



INTERREGIONAL/REGIONAL CHAMPIONSHIP REGULATION FOR POLE SPORT & AERIAL SPORT

(rev3 del 30/06/2024)

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INTRODUCTION

These regulations are based on the current year's Pole Sport Code of Points, to which full reference must be made for all aspects concerning the preparation of competition routines. Change, exception and/or derogations concerning the Interregional Championship are specified in these regulations.

GENERAL PRINCIPLES

1. The Interregional/regional Pole Sport & Aerial Sport Championship constitute competitive activities.
2. All athletes may participate.
3. For the Amateur categories (silver, gold & amateur) participation in the Interregional/regional Championship is required to qualify for the National Pole Sport & Aerial Sport Championships. The Competitive category have direct access to the National Pole Sport & Aerial Sport Championships.
Amateur athletes who don't participate in the Interregional/regional Championship don't have access to the National Championship in any way.
4. Athletes competing in the Competitive category gain direct access to the National Pole Sport & Aerial Sport Championships. Such athletes may still decide to submit their competition routines to the Interregional Championships to receive an evaluation, but without being ranked.

REGIONS

The Northern Interregional/regional Pole Sport & Aerial Sport Championship provides for the participation of athletes from the following regions of (this division must be decided by the National Federation)

The Southern Interregional/regional Pole Sport & Aerial Sport Championship provides for the participation of athletes from the following regions of (this division must be decided by the National Federation)

It is possible to change the allocation by making a formal request and only for proven and serious reasons.

The Interregional Championships entitle athletes to qualify for the POSA National Pole Sport & Aerial Sport Championships. The National Federation reserves the right in the future to hold more than 2 Interregional Championships, with the same formalities and procedures provided for herein, defining the regions pertaining to each Interregional Championships.

REGISTRATION FOR COMPETITIONS

Registration for the Championships must take place according to the specific provisions dictated by the local OC.

In general:

They must be provided at the time of the registration:

- Athlete's Identity Card (ID)
- Registration fee payment slip
- Valid competitive medical certificate for the over 8year-old and medical certificate of fitness for sport for the under 8year-old
- Letter of indemnity (only for Aerial Sport section)



- Privacy letter
- Athlete registration form

They must submit within 10 days before the start of the competition:

- Music track, only in MP3 format
- Technical elements sheet (aka *Difficulty Sheet*), only in PDF format

Under no circumstances will the organization be liable for an incorrect or corrupted music track. The athlete **must** take the music track with him on a USB stick. The music track and Difficulty sheet must be correctly renamed as follows:

Name_Surname_Discipline_Category_Subcategory

Incorrectly renamed files will not be considered.

For the Pole Sport section, you can download the editable excel format from <https://www.posaworld.org/documents/download-info/posa-difficulty-sheet-2024/>

WITHDRAWAL FROM COMPETITIONS

Withdrawal from the competition may only take place on presentation of a medical certificate proving physical or psychological impossibility to participate. Under no circumstances may the competition's entry fee be refunded.

TEAM TOURNAMENT

In the event of a team classification, ASD/SSD* that register a minimum of three athletes may participate in the Team Tournament. A team consists of a minimum of 3 and a maximum of 5 athletes. Team scores will be awarded by summing the best 3 scores achieved by team members. Participation in the Team Tournament is, however, optional.

*Amateur Sports Association

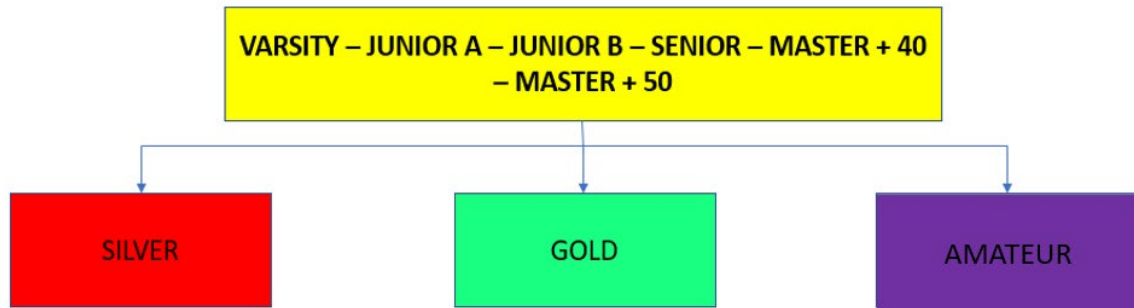
COMPETITION CATEGORIES

These categories are valid for both, Pole Sport & Aerial Sport disciplines.

Category	Years
Varsity (mixed)	6-9
Junior A (women, men)	10-14
Junior B (women, men, pairs)	15-17
Senior (women, men, pairs)	Over 18
Master +40 (women, men)	Over 40
Master +50 (women, men)	Over 50

The athlete's year of birth is decisive for assigning the competition category.

INTERREGIONAL CHAMPIONSHIP CATEGORIES



Each athlete may choose his/her category and subcategory freely, but the organizers reserve the right to carry out the appropriate checks and proceed ex-officio to change the category if the prerequisites are met. These categories are valid for all disciplines admitted to the competition.

Athletes from Competitive category may also take part at the competition. Their competition routine will be judged but there will be no ranking. Subscription to the Anti-Doping Circuit is not compulsory, but strongly recommended in order to be within the required time frame for participation in the National Pole Sport & Aerial Sport Championships.

We remind you that the subscription to the Anti-Doping Circuit must be made at least 4 months before the competition of interest so we always recommend renewal or subscribe by 10 January of the current year.

CHOICE OF COMPETITION CATEGORY

All athletes who have never taken part in the competition may freely choose which category they wish to compete in. Athletes who finished in the first-3 positions and exceeded the score defined by the Technical Committee in the previous year will automatically advance to the next higher category. The fact remains that it is not possible to change the competition category during the sporting year. The change of competition category refers to the previous year vs. the current year.

Minimum score for access to the next higher category (year 2025 vs 2026)	
Silver	85
Gold	95
Amateurs	105



PERMITTED DISCIPLINES

The disciplines admitted to the Interregional Championships are:

- Pole Sport
- Aerial Hoop
- Silk
- Hammock

DURATION AND CHARACTERISTICS OF THE MUSIC TRACK

Category	Subcategory	Min & Max
Varsity	Silver / Gold	02.20 – 02.30
Varsity	Amateur	03.20 – 03.30
Junior A / Junior B / Senior	Silver	02.20 – 02.30
Junior A / Junior B / Senior	Gold / Amateur	03.20 – 03.30
Master +40 / Master +50	Silver	02.20 – 02.30
Master +40 / Master +50	Gold / Amateur	03.20 – 03.30

Music can be selected with great freedom in style and construction. Several pieces of music can be mixed on the same track. The recording and sound quality must reflect professional standard of sound reproduction.

SAFETY IN THE CATEGORIES OF UNDERAGE ATHLETES

LEGAL PROTECTION

Every minor athlete must be accompanied to the competition by a legal guardian who assumes responsibility for the athlete.

USE OF THE MATS AND THE PRESENCE OF THE COACH

1. Mats are optional for the varsity categories. The presence of the coach on the competition stage, as athlete's supervisor, during the competition routine is mandatory. The coach may be present at the back of the stage and approach the athlete in the event of risky movements.
2. In the Junior A and Junior B categories, mats are not compulsory. The coach may be present on the stage if he considers it necessary. The coach may be present at the back of the stage and approach the athlete in case of risky movements.
3. No verbal contact or instruction is allowed during the execution of the competition routine, except in case of an accident.
4. Any penalties for conduct in contravention of the above are set out in the current year's Pole Sport Code of Points.
5. As far as the aerial section is concerned, mattresses are mandatory for all categories and have the following specs: 200x200x20 and 200x200x40. Under no circumstances may the athlete perform the competition routine without the protective mattresses.
6. Each athlete of the aerial section competition is obliged to use his/her own equipment and hangers. The organization is not obliged to provide any equipment. If the organizer detects anomalies and unsuitability in the equipment or hangers, the organizer reserves the right to



remove the athlete from the competition for safety reasons. The signed letter of indemnity must be provided at the time of registration for the competition. **The original must be handed in at the check-in.**

COMPETITION SCHEDULING AND EXIT ORDER

The competition may not start before 8 a.m. and finish after 9 p.m. The competition schedule will be published in the dedicated workplan no earlier than 6 days before the start of the competition.

The athlete's exit order is decided in accordance with the POSA CoP in force in the year, the list is non-negotiable. Please refer to the section 4.2 of the POSA CoP in force in the year for details on the competition schedule.

RULES OF ROUTINE COMPOSITION

The following rules are based on the POSA CoP in force in the year. The technical elements of difficulty may be chosen from section 14 of the POSA CoP in force in the year, following the specific rules:

Category & Sub	Number of Compulsory Elements	Mix & Max Value
Varsity Silver	3	0.1 – 0.3
Varsity Gold	4	0.1 – 0.3
Varsity Amateur	5+1 of value equal to or greater than 0.4*	0.1 – 0.3
Junior A Silver	3	0.1 – 0.4
Junior A Gold	4	0.1 – 0.4
Junior A Amateur	5+1 of value equal to or greater than 0.5*	0.1 – 0.4
Junior B Silver	3	0.1 – 0.5
Junior B Gold	4	0.1 – 0.5
Junior B Amateur	5+1 of value equal to or greater than 0.6*	0.1 – 0.5
Senior Silver	3	0.1 – 0.5
Senior Gold	4	0.1 – 0.5
Senior Amateur	5+1 of value equal to or greater than 0.6*	0.1 – 0.5
Masters + 40 Silver	3	0.1 – 0.5
Masters + 40 Gold	4	0.1 – 0.5
Masters + 40 Amateur	5+1 of value equal to or greater than 0.6*	0.1 – 0.5
Masters + 50 Silver	3	0.1 – 0.4
Masters + 50 Gold	4	0.1 – 0.4
Masters + 50 Amateur	5+1 of value equal to or greater than 0.5*	0.1 – 0.4

Varsity Silver categories: athletes in these categories may declare element from group A, B, C, E up to 3 groups. **Elements from group D are prohibited.** Under no circumstances may the athlete perform elements from group D. Elements belonging to the same group may not be declared.

Varsity Gold categories: athletes in these categories may declare elements from groups A, B, C, D, E up to a total of 4 groups. Elements belonging to the same group may not be declared.

Junior A, Junior B, Senior, Master +40, Master +50 Silver categories: athletes in these categories may declare elements from groups A, B, C, E up to 3 groups. Elements from group D are prohibited. Under no circumstances may the athlete perform elements from group D. Element belonging to the same group may not be declared.



Junior A, Junior B, Senior, Master +40, Master +50 Gold categories: athletes in these categories may declare elements from groups A, B, C, D, E up to 4 groups. Element belonging to the same group may not be declared.

Varsity, Junior A, Junior B, Senior, Master +40, Master +50 Amateur categories: athletes belonging to these categories must present 5 elements (one for each group – A, B, C, D, E).

(*) The additional element can be chosen from any group, following the value indicated in the table.

Silver and Gold categories are also banned from the Code of Scores with the risk factor (CBRF).

If a prohibited element (as specified above) is declared and executed, it will be penalized by the Head Judge.

FREE-BODY ACROBATIC ELEMENT

The acrobatic element is not compulsory

Subcategory	Min-Max Value
Silver	Prohibited
Gold	0.5 – 3.0
Amateur	No restriction

LIFT

The lifts are compulsory for the double categories

Subcategory	Lif Number
Silver	3
Gold	4
Amateur	5

On the lifts presented, at least one must always be performed on the ground

DEVELOPMENT OF HEIGHT TRICKS

Subcategory	Min developments in height
Varsity	50% of the max pole height
Junior A	50% of the max pole height
Junior B	70% of the max pole height
Senior	70% of the max pole height
Master +40	70% of the max pole height
Master +50	70% of the max pole height

INSURANCE

All participating athletes must hold a valid national federation membership card.

MEDICAL CERTIFICATE

All participating athletes must be in possession of a valid competitive medical certificate. In the absence of such a certificate, the athlete will not be admitted to the competition. A copy of this certificate must be handed in at check-in. The Varsity category is an exception. As per the POSA Rule & Regulations, the medical certificate must refer to age, specifically for the discipline code associated with Pole Dance, i.e. GAC (Acrobatic and Choreographic Gymnastics). Competitive medical certification is at the age of 8.

QUALIFICATIONS

The first 20 classified in the Silver, Gold and Amateur categories of each interregional championship qualify for the National Championships in their respective categories. It is not possible change categories during the same competitive year. Only the Amateur category qualifies for European and World Championships. The first 5 athletes in the Aerial Sport section of the Silver & Gold category will get a pass to participate in the Aerial Art Italy limited edition 2025 competition.

