

Pole Sports & Arts World Federation

Rules and Regulations Pole Sports, Pole Art, Aerial Sport



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Rules and Regulations

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2- Definitions

Athletes shall refer to the person invited to participate in the competition.

The category shall refer to the age groups and gender in each division.

Competition shall refer to all POSA approved competitions. The division shall refer to the level of difficulty of the competition. The document shall refer to this entire document.

POSA shall refer to the Pole Sports & Arts World Federation.

Organizer shall refer to the organizer of an POSA endorsed competition.

Routine shall refer to the athlete's programmed from the start to the finish and is to include spins, transitions, inverts, holds, poses, tricks, lifts, acrobatics, gymnastics, slides, climbs, catches, drops, splits and floor work.

PSWC shall refer to the Pole Sports World Championships

WPAC shall refer to the World Pole Art Championship (These Rules & Regulations complement the official POSA Pole Art Regulations).

3- PSWC (including Aerial Hoop and Silk) & WPAC Rules

Categories

- Junior A
- Junior B
- Seniors Women
- Seniors Men Mix
- Masters Women
- Masters Men
- Doubles Senior
- Doubles Senior Mix
- Doubles Junior A
- Doubles Junior B
- Doubles Junior Mix
- Junior Varsity (in WPAC only) *
- Group Mix (in WPAC only)
- Trios (Pole Sport only)

*In agreement with the organizations of the Continental and World Aerial competitions (no Pole Sport), POSA can decide whether to admit the Junior Varsity category to the international competition.

Age Eligibility

Age eligibility for each category is determined by the athlete's age of the competitive year. **Everything is also written and specified in POSA- Code of Points.**

- Junior A (Doubles also) – Ages 10-14
- Junior B (Doubles also) – Ages 15-17
- Seniors – Ages 18-49
- Senior Men Mix- Ages 16+ (Pole Sport World Championship only) *
- Masters 40+ – Age 40+
- Masters 50+ – Age 50+
- Doubles Senior – open age categories (18+, 40+, 50+)
- Doubles Senior Mix (18+/15-17)
- Double Junior Mix- one athlete must be Junior A (10-14), the other one must be Junior B (15-17)
- Junior Varsity- Ages 6-9 can compete in WPAC only.
- Group Mix 3-6 members (15+ age, male & female) WPAC only.
- Trio Senior (Pole Sport only) (15+ age, male & female, only one athlete can be between 15-17 years)
- Trio Varsity (6-9 Years)
- Trio Junior A (10-14 Years)
- Trio Junior B (15-17 Years)

*This category is experimental and gives the male athlete, who has already reached the age of 16, the opportunity to compete in the Senior Men category. A male athlete who has already turned 16 and wants to compete in his category (i.e., Junior B Men) may do so. In fact, entry in the Senior Men category is not compulsory until the age of 18. This category is Competitive only, in Amateur division males 16 years old athletes, must compete in Junior B Men Amateurs.

4- Selection process

- A- Athlete's participation is by qualification.
- B- Athletes who have placed top 3 (three) in the Competitive category in an POSA endorsed national competition will automatically qualify, POSA may also invite by a special Wild Card, to compete, those athletes with a very high level but without the choice to compete in a national or international POSA competition, (Reserve athletes must apply under the same conditions to the PSWC by the given deadlines.) **Regarding National Wild Cards, please read Article 18, Paragraph K.**
- C- If one of the top 3 in each category, (or all), will not be able to take part in the PSWC, the national federation (organization), may contact the next ranked athlete (skipping down in the ranking). It is the task of the national federation (organization), to communicate with its qualified athletes and to promptly notify any changes to the POSA. This rule may be applied to the POSA Pole Art.
- D- If in one or more category of POSA national competition, the athletes are less than 3 (or there are no athletes in that category), the National Federation may decide to add (officially) the athletes who are missing to reach the number provided by the Work Plan, admitting athletes who did not take part in the competition, or who have a good technical level. In any case, the number cannot exceed that specified in the Work Plan. Any other information will however be specified in the Work Plan. This rule is valid only in the categories with less than 3 athletes. This rule may be applied to the POSA Pole Art.
- E- According to the organization, the number of participants for each category will be clearly specified in the Work Plan that each federation / athlete will receive

- F- Athletes from countries that do not have national competition will be allowed to participate in an open competition to qualify for the PSWC and/or WPAC. The athlete with the highest score for their country will qualify to the PSWC and the athlete with the second and third highest score for their country will also receive a place at the PSWC.
- G- If the athlete without a national federation and/or a national competition in his/her country cannot participate in any Open Competition, he or she will be able to apply it via video entry.
- H- Athletes must be in the correct age category (if the athlete enrolls in the wrong category, he/she will be disqualified by Head Judge).
- I- Doubles/Trio category: In case of injury or renunciation of one of the two/three (about Trio) qualified Doubles/Trio members, it is possible for them to replace the resigning athlete with a different athlete (all this must be communicated via email to the organization). POSA wants to give the opportunity to the Doubles/Trio athlete(s) who has remained without a partner (but who is qualified by law), to compete in any case. If this is not possible, athletes must communicate as soon as possible, their renunciation to compete, to give way to Doubles/Trio number 4 in their national ranking, to be able to compete at the World Championship. If no announcement is received by athletes or the National Federation within the established deadline, the National Team will no longer have the right to enter any other Doubles/Trio in the competition, replacing the renouncing Doubles (Trio). The deadline for all these communications will be specified in the Workplan.
- J- The athlete's starting order will be determined by a draw.
- K- All eligible athletes must compete in the preliminaries to win a place in the finals.
- L- Athletes are allowed one (1) performance in the preliminaries to win a place in the finals.
- M- The top athletes with the highest scores in each category will go through to the finals.
- N- The title of Pole Sports World Champion, World Pole Art Champion, World Aerial Sport Champion & World Aerial Art Champion in all categories will be a lifetime title unless a sanction has been placed on the athlete.
- O- WPAC: Due to the agreements between POSA and the following national federations such as, Italy, France, Hungary, USA, Greece, South Korea, Switzerland, Mexico and Norway, athletes from these nations can only qualify for the WPAC, exclusively by participating in the National Pole Art Competition.
This means that if an athlete from these nations participates in a Pole Art POSA in a different nation and reaches the top 3 in his/her category, he/she will still not qualify for the WPAC (unless otherwise notified by his/her national federation).
The list may be extended during the year if other national federations request so.
It will (also) be the responsibility of the national federation to notify all athletes of this rule.

5- Application process

Failure to comply with the following may result in disqualification from the competition:

All qualified athletes must:

- A- Fill in the application form (online or Word doc). The link or the Word doc will be provided in the application pack sent to each qualified athlete.
- B- Pay the application fee, which is nonrefundable. Application fees and payment details can be found on the application form.
- C- Send their music in mp3 format to the email address advised in the application pack by the given deadline.
- D- Send their Difficulty sheet at least 10 days prior to the PSWC. (Athletes may change their Difficulty sheets after the preliminaries and before the finals. The new form must be submitted directly to the Head Judge of Judging Panel at the conclusion of the preliminaries. Please note: Handwritten forms will not be accepted.)
- E- Provide information about their legal gender. A copy of their birth certificate must be submitted upon request.
- F- All applications must be completed in **English**, not other languages are accepted.
- G- All athletes should be fit, healthy and not knowingly pregnant. Upon request, the athlete may be required to produce documentation from a doctor as confirmation of good health and fitness level. All information will be held confidentially.
- H- All athletes wishing to use grip gloves are required to produce a written letter from their doctor confirming that the athlete suffers from hyperhidrosis (sweaty hands) or similar.
- I- All athletes must disclose if they have been previously disqualified from any POSA competition.
- J- Athletes may only compete in a national competition if they have citizenship and/or permanent residency (minimum of **one** [1] year of residency) in that country. In the case of dual citizenship, the athlete may only represent one country in the PSWC. Athletes wishing to change their country of representation must allow for one competitive year before the changeover.
- K- Applicants under the age of 18 may only apply for the competition by way of written permission signed by a parent or by a legal guardian. Documentation must be provided upon application
- L- Applications will not be fully processed without meeting all the above requirements by the given deadlines.
- M- The athlete who refuses to compete within 15 days of the competition must provide, within the date of the competition, with the medical certificate certifying the injury suffered. Failure to send this document will result in the disqualification of one (1) year from all POSA national and international competitions of Pole Sport, Pole Art, Aerial Sport & Aerial Art.

6- Registration process

In the case of an athlete not presenting themselves to registration without a legitimate reason, the athlete will be banned from all POSA recognized competitions (including POSA- Pole Arts, Aerial sport & Aerial Art) all over the world for a period of **one** year. The names of banned athletes will be published on www.posaworld.org . Athletes may only cancel participation a maximum of 15 working days prior to the competition. Exceptions being medical reasons and emergencies in which medical documentation and proof of travel ticket must be provided to the Organizer for confirmation a minimum of one day prior to the competition. Athletes not showing 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, and the Organizer's decision can only be challenged by the POSA.

- A- All athletes must arrive and register at that time with the organizer unless written permission is received.
- B- All athletes must purchase personal insurance (if there is no written the opposite in the official Work Plan) that covers them for the duration of the competition. This should start on the day of the PSWC rehearsals and be valid during the whole competition. If in the country of athlete's origin both a passport and an identity card are used, both should be brought with them.
- C- All athletes must bring their passport with one (1) photocopy of it to provide at registration (as it is written in the Work Plan).
- D- All athletes, including Doubles, must provide proof of citizenship or residency of the country they are competing in (or representing in the case of an Open Championship). Athletes must be a citizen or resident of the country they are representing for a minimum of one year (1) prior to the preliminaries. Proof must be in the accepted form of the country, e.g., green card, passport, ID card, residency papers, etc.
- E- All athletes must declare confirmation of the following at the time of registration:
 - I. Rules and Regulations were read and accepted.
 - II. The POSA Code of Ethics and Code of Conduct were read, accepted and the athlete agrees to behave in a manner befitting a professional sports person.
 - III. All expenses incurred by the athlete are the responsibility of the athlete and not the organizer.
 - IV. Waive all image rights and agreement that the images can be used for promotion of pole sports around the world. Athletes will not receive any compensation for photos and videos taken during the event.
 - V. To be interviewed, filmed and or photographed by the media.
 - VI. To take part in antidoping testing in accordance with the WADA Code.
 - VII. To enter the PSWC, WASC, WPAC, WAAC, at their own risk. Any injuries or accidents that may occur are the responsibility of the athlete and not the organizer.
 - VIII. To respect and follow rehearsal and performance times.
 - IX. To wear their national tracksuit always except during their performance.
 - X. To be present at the medal ceremony unless a medical emergency or antidoping test occurs.

7- Differences between Amateurs & Competitive categories

By amateur activity we mean that type of activity practiced by athletes but aimed at achieving and maintaining a person's psycho-physical well-being.

This does not 'impose' any sporting objectives or performance and, above all, does not involve competitive aspects.

By competitive activity, on the other hand, we mean that activity practiced continuously, systematically, and exclusively in forms organized by national and international sports federations, by sports promotion bodies recognized by the respective National Olympic Committees, etc., that involves intense physical effort over time.

Pace, intensity, continuity, number, and duration of training sessions: these are all elements that distinguish the two levels of activity.

A person practicing sport at a competitive level must undergo a medical examination and all the necessary clinical and instrumental diagnostic tests to ensure fitness. On the contrary, a person engaging in physical activity at an amateur level does not require any medical certification. In any case, although there is no obligation, the subject can certainly seek advice from his or her doctor on the activity he or she intends to undertake.

In international POSA competitions, a competitive medical certificate is also required for amateur athletes.

What defines an 'Amateur' athlete from a technical point of view in Pole Sport?

According to the rules of all jury sports such as Pole Sports (Artistic Gymnastics, Diving, Synchronized Swimming, Ice Skating, etc.), an amateur athlete is one who can only perform movements at a level no higher than 0.5 of the POSA Scoring Code.

Our goal is to raise the technical level of all athletes from Amateurs to Competitive.

What defines an 'Amateur' athlete from a technical point of view in Pole Art?

POSA has decided that to define and differentiate an Amateur athlete from a Competitive athlete, the POSA Code of Points will be used as an example:

An amateur athlete is defined as one who must perform on the pole, only elements that have a value up to 0.5 of the POSA Scoring Code.

However, amateur athletes may perform a **maximum of one element with a value higher than 0.5.**

Athletes who break this rule will automatically and immediately be placed and evaluated in the Competitive category. This rule also applies to Aerial Art competition.

Exception regarding Aerials Apparatuses

Since Silks, Hoop and Hammock are substantially different, an athlete who competes in one or more of the three apparatuses in the Competitive category may still compete in the Amateur category in the other(s) apparatus(es).

This rule may be changed in 2026.

8- Change from Amateur to Competitive category

National Federations:

- a. Each National Federation has the right, within the boundaries of their national jurisdiction, to set a minimum score for the transition from the top **3** Amateur to the Competitive category.
- b. The change of category is understood to be from one year to the next
- c. An athlete who nevertheless wishes to change from the Amateur category to the Competitive category during the current competition year may do so, but only in national competitions. Any qualification for international competitions gained through the national championship will remain in the Amateur category (this is applied also in Pole Art competitions).

POSA has established the following regarding international Pole Sport competitions:

- d. The top 3 athletes in the Amateur category who had a minimum points score of **110**, cannot remain in the Amateur category the following year, but must compulsorily compete in the Competitive category.
- e. Athletes who have switched to the Competitive category from the Amateur category may not switch back during the current year but must wait at least one year without competing in any competition under the POSA auspices (both in Pole Sport & Pole Art).

9- Qualification Process Between International Competitions POSA (in both Amateur and Competitive categories). These rules also apply to Aerial Sport

Qualification of athletes from the Pole Sport World Championships to the CSIT- World Sports Games.

- a. The top 10 athletes in all categories in the ranking at the World Championships held the year before the CSIT World Sports Games are automatically qualified for the direct finals of the following year's CSIT World Sports Games.
- b. If, in the following year, an athlete changes category due to his/her year of birth (from Junior A to Junior B, from Junior B to Senior, etc.), he/she will not be automatically qualified in the next category, but she/he will give way to another athlete from the same country.
- c. The choice of the athlete who is to take the place of the athlete who has switched category will be made by the National Federation directly, which must inform the International Federation as soon as possible. (For example, if a Finnish Junior A athlete placed in the top 10 at the 2022 World Championships, but in 2023 she moves up a category to become Junior B, she will leave her place to an athlete from the same country. The Finnish Federation will then choose which athlete will take her place).
- d. If one of the Doubles Juniors athletes' changes categories (or that one of the two becomes Senior), the other athlete can replace his/her partner with one of the same age foreseen by his/her category.

Qualification of athletes from the Pole Sport World Championships to the Continental Championships (European and Panamerican Championships). These rules also apply to Aerial Sport

- e. The top 3 Continental athletes in all categories in the ranking at the World Championships are automatically qualified for the semifinals of Continental Championships.
- f. If, in the following year, an athlete changes category due to his/her year of birth (from Junior A to Junior B, from Junior B to Senior, etc.), he/she will not be automatically qualified in the next category, but she/he will give way to the following next eligible athlete in the ranking (i.e., who does not pass category).
- g. If one of the Doubles Juniors athletes' changes categories (or that one of the two becomes Senior), the other athlete can replace his/her partner with one of the same age foreseen by his/her category.

Qualification of athletes from the Continental Championships to the Pole Sport World Championships. These rules also apply to Aerial Sport

- h. The winners (first one only) in all categories in the ranking at the Continental Championships are automatically qualified for the semifinals of Pole Sport World Championships.
- i. If, in the following year, the winner athlete changes category due to his/her year of birth (from Junior A to Junior B, from Junior B to Senior, etc.), he/she will not be automatically qualified in the next category, but she/he will give way to the following next eligible athlete in the ranking (i.e., who does not pass category).
- j. If one of the Doubles Juniors athletes' changes categories (or that one of the two becomes Senior), the other athlete can replace his/her partner with one of the same age foreseen by his/her category.

Qualification of athletes from the Pole Sport World Championships to the next Pole Sport World Championships. These rules also apply to Aerial Sport

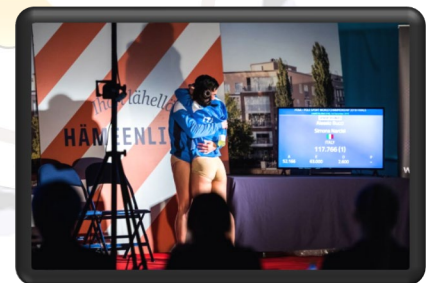
- k. The winners (first one only) in all categories in the ranking at the Pole Sport World Championships are automatically qualified for the semifinals of the following Pole Sport World Championships.
- l. If, in the following year, the winner athlete changes category due to his/her year of birth (from Junior A to Junior B, from Junior B to Senior, etc.), he/she will not be automatically qualified in the next category, but she/he will give way to the following next eligible athlete in the ranking (i.e., who does not pass category).
- m. If one of the Doubles Juniors athletes change categories (or that one of the two becomes Senior), the other athlete can replace his/her partner with one of the same age foreseen by his/her category, unless they want to compete in the Senior Doubles Mix category, but one of them must necessarily be Junior B, i.e. between 15 and 17 years old

Qualification of Amateur athletes from international competition to a following international competition. These rules also apply to Aerial Sport

- n. Without prejudice to the qualification from the Pole Sport World Championships at the CSIT World Sports Games, in which the Amateur athlete remains in that category, the Amateur athletes (top 3) in each category at the Pole Sport World Championship, will be allowed to participate in supernumerary, in the following edition of the Continental competition in the Competitive category
- o. Amateur athletes (top 3), at the Pole Sport World Championships, will not be allowed to participate in the following World Championships (in the following year).
- p. Amateur athletes (top 3), at the Continental Pole Sport Championships, will not be allowed to participate in the following World Championships (in the following year), but they will be allowed to take part in the Continental Championships of the following year in supernumerary, in the Competitive category.

Qualification of Competitive athletes from Continental competition to a following international (Continental) competition. These rules also apply to Aerial Sport

- q. Competitive athletes (top 3), at the Continental Pole Sport Championships, will be allowed to take part in the Continental Championships of the following year in supernumerary, in the category in which they placed in the previous year's Continental Championships



10- Costume and tracksuit

Costumes must be appropriate for competitive athletic sports. **Everything is also written and specified in the POSA- Code of Points.**

Costumes must not include:

- Underwear.
- Swimwear or bikinis.
- Transparent clothing that does not cover the breast, pelvis, and buttocks.
- Leather, latex, PVC, or rubber.
- Jewelry or piercings of any kind ex.
- Anything that interferes with the performance or can be considered a health and safety issue.
- Bodypaint or oil on any part of the body. Make up and embellishment may be worn on the face.
- Props such as hats and canes and anything that is not considered attached to the costume, except for cuffs/wristbands.

It is expressly forbidden to perform in anything other than sporting attire and costumes must not be intentionally removed. Failure to adhere to these rules may result in disqualification.

a) **National flags** must be worn while competing (in international competitions only)

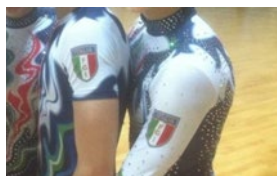
The national emblem must only be displayed in international competitions, in national competitions it is not necessary. The 'Open' categories organized in national competitions are reserved for athletes from countries other than the organizing country, and it must be considered international competitions, so athletes participating in the "Open" category, must wear the national emblem.

They can be a maximum size of 2 cm x 4 cm. They must be sewn on the left or right side of the costume at the hip or on the top of the costume (chest or shoulder).

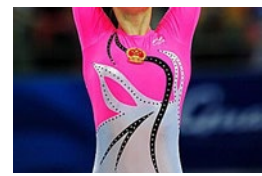
You can see below some examples:



Hips flag



Shoulder flag



Chest flag

All athletes should have tracksuits according to the following requirements:

- Tracksuits must include matching trousers (leggings are allowed on stage), t-shirt/ tank top and a jacket.
- Tracksuits must have the name and/or logo-flag of nation represented by the athlete. The name of the country must be written on the tracksuit and t-shirt/tank top.
- One individual sponsor's logo might be worn on the jacket and up to ten (10) sponsor logos may be worn on the t-shirt/tank top. The size of the logos cannot be more than 10x10cm.
- National teams must ensure all athletes have the same matching tracksuits. National federation logos can be worn. The size of the logo cannot be more than 10x10cm.

You can see below some examples:



11- Grips

Any grip product can be used except for all resin-based grips.

Please be advised that **NO** products are to be applied to the pole. Grip aids may only be applied to the athlete's body.

All resin-based grips are prohibited.

It will be the task and duty of the organization to check that all athletes during the competition do not use this type of product (through pole cleaners and volunteers).

The organization may directly inform the Head Judge if an athlete is found in possession of it (or if the pole is found to be soiled with this product) and the head judge will enforce the rules (disqualification).

Athletes can use **magnesium** with extreme caution, but they must be careful not to leave it on the stage, because it could be dangerous for the next athlete.

Athletes may clean the poles themselves if they prefer but must use the cleaning products provided by the organizer.

Grip gloves may only be used with medical documentation.

12- Prizes

- At the PSWC & WPAC the athlete(s) compete for the title of Pole Sports/Art World Champion 20XX.
 - A- The winner from each category will receive a gold medal.
 - B- The first and second runners up will receive a silver and bronze medal, respectively.
 - C- All other athletes will receive a certificate of participation (If it is provided for by the organization of the competition).

Cash or other gifts may be given by way of endorsements or sponsorships. Warning: Cash may be given to any athlete (top 3) for playing in a POSA competition, only if the organization is able to do that, and first, after a special Executive Committee decision. Endorsements or sponsorships cannot be given to one specific age or gender category; they must be given to the entire competitive category or not at all. E. g. all first-place winners of each Competitive category could receive a sponsorship prize. All sponsorship agreements offered in relation to athletes must be announced by the Organizer before the competition, as soon as possible after the agreement has been made and before the finals of the competition begin.

13- Rights and Responsibilities of the Athletes

- A- All athletes must read the rules, regulations, and any updates (Work Plan).
- B- All athletes have the right to ensure that their routine is judged correctly by impartiality and in accordance with the provisions of the Code of Points.
- C- All athletes have the right to ensure that the score assigned to him/her is made visible immediately after the end of the routine or in accordance with the supplementary regulations of the competition.
- D- All athletes, with the approval of the Superior Jury, have the right to repeat the routine if he/she had to interrupt it for reasons beyond his/her control.
- E- All athletes must conduct themselves in accordance with the POSA rules & regulations and the Code of Points and Code of Ethics and Code of Conduct.
- F- Athletes under the age of 18 should have an approved chaperone (parent/authorized legal representative/coach) with signatory authority.
- G- All athletes are obligated to carry health insurance and identification documents to the competition.
- H- Each athlete must compete with the same gender except in the case of doubles and if a category is mixed.
- I- Athletes must stay in the backstage two athletes prior to competing.
- J- Athletes must start off stage and wait to be announced before walking out on to the stage.
- K- All athletes are fully responsible for their personal health and ability to compete. To avoid injury, all athletes must not undertake elements they are not fully confident and secure in.
- L- All athletes enter the PSWC & WPAC at their own risk and understand that any injuries or accidents that may occur are the responsibility of the athlete(s).
- M- Use of alcohol or banned or controlled substances before or during the competition is strictly prohibited.
- N- All athletes must agree to take part in antidoping testing in accordance with the WADA Code. All athletes must sign the POSA/WHEA anti-doping program at least 3 months before the competition. Without the agreement signed, they cannot take part to the competition. For signed the agreement, please use this link: <https://www.posaworld.org/anti-doping/> . For a list of prohibited substances please see www.wada.com. Failure to supply a sample when requested will result in the athlete being disqualified from the competition, a loss of any title won and the possibility of a ban from further POSA competitions.
- O- All expenses incurred by the athlete are the responsibility of the athlete and not the Organizer. Confirmation of this will require a signature at the time of registration.
- P- All athletes are required to purchase the relevant visa for entry into the country where the PSWC is being held. If the athlete requires assistance, please contact: contact@posaworld.org .
- Q- 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 POSA website; www.posaworld.org.

14- Rights and Responsibilities of the Organizer

The POSA reserves the right to the following:

- A- To alter the rules and regulations of the competition or its attachments at any time. Any change will be announced immediately on POSA social media (Facebook, Instagram) and on www.posaworld.org.
- B- To refer to the Head Judge any athlete in breach of the rules and regulations, Code of Ethics and/or Code of Conduct, for the consideration of penalties or disqualification.
- C- To refer to the Head Judge any judge in breach of the rules and regulations or code of ethics for the consideration of disqualification.
- D- To decide on any decisions not already addressed in the rules and regulations and code(s) of ethics prior to or during the PSWC.
- E- The POSA will provide basic first aid in 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.
- F- POSA cannot be held responsible for loss or damage to athletes' or officials' items.
 - a. The POSA is obligated to:
 - G- Publish all competition criteria stated in chapter 2 of rules and regulations.
 - H- Announce all changes regarding the competition on the website and social media.
 - I- Provide rooms for athletes to change and warm up in with toilet facilities which are separate from those being used by judges and spectators
 - J- Provide a separate area for youth athletes to change into or a fixed time slot for the changing rooms to be for their sole use.
 - K- Check the installation of the poles and test them.
 - L- Give athletes a chance to practice with the poles before the start of the competition.
 - M- Arrange the cleaning of the poles before each performance.
 - N- Provide the judges with all necessary information concerning the competition.
 - O- Provide interim first aid in the case of an incident or accident.
 - P- Provide anti-doping testing in accordance with the WADA Code (www.wada.com).

15- Medical and Doping Regulations

For further information, athletes and coaches can directly consult the **POSA Antidoping Rules**, which are available on request at jyrki@worldheavyeventsassociation.com or it's can be downloaded from POSA website.

Sanctions with Doping:

In the case of a positive result or the refusal of doping control, the following penalties shall apply as final:

- A- An athlete with a positive out of competition test is automatically suspended for the rest of the championships and no replacement for him/her is allowed.
- B- The points of a team obtained with a doped athlete are not valid.
- C- An athlete with a positive test shall be suspended from all POSA competitions for a period outlined in the WADA Code.
- D- A positive result for anabolic steroids will result in suspension from all POSA competitions for a period of four years. A doped athlete shall not be awarded a medal.
- E- In all positive doping cases, the recommendations of WADA shall have precedence over any disciplinary action by the POSA.
- F- Athletes with a positive doping test may have previously won titles removed from them

16- Judging

- A- Judges are forbidden to alter the scores after the score sheets are collected.
- B- For appeals and complaints procedures see chapter 13.
- C- Once judging has finished and all immediate appeals and complaints have been processed, no scores or discussions can be made to alter the final ranking results. See chapter 13 on the system of complaints and appeals.
- D- Scores from preliminaries and finals are not added together.
- E- Score sheets are to be collected after each athlete's routine.
- F- Judges must not talk to each other or confer during an athlete's routine. The judges may converse when the routine is over, however it should not be about judging.
- G- Only the D-Judges can talk to each other in the end of the routine for a comparison of the scores.
- H- Judges requiring assistance must raise their hand. They may only talk to the head judge in between routines.
- I- Judges must be separated from the athletes and spectators always.
- J- Judges and athletes will be disqualified if they are found discussing any matters together at any time during the competition.
- K- Judges must not leave their seat at any time unless with the permission of the head judge or if they should fall ill, in which case the reserve judge would be required to take the position.
- L- Judges must be seated in a position with the best viewpoint and at a distance from the audience.

17- System of complaints, appeals & feedback post competitions (Pole Sport, Pole Art & Aerial Sports & Art)

- A- Athletes may lodge an appeal regarding their scores within 5 minutes in Pole Sport and Aerial competition (if it is not specifying differently in Work Plan) of the athletes' personal scores being announced in accordance with the POSA scoring appeals procedure.
- B- In each competition, the organization will send to each athlete Workplan, with all the information about the Appeals System.
- C- Further complaints, requests and/or feedback must be made within **7** working days.
- D- Any general complaint or request or feedback sent after **7** days may not be considered.
- E- Any complaint sent by a delegation and/or a national federation concerning one or more incidents that occurred during the POSA competition must be sent within **7** days of the end of the competition.
- F- Any complaint sent after this date will be sent to the Ethics Committee. The Ethics Committee will decide whether to analyze the complaint sent by the Delegation or Federation
- G- If the Ethics Committee must meet due to a late report (i.e., after **7** days), the applicant will have to pay the meeting expenses quantified by the Ethics Committee
- H- For more information, please contact contact@posaworld.org .

18- Rights and Duties of National Federations

- A- The main rule and policy of POSA, is that the National Federations have their jurisdictional autonomy in their own country, always following POSA's rules.
- B- The National Federation has the right to modify, if necessary, the POSA regulations for regional and national competitions in the Amateur categories, in compliance with and within the limits of the Code of Ethics, the Rules & Regulations, the Pole Art Rules and the POSA Code of Points (Pole & Aerial). The Competitive Categories rules to take part in international competitions may not be modified.
- C- The national federation has the right to organize national courses for the training of new judges and coaches, subject to prior training of their national Master(s) Trainer(s) by POSA.
- D- The national federation may have its own National Implementation Rules (strongly recommended). The National Implementation Rules may not, however, conflict with the Code of Ethics, the Rules & Regulations, the Pole Art Rules and the POSA Code of Points (Pole & Aerial).
- E- If the National Federation issues a disciplinary sanction (e.g. a disqualification for a certain period) against an athlete or coach, the International Federation will have the duty to follow the dictates and apply the same sanction commuted by the NF. There is no need to emphasize the fact that disciplinary sanctions should only be enforced if one or more rules written in the National Implementation Rules have been broken and not for pure personal reasons.
- F- The National Federation has the right to have its own sponsors to organize the national competition.
- G- The National Federations have a duty to notify the International Federation of the following points:
 - 1- Concerning national modifications to the Code of Points regulations for Amateur categories
 - 2- Concerning national amendments to the Pole Art regulations for Amateur categories (e.g.: addition of an intermediate category)
 - 3-Relating to a disqualification awarded to an athlete or coach during a regional or national competition

- H- National Federations have the option of creating and using their own computerized scoring system, obviously using the parameters of the POSA Pole Sport Code of Points, POSA Pole Art rules, POSA Aerial Sport Code of Points, POSA Aerial Art rules.
- I- If the national federation uses the official POSA computerized judging system for the national competition, the national organization/federation is obliged to pay travel and accommodation expenses and a per diem of **€200** to the computer technician. Any exceptions regarding this rule can be discussed directly with POSA, which will examine each individual situation.
- J- The National Federations or the organizations that organize the National Pole Sport and Aerial Sport Competition, that do **not** have a POSA certified Head Judge in their country, **must** request POSA to send an official Head Judge. In the absence of this, the National Federation risks a sanction by the POSA Ethics Committee. For any request, the National Federation can contact POSA to find a regulatory solution.
- K- Each National Federation has available three (3) Special National Wild Cards, to be allocated as follows:
 - Two (2) Wild Cards in the Competitive category (whatever), one (1) Wild Card in the Amateurs category (whatever)
 - The allocation of the National Wild Cards shall follow the following criteria:
 - 1- The high-level athlete, who has participated in the national competition, performing well, demonstrating significant technical growth from one year to the next.
 - 2- The high-level athlete, who was unable to participate in the final round of the national competition due to an injury.
 - 3- The high-level athlete who in the past has distinguished himself/herself particularly well in one or more international competitions representing his/her country, always reaching the final of the top 10
 - 4- The high-level athlete who has demonstrated a high degree of sportsmanship each year and sets a sporting example for the entire Pole Sport community in his/her country.
- L- National Federations must organize national competitions once a year, for the following disciplines:

Pole Sport, Pole Art, Aerial Sport, Aerial Art.

The competition can be organized only once a year (with all disciplines inside) or separately. For greater transparency, National Federations must communicate to POSA the reason that could push the national organization not to have all discipline in their sports schedule.
- M- The NF has the right to consult its NADO to bring anti-doping control into line with national guidelines (regarding, of course, the junior categories).

The NF must, however, make a statement to the Anti-Doping Committee POSA, of possible changes resulting from the alignment with the national NADO.
- N- The Opening Ceremony of each International Competition must be performed according to the specific rules of the International Federation, which will be sent to the Local Organizing Committee (National Federation)
- O- The Award Ceremony in each International Competition, must be performed according to the specific rules of the “POSA RULES FOR AWARD CEREMONY”