorts or leggings may be worn, provided they are skin-tight, and the fabric does not add extra grip. Cut outs are allowed in leggings along the leg for grip safety, but must still provide the coverage required in point 10.6.
- 10.10. Pole Sports: A skirt is allowed for women if it does not fall lower than 3cm below the pelvic area so as not to deter the athlete from having leg grip on the pole. The skirt must sit on the hip and may not protrude outwards. Aerial Hoop and Aerial Pole Sports: Skirts of any kind are not allowed. All disciplines: Ballet tutus and tutu like skirts with netting are not permitted.
- 10.11. Pole Sports only: Clothing that is used for extra grip on the body, hands or feet is forbidden unless medical documentation is provided.
- 10.12. All decorations must be fixed on the costume (non-detachable) and no added accessories and/or props are permitted. Any and all accessories that may jeopardise the safety and/or distract from the performance of the athlete are not permitted. This includes piercings, loose hairpieces, earrings, bracelets, necklaces, and any other jewellery. No neck accessories or wrist bands are allowed. Any pieces of fabric attached to the costume may not fall lower than 3cm below the pelvic area.
- 10.13. Discrete jewellery and watches are allowed at the opening ceremony and the medals/awards ceremony. Smart watches should be set to silent.
- 10.14. Medical taping may be used; medical taping must be in a neutral colour. 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.
- 10.15. Any joint support (defined as a hard joint support or a fabric joint support) must be pre-approved, with medical documentation.

10.16. Shoes: the athlete may perform either bare foot or with skin-coloured gymnastic/dance sole protectors. Heels, ballet shoes/slippers and/or slipper-like footwear are not permitted.

10.17. 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.
- Pole Sports only: 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.

10.18. Additional requirements:

- Costumes for all may include sequins and diamantes; tassels or tassel-like attachments or fringing must be kept to a minimum, must not be longer than 3cm and is only allowed to cover material.
- Decorations for Youth category (Pre-Novice, Novice and Junior) should be age and costume appropriate.

10.19. It is expressly forbidden to perform in anything other than sporting attire. Costumes, or any part thereof, must not be intentionally removed. Failure to adhere to these rules may result in disqualification.

10.20. Costumes must be free from sponsor logos, branding or lettering / text.

10.21. All athletes should have tracksuits according to the requirements set out by the IPSF, and can refer any questions to their National Federations:

- For ALL tracksuit related rules and regulations to be taken into account, please refer to the Tracksuit Appendix, released as a separate document. This document provides guidance related to studio, regional, national and neutral tracksuits and what is permitted at IPSF Competitions.

## **11. HAIR AND MAKEUP**

*\*Please note: Failure to adhere to the following restrictions will result in a deduction.*

11.1. Hair shoulder length or longer should be pulled back out of the face and up away from (and off) the neck so that full facial features, facial expression, and neck alignment are clearly visible to the judges. There should be no distraction by the need to wipe hair away from the face or neck. In the case of short hair, athletes must ensure that the facial features and neck alignment should still be clearly visible to the judges. Short bangs that end above the eyebrow and do not touch the eyebrow are permitted for all athletes.

11.2. Make-up for the Youth category is only to be used to highlight natural features and therefore should only be applied lightly. The one exception to this rule is if the routine is theme orientated.

11.3. Make-up for adults may be worn to reflect their performance. This may include but is not limited to eyelashes, embellishments, and rhinestones. Face paint is allowed on not more than half of the face. It is also forbidden to wear a mask, wear face paint on the entire face, or body paint of any kind.

11.4. Wigs are prohibited.

## **12. GRIPS**

- 25.1. Any grip product can be used except for the banned list available on the IPSF website. Please be advised that NO products are to be applied to the apparatus. Grip aids may only be applied to the athlete's body. Please refer to the IPSF website for the full, updated list.
- 25.2. Grip gloves may only be used with medical documentation (as stated above under section 10: Costumes).
- 25.3. The Apparatus must be cleaned with the competition organiser's cleaning products, and must be cleaned within 2 minutes. If residue remains on the apparatus and proves difficult to remove, the athlete will receive a Head Judge penalty.

## **13. STAGE**

- 13.1. The stage has a minimum of three (3) metres clearance in front, side and behind each pole / the hoop / the aerial pole. There are between 2.90 and 3.10 metres between the poles. If the competition is a combined pole sports and aerial sports championships, the poles may remain on the stage during the aerial competition, if the minimum distance required from the hoop to the poles is fulfilled.
- 13.2. Safety mat in Aerial Hoop and Aerial Pole Sports: There will be a 2 meter by 2 meter area covered below the hoop / the aerial pole with gymnastic mat. The mat is approximately 4 centimetres thick and protects the athlete in case of a fall, but is hard enough not to disturb any floor work.

## **14. APPARATUS: POLES**

- 14.1. Competition poles are 45mm brass poles, four (4) metres of usable height and made of one piece.
- 14.2. The spinning pole is placed on the right-hand side and the static pole on the left-hand side of the stage from the spectators' view. All athletes must use the same configuration.

## **15. APPARATUS: AERIAL HOOP**

- 15.1. Competition aerial hoops are made of metal tube with diameter of 25mm.
- 15.2. There are 3 diameters for the hoop provided by the organiser that the athlete can choose from for their performance: 90cm, 95cm and 100cm.
- 15.3. Please refer to the Apparatus Norms for the most up-to-date rules regarding the rigging and requirements of the Aerial Hoop.
- 15.4. The surface of the hoop must be powder coated. Grip tape will not be used on the surface of the hoop. The hoop will be cleaned before every athlete.
- 15.5. The height options provided by the organiser will be 140cm, 170cm and 200cm, as measured from the floor to the lowest point of the bottom bar. The athlete/performer is required to provide the height and hoop size required in their competition application (and in the theme sheet for artistic performers). In the organised rehearsal, the performer will confirm the height for the performance. The hoop must be at a minimum height of chin level of the performer, as measured from the floor.
- 15.6. The hoop will be hung from two rigging points with slings of 80 cm in length to one rigging point. Please see the latest IPSF Apparatus Norms for the most up-to-date information regarding rigging.
- 15.7. All hoop related information will be communicated by the competition organiser.

## **16. APPARATUS: AERIAL POLE**

- 16.1. Competition aerial poles are 45mm poles covered with neoprene rubber or silicone, made of not more than two pieces, and have three (3) metres of usable height.
- 16.2. The aerial pole will be hung from one rigging point with a strap of 40 cm in length to one rigging point. Please refer to the latest IPSF Apparatus Norms for the most up-to-date rigging information.

## **17. CLEANING OF THE APPARATUS:**

- The apparatus will be cleaned before each athlete competes. The apparatus will be cleaned entirely; first with a grease remover, then with a dry towel/cloth. In case of Pole, by at least of two (2) pole cleaners (one or two per pole).
- Athletes are allowed to check the apparatus and the height in case of hoop before they compete and may ask for a second cleaning and/or correction of the height of the hoop.
- Athletes may clean the apparatus themselves if they prefer but must use the cleaning products provided by the organiser.
- Athletes are prohibited from cleaning the apparatus with their own cleaning products. The only exception to this rule is where the athlete experiences severe allergies and requires a specialised cleaning product, in which case medical documentation must be provided.

## **18. FILMING**

- 18.1. All athletes confirm that, by taking part in the National or Open Championships, they waive all rights of filming and photography and will not receive any compensation for photos and videos taken during the event. All athletes must agree that their images can be used for advertising, training, promotional and commercial purposes by the IPSF and / or National Federations belonging to the IPSF.
- 18.2. All athletes agree to be interviewed, filmed and or photographed by IPSF approved media.
- 18.3. All athletes must agree to filming/photography at any event in which they appear before, during or after the competition, that is related to the competition (such as workshops, interviews, performances, etc.)
- 18.4. Filming and photography are not permitted in the changing areas unless with the express permission of the Organiser.
- 18.5. All photography and footage remain the property of the Organiser.

## **Judging**

### **19. JUDGES AND JUDGING SYSTEM**

- 19.1. Once judging has finished and all immediate appeals and complaints have been processed, no further adjustments will be made to the results.  
*\*See: system of complaints and appeals.*
- 19.2. Scores from preliminaries and finals are not added together.
- 19.3. Judges must be separated from the athletes and spectators at all times.
- 19.4. Judges and athletes will be disqualified if they are found discussing any matters together at any time during the competition.
- 19.5. Judges may not compete in the same year in which they are judging. Similarly, judges may not be IPSF recognised coaches at competitions in the same year in which they are judging. Competition organisers / federation committee members may not compete, judge or be an IPSF recognised coach at the competition they are hosting (unless extenuating circumstances are presented to the IPSF executive in writing).

	Athlete	Coach	Chaperone	Judge	Head Judge	Competition Organiser	Federation President
Athlete	X	X	X				
Coach	X	X	X				
Chaperone	X	X	X				
Judge				X	X		
Head Judge				X	X		
Competition Organiser						X	X
Federation President						X	X

The schedule above will give you an overview of what is acceptable to have cross over (in GREEN), not acceptable to cross over at all (BLACK), subject to discussion by the IPSF executive and the below caveats (RED).

19.6 The Federation president may compete IF the IPSF Executive is informed no later than 3 months before the competition, and the following caveats are met:

- The Federation president must have no interaction with judges or athletes
- The Federation president must have no interaction with athlete forms / music / costumes or have any confidential information related to this
- The Federation president must not announce / visually represent the federation at your competition
- The Federation president must compete first in order to assist for the rest of the weekend
- The Federation president must provide proof of the existence of an organizing committee who has all interaction with judges and athletes
- The Federation president must provide proof that the actual competition organiser is completely in charge of everything related to the competition

**If these rules are broken, the Federation president will face a penalty and possible suspension.**

## **20. PENALTIES**

An athlete can be penalised by the Head Judge during the competition for the following infringements:

*\*See also: Head Judge Penalties*

- 20.1. Breaking the rules, regulations, and code of ethics. Penalties are dependent on the infringement.
- 20.2. Providing false or inaccurate information on the application form. Penalties are dependent on the infringement.
- 20.3. Unsporting or anti-social behaviour.
- 20.4. Failure to meet the minimum or exceed the maximum requirements of the routine time.
- 20.5. Directly contacting the audience from the stage (such as gestures, talking to the spectators etc.).
- 20.6. Inappropriate choreography, costume, hair, and makeup (as specified above). Penalties are dependent on the gravity of infringement.
- 20.7. Presence of jewellery and props (as specified above).
- 20.8. Presence of a cell phone on stage during the medal ceremony or on the Kiss & Cry (as specified above).
- 20.9. Not complying with the tracksuit requirements or wearing an inappropriate tracksuit (as specified above).
- 20.10. Arriving late to registration and rehearsals (or not arriving at all) without prior agreement.
- 20.11. Arriving late backstage before competing.
- 20.12. Arriving late to the stage when announced.
- 20.13. Athletes caught being cued from off-stage during their performance (this includes being cued from the audience).
- 20.14. Athletes and/or their coaches/representatives approaching the Judges' table and/or room or obstructing Judges' view at any point during the competition.
- 20.15. Head Judges reserve the right to apply penalties at any point during the competition, or afterwards if they deem so necessary. Should this result in a change in podium position, the organiser will amend and award the medals correctly as necessary.

***Please note: Head Judge Penalties can be applied at any point during the competition, and disqualifications may be applied post-competition.***

## **21. RESULTS**

- 21.1. All results are collated via computer.
- 21.2. Results will be collated and provided in accordance with the National Scoring Information.
- 21.3. Preliminary results will be given to athletes when their scores are announced.
- 21.4. Athletes must wait for their scores in the designated area. Only IPSF-registered coaches are permitted to accompany the athletes. Athletes and coaches must be dressed in their tracksuits while awaiting results.
- 21.5. Athletes and coaches should not bring bags onto the Kiss and Cry area or onto the stage with them. A safe place will be provided by the competition organiser for athletes' belongings.
- 21.6. All results will be listed on the organisers' website within one (1) week of the medal awards being given.
- 21.7. All athletes who qualify for WPAC will be contacted by the IPSF Athlete's Team

## **22. KISS & CRY**

- 22.1. General conditions
  - Only an IPSF-registered coach may accompany an athlete on the Kiss and Cry couch, and they, like the athlete, must be dressed in their tracksuit and trainers/bare feet only. A maximum of 2 IPSF Coaches are permitted to join the athlete on the Kiss and Cry.
  - 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.
  - Youth athletes (any athlete under the age of 18) may have an IPSF-registered coach with them on the Kiss and Cry couch, even if this coach is not their registered coach for the competition.
  - 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.
- 22.2. NOT PERMITTED – penalty will be applied
  - Having (a) bag(s).
  - Having (a) cell phone(s).
  - Having a not permitted footwear.
- 22.3. PERMITTED with conditions
  - Having a small, plain bottle of water (max 500ml) per athlete without branding (otherwise penalty will be applied).
  - Having a small face towel per athlete not bigger than A4 size without branding (otherwise penalty will be applied).
  - Having a small stuffed animal not bigger than A4 size per athlete without branding (otherwise penalty will be applied).

## **23. AWARDS**

- 23.1. At the National Championships, each athlete competes for the title of National **Pole** Sports Champion 20XX. At the Open Championships, each athlete competes for the title of Open **Pole** Sports Champion 20XX.
- 23.2. Only sporting training shoes or bare feet are permitted on stage at the medal ceremony.
- 23.3. The winner from each category in each division will receive a gold medal.
- 23.4. The second and third placed athlete will receive a silver and bronze medal respectively.
- 23.5. All other athletes will receive a certificate of participation.
- 23.6. Cash or other gifts must not be given other than by way of endorsements or sponsorships. All sponsorship agreements offered in relation to athletes will be announced by the Organiser before the competition, as soon as possible after the agreement has been made and before the finals of the competition begin.

## **24. COACHES**

- 24.1. 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.
- 24.2. All coaches that sign the athletes' compulsory, technical bonus forms and artistic theme sheets must be IPSF-Registered Coaches. Only the IPSF-Registered Coach(es) who signs the forms will be considered the athlete's coach(es), and thus only this coach will be afforded the privileges that accompany the title. Coaches are only permitted to sign forms in the disciplines in which they have qualified as an IPSF-Registered Coach (i.e. if a coach is registered as an Aerial Hoop coach, they are not permitted to sign the forms for a Pole or Aerial Pole competition). A maximum of 2 IPSF Coaches are permitted to sign the forms.
- 24.3. All coaches must complete their certification a minimum of 2 weeks before the competition at which they wish to represent their athlete. Coaches must submit this proof 2 weeks before the competition (in other words, should the coach be doing a course which requires exams to be marked, the timelines of this course must be respected; for all IPSF courses where video exams are undertaken, 2 weeks must be given to mark the video exam).
- 24.4. The coach must be dressed in the matching tracksuit of their club/school/region (Nationals) or country (at International competitions).
- 24.5. Only an IPSF-Registered Coach may accompany an athlete on the Kiss and Cry couch, and they, like the athlete, must be dressed in their tracksuit and trainers/bare feet only. A maximum of 2 IPSF Coaches are permitted to join the athlete on the Kiss and Cry.
- 24.6. IPSF-Registered 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.
- 24.7. Youth athletes (any athlete under the age of 18) may have an IPSF-Registered Coach with them on the Kiss and Cry couch, even if this coach is not **their** registered coach for the competition.
- 24.8. 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.
- 24.9. Coaches may face sanctions should they contravenes any of the rules and regulations for or on behalf their athlete.

## **25. CHAPERONES**

- 25.1. Athletes under the age of 18 must ~~should~~ have an approved chaperone.
- 25.2. **ONLY** a parent/authorised legal representative (legal guardian) or IPSF-Registered Coach may act as a chaperone. No other person is permitted to act as a chaperone.
- 25.3. All parents/authorised legal representatives (legal guardians) who are NOT IPSF-Registered Coaches are mandated to complete the Parent Orientation Course, even if they are not the chaperone of the athlete. This certificate is valid for the competition year only, and must be renewed yearly.
- 25.4. All parents/authorised legal representatives (legal guardians) of elite athletes and all IPSF-Registered Coaches are mandated to complete the relevant WADA / ADAMS Anti-Doping courses. Please contact your National Federation to find the relevant course.
- 25.5. Chaperones who are NOT IPSF-Registered Coaches are not permitted to sit in the Kiss and Cry, and are not permitted to wear the club/school/regional/national tracksuit.
- 25.6. Only Youth (under 18 years of age) and Para Athletes are permitted to have a chaperone who is not an IPSF-Registered Coach.
- 25.7. The Chaperone is permitted to manage contesting on behalf of the Youth or Para Athlete, as well as be present during all discussions (including the results discussion).

## **26. DISQUALIFICATION**

An athlete can be disqualified before, during or after the competition. The IPSF also reserves the right to revoke the title of an athlete for the following infringements:

- 26.1. Breaking the rules and regulations or code of ethics. Disqualification is dependent on the infringement.
- 26.2. Providing false or inaccurate information on the application form. Disqualification is dependent on the infringement.
- 26.3. Unsporting behaviour or bringing the competition, Organiser, or the IPSF into disrepute.
- 26.4. Threatening the life or health of an athlete, organiser, judge, or spectator.
- 26.5. Failing to come to the stage.
- 26.6. Using prohibited grips.
- 26.7. Inappropriate choreography, costume, hair, and makeup (as specified above). Disqualification is dependent on the infringement.
- 26.8. Intentionally removing items of clothing during their performance.
- 26.9. Intentionally using the rigging or truss system as part of their performance.
- 26.10. Any unauthorised person accompanying the athlete on stage during the routine.
- 26.11. Directly contacting the judging panel to discuss the competition, or directly or indirectly influencing the judging decision prior to or during the competition.
- 26.12. Using vulgar language or gestures towards any IPSF official.
- 26.13. Testing positive for controlled substances (see Medical and Doping Regulations).
- 26.14. Refusing to undergo an anti-doping test when requested to do so.
- 26.15. Athletes may face a ban should there be any severe contravention of rules.
- 26.16. Any depiction of violence will lead to disqualification. This includes (but is not limited to) violence being reflected in the music, choreography or costume.

## **Medical and Doping Regulations**

### **27. DOPING SANCTIONS**

All Elite athletes and IPSF recognised coaches are required to complete the WADA Certification regarding anti-doping. It is strongly recommended that amateur and professional athletes also complete this training. In the case of athletes under the age of 18 must have a parent(s) or legal guardian(s) complete this training. In the case of a positive result or the refusal of doping control, the following penalties shall apply as final:

- 27.1. An athlete with a positive out-of-competition test is automatically suspended for the rest of the championship and no replacement for him/her is allowed.
- 27.2. The points awarded to a team with a doped athlete are not valid.
- 27.3. An athlete with a positive test will be suspended from all IPSF endorsed competitions for a period outlined in the WADA Code.
- 27.4. A positive result for anabolic steroids will result in suspension from all IPSF endorsed competitions for a period of four years. A doped athlete will not be awarded a medal or title.
- 27.5. In all positive doping cases, the recommendations of WADA shall have precedence over any disciplinary action by the IPSF.
- 27.6. Athletes with an anti-doping sanction may have previously-won titles taken away from them.

### **28. SEX REASSIGNMENT IN SPORT**

The IPSF has adopted the guidelines, recommendations, rules, and regulations of the IOC Medical Commission - Sex Reassignment in Sport. Please refer to the latest IOC regulation in this regard.

It is understood that a confidential case-by-case evaluation will occur. In case that the gender of a competing athlete is questioned, the medical delegate (or equivalent) of the relevant sporting body shall have the authority to take all appropriate measures for the determination of the gender of an athlete.

## **Rights and responsibilities**

### **29. RIGHTS AND RESPONSIBILITIES OF THE ATHLETES**

- 29.1. All athletes must read the rules, regulations, and any updates.
- 29.2. All athletes must conduct themselves in accordance with the IPSF rules, regulations, and Code of Ethics.
- 29.3. All athletes must sign the IPSF Code of Ethics and behave accordingly.
- 29.4. All athletes are obligated to carry identification documents to the competition.
- 29.5. All athletes are fully responsible for their personal health condition and ability to compete. To avoid injury, no athletes should undertake elements they are not fully confident and secure in.
- 29.6. All athletes enter the National or Open Championships at their own risk and understand that any injuries or accidents that may occur are their responsibility.
- 29.7. All athletes must attend the opening ceremony and preliminary results ceremony (if applicable) unless a medical emergency has occurred that prevents attendance, or unless they are one of the first 2 athletes to compete. All finalists must attend the medal ceremony unless a medical emergency has occurred.
- 29.8. Please note that the competition starts when the athlete registers and ends when the judges panel and competition organisers have vacated the venue after the final day of competition.
- 29.9. Use of alcohol or banned or controlled substances before or during the competition is strictly prohibited.
- 29.10. All athletes must agree to take part in anti-doping testing in accordance with the WADA Code. For a list of prohibited substances please see <https://www.wada-ama.org>. Failure to supply a testing sample when requested to do so will result in the athlete being disqualified from the competition, a revocation of any title won and the possibility of a ban from further IPSF competitions.
- 29.11. All expenses incurred by the athlete are the responsibility of the athlete and not the Organiser. Confirmation of this will require a signature at the time of registration.

- 29.12. Athletes who are entering an international open championship are required to purchase/acquire the relevant visa for entry into the country where the competition is being held. If the athlete requires assistance in this regard, they should please contact the competition organiser.
- 29.13. All athletes have the right to receive all available public information regarding the scoring system or to the competition in general which can be found on the IPSF website: [www.ipsfspors.org](http://www.ipsfspors.org).
- 29.14. Ultimately it is the responsibility of the athlete/performer to ensure all rules and regulations are followed. Should there be a rule that is violated but is not picked up during the Head Judge checking process, the athlete/performer can still face a deduction for this rule violation at the competition.
- 29.15. During the preliminaries and finals:
  - All athletes must compete with their same gender category except in the case of doubles and if a category is mixed.
  - Athletes should be backstage two athletes prior to competing.
  - Athletes must start off stage and wait to be announced before walking out on to the stage.

### **30. RIGHTS AND RESPONSIBILITIES OF THE ORGANISER**

The IPSF and/or Organiser reserve the right to the following:

- 30.1. To alter the rules and regulations of the competition or its attachments at any time. Any change will be announced immediately on [www.ipsfspors.org](http://www.ipsfspors.org).
- 30.2. To refer to the Head Judge any athlete in breach of the rules and regulations or code of ethics for the consideration of penalties or disqualification.
- 30.3. To refer to the Head Judge any judge in breach of the rules and regulations or code of ethics for the consideration of disqualification.
- 30.4. To decide on any decisions not already addressed in the rules and regulations and code of ethics prior to or during the competition.
- 30.5. The Organiser will provide basic first aid in the case of an incident or accident and medical assistance in the event of a more serious injury. The medical representative has the final decision on whether the athlete's injury should prevent them from entering or continuing the competition.
- 30.6. The IPSF and the Organiser cannot be held responsible for loss or damage to athletes' or officials' items.

**The Organiser is required to:**

- 30.7. Publish all competition criteria as stated above.
- 30.8. Announce all changes regarding the competition on the competition organisers' website.
- 30.9. Provide rooms for athletes to change and warm up in, with toilet facilities which are separate from those being used by judges and spectators.
- 30.10. Provide a separate area for youth athletes to change in or a fixed time slot for the changing rooms to be for their sole use.
- 30.11. Check the installation of the apparatus and test them.
- 30.12. Give athletes a chance to practice with the apparatus before the start of the competition.
- 30.13. Arrange the cleaning of the apparatus before each performance.
- 30.14. Provide the judges with all necessary information concerning the competition.
- 30.15. Provide interim first aid in the case of an incident or accident.
- 30.16. Provide anti-doping testing in accordance with the WADA Code ([www.wada-ama.org](http://www.wada-ama.org)).

## Complaints and appeals

### 30. SCORING SYSTEM

31.1. For complaints about scores, athletes may lodge an appeal regarding their scores within 10 minutes of the athletes' personal scores being announced in accordance with the IPSF national scoring appeals procedure. After this time, scores will not be overturned. There is a cost involved, which will be returned should the complaint or appeal be upheld.

*\*See: IPSF National Scoring Information below.*

31.2. Further complaints about any other issue must be made in writing to the competition organiser within 7 working days.

31.3. For more information, please contact the competition organiser.

31.4. The process for contesting is as follows:

- 31.4.1. The athlete must collect their score strip from the announcer as soon as their scores have been announced.
- 31.4.2. 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.
- 31.4.3. 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-Registered Coach and a technical support person, if necessary (technical support person relating to equipment and not athlete/competition related). Youth and Para athletes may have their chaperone watch with them. A translator may also be present if deemed necessary by the Head Judge.
- 31.4.4. A non-refundable deposit will be required to watch the video. This price will be determined by the competition organiser in collaboration with the IPSF.
- 31.4.5. Once you have determined that you do want to contest, you will be required to pay the contesting fee as determined by the competition organiser in conjunction with the IPSF. The competition organiser will communicate the process for this.
- 31.4.6. Please note that this fee will be applicable per judging section – i.e., you will be required to pay for each section you wish to contest. For example, if you wish to contest both Compulsories and Technical Deductions, you will be required to pay separately for each of these.
- 31.4.7. Once your payment has been received, the Head Judge of the competition will manage your contest. This will only happen once confirmation of payment has been received. The Head Judge will judge the video privately, and explain the decisions afterwards.
- 31.4.8. Once the Head Judge is done, the Head Judge will discuss the results with the athlete and the IPSF-Registered Coach (/ Parent / Legal Guardian in the case of athletes under the age of 18). The athlete will have a maximum of 10 minutes for this discussion (or 15 minutes if a translator is needed).
- 31.4.9. Should your contest / complaint be upheld, the competition organiser will refund your payment. Should your score / results remain the same or go down, your money will not be refunded.
- 31.4.10. Your score will be updated at the earliest convenience of the competition organiser, and but will be done before the final medal ceremony.
- 31.4.11. The contesting judge's decision is final, and no negotiation will be entered into.
- 31.4.12. A score change will be enacted for Compulsory, Technical Bonus and Artistic & Choreography scores should there be any change identified in the contest. For Technical Deductions, the score change will only be enacted IF the score changes by 2.0 points or more from the original score.
- 31.4.13. If the athlete or their IPSF-Registered Coach / Parent / Legal Guardian becomes belligerent, argumentative, aggressive or combative, the Head Judge will add additional Head Judge deductions or disqualify the athlete (dependent on the severity of the behaviour).

## **IPSF Scoring System (Contesting)**

This is information for athletes and coaches about the scoring system used for National Championships and will explain how the scores will be given, when final results will be announced and extra information you need to know.

### **Personal scores**

Your total scores will be announced within ten minutes of completing your routine. After you have competed, you are required to wait with your coach in your tracksuit to hear your scores. You will be given your scores for each section.

### **Finals**

The results for all categories on finals day will be announced at the end of the competition at the award ceremony. Athletes are expected to be dressed in their tracksuits and ready to go to the stage when called approximately 15 minutes after the last athlete has competed. Each category will be invited to the stage and the winners will be announced with their total scores. All total scores will also be posted on the competition website and WPAC qualifying athletes on the IPSF world ranking.

### **Feedback**

No feedback will be given regarding individual routines; all the videos will be online as soon as possible after the competition for athletes and coaches to self-assess their performances.

### **Guidance on your scores**

**Compulsory** – A low score indicates the minimum requirements of the elements were not met, an element was missing, or elements were in the wrong order. Points will not be awarded for any element that is on the border. The elements need to be executed correctly in accordance with all of the minimum requirements.

**Technical Bonus** – A low score may indicate a lack of tricks executed in accordance with Code of Points requirements, a low level of difficulty of all the moves chosen in the routine, or both.

**Technical Deduction** – A low score mostly indicates poor execution of moves and lines plus specific requirements either not being met or occurring as stated in the Code of Points.

**Artistic and Choreography** – A low score indicates lower scores in sections such as flow, confidence, costume etc.

### **Your scores**

Should you have a complaint about your score in a specific section, you are entitled to contest the score you were awarded provided you register your complaint within 10 minutes of receiving your scores. Only complaints regarding specific sections will be permitted within 10 minutes. Please follow the correct procedure on the Scoring Complaints document if you wish to contest your scores.

### **Fees – as determined by the National Federation and the IPSF**

There is a fee for registering a complaint about scores, should any scores be amended upwards (i.e., the contest is successful), the fee will be immediately returned to the athlete. The fee must be paid before the Head Judge starts with evaluating the contested section(s). The fee is payable upon registration of the complaint by cash, PayPal, or credit/debit card only to the National Federation (for National or Open competitions) or the IPSF (For Worlds competitions) – the competition organiser will organise payment facilities. The fee is payable per section being contested.

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

### **Purpose**

This policy outlines the International Pole and Aerial Sports Federation's (IPSF) approach to athletes who apply for competitions both nationally and internationally and don't attend the events.

### **Context**

This policy has been introduced as a result of the frequency of occasions where competitors do not attend and compete at competitions, they have entered without informing the competition organisers. This policy will help to eliminate the following problems:

- Preventing other athletes from participating in competitions
- Causing delays to the organisers
- Disappointing sporting fans and spectators
- Disrupting competition schedules
- Creating difficulties with sponsors

### **Expectations for Informing Competition Organisers**

Athletes who are unable to attend competitions they have entered need to adhere to at least **one** of the following expectations depending on the reason for non-attendance and how long before the competition athletes wish to cancel their attendance:

1. Athletes are expected to inform national and international competition organisers that they will not be attending. The time limit for this is **three weeks** before the date of competition. It is the athlete's responsibility to know the cut-off date
2. Athletes who have to cancel their attendance after the cut-off date **must** inform the competition organisers as soon as possible (it is acceptable for someone to do this on their behalf). A medical certificate (with a copy translated into English if the original certificate isn't in English) must be submitted to the competition organiser.
3. Athletes who do not have a medical reason for not attending at short notice will need to submit their reasons to the competition organiser to be assessed by the IPSF Executive Committee to decide if the reason is acceptable. If not, the sanctions below will be applied to the athlete.

### **IPSF Notification Procedures**

1. Athletes have up to **seven days** after the competition date to submit the appropriate as stated above.
2. If a form is not submitted after **seven days**, the IPSF will write to the athlete explaining they are now being registered as a **no-show**.
3. If there is no response the IPSF will register the athlete as a no-show with the current sanctions (detailed below).
4. To register an appeal, the athlete must do so within **seven days** from receipt of the notification of being registered as a no-show. An appeal will be assessed by the IPSF Executive Committee.

### **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 one year. 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.

## **ADDENDUM 1**

### **PROHIBITED ELEMENTS/MOVEMENTS**

These elements and movements are completely prohibited and are additional to prohibited movements and elements listed in the Code of Points. This prohibition is subject to an agreement with FIG regarding coexistence of the two bodies, and is directly from the FIG Aerobic Gymnastics Code of Points (along with stipulations regarding other gymnastics codes already listed in this document). Please note the penalties that will apply per infringement. If in doubt, please visit the IPSF website for links to the videos of these elements (or use the links below).

<b><u>PROHIBITED ELEMENTS/MOVEMENTS</u></b>		
<b>CODE NR.</b>	<b>NAME</b>	<b>LINK</b>
A 184	EXPLOSIVE A-FRAME	<a href="https://www.fig-aerobic.com/A-184-EXPLOSIVE-A-FRAME_a600.html">https://www.fig-aerobic.com/A-184-EXPLOSIVE-A-FRAME_a600.html</a>
A 186	EXPLOSIVE A-FRAME ½ TURN	<a href="https://www.fig-aerobic.com/A-186-EXPLOSIVE-A-FRAME-TURN_a602.html">https://www.fig-aerobic.com/A-186-EXPLOSIVE-A-FRAME-TURN_a602.html</a>
A 194	EXPLOSIVE A-FRAME TO SPLIT	<a href="https://www.fig-aerobic.com/A-194-EXPLOSIVE-A-FRAME-TO-SPLIT_a1144.html">https://www.fig-aerobic.com/A-194-EXPLOSIVE-A-FRAME-TO-SPLIT_a1144.html</a>
A 196	EXPLOSIVE A-FRAME ½ TURN TO SPLIT	<a href="https://www.fig-aerobic.com/A-196-EXPLOSIVE-A-FRAME-TURN-TO-SPLIT_a1042.html">https://www.fig-aerobic.com/A-196-EXPLOSIVE-A-FRAME-TURN-TO-SPLIT_a1042.html</a>
A 198	EXPLOSIVE A-FRAME ½ TURN ½ TWIST TO BACK SUPPORT	<a href="https://www.fig-aerobic.com/A-198-EXPLOSIVE-A-FRAME-TURN-TWIST-TO-BACK-SUPPORT_a1145.html">https://www.fig-aerobic.com/A-198-EXPLOSIVE-A-FRAME-TURN-TWIST-TO-BACK-SUPPORT_a1145.html</a>
A 205	EXPLOSIVE A-FRAME TO WENSON	<a href="https://www.fig-aerobic.com/A-205-EXPLOSIVE-A-FRAME-TO-WENSON_a601.html">https://www.fig-aerobic.com/A-205-EXPLOSIVE-A-FRAME-TO-WENSON_a601.html</a>
A 206	EXPLOSIVE A-FRAME TO LIFTED WENSON	<a href="https://www.fig-aerobic.com/A-206-EXPLOSIVE-A-FRAME-TO-LIFTED-WENSON_a1146.html">https://www.fig-aerobic.com/A-206-EXPLOSIVE-A-FRAME-TO-LIFTED-WENSON_a1146.html</a>
A 207	EXPLOSIVE A-FRAME ½ TURN TO WENSON	<a href="https://www.fig-aerobic.com/A-207-EXPLOSIVE-A-FRAME-TURN-TO-WENSON_a603.html">https://www.fig-aerobic.com/A-207-EXPLOSIVE-A-FRAME-TURN-TO-WENSON_a603.html</a>
A 208	EXPLOSIVE A-FRAME ½ TURN TO LIFTED WENSON	<a href="https://www.fig-aerobic.com/A-208-EXPLOSIVE-A-FRAME-TURN-TO-LIFTED-WENSON_a604.html">https://www.fig-aerobic.com/A-208-EXPLOSIVE-A-FRAME-TURN-TO-LIFTED-WENSON_a604.html</a>
A 215	STRADDLE CUT	<a href="https://www.fig-aerobic.com/A-215-STRADDLE-CUT_a607.html">https://www.fig-aerobic.com/A-215-STRADDLE-CUT_a607.html</a>
A 216	STRADDLE CUT TO L-SUPPORT	<a href="https://www.fig-aerobic.com/A-216-STRADDLE-CUT-TO-L-SUPPORT_a608.html">https://www.fig-aerobic.com/A-216-STRADDLE-CUT-TO-L-SUPPORT_a608.html</a>
A 217	STRADDLE CUT TO STRADDLE V-SUPPORT	<a href="https://www.fig-aerobic.com/A-217-STRADDLE-CUT-TO-STRADDLE-V-SUPPORT_a1147.html">https://www.fig-aerobic.com/A-217-STRADDLE-CUT-TO-STRADDLE-V-SUPPORT_a1147.html</a>
A 218	STRADDLE CUT TO V-SUPPORT	<a href="https://www.fig-aerobic.com/A-218-STRADDLE-CUT-TO-V-SUPPORT_a609.html">https://www.fig-aerobic.com/A-218-STRADDLE-CUT-TO-V-SUPPORT_a609.html</a>
A 219	STRADDLE CUT ½ TWIST TO PUSH UP	<a href="https://www.fig-aerobic.com/A-219-STRADDLE-CUT-TWIST-TO-PUSH-UP_a610.html">https://www.fig-aerobic.com/A-219-STRADDLE-CUT-TWIST-TO-PUSH-UP_a610.html</a>
A 220	STRADDLE CUT ½ TWIST TO WENSON OR LIFTED WENSON	<a href="https://www.fig-aerobic.com/A-220-STRADDLE-CUT-TWIST-TO-WENSON-OR-LIFTED-WENSON_a611.html">https://www.fig-aerobic.com/A-220-STRADDLE-CUT-TWIST-TO-WENSON-OR-LIFTED-WENSON_a611.html</a>
A 225	HIGH V-SUPPORT TO FRONTAL SPLIT	<a href="https://www.fig-aerobic.com/A-225-HIGH-V-SUPPORT-TO-FRONTAL-SPLIT_a1149.html">https://www.fig-aerobic.com/A-225-HIGH-V-SUPPORT-TO-FRONTAL-SPLIT_a1149.html</a>
A 226	HIGH V-SUPPORT REVERSE CUT TO SPLIT	<a href="https://www.fig-aerobic.com/A-226-HIGH-V-SUPPORT-REVERSE-CUT-TO-SPLIT_a614.html">https://www.fig-aerobic.com/A-226-HIGH-V-SUPPORT-REVERSE-CUT-TO-SPLIT_a614.html</a>
A 227	HIGH V SUPPORT ½ TURN TO FRONTAL SPLIT	<a href="https://www.fig-aerobic.com/A-227-HIGH-V-SUPPORT-TURN-TO-FRONTAL-SPLIT_a615.html">https://www.fig-aerobic.com/A-227-HIGH-V-SUPPORT-TURN-TO-FRONTAL-SPLIT_a615.html</a>

A 228	HIGH V-SUPPORT REVERSE CUT ½ TURN TO SPLIT	<a href="https://www.fig-aerobic.com/A-228-HIGH-V-SUPPORT-REVERSE-CUT-TURN-TO-SPLIT_a1150.html">https://www.fig-aerobic.com/A-228-HIGH-V-SUPPORT-REVERSE-CUT-TURN-TO-SPLIT_a1150.html</a>
A 237	HIGH V-SUPPORT ½ TWIST TO PUSH UP	<a href="https://www.fig-aerobic.com/A-237-HIGH-V-SUPPORT-TWIST-TO-PUSH-UP_a620.html">https://www.fig-aerobic.com/A-237-HIGH-V-SUPPORT-TWIST-TO-PUSH-UP_a620.html</a>
A 239	HIGH V- SUPPORT ½ TWIST TO WENSON	<a href="https://www.fig-aerobic.com/A-239-HIGH-V-SUPPORT-TWIST-TO-WENSON_a618.html">https://www.fig-aerobic.com/A-239-HIGH-V-SUPPORT-TWIST-TO-WENSON_a618.html</a>
A 240	HIGH V- SUPPORT ½ TWIST TO LIFTED WENSON	<a href="https://www.fig-aerobic.com/A-240-HIGH-V-SUPPORT-TWIST-TO-LIFTED-WENSON_a619.html">https://www.fig-aerobic.com/A-240-HIGH-V-SUPPORT-TWIST-TO-LIFTED-WENSON_a619.html</a>
A 309	FLAIR 1/1 TWIST AIRBORNE TO PU	<a href="https://www.fig-aerobic.com/A-309-FLAIR-1-1-TWIST-AIRBORNE-TO-PU_a1160.html">https://www.fig-aerobic.com/A-309-FLAIR-1-1-TWIST-AIRBORNE-TO-PU_a1160.html</a>
A 310	FLAIR ½ TURN, 1/1 TWIST AIRBORNE TO PU (PIMPA) OR TO WENSON (KIM)	<a href="https://www.fig-aerobic.com/A-310-FLAIR-TURN-1-1-TWIST-AIRBORNE-TO-PU-PIMPA-OR-TO-WENSON-KIM_a1161.html">https://www.fig-aerobic.com/A-310-FLAIR-TURN-1-1-TWIST-AIRBORNE-TO-PU-PIMPA-OR-TO-WENSON-KIM_a1161.html</a>
A 326	FLAIR TO WENSON	<a href="https://www.fig-aerobic.com/A-326-FLAIR-TO-WENSON_a625.html">https://www.fig-aerobic.com/A-326-FLAIR-TO-WENSON_a625.html</a>
A 327	FLAIR ½ TURN TO WENSON	<a href="https://www.fig-aerobic.com/A-327-FLAIR-TURN-TO-WENSON_a626.html">https://www.fig-aerobic.com/A-327-FLAIR-TURN-TO-WENSON_a626.html</a>
A 328	FLAIR 1/1 TURN TO WENSON	<a href="https://www.fig-aerobic.com/A-328-FLAIR-1-1-TURN-TO-WENSON_a627.html">https://www.fig-aerobic.com/A-328-FLAIR-1-1-TURN-TO-WENSON_a627.html</a>
A 329	FLAIR 1/1 SPINDLE TO WENSON	<a href="https://www.fig-aerobic.com/A-329-FLAIR-1-1-SPINDLE-TO-WENSON_a1044.html">https://www.fig-aerobic.com/A-329-FLAIR-1-1-SPINDLE-TO-WENSON_a1044.html</a>
A 337	FLAIR TO LIFTED WENSON	<a href="https://www.fig-aerobic.com/A-337-FLAIR-TO-LIFTED-WENSON_a629.html">https://www.fig-aerobic.com/A-337-FLAIR-TO-LIFTED-WENSON_a629.html</a>
A 338	FLAIR ½ TURN TO LIFTED WENSON	<a href="https://www.fig-aerobic.com/A-338-FLAIR-TURN-TO-LIFTED-WENSON_a630.html">https://www.fig-aerobic.com/A-338-FLAIR-TURN-TO-LIFTED-WENSON_a630.html</a>
A 339	FLAIR 1/1 TURN TO LIFTED WENSON	<a href="https://www.fig-aerobic.com/A-339-FLAIR-1-1-TURN-TO-LIFTED-WENSON_a631.html">https://www.fig-aerobic.com/A-339-FLAIR-1-1-TURN-TO-LIFTED-WENSON_a631.html</a>
A 364	HELICOPTER	<a href="https://www.fig-aerobic.com/A-364-HELICOPTER_a637.html">https://www.fig-aerobic.com/A-364-HELICOPTER_a637.html</a>
A 365	HELICOPTER TO WENSON	<a href="https://www.fig-aerobic.com/A-365-HELICOPTER-TO-WENSON_a641.html">https://www.fig-aerobic.com/A-365-HELICOPTER-TO-WENSON_a641.html</a>
A 366	HELICOPTER TO LIFTED WENSON BOTH SIDE	<a href="https://www.fig-aerobic.com/A-366-HELICOPTER-TO-LIFTED-WENSON-BOTH-SIDE_a1282.html">https://www.fig-aerobic.com/A-366-HELICOPTER-TO-LIFTED-WENSON-BOTH-SIDE_a1282.html</a>
A 368	HELICOPTER 1/1 TWIST AIRBORNE TO PU	<a href="https://www.fig-aerobic.com/A-368-HELICOPTER-1-1-TWIST-AIRBORNE-TO-PU_a1163.html">https://www.fig-aerobic.com/A-368-HELICOPTER-1-1-TWIST-AIRBORNE-TO-PU_a1163.html</a>
A 374	HELICOPTER TO SPLIT	<a href="https://www.fig-aerobic.com/A-374-HELICOPTER-TO-SPLIT_a640.html">https://www.fig-aerobic.com/A-374-HELICOPTER-TO-SPLIT_a640.html</a>
A 375	HELICOPTER 1/2 TURN TO SPLIT	<a href="https://www.fig-aerobic.com/A-375-HELICOPTER-1-2-TURN-TO-SPLIT_a1162.html">https://www.fig-aerobic.com/A-375-HELICOPTER-1-2-TURN-TO-SPLIT_a1162.html</a>
B 104	STRADDLE SUPPORT 1/1 TURN	<a href="https://www.fig-aerobic.com/B-104-STRADDLE-SUPPORT-1-1-TURN_a650.html">https://www.fig-aerobic.com/B-104-STRADDLE-SUPPORT-1-1-TURN_a650.html</a>
B 106	STRADDLE SUPPORT 2/1 TURN OR MORE	<a href="https://www.fig-aerobic.com/B-106-STRADDLE-SUPPORT-2-1-TURN-OR-MORE_a652.html">https://www.fig-aerobic.com/B-106-STRADDLE-SUPPORT-2-1-TURN-OR-MORE_a652.html</a>
B 114	1 ARM STRADDLE SUPPORT	<a href="https://www.fig-aerobic.com/B-114-1-ARM-STRADDLE-SUPPORT_a653.html">https://www.fig-aerobic.com/B-114-1-ARM-STRADDLE-SUPPORT_a653.html</a>
B 115	1 ARM ½ TURN STRADDLE SUPPORT	<a href="https://www.fig-aerobic.com/B-115-1-ARM-TURN-STRADDLE-SUPPORT_a654.html">https://www.fig-aerobic.com/B-115-1-ARM-TURN-STRADDLE-SUPPORT_a654.html</a>
B 116	1 ARM 1/1 TURN STRADDLE SUPPORT (LACATUS)	<a href="https://www.fig-aerobic.com/B-116-1-ARM-1-1-TURN-STRADDLE-SUPPORT-LACATUS_a655.html">https://www.fig-aerobic.com/B-116-1-ARM-1-1-TURN-STRADDLE-SUPPORT-LACATUS_a655.html</a>

B 117	1 ARM 1 1/2 TURN STRADDLE SUPPORT	<a href="https://www.fig-aerobic.com/B-117-1-ARM-1-1-2-TURN-STRADDLE-SUPPORT_a656.html">https://www.fig-aerobic.com/B-117-1-ARM-1-1-2-TURN-STRADDLE-SUPPORT_a656.html</a>
B 124	STRADDLE / L SUPPORT 1/1 TURN	<a href="https://www.fig-aerobic.com/B-124-STRADDLE-L-SUPPORT-1-1-TURN_a1180.html">https://www.fig-aerobic.com/B-124-STRADDLE-L-SUPPORT-1-1-TURN_a1180.html</a>
B 126	STRADDLE / L SUPPORT 2/1 TURN (MOLDOVAN)	<a href="https://www.fig-aerobic.com/B-126-STRADDLE-L-SUPPORT-2-1-TURN-MOLDOVAN_a1181.html">https://www.fig-aerobic.com/B-126-STRADDLE-L-SUPPORT-2-1-TURN-MOLDOVAN_a1181.html</a>
B 134	L-SUPPORT 1/1 TURN	<a href="https://www.fig-aerobic.com/B-134-L-SUPPORT-1-1-TURN_a664.html">https://www.fig-aerobic.com/B-134-L-SUPPORT-1-1-TURN_a664.html</a>
B 136	L-SUPPORT 2/1 TURN OR MORE	<a href="https://www.fig-aerobic.com/B-136-L-SUPPORT-2-1-TURN-OR-MORE_a666.html">https://www.fig-aerobic.com/B-136-L-SUPPORT-2-1-TURN-OR-MORE_a666.html</a>
B 145	STRADDLE V-SUPPORT 1/1 TURN	<a href="https://www.fig-aerobic.com/B-145-STRADDLE-V-SUPPORT-1-1-TURN_a672.html">https://www.fig-aerobic.com/B-145-STRADDLE-V-SUPPORT-1-1-TURN_a672.html</a>
B 147	STRADDLE V-SUPPORT 2/1 TURN	<a href="https://www.fig-aerobic.com/B-147-STRADDLE-V-SUPPORT-2-1-TURN_a674.html">https://www.fig-aerobic.com/B-147-STRADDLE-V-SUPPORT-2-1-TURN_a674.html</a>
B 157	V-SUPPORT 1/1 TURN	<a href="https://www.fig-aerobic.com/B-157-V-SUPPORT-1-1-TURN_a677.html">https://www.fig-aerobic.com/B-157-V-SUPPORT-1-1-TURN_a677.html</a>
B 159	V-SUPPORT 2/1 TURN	<a href="https://www.fig-aerobic.com/B-159-V-SUPPORT-2-1-TURN_a679.html">https://www.fig-aerobic.com/B-159-V-SUPPORT-2-1-TURN_a679.html</a>
B 170	HIGH V-SUPPORT 1/1 TURN	<a href="https://www.fig-aerobic.com/B-170-HIGH-V-SUPPORT-1-1-TURN_a1187.html">https://www.fig-aerobic.com/B-170-HIGH-V-SUPPORT-1-1-TURN_a1187.html</a>
B 186	STRADDLE PLANCHE	<a href="https://www.fig-aerobic.com/B-186-STRADDLE-PLANCHE_a695.html">https://www.fig-aerobic.com/B-186-STRADDLE-PLANCHE_a695.html</a>
B 187	STRADDLE PLANCHE TO PUSH UP	<a href="https://www.fig-aerobic.com/B-187-STRADDLE-PLANCHE-TO-PUSH-UP_a696.html">https://www.fig-aerobic.com/B-187-STRADDLE-PLANCHE-TO-PUSH-UP_a696.html</a>
B 200	PLANCHE TO LIFTED WENSON BACK TO STRADDLE PLANCHE	<a href="https://www.fig-aerobic.com/B-200-PLANCHE-TO-LIFTED-WENSON-BACK-TO-STRADDLE-PLANCHE_a1262.html">https://www.fig-aerobic.com/B-200-PLANCHE-TO-LIFTED-WENSON-BACK-TO-STRADDLE-PLANCHE_a1262.html</a>
B 208	STRADDLE PLANCHE TO LIFTED WENSON BOTH SIDES	<a href="https://www.fig-aerobic.com/B-208-STRADDLE-PLANCHE-TO-LIFTED-WENSON-BOTH-SIDES_a1190.html">https://www.fig-aerobic.com/B-208-STRADDLE-PLANCHE-TO-LIFTED-WENSON-BOTH-SIDES_a1190.html</a>
B 210	STRADDLE PLANCHE TO LIFTED WENSON BOTH SIDES BACK TO STRADDLE PLANCHE	<a href="https://www.fig-aerobic.com/B-210-STRADDLE-PLANCHE-TO-LIFTED-WENSON-BOTH-SIDES-BACK-TO-STRADDLE-PLANCHE_a1191.html">https://www.fig-aerobic.com/B-210-STRADDLE-PLANCHE-TO-LIFTED-WENSON-BOTH-SIDES-BACK-TO-STRADDLE-PLANCHE_a1191.html</a>
B 218	PLANCHE	<a href="https://www.fig-aerobic.com/B-218-PLANCHE_a699.html">https://www.fig-aerobic.com/B-218-PLANCHE_a699.html</a>
B 219	PLANCHE TO PUSH-UP	<a href="https://www.fig-aerobic.com/B-219-PLANCHE-TO-PUSH-UP_a700.html">https://www.fig-aerobic.com/B-219-PLANCHE-TO-PUSH-UP_a700.html</a>
B 220	PLANCHE TO LIFTED WENSON	<a href="https://www.fig-aerobic.com/B-220-PLANCHE-TO-LIFTED-WENSON_a701.html">https://www.fig-aerobic.com/B-220-PLANCHE-TO-LIFTED-WENSON_a701.html</a>
C 108	3/1 AIR TURNS	<a href="https://www.fig-aerobic.com/C-108-3-1-AIR-TURNS_a769.html">https://www.fig-aerobic.com/C-108-3-1-AIR-TURNS_a769.html</a>
C 118	2 ½ AIR TURNS TO SPLIT	<a href="https://www.fig-aerobic.com/C-118-2-AIR-TURNS-TO-SPLIT_a774.html">https://www.fig-aerobic.com/C-118-2-AIR-TURNS-TO-SPLIT_a774.html</a>
C 119	3/1 AIR TURN TO SPLIT	<a href="https://www.fig-aerobic.com/C-119-3-1-AIR-TURN-TO-SPLIT_a775.html">https://www.fig-aerobic.com/C-119-3-1-AIR-TURN-TO-SPLIT_a775.html</a>
C 153	GAINER ½ TWIST TO SPLIT	<a href="https://www.fig-aerobic.com/C-153-GAINER-TWIST-TO-SPLIT_a792.html">https://www.fig-aerobic.com/C-153-GAINER-TWIST-TO-SPLIT_a792.html</a>
C 156	GAINER 1 ½ TWIST TO SPLIT	<a href="https://www.fig-aerobic.com/C-156-GAINER-1-TWIST-TO-SPLIT_a793.html">https://www.fig-aerobic.com/C-156-GAINER-1-TWIST-TO-SPLIT_a793.html</a>
C 159	GAINER 2 ½ TWIST TO SPLIT	<a href="https://www.fig-aerobic.com/C-159-GAINER-2-TWIST-TO-SPLIT_a1210.html">https://www.fig-aerobic.com/C-159-GAINER-2-TWIST-TO-SPLIT_a1210.html</a>
C 144	GAINER ½ TWIST	<a href="https://www.fig-aerobic.com/C-144-GAINER-TWIST_a789.html">https://www.fig-aerobic.com/C-144-GAINER-TWIST_a789.html</a>

C 147	GAINER 1 ½ TWIST	<a href="https://www.fig-aerobic.com/C-147-GAINER-1-TWIST_a790.html">https://www.fig-aerobic.com/C-147-GAINER-1-TWIST_a790.html</a>
C 150	GAINER 2 ½ TWIST	<a href="https://www.fig-aerobic.com/C-150-GAINER-2-TWIST_a1209.html">https://www.fig-aerobic.com/C-150-GAINER-2-TWIST_a1209.html</a>
C 193	TUCK JUMP TO SPLIT	<a href="https://www.fig-aerobic.com/C-193-TUCK-JUMP-TO-SPLIT_a807.html">https://www.fig-aerobic.com/C-193-TUCK-JUMP-TO-SPLIT_a807.html</a>
C 194	½ TURN TUCK JUMP TO SPLIT	<a href="https://www.fig-aerobic.com/C-194-TURN-TUCK-JUMP-TO-SPLIT_a808.html">https://www.fig-aerobic.com/C-194-TURN-TUCK-JUMP-TO-SPLIT_a808.html</a>
C 325	STRADDLE JUMP TO SPLIT	<a href="https://www.fig-aerobic.com/C-325-STRADDLE-JUMP-TO-SPLIT_a863.html">https://www.fig-aerobic.com/C-325-STRADDLE-JUMP-TO-SPLIT_a863.html</a>
C 326	½ TURN STRADDLE JUMP TO SPLIT	<a href="https://www.fig-aerobic.com/C-326-TURN-STRADDLE-JUMP-TO-SPLIT_a864.html">https://www.fig-aerobic.com/C-326-TURN-STRADDLE-JUMP-TO-SPLIT_a864.html</a>
C 327	1/1 TURN STRADDLE JUMP TO SPLIT	<a href="https://www.fig-aerobic.com/C-327-1-1-TURN-STRADDLE-JUMP-TO-SPLIT_a865.html">https://www.fig-aerobic.com/C-327-1-1-TURN-STRADDLE-JUMP-TO-SPLIT_a865.html</a>
C 328	1 ½ TURN STRADDLE JUMP TO SPLIT	<a href="https://www.fig-aerobic.com/C-328-1-TURN-STRADDLE-JUMP-TO-SPLIT_a1224.html">https://www.fig-aerobic.com/C-328-1-TURN-STRADDLE-JUMP-TO-SPLIT_a1224.html</a>
C 336	STRADDLE JUMP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-336-STRADDLE-JUMP-TO-PUSH-UP_a866.html">https://www.fig-aerobic.com/C-336-STRADDLE-JUMP-TO-PUSH-UP_a866.html</a>
C 337	½ TURN STRADDLE JUMP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-337-TURN-STRADDLE-JUMP-TO-PUSH-UP_a867.html">https://www.fig-aerobic.com/C-337-TURN-STRADDLE-JUMP-TO-PUSH-UP_a867.html</a>
C 338	1/1 TURN STRADDLE JUMP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-338-1-1-TURN-STRADDLE-JUMP-TO-PUSH-UP_a868.html">https://www.fig-aerobic.com/C-338-1-1-TURN-STRADDLE-JUMP-TO-PUSH-UP_a868.html</a>
C 339	1 ½ TURN STRADDLE JUMP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-339-1-TURN-STRADDLE-JUMP-TO-PUSH-UP_a1225.html">https://www.fig-aerobic.com/C-339-1-TURN-STRADDLE-JUMP-TO-PUSH-UP_a1225.html</a>
C 347	STRADDLE JUMP ½ TWIST TO PUSH UP	<a href="https://www.fig-aerobic.com/C-347-STRADDLE-JUMP-TWIST-TO-PUSH-UP_a869.html">https://www.fig-aerobic.com/C-347-STRADDLE-JUMP-TWIST-TO-PUSH-UP_a869.html</a>
C 348	½ TURN STRADDLE JUMP ½ TWIST TO PUSH UP	<a href="https://www.fig-aerobic.com/C-348-TURN-STRADDLE-JUMP-TWIST-TO-PUSH-UP_a870.html">https://www.fig-aerobic.com/C-348-TURN-STRADDLE-JUMP-TWIST-TO-PUSH-UP_a870.html</a>
C 349	1/1 TURN STRADDLE JUMP ½ TWIST TO PUSH UP	<a href="https://www.fig-aerobic.com/C-349-1-1-TURN-STRADDLE-JUMP-TWIST-TO-PUSH-UP_a1226.html">https://www.fig-aerobic.com/C-349-1-1-TURN-STRADDLE-JUMP-TWIST-TO-PUSH-UP_a1226.html</a>
C 350	1 ½ TURN STRADDLE JUMP ½ TWIST TO PUSH UP	<a href="https://www.fig-aerobic.com/C-350-1-TURN-STRADDLE-JUMP-TWIST-TO-PUSH-UP_a1227.html">https://www.fig-aerobic.com/C-350-1-TURN-STRADDLE-JUMP-TWIST-TO-PUSH-UP_a1227.html</a>
C 365	FRONTAL SPLIT JUMP TO FRONTAL SPLIT	<a href="https://www.fig-aerobic.com/C-365-FRONTAL-SPLIT-JUMP-TO-FRONTAL-SPLIT_a877.html">https://www.fig-aerobic.com/C-365-FRONTAL-SPLIT-JUMP-TO-FRONTAL-SPLIT_a877.html</a>
C 366	½ TURN FRONTAL SPLIT JUMP TO FRONTAL SPLIT	<a href="https://www.fig-aerobic.com/C-366-TURN-FRONTAL-SPLIT-JUMP-TO-FRONTAL-SPLIT_a878.html">https://www.fig-aerobic.com/C-366-TURN-FRONTAL-SPLIT-JUMP-TO-FRONTAL-SPLIT_a878.html</a>
C 367	1/1 TURN FRONTAL SPLIT JUMP TO FRONTAL SPLIT	<a href="https://www.fig-aerobic.com/C-367-1-1-TURN-FRONTAL-SPLIT-JUMP-TO-FRONTAL-SPLIT_a879.html">https://www.fig-aerobic.com/C-367-1-1-TURN-FRONTAL-SPLIT-JUMP-TO-FRONTAL-SPLIT_a879.html</a>
C 368	1 1/2 TURN FRONTAL SPLIT JUMP TO FRONTAL SPLIT	<a href="https://www.fig-aerobic.com/C-368-1-1-2-TURN-FRONTAL-SPLIT-JUMP-TO-FRONTAL-SPLIT_a1234.html">https://www.fig-aerobic.com/C-368-1-1-2-TURN-FRONTAL-SPLIT-JUMP-TO-FRONTAL-SPLIT_a1234.html</a>
D 250	BALANCE 3/1 TURNS TO FREE VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-250-BALANCE-3-1-TURNS-TO-FREE-VERTICAL-SPLIT_a1202.html">https://www.fig-aerobic.com/D-250-BALANCE-3-1-TURNS-TO-FREE-VERTICAL-SPLIT_a1202.html</a>
C 376	FRONTAL SPLIT JUMP TO PUSH UP (SHUSHUNOVA)	<a href="https://www.fig-aerobic.com/C-376-FRONTAL-SPLIT-JUMP-TO-PUSH-UP-SHUSHUNOVA_a880.html">https://www.fig-aerobic.com/C-376-FRONTAL-SPLIT-JUMP-TO-PUSH-UP-SHUSHUNOVA_a880.html</a>
C 377	FRONTAL SPLIT JUMP ½ TWIST TO PUSH UP	<a href="https://www.fig-aerobic.com/C-377-FRONTAL-SPLIT-JUMP-TWIST-TO-PUSH-UP_a881.html">https://www.fig-aerobic.com/C-377-FRONTAL-SPLIT-JUMP-TWIST-TO-PUSH-UP_a881.html</a>
C 378	½ TURN FRONTAL SPLIT JUMP 1/2 TWIST TO PU	<a href="https://www.fig-aerobic.com/C-378-TURN-FRONTAL-SPLIT-JUMP-TWIST-TO-PU_a882.html">https://www.fig-aerobic.com/C-378-TURN-FRONTAL-SPLIT-JUMP-TWIST-TO-PU_a882.html</a>

C 379	1/1 TURN FRONTAL SPLIT JUMP ½ TWIST TO PU	<a href="https://www.fig-aerobic.com/C-379-1-1-TURN-FRONTAL-SPLIT-JUMP-TWIST-TO-PU_a1235.html">https://www.fig-aerobic.com/C-379-1-1-TURN-FRONTAL-SPLIT-JUMP-TWIST-TO-PU_a1235.html</a>
C 395	SPLIT JUMP TO SPLIT	<a href="https://www.fig-aerobic.com/C-395-SPLIT-JUMP-TO-SPLIT_a896.html">https://www.fig-aerobic.com/C-395-SPLIT-JUMP-TO-SPLIT_a896.html</a>
C 396	½ TURN SPLIT JUMP TO SPLIT	<a href="https://www.fig-aerobic.com/C-396-TURN-SPLIT-JUMP-TO-SPLIT_a897.html">https://www.fig-aerobic.com/C-396-TURN-SPLIT-JUMP-TO-SPLIT_a897.html</a>
C 397	1/1 TURN SPLIT JUMP TO SPLIT	<a href="https://www.fig-aerobic.com/C-397-1-1-TURN-SPLIT-JUMP-TO-SPLIT_a898.html">https://www.fig-aerobic.com/C-397-1-1-TURN-SPLIT-JUMP-TO-SPLIT_a898.html</a>
C 398	1 ½ TURN SPLIT JUMP TO SPLIT	<a href="https://www.fig-aerobic.com/C-398-1-TURN-SPLIT-JUMP-TO-SPLIT_a1020.html">https://www.fig-aerobic.com/C-398-1-TURN-SPLIT-JUMP-TO-SPLIT_a1020.html</a>
C 406	SPLIT JUMP SWITCH TO SPLIT	<a href="https://www.fig-aerobic.com/C-406-SPLIT-JUMP-SWITCH-TO-SPLIT_a899.html">https://www.fig-aerobic.com/C-406-SPLIT-JUMP-SWITCH-TO-SPLIT_a899.html</a>
C 407	½ TURN SPLIT JUMP SWITCH TO SPLIT	<a href="https://www.fig-aerobic.com/C-407-TURN-SPLIT-JUMP-SWITCH-TO-SPLIT_a1237.html">https://www.fig-aerobic.com/C-407-TURN-SPLIT-JUMP-SWITCH-TO-SPLIT_a1237.html</a>
C 408	1/1 TURN SPLIT JUMP SWITCH TO SPLIT	<a href="https://www.fig-aerobic.com/C-408-1-1-TURN-SPLIT-JUMP-SWITCH-TO-SPLIT_a900.html">https://www.fig-aerobic.com/C-408-1-1-TURN-SPLIT-JUMP-SWITCH-TO-SPLIT_a900.html</a>
C 409	1 ½ TURN SPLIT JUMP SWITCH TO SPLIT (ENGEL)	<a href="https://www.fig-aerobic.com/C-409-1-TURN-SPLIT-JUMP-SWITCH-TO-SPLIT-ENGEL_a1238.html">https://www.fig-aerobic.com/C-409-1-TURN-SPLIT-JUMP-SWITCH-TO-SPLIT-ENGEL_a1238.html</a>
C 416	SPLIT JUMP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-416-SPLIT-JUMP-TO-PUSH-UP_a903.html">https://www.fig-aerobic.com/C-416-SPLIT-JUMP-TO-PUSH-UP_a903.html</a>
C 417	½ TURN SPLIT JUMP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-417-TURN-SPLIT-JUMP-TO-PUSH-UP_a904.html">https://www.fig-aerobic.com/C-417-TURN-SPLIT-JUMP-TO-PUSH-UP_a904.html</a>
C 418	1/1 TURN SPLIT JUMP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-418-1-1-TURN-SPLIT-JUMP-TO-PUSH-UP_a905.html">https://www.fig-aerobic.com/C-418-1-1-TURN-SPLIT-JUMP-TO-PUSH-UP_a905.html</a>
C 419	1 ½ TURN SPLIT JUMP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-419-1-TURN-SPLIT-JUMP-TO-PUSH-UP_a1239.html">https://www.fig-aerobic.com/C-419-1-TURN-SPLIT-JUMP-TO-PUSH-UP_a1239.html</a>
C 435	SWITCH SPLIT LEAP TO SPLIT	<a href="https://www.fig-aerobic.com/C-435-SWITCH-SPLIT-LEAP-TO-SPLIT_a908.html">https://www.fig-aerobic.com/C-435-SWITCH-SPLIT-LEAP-TO-SPLIT_a908.html</a>
C 436	SWITCH SPLIT LEAP ½ TURN TO SPLIT	<a href="https://www.fig-aerobic.com/C-436-SWITCH-SPLIT-LEAP-TURN-TO-SPLIT_a909.html">https://www.fig-aerobic.com/C-436-SWITCH-SPLIT-LEAP-TURN-TO-SPLIT_a909.html</a>
C 446	SWITCH SPLIT LEAP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-446-SWITCH-SPLIT-LEAP-TO-PUSH-UP_a910.html">https://www.fig-aerobic.com/C-446-SWITCH-SPLIT-LEAP-TO-PUSH-UP_a910.html</a>
C 476	SCISSORS LEAP TO SPLIT	<a href="https://www.fig-aerobic.com/C-476-SCISSORS-LEAP-TO-SPLIT_a947.html">https://www.fig-aerobic.com/C-476-SCISSORS-LEAP-TO-SPLIT_a947.html</a>
C 477	SCISSORS LEAP ½ TURN TO SPLIT	<a href="https://www.fig-aerobic.com/C-477-SCISSORS-LEAP-TURN-TO-SPLIT_a916.html">https://www.fig-aerobic.com/C-477-SCISSORS-LEAP-TURN-TO-SPLIT_a916.html</a>
C 478	SCISSORS LEAP 1/1 TURN TO SPLIT	<a href="https://www.fig-aerobic.com/C-478-SCISSORS-LEAP-1-1-TURN-TO-SPLIT_a917.html">https://www.fig-aerobic.com/C-478-SCISSORS-LEAP-1-1-TURN-TO-SPLIT_a917.html</a>
C 487	SCISSORS LEAP ½ TURN SWITCH TO SPLIT (MARCHENKOV)	<a href="https://www.fig-aerobic.com/C-487-SCISSORS-LEAP-TURN-SWITCH-TO-SPLIT-MARCHENKOV_a918.html">https://www.fig-aerobic.com/C-487-SCISSORS-LEAP-TURN-SWITCH-TO-SPLIT-MARCHENKOV_a918.html</a>
C 488	SCISSORS LEAP 1/1 TURN SWITCH TO SPLIT	<a href="https://www.fig-aerobic.com/C-488-SCISSORS-LEAP-1-1-TURN-SWITCH-TO-SPLIT_a1241.html">https://www.fig-aerobic.com/C-488-SCISSORS-LEAP-1-1-TURN-SWITCH-TO-SPLIT_a1241.html</a>
C 497	SCISSORS LEAP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-497-SCISSORS-LEAP-TO-PUSH-UP_a919.html">https://www.fig-aerobic.com/C-497-SCISSORS-LEAP-TO-PUSH-UP_a919.html</a>
C 498	SCISSORS LEAP ½ TWIST TO PUSH UP	<a href="https://www.fig-aerobic.com/C-498-SCISSORS-LEAP-TWIST-TO-PUSH-UP_a920.html">https://www.fig-aerobic.com/C-498-SCISSORS-LEAP-TWIST-TO-PUSH-UP_a920.html</a>

C 500	SCISSORS LEAP 1/1 TWIST TO PUSH UP (NEZEZON)	<a href="https://www.fig-aerobic.com/C-500-SCISSORS-LEAP-1-1-TWIST-TO-PUSH-UP-NEZEZON_a921.html">https://www.fig-aerobic.com/C-500-SCISSORS-LEAP-1-1-TWIST-TO-PUSH-UP-NEZEZON_a921.html</a>
C 505	SCISSORS KICK ½ TWIST TO PUSH UP	<a href="https://www.fig-aerobic.com/C-505-SCISSORS-KICK-TWIST-TO-PUSH-UP_a923.html">https://www.fig-aerobic.com/C-505-SCISSORS-KICK-TWIST-TO-PUSH-UP_a923.html</a>
C 506	½ TURN SCISSORS KICK ½ TWIST TO PUSH UP	<a href="https://www.fig-aerobic.com/C-506-TURN-SCISSORS-KICK-TWIST-TO-PUSH-UP_a924.html">https://www.fig-aerobic.com/C-506-TURN-SCISSORS-KICK-TWIST-TO-PUSH-UP_a924.html</a>
C 555	½ TWIST OFF AXIS JUMP TO FRONTAL SPLIT	<a href="https://www.fig-aerobic.com/C-555-TWIST-OFF-AXIS-JUMP-TO-FRONTAL-SPLIT_a1246.html">https://www.fig-aerobic.com/C-555-TWIST-OFF-AXIS-JUMP-TO-FRONTAL-SPLIT_a1246.html</a>
C 556	1/1 TWIST OFF AXIS JUMP TO FRONTAL SPLIT	<a href="https://www.fig-aerobic.com/C-556-1-1-TWIST-OFF-AXIS-JUMP-TO-FRONTAL-SPLIT_a1247.html">https://www.fig-aerobic.com/C-556-1-1-TWIST-OFF-AXIS-JUMP-TO-FRONTAL-SPLIT_a1247.html</a>
C 558	1 ½ TWIST OFF AXIS JUMP TO FRONTAL SPLIT	<a href="https://www.fig-aerobic.com/C-558-1-TWIST-OFF-AXIS-JUMP-TO-FRONTAL-SPLIT_a1248.html">https://www.fig-aerobic.com/C-558-1-TWIST-OFF-AXIS-JUMP-TO-FRONTAL-SPLIT_a1248.html</a>
C 566	½ TWIST OFF AXIS JUMP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-566-TWIST-OFF-AXIS-JUMP-TO-PUSH-UP_a1249.html">https://www.fig-aerobic.com/C-566-TWIST-OFF-AXIS-JUMP-TO-PUSH-UP_a1249.html</a>
C 567	1/1 TWIST OFF AXIS JUMP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-567-1-1-TWIST-OFF-AXIS-JUMP-TO-PUSH-UP_a1250.html">https://www.fig-aerobic.com/C-567-1-1-TWIST-OFF-AXIS-JUMP-TO-PUSH-UP_a1250.html</a>
C 569	1 ½ TWIST OFF AXIS JUMP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-569-1-TWIST-OFF-AXIS-JUMP-TO-PUSH-UP_a1251.html">https://www.fig-aerobic.com/C-569-1-TWIST-OFF-AXIS-JUMP-TO-PUSH-UP_a1251.html</a>
C 570	2/1 TWIST OFF AXIS JUMP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-570-2-1-TWIST-OFF-AXIS-JUMP-TO-PUSH-UP_a931.html">https://www.fig-aerobic.com/C-570-2-1-TWIST-OFF-AXIS-JUMP-TO-PUSH-UP_a931.html</a>
C 584	BUTTERFLY	<a href="https://www.fig-aerobic.com/C-584-BUTTERFLY_a932.html">https://www.fig-aerobic.com/C-584-BUTTERFLY_a932.html</a>
C 587	BUTTERFLY 1/1 TWIST	<a href="https://www.fig-aerobic.com/C-587-BUTTERFLY-1-1-TWIST_a933.html">https://www.fig-aerobic.com/C-587-BUTTERFLY-1-1-TWIST_a933.html</a>
C 590	BUTTERFLY 2/1 TWIST	<a href="https://www.fig-aerobic.com/C-590-BUTTERFLY-2-1-TWIST_a934.html">https://www.fig-aerobic.com/C-590-BUTTERFLY-2-1-TWIST_a934.html</a>
D 146	3/1 TURNS	<a href="https://www.fig-aerobic.com/D-146-3-1-TURNS_a715.html">https://www.fig-aerobic.com/D-146-3-1-TURNS_a715.html</a>
D 157	3/1 TURNS TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-157-3-1-TURNS-TO-VERTICAL-SPLIT_a720.html">https://www.fig-aerobic.com/D-157-3-1-TURNS-TO-VERTICAL-SPLIT_a720.html</a>
D 168	3/1 TURNS TO FREE VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-168-3-1-TURNS-TO-FREE-VERTICAL-SPLIT_a725.html">https://www.fig-aerobic.com/D-168-3-1-TURNS-TO-FREE-VERTICAL-SPLIT_a725.html</a>
D 189	3/1 TURNS WITH LEG AT HORIZONTAL	<a href="https://www.fig-aerobic.com/D-189-3-1-TURNS-WITH-LEG-AT-HORIZONTAL_a1197.html">https://www.fig-aerobic.com/D-189-3-1-TURNS-WITH-LEG-AT-HORIZONTAL_a1197.html</a>
D 200	3/1 TURNS WITH LEG AT HORIZONTAL TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-200-3-1-TURNS-WITH-LEG-AT-HORIZONTAL-TO-VERTICAL-SPLIT_a1198.html">https://www.fig-aerobic.com/D-200-3-1-TURNS-WITH-LEG-AT-HORIZONTAL-TO-VERTICAL-SPLIT_a1198.html</a>
D 228	BALANCE 3/1 TURNS	<a href="https://www.fig-aerobic.com/D-228-BALANCE-3-1-TURNS_a1050.html">https://www.fig-aerobic.com/D-228-BALANCE-3-1-TURNS_a1050.html</a>
D 239	BALANCE 3/1 TURNS TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-239-BALANCE-3-1-TURNS-TO-VERTICAL-SPLIT_a1200.html">https://www.fig-aerobic.com/D-239-BALANCE-3-1-TURNS-TO-VERTICAL-SPLIT_a1200.html</a>

## **LIMITED ELEMENTS/MOVEMENTS**

The following elements and movements are limited, meaning that they may not be performed more than once per routine, and are additional to prohibited movements and elements listed in the Code of Points. This means that athletes may perform each movement no more than once per routine. This limitation is subject to an agreement with FIG regarding coexistence of the two bodies, and is directly from the FIG Aerobic Gymnastics Code of Points (along with stipulations regarding other gymnastics codes already listed in this document). Please note the penalties that will apply per infringement.

Additional to the below elements, the following are also limited to one of each kind of movement per routine only:

- Pivots (as in rhythmic gymnastics, specifically horizontal, attitude and needle pivots)
- Walkovers (forwards and backwards, including starting on the floor)
- Capoeira movements
- Cartwheels of any kind with no contact with the apparatus
- Round-offs

As a general rule, no elements/movements with a turn of more than 720° are allowed.

Please note that limited elements refer to elements with no apparatus contact.

If in doubt, please visit the IPSF website for links to the videos of these elements (or use the links below).

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.

<b>LIMITED ELEMENTS</b>		
<b>CODE NR.</b>	<b>NAME</b>	<b>LINK</b>
A 265	DOUBLE LEG 1/1 CIRCLE (1 OR 2)	<a href="https://www.fig-aerobic.com/A-265-DOUBLE-LEG-1-1-CIRCLE-1-OR-2_a622.html">https://www.fig-aerobic.com/A-265-DOUBLE-LEG-1-1-CIRCLE-1-OR-2_a622.html</a>
A 266	DOUBLE LEG 1/1 CIRCLE TO WENSON	<a href="https://www.fig-aerobic.com/A-266-DOUBLE-LEG-1-1-CIRCLE-TO-WENSON_a1152.html">https://www.fig-aerobic.com/A-266-DOUBLE-LEG-1-1-CIRCLE-TO-WENSON_a1152.html</a>
A 267	DOUBLE LEG 1/1 CIRCLE 1/2 TWIST TO WENSON	<a href="https://www.fig-aerobic.com/A-267-DOUBLE-LEG-1-1-CIRCLE-1-2-TWIST-TO-WENSON_a623.html">https://www.fig-aerobic.com/A-267-DOUBLE-LEG-1-1-CIRCLE-1-2-TWIST-TO-WENSON_a623.html</a>
A 268	DOUBLE LEG 1/1 CIRCLE 1/1 TURN TO WENSON	<a href="https://www.fig-aerobic.com/A-268-DOUBLE-LEG-1-1-CIRCLE-1-1-TURN-TO-WENSON_a1153.html">https://www.fig-aerobic.com/A-268-DOUBLE-LEG-1-1-CIRCLE-1-1-TURN-TO-WENSON_a1153.html</a>
A 277	DOUBLE LEG 1/1 CIRCLE TO LIFTED WENSON	<a href="https://www.fig-aerobic.com/A-277-DOUBLE-LEG-1-1-CIRCLE-TO-LIFTED-WENSON_a1154.html">https://www.fig-aerobic.com/A-277-DOUBLE-LEG-1-1-CIRCLE-TO-LIFTED-WENSON_a1154.html</a>
A 278	DOUBLE LEG 1/1 CIRCLE 1/2 TURN TO LIFTED WENSON	<a href="https://www.fig-aerobic.com/A-278-DOUBLE-LEG-1-1-CIRCLE-1-2-TURN-TO-LIFTED-WENSON_a1155.html">https://www.fig-aerobic.com/A-278-DOUBLE-LEG-1-1-CIRCLE-1-2-TURN-TO-LIFTED-WENSON_a1155.html</a>
A 279	DOUBLE LEG 1/1 CIRCLE 1/1 TURN TO LIFTED WENSON	<a href="https://www.fig-aerobic.com/A-279-DOUBLE-LEG-1-1-CIRCLE-1-1-TURN-TO-LIFTED-WENSON_a1156.html">https://www.fig-aerobic.com/A-279-DOUBLE-LEG-1-1-CIRCLE-1-1-TURN-TO-LIFTED-WENSON_a1156.html</a>
A 285	DOUBLE LEG 1/1 CIRCLE TO SPLIT	<a href="https://www.fig-aerobic.com/A-285-DOUBLE-LEG-1-1-CIRCLE-TO-SPLIT_a1157.html">https://www.fig-aerobic.com/A-285-DOUBLE-LEG-1-1-CIRCLE-TO-SPLIT_a1157.html</a>
A 287	DOUBLE LEG 1/1 CIRCLE 1/1 TURN TO SPLIT	<a href="https://www.fig-aerobic.com/A-287-DOUBLE-LEG-1-1-CIRCLE-1-1-TURN-TO-SPLIT_a1158.html">https://www.fig-aerobic.com/A-287-DOUBLE-LEG-1-1-CIRCLE-1-1-TURN-TO-SPLIT_a1158.html</a>
A 305	FLAIR (1 OR 2)	<a href="https://www.fig-aerobic.com/A-305-FLAIR-1-OR-2_a624.html">https://www.fig-aerobic.com/A-305-FLAIR-1-OR-2_a624.html</a>
A 315	FLAIR TO SPLIT	<a href="https://www.fig-aerobic.com/A-315-FLAIR-TO-SPLIT_a633.html">https://www.fig-aerobic.com/A-315-FLAIR-TO-SPLIT_a633.html</a>
A 317	FLAIR 1/1 TURN TO SPLIT	<a href="https://www.fig-aerobic.com/A-317-FLAIR-1-1-TURN-TO-SPLIT_a634.html">https://www.fig-aerobic.com/A-317-FLAIR-1-1-TURN-TO-SPLIT_a634.html</a>

A 319	FLAIR + AIR FLAIR (1 OR 2)	<a href="https://www.fig-aerobic.com/A-319%EF%BC%9AFLAIR-AIR-FLAIR-1-OR-2_a635.html">https://www.fig-aerobic.com/A-319%EF%BC%9AFLAIR-AIR-FLAIR-1-OR-2_a635.html</a>
A 320	FLAIR + AIR FLAIR (1 OR 2) + FLAIR	<a href="https://www.fig-aerobic.com/A-320-%EF%BC%9AFLAIR-AIR-FLAIR-1-OR-2-FLAIR_a636.html">https://www.fig-aerobic.com/A-320-%EF%BC%9AFLAIR-AIR-FLAIR-1-OR-2-FLAIR_a636.html</a>
A 330	FLAIR BOTH SIDES	<a href="https://www.fig-aerobic.com/A-330-FLAIR-BOTH-SIDES_a628.html">https://www.fig-aerobic.com/A-330-FLAIR-BOTH-SIDES_a628.html</a>
C 103	1/1 AIR TURN	<a href="https://www.fig-aerobic.com/C-103-1-1-AIR-TURN_a765.html">https://www.fig-aerobic.com/C-103-1-1-AIR-TURN_a765.html</a>
C 105	2/1 AIR TURNS	<a href="https://www.fig-aerobic.com/C-105-2-1-AIR-TURNS_a767.html">https://www.fig-aerobic.com/C-105-2-1-AIR-TURNS_a767.html</a>
C 113	1/2 AIR TURN TO SPLIT	<a href="https://www.fig-aerobic.com/C-113-1-2-AIR-TURN-TO-SPLIT_a770.html">https://www.fig-aerobic.com/C-113-1-2-AIR-TURN-TO-SPLIT_a770.html</a>
C 114	1/1 AIR TURN TO SPLIT	<a href="https://www.fig-aerobic.com/C-114-1-1-AIR-TURN-TO-SPLIT_a771.html">https://www.fig-aerobic.com/C-114-1-1-AIR-TURN-TO-SPLIT_a771.html</a>
C 115	1 ½ AIR TURN TO SPLIT	<a href="https://www.fig-aerobic.com/C-115-1-AIR-TURN-TO-SPLIT_a772.html">https://www.fig-aerobic.com/C-115-1-AIR-TURN-TO-SPLIT_a772.html</a>
C 116	2/1 AIR TURNS TO SPLIT	<a href="https://www.fig-aerobic.com/C-116-2-1-AIR-TURNS-TO-SPLIT_a773.html">https://www.fig-aerobic.com/C-116-2-1-AIR-TURNS-TO-SPLIT_a773.html</a>
C 182	TUCK JUMP	<a href="https://www.fig-aerobic.com/C-182-TUCK-JUMP_a802.html">https://www.fig-aerobic.com/C-182-TUCK-JUMP_a802.html</a>
C 184	1/1 TURN TUCK JUMP	<a href="https://www.fig-aerobic.com/C-184-1-1-TURN-TUCK-JUMP_a804.html">https://www.fig-aerobic.com/C-184-1-1-TURN-TUCK-JUMP_a804.html</a>
C 186	2/1 TURNS TUCK JUMP	<a href="https://www.fig-aerobic.com/C-186-2-1-TURNS-TUCK-JUMP_a806.html">https://www.fig-aerobic.com/C-186-2-1-TURNS-TUCK-JUMP_a806.html</a>
C 223	COSSACK JUMP	<a href="https://www.fig-aerobic.com/C-223-COSSACK-JUMP_a816.html">https://www.fig-aerobic.com/C-223-COSSACK-JUMP_a816.html</a>
C 225	1/1 TURN COSSACK JUMP	<a href="https://www.fig-aerobic.com/C-225-1-1-TURN-COSSACK-JUMP_a818.html">https://www.fig-aerobic.com/C-225-1-1-TURN-COSSACK-JUMP_a818.html</a>
C 227	2/1 TURNS COSSACK JUMP	<a href="https://www.fig-aerobic.com/C-227-2-1-TURNS-COSSACK-JUMP_a820.html">https://www.fig-aerobic.com/C-227-2-1-TURNS-COSSACK-JUMP_a820.html</a>
C 264	PIKE JUMP	<a href="https://www.fig-aerobic.com/C-264-PIKE-JUMP_a836.html">https://www.fig-aerobic.com/C-264-PIKE-JUMP_a836.html</a>
C 266	1/1 TURN PIKE JUMP	<a href="https://www.fig-aerobic.com/C-266-1-1-TURN-PIKE-JUMP_a838.html">https://www.fig-aerobic.com/C-266-1-1-TURN-PIKE-JUMP_a838.html</a>
C 268	2/1 TURNS PIKE JUMP	<a href="https://www.fig-aerobic.com/C-268-2-1-TURNS-PIKE-JUMP_a1219.html">https://www.fig-aerobic.com/C-268-2-1-TURNS-PIKE-JUMP_a1219.html</a>
C 314	STRADDLE JUMP	<a href="https://www.fig-aerobic.com/C-314-STRADDLE-JUMP_a859.html">https://www.fig-aerobic.com/C-314-STRADDLE-JUMP_a859.html</a>
C 316	1/1 TURN STRADDLE JUMP	<a href="https://www.fig-aerobic.com/C-316-1-1-TURN-STRADDLE-JUMP_a861.html">https://www.fig-aerobic.com/C-316-1-1-TURN-STRADDLE-JUMP_a861.html</a>
C 318	2/1 TURNS STRADDLE JUMP	<a href="https://www.fig-aerobic.com/C-318-2-1-TURNS-STRADDLE-JUMP_a1223.html">https://www.fig-aerobic.com/C-318-2-1-TURNS-STRADDLE-JUMP_a1223.html</a>
C 354	FRONTAL SPLIT JUMP	<a href="https://www.fig-aerobic.com/C-354-FRONTAL-SPLIT-JUMP_a875.html">https://www.fig-aerobic.com/C-354-FRONTAL-SPLIT-JUMP_a875.html</a>
C 356	1/1 TURN FRONTAL SPLIT JUMP	<a href="https://www.fig-aerobic.com/C-356-1-1-TURN-FRONTAL-SPLIT-JUMP_a1229.html">https://www.fig-aerobic.com/C-356-1-1-TURN-FRONTAL-SPLIT-JUMP_a1229.html</a>

C 358	2/1 TURNS FRONTAL SPLIT JUMP	<a href="https://www.fig-aerobic.com/C-358-2-1-TURNS-FRONTAL-SPLIT-JUMP_a1230.html">https://www.fig-aerobic.com/C-358-2-1-TURNS-FRONTAL-SPLIT-JUMP_a1230.html</a>
C 384	SPLIT JUMP	<a href="https://www.fig-aerobic.com/C-384-SPLIT-JUMP_a892.html">https://www.fig-aerobic.com/C-384-SPLIT-JUMP_a892.html</a>
C 386	1/1 TURN SPLIT JUMP	<a href="https://www.fig-aerobic.com/C-386-1-1-TURN-SPLIT-JUMP_a894.html">https://www.fig-aerobic.com/C-386-1-1-TURN-SPLIT-JUMP_a894.html</a>
C 388	2/1 TURNS SPLIT JUMP	<a href="https://www.fig-aerobic.com/C-388-2-1-TURNS-SPLIT-JUMP_a1236.html">https://www.fig-aerobic.com/C-388-2-1-TURNS-SPLIT-JUMP_a1236.html</a>
C 424	SWITCH SPLIT LEAP	<a href="https://www.fig-aerobic.com/C-424-SWITCH-SPLIT-LEAP_a906.html">https://www.fig-aerobic.com/C-424-SWITCH-SPLIT-LEAP_a906.html</a>
C 465	SCISSORS LEAP	<a href="https://www.fig-aerobic.com/C-465-SCISSORS-LEAP_a912.html">https://www.fig-aerobic.com/C-465-SCISSORS-LEAP_a912.html</a>
C 466	SCISSORS LEAP ½ TURN	<a href="https://www.fig-aerobic.com/C-466-SCISSORS-LEAP-TURN_a913.html">https://www.fig-aerobic.com/C-466-SCISSORS-LEAP-TURN_a913.html</a>
C 467	SCISSORS LEAP 1/1 TURN	<a href="https://www.fig-aerobic.com/C-467-SCISSORS-LEAP-1-1-TURN_a914.html">https://www.fig-aerobic.com/C-467-SCISSORS-LEAP-1-1-TURN_a914.html</a>
C 545	1/2 TWIST OFF AXIS JUMP	<a href="https://www.fig-aerobic.com/C-545-1-2-TWIST-OFF-AXIS-JUMP_a1244.html">https://www.fig-aerobic.com/C-545-1-2-TWIST-OFF-AXIS-JUMP_a1244.html</a>
C 546	1/1 TWIST OFF AXIS TUCK JUMP	<a href="https://www.fig-aerobic.com/C-546-1-1-TWIST-OFF-AXIS-TUCK-JUMP_a925.html">https://www.fig-aerobic.com/C-546-1-1-TWIST-OFF-AXIS-TUCK-JUMP_a925.html</a>
C 548	1 ½ TWIST OFF AXIS JUMP	<a href="https://www.fig-aerobic.com/C-548-1-TWIST-OFF-AXIS-JUMP_a1245.html">https://www.fig-aerobic.com/C-548-1-TWIST-OFF-AXIS-JUMP_a1245.html</a>
C 549	2/1 TWIST OFF AXIS JUMP	<a href="https://www.fig-aerobic.com/C-549-2-1-TWIST-OFF-AXIS-JUMP_a928.html">https://www.fig-aerobic.com/C-549-2-1-TWIST-OFF-AXIS-JUMP_a928.html</a>
D 142	1/1 TURN	<a href="https://www.fig-aerobic.com/D-142-1-1-TURN_a710.html">https://www.fig-aerobic.com/D-142-1-1-TURN_a710.html</a>
D 144	2/1 TURNS	<a href="https://www.fig-aerobic.com/D-144-2-1-TURNS_a713.html">https://www.fig-aerobic.com/D-144-2-1-TURNS_a713.html</a>
D 153	1/1 TURN TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-153-1-1-TURN-TO-VERTICAL-SPLIT_a716.html">https://www.fig-aerobic.com/D-153-1-1-TURN-TO-VERTICAL-SPLIT_a716.html</a>
D 155	2/1 TURNS TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-155-2-1-TURNS-TO-VERTICAL-SPLIT_a718.html">https://www.fig-aerobic.com/D-155-2-1-TURNS-TO-VERTICAL-SPLIT_a718.html</a>
D 164	1/1 TURN TO FREE VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-164-1-1-TURN-TO-FREE-VERTICAL-SPLIT_a721.html">https://www.fig-aerobic.com/D-164-1-1-TURN-TO-FREE-VERTICAL-SPLIT_a721.html</a>
D 166	2/1 TURNS TO FREE VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-166-2-1-TURNS-TO-FREE-VERTICAL-SPLIT_a723.html">https://www.fig-aerobic.com/D-166-2-1-TURNS-TO-FREE-VERTICAL-SPLIT_a723.html</a>
D 185	1/1 TURN WITH LEG AT HORIZONTAL	<a href="https://www.fig-aerobic.com/D-185-1-1-TURN-WITH-LEG-AT-HORIZONTAL_a737.html">https://www.fig-aerobic.com/D-185-1-1-TURN-WITH-LEG-AT-HORIZONTAL_a737.html</a>
D 187	2/1 TURNS WITH LEG AT HORIZONTAL	<a href="https://www.fig-aerobic.com/D-187-2-1-TURNS-WITH-LEG-AT-HORIZONTAL_a739.html">https://www.fig-aerobic.com/D-187-2-1-TURNS-WITH-LEG-AT-HORIZONTAL_a739.html</a>
D 196	1/1 TURN WITH LEG AT HORIZONTAL TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-196-1-1-TURN-WITH-LEG-AT-HORIZONTAL-TO-VERTICAL-SPLIT_a740.html">https://www.fig-aerobic.com/D-196-1-1-TURN-WITH-LEG-AT-HORIZONTAL-TO-VERTICAL-SPLIT_a740.html</a>
D 198	2/1 TURNS WITH LEG AT HORIZONTAL TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-198-2-1-TURNS-WITH-LEG-AT-HORIZONTAL-TO-VERTICAL-SPLIT_a745.html">https://www.fig-aerobic.com/D-198-2-1-TURNS-WITH-LEG-AT-HORIZONTAL-TO-VERTICAL-SPLIT_a745.html</a>

D 207	1/1 TURN WITH LEG AT HORIZONTAL TO FREE VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-207-1-1-TURN-WITH-LEG-AT-HORIZONTAL-TO-FREE-VERTICAL-SPLIT_a742.html">https://www.fig-aerobic.com/D-207-1-1-TURN-WITH-LEG-AT-HORIZONTAL-TO-FREE-VERTICAL-SPLIT_a742.html</a>
D 209	2/1 TURNS WITH LEG AT HORIZONTAL TO FREE VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-209-2-1-TURNS-WITH-LEG-AT-HORIZONTAL-TO-FREE-VERTICAL-SPLIT_a744.html">https://www.fig-aerobic.com/D-209-2-1-TURNS-WITH-LEG-AT-HORIZONTAL-TO-FREE-VERTICAL-SPLIT_a744.html</a>
D 224	BALANCE 1/1 TURN	<a href="https://www.fig-aerobic.com/D-224-BALANCE-1-1-TURN_a727.html">https://www.fig-aerobic.com/D-224-BALANCE-1-1-TURN_a727.html</a>
D 226	BALANCE 2/1 TURNS	<a href="https://www.fig-aerobic.com/D-226-BALANCE-2-1TURNS_a729.html">https://www.fig-aerobic.com/D-226-BALANCE-2-1TURNS_a729.html</a>
D 235	BALANCE 1/1 TURN TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-235-BALANCE-1-1-TURN-TO-VERTICAL-SPLIT_a730.html">https://www.fig-aerobic.com/D-235-BALANCE-1-1-TURN-TO-VERTICAL-SPLIT_a730.html</a>
D 237	BALANCE 2/1 TURNS TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-237-BALANCE-2-1-TURNS-TO-VERTICAL-SPLIT_a732.html">https://www.fig-aerobic.com/D-237-BALANCE-2-1-TURNS-TO-VERTICAL-SPLIT_a732.html</a>
D 246	BALANCE 1/1 TURN TO FREE VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-246-BALANCE-1-1-TURN-TO-FREE-VERTICAL-SPLIT_a733.html">https://www.fig-aerobic.com/D-246-BALANCE-1-1-TURN-TO-FREE-VERTICAL-SPLIT_a733.html</a>
D 248	BALANCE 2/1 TURNS TO FREE VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-248-BALANCE-2-1-TURNS-TO-FREE-VERTICAL-SPLIT_a735.html">https://www.fig-aerobic.com/D-248-BALANCE-2-1-TURNS-TO-FREE-VERTICAL-SPLIT_a735.html</a>
D 264	ILLUSION	<a href="https://www.fig-aerobic.com/D-264-ILLUSION_a746.html">https://www.fig-aerobic.com/D-264-ILLUSION_a746.html</a>
D 265	ILLUSION TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-265-ILLUSION-TO-VERTICAL-SPLIT_a747.html">https://www.fig-aerobic.com/D-265-ILLUSION-TO-VERTICAL-SPLIT_a747.html</a>
D 266	ILLUSION TO FREE VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-266-ILLUSION-TO-FREE-VERTICAL-SPLIT_a748.html">https://www.fig-aerobic.com/D-266-ILLUSION-TO-FREE-VERTICAL-SPLIT_a748.html</a>
D 276	DOUBLE ILLUSION	<a href="https://www.fig-aerobic.com/D-276-DOUBLE-ILLUSION_a753.html">https://www.fig-aerobic.com/D-276-DOUBLE-ILLUSION_a753.html</a>
D 277	DOUBLE ILLUSION TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-277-DOUBLE-ILLUSION-TO-VERTICAL-SPLIT_a754.html">https://www.fig-aerobic.com/D-277-DOUBLE-ILLUSION-TO-VERTICAL-SPLIT_a754.html</a>
D 278	DOUBLE ILLUSION TO FREE VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-278-DOUBLE-ILLUSION-TO-FREE-VERTICAL-SPLIT_a755.html">https://www.fig-aerobic.com/D-278-DOUBLE-ILLUSION-TO-FREE-VERTICAL-SPLIT_a755.html</a>
D 285	FREE ILLUSION	<a href="https://www.fig-aerobic.com/D-285-FREE-ILLUSION_a749.html">https://www.fig-aerobic.com/D-285-FREE-ILLUSION_a749.html</a>
D 286	FREE ILLUSION TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-286-FREE-ILLUSION-TO-VERTICAL-SPLIT_a750.html">https://www.fig-aerobic.com/D-286-FREE-ILLUSION-TO-VERTICAL-SPLIT_a750.html</a>
D 287	FREE ILLUSION TO FREE VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-287-FREE-ILLUSION-TO-FREE-VERTICAL-SPLIT_a751.html">https://www.fig-aerobic.com/D-287-FREE-ILLUSION-TO-FREE-VERTICAL-SPLIT_a751.html</a>
D 297	FREE DOUBLE ILLUSION	<a href="https://www.fig-aerobic.com/D-297-FREE-DOUBLE-ILLUSION_a756.html">https://www.fig-aerobic.com/D-297-FREE-DOUBLE-ILLUSION_a756.html</a>
D 298	FREE DOUBLE ILLUSION TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-298-FREE-DOUBLE-ILLUSION-TO-VERTICAL-SPLIT_a757.html">https://www.fig-aerobic.com/D-298-FREE-DOUBLE-ILLUSION-TO-VERTICAL-SPLIT_a757.html</a>
D 299	FREE DOUBLE ILLUSION TO FREE VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-299-FREE-DOUBLE-ILLUSION-TO-FREE-VERTICAL-SPLIT_a758.html">https://www.fig-aerobic.com/D-299-FREE-DOUBLE-ILLUSION-TO-FREE-VERTICAL-SPLIT_a758.html</a>

## **ADDENDUM 2**

### **WORLD POLE AND AERIAL 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 the [IPSF.app](https://IPSF.app) platform.**

#### **ELIGIBILITY**

##### **1. DIVISION - ELITE**

- Only Elite athletes qualifying in IPSF endorsed competitions are eligible to qualify for WPAC.
- Athletes placing first (1st) in an Elite category at National Championships will automatically qualify to the WPAC.
  - Minimum score in Pole Sports: 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.
  - Minimum score in Aerial Hoop Sports: 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.
  - Minimum score in Aerial Pole Sports: The 2nd placed athlete in the Elite category will qualify if they meet the minimum score requirement as determined by the IPSF every year.
- 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 Elite athletes may apply to WPAC in the case of a qualified athlete being unable to attend/compete.

##### **2. CATEGORIES**

Each of the following Elite categories will be included at the WPAC as determined by and at the discretion of the IPSF. Only two athletes may represent each country in all categories.

Pole Sports:

• Senior 18+ Women	• Junior Male
• Senior 18+ Men	• Novice Female
• Senior 30+ Women	• Novice Male
• Senior 30+ Men	• Doubles Novice (Mixed)
• Master 40+ Women	• Doubles Junior (Mixed)
• Master 40+ Men	• Doubles Youth (Mixed)
• Master 50+ Women	• Doubles Senior (Men/Men)
• Master 50+ Men	• Doubles Senior (Women/Men)
• Master 60+ Women	• Doubles Senior (Women/Women)
• Master 60+ Men	• Para Pole
• Junior Female	

Aerial Hoop Sports:

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

Aerial Pole Sports:

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

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

- 4.1 All applicants of WPAC must have citizenship or residency of the country they are representing.
- 4.3 Athlete participation is by qualification at a National or Open Championships.
- 4.8 The title of World Sports Champion 20XX in all categories will be a lifetime title unless a sanction has been placed on the athlete.
- 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.
- 4.11 The second or third runner up (3rd and 4th athlete) can be accepted to WPAC as reserve athletes. (Reserve athletes must apply under the same conditions to the WPAC).

#### **APPLICATION PROCESS**

##### **5. INITIAL APPLICATION**

- 5.1 All qualified athletes must:
  - Fill in the on-line application form. The link will be provided in the application pack sent to each qualifying athlete
- 5.2 All applications must be completed in English.
- 5.6 Athletes must represent the country they qualified in at their national competition, or the country that was declared at an open competition. In the case of dual citizenship, athletes may only represent one country in the WPAC. Athletes wishing to change their country of representation must allow for one competitive year to pass before the changeover. Doubles athletes may only represent one country, and both athletes would be required to provide this proof and adhere to these conditions. It is also important to note that, should one of the Doubles athletes have competed for a specific country in the particular year of competition (or the year before that), both athletes must compete under the flag of this country.
- 5.9 Should one athlete in a doubles partnership be injured before the WPAC, and thus not able to compete (having submitted a doctors' letter), no replacement of the doubles partner will be permitted. The doubles pair would be required to withdraw should one partner be unable to compete.

##### **6. MUSIC CHOICE**

- 6.5 Music must be submitted in MP3 format by the given deadline as stated in the Welcome Pack to [ipsf-athletes@ipsfsports.org](mailto:ipsf-athletes@ipsfsports.org).
- 6.7 Should the athlete wish to have their CD or USB returned, they must indicate this during the rehearsal time, and please collect this from reception within an hour of the final category on the final day of competition.

## **REGISTRATION PROCESS**

### ***8. ATHLETE REGISTRATION***

- 8.2. All athletes must bring their passport with one (1) photocopy of it to provide at registration. If in the country of athlete's origin both a passport and an identity card are used, both should be brought with them.
- 8.4. All athletes must sign a confirmation of the following at the time of registration:
  - All expenses incurred by the athlete are the responsibility of the athlete and not of the IPSF.
  - To be interviewed, filmed and or photographed by the media approved by the IPSF.
  - To enter the World Pole and Aerial Sports Championships at their own risk. Any injuries or accidents that may occur are the responsibility of the athlete and not of the Organiser or the IPSF.
  - To wear their national tracksuit at all times except for during their performance.
- 8.8. All athletes must provide evidence of personal accident insurance / medical cover if applicable that covers them for the duration of the competition. This should start the day of the WPAC rehearsals and be valid during whole competition. Please provide this in English or provide a translation with the original.

## **COMPETING**

### ***10. COSTUME***

- 10.15. The flag of the country being represented may be worn on the costume but may be no bigger than 10x10cm.
- 10.18. Only athletes and IPSF-registered coaches may wear the National tracksuit.
  - For ALL tracksuit related rules and regulations to be taken into account, please refer to the Tracksuit Appendix, released as a separate document. This document provides guidance related to studio, regional, national and neutral tracksuits and what is permitted at IPSF Competitions.

### ***23. AWARDS***

- 23.1 At the WPAC , each athlete competes for the title of World Sports Champion 20XX.

## **ADDENDUM 3**

### **PARA SPORTS: PARA POLE**

**The rules below are to serve as an addendum to the IPSF Code of Points and the National Rules and apply to Para Sports: Para Pole division. These rules and amendments are to be read alongside the IPSF Code of Points and the National rules (and Addendum 2 when applicable to WPAC).**

Challenging the interests of para-sport is the threat of one-sided and predictable competition, in which the least impaired athlete always wins. To prevent this, para-athletes are placed in categories for competition based on their impairment - these are called sport classes. The IPC classification system determines which athletes are eligible to compete in a sport and how athletes are grouped together for competition. This, to a certain extent, is similar to grouping athletes by age, gender, or weight.

In para-sport, athletes are grouped by the degree of activity limitation resulting from the impairment. Different sports require athletes to perform different activities. As sports require different activities, the impact of the impairment on each sport also differs (sourced from Classification Model Rules for Para Sports, January 2017- IPC International Paralympics Comité, available at [www.paralympic.org/classification](http://www.paralympic.org/classification)). Therefore, to minimise the impact of impairment on pole sport performance, classification is now pole sport specific.

In Pole Sports, the IPSF has selected the following eligible conditions to be part of Para Sports with further classifications and rule modifications:

1. Impaired muscle power:
  - a. Group one: PPMP1 – Able to walk
  - b. Group two: PPMP2 – Use of wheelchair
2. Limb deficiency:
  - a. Group one: PPLD1 -Absence of one arm, amputation, or congenital limb deficiency above the elbow
  - b. Group two: PPLD2 - Absence of one leg, amputation, or congenital limb deficiency above the knee
  - c. Group three: PPD3 -Absence of one arm, amputation, or congenital limb deficiency below the elbow
  - d. Group four: PPD4 - Absence of one leg, amputation, or congenital limb deficiency below the knee.
3. Vision impairment:
  - a. Group PPVI: legally blind
4. Intellectual impairment:
  - a. Group PPII: restriction in intellectual functioning and adaptive behaviour

### ***Description of eligible impairments according to the International Paralympic Organisation:***

1.- Impaired muscle power: Reduced force generated by muscles or muscle groups, such as muscles of one limb or the lower half of the body, as caused, for example, by spinal cord injuries, spina bifida or polio.

2.- Limb deficiency: Total or partial absence of bones or joints as a consequence of trauma (e.g., car accident), illness (e.g., bone cancer) or congenital limb deficiency (e.g., dysmelia).

3.- Visual impairment: Vision is impacted by either an impairment of the eye structure, optical nerves or optical pathways, or the visual cortex. A visual capacity of 5% or less.

4. - Intellectual Impairment: Athletes with an Intellectual Impairment have a restriction in intellectual functioning and adaptive behaviour in which affects conceptual, social and practical adaptive skills required for everyday life. This Impairment must be present before the age of 22. This includes athletes with an intellectual disability and/or autism.

All athletes competing in the Para Sports Discipline are subject to providing medical evidence to the IPSF upon request for confirming eligibility. This documentation will be reviewed by an independent medical panel. The decision by this panel is final. The athlete should ensure that they have all proper medical documentation before registration so as not to delay the process.

### **Athletes with an Intellectual Disability:**

Intellectual Disability is a disability characterised by significant limitations both in intellectual functioning and in adaptive behaviour as expressed in conceptual, social and practical adaptive skills. This disability originates before the age of 22. Based upon this definition, the Eligibility.

Criteria for athletes with an intellectual disability are:

1. Significant impairment in intellectual functioning which is defined as a Full-Scale IQ score of 75 or lower, and;
2. Significant limitations in adaptive behaviour as expressed in conceptual, social, and practical adaptive skills. This is defined as performance that is at least 2 standard deviations below the mean of, either:
  - a. One of the following 3 types of adaptive behaviour: conceptual, social, or practical skills
  - b. An overall score on a standardised measure of conceptual, social and practical skills, and;
3. Intellectual disability must be evident during the developmental period, which is from conception to 22 years of age.

1. A formal diagnosis of Trisomy 21 or Translocation Down Syndrome. 2. Have a diagnosed intellectual disability (as defined by the ICD criteria) AND a diagnosed medical condition that impacts their functional capacity.

Athletes must meet all 3 elements of the criteria to be eligible.

### ***PARA POLE SPORTS CATEGORY CRITERIA:***

- Para Pole Sports is split into 2 age categories:
  - Youth (Mixed) - Ages 14-17 on the first day of the WPAC
  - Senior 18+ (Mixed) - Ages 18+ on the first day of the WPAC
- Only singles are allowed to participate; there is no doubles category.
- Only Elite division will be open for competition.
- The Para Athlete must provide documentation supporting their eligibility to compete in their respective Para category.
- If an athlete could be classified into several categories, the athlete should compete in the category that reflects the biggest of their impairments.

The following amendments and exceptions have been made for the Para Pole division:

- Compulsories:
  - Para Pole athletes will be required to adhere to the same criteria as amateur division in terms of number of elements chosen, the eligible point range allowed and the range of elements to choose from.
  - In addition, a 20° tolerance is allowed on all flexibility and strength elements.
- Technical deductions:
  - Singular deductions:
    - Poor execution and incorrect lines will not be judged for any Para Pole athletes.
    - Poor transition in and out of elements and on and off the apparatus will also not be judged for any Para athletes.
  - Overall deductions:
    - The criteria for total height of pole is amended for Para Pole athletes - this category will only be required to use 50% height of the pole.
- For the limb deficiency group: the use of prosthetics will be allowed.
- For visual impairment:
  - Visually impaired athletes will be required to wear a plain black blindfold that covers the vision of the athlete and thus bring their visual capacity to the same level as that of the other athletes in this category.
  - Additionally, the athletes' coaches will be allowed to cue the athlete from off- stage during the routine. This will be strictly regulated, and only the following will be allowed:
    - The angle of the elements in relation to the judges using the numbers of the clock (For example turn to 3 o clock etc.) will be allowed.
    - Words as right and left, floor and roof, and distance to the apparatus will be permitted for the safety of the athlete.
    - The coach and the athlete will also be required to provide and use an emergency word like STOP, in case of danger, falling off the stage, or the athlete colliding with the apparatus.
    - Any other kind of cueing from off-stage (for example regarding the lines of the toes and knees, holding 2 seconds, or spins of 360 and 720) will be penalised by the head judge.
- All Para athletes will be required to present a doctor's certificate to the competition organiser prior to the competition, certifying that they qualify for their particular division, and may be required to provide further information if requested.
- Para athletes are allowed to have a chaperone if necessary. This is not mandatory.

## ADDENDUM 4

### HEAD JUDGE PENALTIES

An athlete will receive penalties on the decision of the Head Judge during the competition for the following infringements:

Criteria	Limitations	Penalty
Exceeding maximum time permitted without contact with the apparatus	40 seconds	-5
Throwing a partner in to the air	Catching him/her with no partner contact to the apparatus	-5 per occurrence
Lifts and balances with extended arms	Lifting partner in an upright position	-5 per occurrence
Prohibited elements	On and off the apparatus	-5 per occurrence
Compulsory forms/Technical bonus forms submitted past given deadline	Between 1 – 5 days late	-1 per day per form
	Over 5 days late but more than 48 hours before competition date	-5 per form
	Forms received within 48 hours of competition date	Disqualification for either form
Music submitted past given deadline	Between 1 – 5 days late	-1 per day
	Over 5 days late but more than 48 hours before competition date	-5
	Music received within 48 hours of competition date	Disqualification
Music not in accordance with Rules and Regulations	See Rules	-3
Providing false or inaccurate information on the application form	False or inaccurate piece of information provided	-5 per occurrence
	False information about age, division, or category	Disqualification
Arriving late to the stage when announced	Up to 60 seconds late	-1
	Athlete doesn't arrive within 1 minute	Disqualification
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
	Athletes / Coaches having a cell phone or a not permitted item on them on stage during the medal ceremony or on the Kiss & Cry.	-1 per athlete
	If <u>anyone</u> other than the athlete and/or IPSF recognised coach(es) sit(s) on the Kiss and Cry	-1
Performance time	5 seconds or less outside permitted time	-3
	More than 5 seconds outside permitted time	-5
Disruptions	Athletes interacting with the audience (such as gestures, talking to the spectators etc) while on stage performing	-1 per athlete and occurrence
	Athletes caught being cued from off-stage during their performance	-1 per occurrence

	Athletes and/or their coaches/representatives approaching the Judges' table and/or room or obstructing judges' view at any point during the competition	-3 per occurrence
Not starting or ending routine on stage	Not starting or ending routine on stage	-1 per occurrence
Grip aids	Applying grip aid directly on the apparatus	-5
	Cleaners cannot remove the residue from the apparatus in the allotted time (2 minutes)	-5
	Using prohibited grips aids	Disqualification
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
	Use of a prop or item which assists in the performance	-5 per athlete
Inappropriate choreography, costume, hair, and makeup in accordance with Rules and Regulations	Hair covering the face	-1 per athlete
	Costume not in accordance with the rules	-1 per athlete
	Promotional words, logos (any kind, e.g. sponsor logos, branding, etc), religious connotations, negative connotations	-3 per athlete
	Wearing a mask, using body paint on one part of the body e.g., leg, using face paint more than half of the face	-3 per athlete
	Provocative costume (including fabrics such as leather and latex)	-5 per athlete
	Use of body paint on several parts of body or provocative choreography, using face paint on the entire face	-5 per athlete
	Use of body paint on all of body	Disqualification
	Aggressively provocative choreography and lewd behaviour	Disqualification
Tracksuits	Tracksuits not in accordance with the rules	-1 per athlete
	Not having a tracksuit	-5 per athlete
	Not wearing tracksuits while awaiting results at the designated area or during the medals ceremony.	-5 per athlete
Overall rule infringements	General rule infringements at the discretion of the Head Judge with agreement from an external Head Judge council	Range is -1 to -5
	Using obscene gestures, profanity, or disrespectful language privately or publicly to any sporting participant	-10
	- Attempting to strike or striking an official, competitor, spectator or other sporting official intentionally engaging in or inciting other athletes and/or spectators to participate in abusive or violent action - Using drugs (except for medical purposes), alcohol consumption before or while competing - Exhibiting nudity before, during, or after the competition. - Multiple or severe infringements of the rules and regulations	Disqualification
Registration	Athletes who do not register on the official registration day without permission	-1 per athlete

### Injury during a routine

If in the opinion of the head judge, medical attention is required, the Head Judge must stop the programme if the athlete has not done so already. If the athlete is able to continue within one minute they must continue immediately from the point of interruption or, if that is not possible, allow a period of up to ten seconds before the continuation. If an athlete is unable to complete the programme, no scores will be awarded, and the athlete will be considered to have withdrawn. The same applies to the situation when an athlete has been given the opportunity to continue the programme from the point of interruption and is once more unable to complete the programme. Only one interruption is permitted.

*No restarts of the whole programme are allowed, except for deficient music. Please refer to Rules & Regulations.*