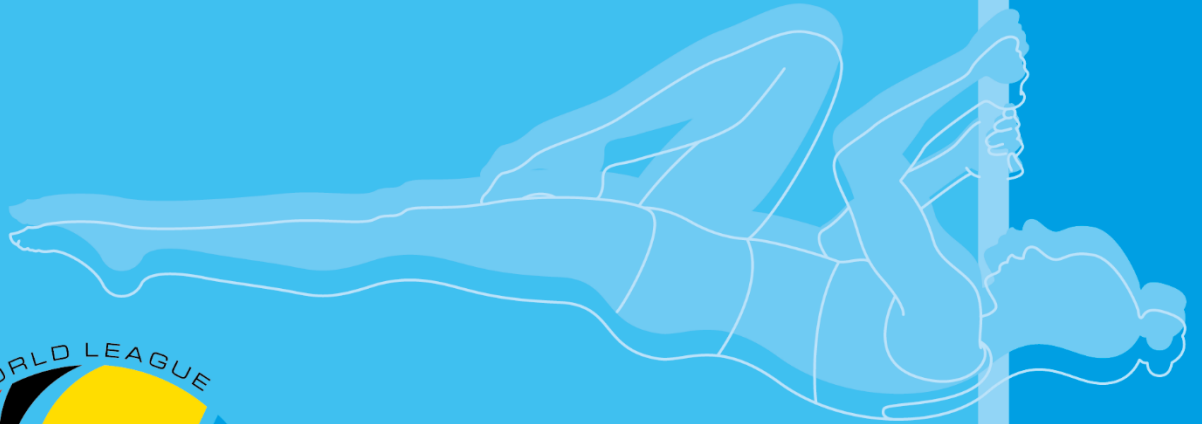


# AERIAL AND POLE SPORTS WORLD LEAGUE



# APS

## INTERNATIONAL COMPETITION RULES, REGULATIONS AND SCORING SYSTEM



# ATHLETE'S HANDBOOK

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September, 2021  
**APSWorldLeague.org**

This document is intended for use in any International competitions sponsored by APSWL. It can also be used as a guideline of Regional and National competitions.

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In case there is a discrepancy between different languages, the English text will be considered correct.

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# APSWL INTERNATIONAL COMPETITION RULES AND REGULATIONS AND SCORING SYSTEM

## ATHLETE'S HANDBOOK

### **Pole Sports - Singles**

This document describes the Rules and Regulations and International Scoring System for Aerial and Pole Sports World League (APSWL). This document is specific for Pole Sports Singles, and should be the baseline for all International Pole Sports Singles competitions recognised by APSWL.

This category focuses on athletes participating in Pole Sports - Singles categories, meaning it covers the pole disciplines that focus on strength and flexibility.

The aim of this document is to provide the Athlete everything they need to understand the parts of the Scoring System and competition Rules and Regulations that are necessary for them to design and perform their routine in a competition.

The document consists of three sections:

- International Competition Rules and Regulations
- Scoring System
- Appendices

## GLOSSARY

For more information please refer to the entries in this document, or the Rules and Regulations document.

**Accompanying Person:** An athlete can be accompanied into certain restricted areas of the competition by a registered Accompanying Person. The accompanying person can be the athlete's Coach, Chaperone, Family Member as each Competition's Regulations permit. Accompanying Persons must be wearing a suitable attire when accompanying the athlete as described in the Competition's Rules and Regulations.

**APSWL:** Aerial and Pole Sports World League.

**Athlete:** the person competing in the competition.

**Category:** refers to age groups and gender. Youth categories are for athletes aged 6-17, and Adult categories for athletes aged 18 and over. There are for categories for Youth athletes and five categories for Adult athletes based on their ages.

**Competition:** all APSWL endorsed competitions.

**Division:** refers to the level of technical difficulty. The amount of Essential Elements required in a routine varies depending on the Division.

**Duration of the Competition:** the time between the moment the athlete's registration opens for the competition until the closing ceremony finishes.

**Final Results:** after any appeals have been resolved or the appeals window has lapsed, the results are considered final. Note that Head Judge deductions can still modify these. Once the results are published in the competition organiser's website, they are considered Official Results.

**Head Judge:** this is the head of the judges panel during a competition. The Head Judge is appointed by the organising committee or by APSWL in International Competitions. The Head Judge coordinates the judging panel and supervises that all Rules and Regulations of the competition are being complied with. They have additional powers to decide on matters such as restarting a performance during an interruption or dealing out additional penalties, not covered in any of the four scoring sections, and even disqualifying the athlete in case of a severe or repeated breach of Rules and Regulations. The Head Judge works hand in hand with the competition's organisers in order to ensure the event is successful.

**Inverted:** in the context of a movement or element, it refers to a position where the hips are higher than the head.

**Modality:** is the type of competition, and it can be Singles, Doubles and Para-Pole.

**Music Track:** Athletes choose their own music which must be instrumental. It may be mixed pieces, and include sound effects and long silences, as long as it serves the purpose of the choreography. In International Competitions no dialogues or lyrics are permitted in the score, however the score might include a human voice as long as it is used as a lyrical instrument, e.g. scatting.

The Organising Committee of National and Regional competitions will publish the characteristics of the Music track permitted for their competition in the Competition Announcement.

**National Team:** is the National Federation that sponsors the Athlete in an International Competition. The Athlete that belongs to a National Team will have to adhere to it's Federations Rules and Regulations, including the use of the Team Uniform at all times during the competition. The athlete must be either a national or a legal resident of the country represented by the National Team in order to be eligible to represent it.

**Organiser:** refers to an endorsed organiser of an APSWL endorsed competition.

**Official:** refers to a person that is part of the Competition's Organising Committee, or any person acting as a representative of a National or Continental Federation or APSWL.

**Official Results:** are the results as posted on the competition organiser's website, after the competition has finished, and any audits, appeals, penalties and other adjustments have been resolved.

**Penalties:** refer to additional points deductions, economic sanctions or even disqualification from the competition or future competitions as a product of the athlete committing an Infraction. Usually these are handed by the Head Judge. More severe infractions involving bans from future competitions, can be dealt with by APSWL's Discipline and Ethics Committee.

**Preliminary Results:** As the results are announced in a competition are considered Preliminary until they are published in the Competition Organiser's website. These results are still subject to change due to appeals, penalties, and a post competition audit, etc.

**Routine:** refers to the athlete's programme from the start to the finish.

**Score:** refers to the music, sounds and silences that are used to accompany an athlete's routine. The requirements and characteristics for the Score are specified in the Rules and Regulations.

**Sections:** refers to the four scoring sections: Acrobatic Elements, Artistic Composition, Deductions and Essential Elements.

**Spin of Choice:** for some categories the Essential Elements section may require the athlete to choose between a rotational element in the spinning pole or the static pole. The athlete may choose their preferred spinning element.

**Team:** is the organisation that sponsors the athlete in a competition. In an International Competition, this will usually be the National Team. This definition can be scaled for non-International competitions, for example, it can be the Club/Studio if competing in a National/Regional/Local championship.

**Team Member:** is any member of the athlete's Team, which can include Coaches, Officials, other Athletes, Doctors, other Accompanying Persons among others.

# INTERNATIONAL COMPETITION RULES AND REGULATIONS

## POLE SPORTS SINGLES

### Athlete - Pole Sports

Pole Sports is the discipline that focuses on showcasing an athlete's strength and flexibility attributes when interacting with a pole, including their ability to rotate around the pole while displaying these characteristics. APSWL uses a two-pole stage configuration, with one pole being Static and the other pole being a Spinning pole. Athletes are encouraged to dedicate an equal amount of time to each pole.

In a Pole-Sports competition, an athlete has to perform a routine with a number of Strength, Flexibility and Rotational Essential Elements of a prescribed technical difficulty, complemented by an optional selection of Acrobatic Elements, with Artistic Composition being a minor part of the performance.

### Athlete - Singles

A singles athlete is an athlete who competes individually in Pole Sports. All athletes are eligible to compete in the standard Singles category. Some athletes are eligible to compete in one of the Para-Pole categories. The requirements to compete in one of the Para-Pole categories, as well as any Para-Pole specific rules or regulations, are listed in an [appendix](#) at the end of this document.

There is a separate Athlete's Handbooks for Pole Sports Doubles.

### Athlete - Team

The Team is the entity that is presenting the athlete as a member of their ranks. In the case of an International Competition, the athlete's Team will be the National Federation that is sponsoring the athlete. The definition of Team can be scaled down in non-international competitions, for example in National, or Regional competitions, the Team can be the athlete's Club/Studio. [Refer to National Federation Rules and Regulations.](#)

In order to be able to register for an International Competition as a representative of a National Team, the athlete must be a national or have legal residence status in such a country. Proof of this has to be provided at the Event's Registration, usually via a National Identity document that accredits this, for example, Passport or Residence Permit.

An athlete has to comply with all rules and regulations set out by their Team when being sponsored by them, including wearing the Team Uniform.

The athlete can only represent a single National Team in a Competition Year. In order to change National Teams the Athlete must spend one full Competition Year away from International Competitions.

In extraordinary circumstances, for example, loss of residence rights, an athlete may be permitted to compete as an independent athlete for the rest of the year and in the subsequent year before they are eligible to join a different National Team. Application for this must be submitted to APSWL directly.

## Accompanying Persons

The athlete may have one Accompanying Person to accompany them Backstage or in Athlete's only areas.

Normally the Accompanying Person will be the Coach or another athlete, but in the case of minors, a Chaperone or Family Member. The Accompanying Person:

- May have access to Backstage areas.
- May accompany the Athlete in the Scores Waiting Area while they wait for their scores.
- May accompany the Athlete in the changing rooms (subject to gender restrictions).
- Can interact with the Designated Official for Complaints and Appeals. In case the Athlete is a minor, an adult Accompanying Person must be present to file an Appeal (and produce payment when required).

National and Regional competitions can have their own rules about who may accompany the Athlete in the Scores Waiting Area.

The Accompanying Person has to be registered as part of the Athlete's Registration. The organising committee may charge a registration fee to Accompanying Persons. Minors may register two accompanying persons, one from their Team and a Chaperone or Family Member.

It is up to the National Teams to decide whether they grant Family Members that accompany minors Team Member status, but this is not a requirement for them to register as the minor's Accompanying Person in an International Competition.

If the Accompanying Person is a Team Member, they may wear the Team's Uniform.

If the Accompanying Person is not a Team Member, they are not permitted to wear the Team's Uniform, but have to wear the corresponding Accompanying Person ID/Badge provided at the Event's Registration for the duration of the competition.

If the Accompanying Person is not wearing the Team Uniform, they have to be wearing a distinctive t-shirt as designated by the Team, or a plain white t-shirt if the Athlete doesn't have a Team. The shirts must be different from the Team's Uniform so as to distinguish them from Athletes or Coaches.

Accompanying Persons must wear sporting footwear or be bare feet while on stage and in the athlete's training areas.

The same rules for sponsorships, logos and slogans that apply for Athlete's Uniforms and Tracksuits apply for Accompanying Person's attire. These rules are described in the section UNIFORMS, TRACKSUITS AND COMPETITION ATTIRE, below.

Accompanying Persons have to adhere to APSWL's Code of Discipline and Ethics, as well as APSWL's and the competition's Rules and Regulations. This includes adhering to the ban on consumption of alcohol and controlled substances during the competition.

If an Athlete's Accompanying Person is in breach of the Rules and Regulations the Athlete may be penalised or even disqualified from the competition.

If an Athlete's Accompanying Person is in severe breach of the Rules and Regulations, or in breach of the Code of Discipline and Ethics, they may be ejected from the competition, they may be referred to the Ethics and Discipline Committee, and they may be suspended from participating in future competitions.

## Age and Gender Categories

Each category is specified in accordance with the age range and gender. Athletes need to be the age of the category requirements by the 31<sup>st</sup> of December of the current year. Each category will be for Male and Female. The categories are specified as follows:



Youth Categories		Adult Categories	
Y1	6 years – 7 years	A1	18 years – 29 years
Y2	8 years – 9 years	A2	30 years – 39 years
Y3	10 years – 12 years	A3	40 years – 49 years
Y4	13 years – 14 years	A4	50 years – 59 years
Y5	15 years – 17 years	A5	60 years and over

## Competition Year

The competition year runs from 1<sup>st</sup> January to 31<sup>st</sup> December inclusive.

The following table shows the corresponding category for the current and the next competition years, based on the year of birth of the athlete.

### CATEGORY BY YEAR OF BIRTH

Category	Age (as of the 31st of December of the competition year)	Year of Birth for the 2021 Competition Year	Years of Birth for the 2022 Competition Year.
Y1	6 years – 7 years	2014 - 2015	2015 - 2016
Y2	8 years – 9 years	2012 - 2013	2013 - 2014
Y3	10 years – 12 years	2009 - 2011	2010 - 2012
Y4	13 years – 14 years	2007 - 2008	2008 - 2009
Y5	15 years – 17 years	2004 - 2006	2005 - 2007
A1	18 years – 29 years	1992 - 2003	1993 - 2004
A2	30 years – 39 years	1982 - 1991	1983 - 1992
A3	40 years – 49 years	1972 - 1981	1973 - 1982
A4	50 years – 59 years	1962 - 1971	1963 - 1972
A5	60 years and over	1961 or earlier	1962 or earlier



## Coaches

The Coach can act as Accompanying Person, having access to all backstage areas. In addition the Coach may have access to specially designated areas, as defined by the Event's Organising Committee, for example, next to the stage during the Athlete's performance.

The Coach must wear the Team's Uniform.

The Coach is not permitted to communicate verbally with the athlete during their performance. Should this occur, the athlete will receive a penalisation, and repeated instances of this will result in disqualification.

A person acting as a Coach in a particular competition cannot also participate as an athlete in the Amateur Division; they must participate as Pro or Elite Athletes.

## Divisions

Divisions are based on the level of technical difficulty, and are restricted to certain age categories. Divisions are specified as follows:

**Amateur - Beginner level** - Open to all ages. The least challenging difficulty level; only a few Essential Elements required of a low technical difficulty. An Athlete who also acts as a Coach in the same Competition cannot compete in this division.

**Pro - Intermediate/Advanced level** - Open to athletes older than 10 years of age at the end of the competition year.

**Elite - Advanced level** - Open to athletes older than 13 years of age at the end of the competition year. This level has the most challenging requirements during a competition with more elements required with a higher difficulty level.

An athlete has to remain in the same division throughout the competition year.

An athlete may choose at any point to compete in the next higher Division in the next Competition Year.

The athlete can only choose to move to a lower Division when they change Category, or after an absence from competing of one full Competition Year.



## Routine Requirements

### COSTUME

The Athlete's attire must be form-fitting to prevent loose fabric from impeding an athlete's grip and correct positioning. The clothing fabric must not provide additional grip on the body.

For female athletes, the top must completely cover the breasts and cleavage must not be lower than the midpoint of the sternum.

Male Athletes should wear a vest (waistcoat), crop-top, cutaway leotard or be bare chested.

Long shorts and leggings are permitted provided they are skin tight and that they don't provide extra grip. Full suits with long sleeves are discouraged. Skirts may be used, however, they must not be lower than the pelvic and gluteal area.

Gloves are only permitted when providing medical documentation in case of hyperhidrosis.

Medical tape is permitted to be worn when providing medical documentation if covering an area larger than 60 cm<sup>2</sup>. Smaller areas do not require any documentation.

The athlete must perform their routine barefoot.

Costume cannot include: underwear, transparencies in the breast area, pelvis or buttock area, leather, PVC or rubber. It is not permitted to include metal pieces or any accessory that interferes with the performance, that might damage or scratch the pole, or that is considered an element that could endanger the health or safety of the athlete. Skin color or transparent mesh fabric in other parts of the body not specifically prohibited, must be covered with rhinestones.

Sponsorship logos or slogans are not permitted in an athlete's costume.

If athletes have questions regarding the costume, they can contact the organizing committee for clarification.

## DURATION

The Athlete's routine must have a specified duration, which is contingent on the Athlete's Category and Division.

The music track will be used as a proxy for the routine's duration. The length of the music track has to adhere to the time requirements for each Category/Division.

If the music track does not adhere to the required time limits, the athlete may be disqualified.

The required routine Duration ranges (in minutes) by Category/Division is shown below:

Youth Categories		Division		
Category	Age Range	Elite	Pro	Amateur
Y1	6 years – 7 years			3'00" - 3'30"
Y2	8 years – 9 years			3'00" - 3'30"
Y3	10 years – 12 years		3'20" - 3'50"	3'10" - 3'30"
Y4	13 years – 14 years	3'40" - 3'50"	3'30" - 3'50"	3'10" - 3'30"
Y5	15 years – 17 years	3'40" - 3'50"	3'30" - 3'50"	3'10" - 3'30"

Adult Categories		Division		
Category	Age Range	Elite	Pro	Amateur
A1	18 years – 29 years	3'50" - 4'00"	3'30" - 3'50"	3'10" - 3'30"
A2	30 years – 39 years	3'50" - 4'00"	3'30 - 3'50"	3'10 - 3'30"
A3	40 years – 49 years	3'50" - 4'00"	3'30" - 3'50"	3'10" - 3'30"
A4	50 years – 59 years	3'40" - 4'00"	3'20" - 3'50"	3'10" - 3'30"
A5	60 years and over	3'30" - 4'00"	3'10" - 3'50"	3'10" - 3'30"

## HAIRSTYLE, MAKEUP AND JEWELRY

Hair must not obstruct the athlete's vision, and the Athlete's neck must be visible from the front and the sides so judges can check neck alignment. Ponytails are acceptable for medium long hair, provided the ponytail doesn't obstruct the athlete's vision and the neck remains visible. Long hair must be tied back in a braid or a bun. If the athlete's hair is too long they should take care to wear it in such a way that it will not get in the way of the athlete's performance.

Makeup and face paint may be worn on the face only. Any style of makeup is permitted, preferably according to the chosen theme.

Face paint may be worn but must not have any political or religious connotation or any prejudicial implications. E.g. No black face, swastikas, religious symbols, political insignias or country flags other than their Team's country flag. They must also not include sponsors' logos or any kind of text.

The use of Body Paint or Masks is not permitted during a Pole Sports performance.

Small hair pieces are permitted provided they are securely attached to the hair with no loose or hanging attachments. Any other hair attachments /ornamentation must be securely attached to the hair.

Wigs are not permitted during a Pole Sports performance.

Jewelry is not permitted except small earrings that do not exceed the size of the earlobe.

Body piercings will need to be removed when performing the routine.

Only lobe expanders with a maximum diameter of 1 centimeter in black, white or the athlete's skin tone are permitted. Any lobe expander larger than 1 centimeter should be removed and tape used to cover the lobe.

## MUSIC

Athletes choose their own music which must be instrumental. It may be mixed pieces, and include sound effects and long silences, as long as it serves the purpose of the choreography. In International Competitions no dialogues or lyrics are permitted in the score, however the score might include a human voice as long as it is used as a lyrical instrument.

The Organising Committee of National and Regional competitions will publish the characteristics of the Music track permitted for their competition in the Competition Announcement.

In the case of the musical track starting with silence, there must be an initial sound (beep or similar) to indicate the routine has started. Similarly, if the music track finishes with a silence there should be a final sound to indicate the end of the performance.

It is recommended the athlete starts and finishes their music track with a distinctive sound, irrespective of whether they start or end with a silence.

The music track will be used as a proxy for the duration of the athlete's routine and must comply with the Duration requirements for the Category/Division.

The music track will be sent to the Competition Organisers no later than the deadline specified in the event announcement.

If the music is not received by the deadline, the athlete will be disqualified.

The Competition's Organisers may routinely check the submitted music tracks to verify they comply with the required Duration, and if any problems are found they will get back to the athlete a maximum of one time, and give them an opportunity to rectify their music track. Responsibility for the music track duration and content ultimately lies with the Athlete, not the Event's Organisers.

If the music track does not comply with the Duration requirements, the athlete may be disqualified.

If the Athlete's routine falls short of the music track's duration, they will be awarded a points penalty. The points penalty is contingent on the amount of time their routine falls short of the end of the music track.

Any elements performed beyond the end of the music track will not be counted and will not award any points. If any Essential Elements are missed due to overrunning the routine, they will accrue the corresponding Essential Element Deduction for failing to attempt an Essential Element. However, no further deductions from the Deductions Section will be accrued.

If the competition permits music with lyrics, using music containing foul or obscene language, insults or profanity is forbidden, and their inclusion in the music track for the routine will result in disqualification.

The athlete is responsible for having a copy of the music on the day of the competition, either on an electronic device such a cell phone or tablet or in a USB as a backup.

The duration of the music is published in the Duration section of this document, as well as in the announcement to the event.

## Uniforms, Tracksuits and Competition Attire

The uniform will be determined by the local, regional or national Federation. At International championships the Aerial and Pole Sports World League will determine the uniform guidelines in advance.

Uniforms will consist of a sporting tracksuit and/or a formal uniform.

The tracksuit must have at least a jacket and long pants.

Only sporting footwear or bare feet is permitted in stage and athlete's training areas.

The tracksuit must have the Team Name in the top back of the jacket, and it may have the Team's Flag, Badge or other national emblem as required by the National Federation.

Members representing the same country must all wear the same tracksuits and formal uniforms in accordance with the National Federation.

The Athlete's name may be displayed on the uniform.

If an athlete is not representing a National Team, then he can choose to wear a generic one or two colour tracksuit plus any stripes.

Sponsorship logos are permitted but must be an addition to the costume, tracksuit or formal uniform. The logo must have an area smaller than 50 cm<sup>2</sup>, and must be worn on the chest on the opposite side as their Team badge.

The manufacturer's logo can be present in the uniform provided it is of the same dimensions of a retail version of the same style of clothes.

Individuals are not permitted to wear different tracksuits/uniforms if being sponsored by different sponsors than their team.

Uniforms must not have any promotional words or slogans, other than those that are part of the Team badge or the Sponsor's logo.

Messages or Iconography with Religious or Political connotations are not permitted and will result in the Athlete being disqualified from the competition.

Messages or Iconography with discriminatory connotations are not permitted and will result in a disqualification and/or expulsion from the competition and the athlete will be referred to the Ethics and Discipline Committee.

Official tracksuits and uniforms are only permitted to be worn by competing Athletes, Coaches and the Team's delegation.

## Scoring System

### SCORING SECTIONS

The scoring system consists of four sections to be executed on two poles – one static and one spinning:

- Acrobatic Elements
- Artistic Composition
- Deductions

- Essential Elements

## SCORE SHEETS

Score sheets are to be completed by the athlete and contain details of the routine they intend to perform. Score sheets will need to be completed and submitted by the athlete prior to the competition. The competition's organisers will set the deadline for submitting the score sheets. There are score sheets for the following sections:

- Acrobatic Elements
- Essential Elements

Instructions on how to complete score sheets can be found in the Appendix, and on the score sheets themselves.

## TOTAL SCORE

The total score is a combination of scores from each of the four sections added together to make an overall score. The minimum overall score an athlete can receive is zero.

**The maximum score within each scoring section that can be awarded is:**

Component	Adult Elite	Adult Pro	Adult Amateur	Youth Elite	Youth Pro	Youth Amateur
Acrobatics	27	27	27	27	27	27
Composition	10	10	10	10	10	10
Deductions start with	40	40	40	40	40	40
Essential Elements	14	8.8	4.5	8.8	6	4
Essential Elements (maximum bonus)	9	8	7	8	7.5	6.5



<b>Maximum Possible Total Scores</b>	<b>100</b>	<b>93.8</b>	<b>88.5</b>	<b>93.8</b>	<b>90.5</b>	<b>87.5</b>
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## TIE-BREAKING CRITERIA

In case of a Tie the tie-breaking criteria will be as follows (in order of precedence):

- The athlete with the highest Essential Elements Score.
- The second Tie-Breaking Criteria will be the highest Deductions Score.
- The third Tie-Breaking Criteria will be the highest Acrobatic Elements Score.

If the Tie persists with all Sections' scores being the same, a draw can be declared, and medals will be awarded to all athletes.

## PROVISIONAL, FINAL, AND OFFICIAL SCORES

After the scores are announced the scores are considered provisional, as they are still liable to change, as there might be appeals, additional penalties, or other adjustments.

If an Athlete is dissatisfied with the Essential Elements score they received they may Appeal the score. Please refer to the Appeals and Complaints section below.

The Athlete has ten minutes after the provisional scores have been announced to file an Appeal, if they so desire. After those ten minutes the Athlete may not appeal the score.

If an Athlete proceeds with an Appeal, the new score will become official and replace the previous score. Note that it is possible for the new score to be lower than the original score.

After a performance's appeals have been settled, the scores are locked in and can no longer be modified by means of an appeal. At this stage the scores are considered Final. Final scores can still be modified by a Head Judge, in specific cases, for example if the athlete gets a Penalty or Disqualified.

Medals during the competition's Medal Ceremony are awarded based on the Final Scores at the time of the Medal Ceremony.

The scores become official once they are officially published online either by the competition's organisers or APSWL.

A Head Judge can impart a Penalty to an athlete, or even Disqualify an athlete, at any point until the scores become official. This can occur even after the Medal Ceremonies have taken place. If rankings change due to a penalty or disqualification

after the medals have been awarded, and this results in a different distribution of medals, the organisers will ask athletes to return their medals, so they can redistribute them to the new medal holders. If this change to the rankings occurs after the competition, the medal ceremony will not be repeated and the new medal holders will receive their medals by post, courier or similar means.

## TEAM SCORES

At the end of the competition, the results from all the athletes within a team will be added up and the final team scores will be determined. The results can be tallied up either by number of medals, number of gold medals, or by adding up the final scores of the athletes. It is up to each event's organising committee to decide which method will be used for determining the Team scores and they must publish it in the Competition's announcement. The teams will be ranked based on the team scores and the winner of the competition will be announced.

## RECORDS

Records for highest scores are tracked by the geographical scope of the competition, i.e. in a Regional competition, the Regional Record can be set. Only in a World Championship can a World Record be set.

## APPEALS AND COMPLAINTS

After an Athlete receives their Provisional Scores, and they are dissatisfied with the scores for the Essential Elements they may choose to appeal the score.

The organisers of the competition will appoint a Designated Person to receive all Complaints and Appeals, and act as a liaison between the Athletes and the Judges and Officials.

The first step is to give notice of intention to appeal within ten minutes of receiving the Provisional Scores.

The Athlete has the choice of asking to view the video recording of their performance, or to directly appeal one or more of their Essential Elements scores.

There is a fee for viewing the video recording of the Athlete's performance. There is a separate fee for each Essential Element the Athlete wishes to appeal. The fees for viewing the video recording of an Athlete's performance are non-refundable.

The fees are agreed in advance by APSWL and the Event's Organisers, and will be published at least one week before the Competition.

The fee has to be paid in advance before the video recording is shown to the athlete and before the appeals judge reviews their performance.

In case the Athlete is a minor, their Accompanying Person will have to file the Appeal and make the payment for any respective fees.

If the athlete wants to review their video the Designated Person will inform them when and where this can take place. Only the Athlete and their Accompanying Person will have access to the video recording.

Once the athlete has access to the video, they will have 15 minutes to review their performance at the end of which they must notify the Designated Person of their intention to appeal one or more Elements. If no notice is given to the Designated Person at the end of the 15 minute window, the athlete forfeits their right to appeal any of their scores.

If the Athlete notifies the Designated Person they want to appeal one or more Essential Elements, the Designated Person will take payment and they will take note of which Essential Elements the Athlete wants to appeal. A separate fee is chargeable for each Essential Element the Athlete wishes to appeal.

The Designated Person will then liaise with the Appeals Judge, so they can review the athlete's performance and decide on the new score.

The original Essential Elements Judge may not be appointed to be the Appeals Judge.

The Appeals Judge will review the athlete's performance of the requested Essential Elements, and will notify the Judges Panel and the Designated Person of the result of the appeal. The Designated Person will inform the Athlete and refund their fees if the appeal was successful. The Judges Panel will update the final scores and make an announcement about any adjustments.

## Stage Configuration

Specified requirements that should be met for the stage layout in accordance with the view from the judge's perspective. The stage should be configured so the left pole is the static pole, and the right pole is the spinning pole.

Height, Width, Depth, Kind of Pole.

## Filming

By taking part in any competitions sanctioned by APSWL, all participants consent to interviews, photography, audio and video recordings, and their release, exhibition, publication, or reproduction for the purposes for webcasts, newscasts, news articles, and promotional, training, advertising, and other commercial purposes.

The event's participants release APSWL, its officials, any associated Regional or National Federations and their officials, the Event and its organisers, and any authorised persons from any liability connected with the taking, recording, digitising, or publication of any of these materials.

The participants agree to waive all rights to payments and royalties in connection with any use of these materials by APSWL, any member Federation, their Officers,

The participants and spectators are forbidden from bringing specialised photographic equipment. However the use of non-specialised equipment, such as mobile phones, is permitted.

Only authorised parties by APSWL or the Event's organisers, are permitted to do a live broadcast of the event. Live broadcast of performances is expressly forbidden to all other parties.

The posting of full routines on social media by non-authorised parties is expressly forbidden.

# INTERNATIONAL COMPETITION SCORING SYSTEM

## POLE SPORTS - SINGLES

### Acrobatic Elements

#### 27.0 POINTS MAXIMUM

This section is for pole tricks and will be scored in accordance with one time execution and permitted combinations. Each trick has a code, points per one time execution, number of tricks permitted per routine and a maximum number of points that can be awarded for combinations or tricks executed in sequence. A maximum of 27.0 points will be awarded for any combination of acrobatic elements in an athlete's routine.

#### CATCHES

##### AC - Acrobatic Catches

Acrobatic Catches are defined as a release of all contact from the pole for a brief moment and re-gripping the pole. The athlete may change their location (up or down the pole), position or orientation as a consequence of this action.

<b>+0.5 per AC</b>	<b>2 Awarded</b>	<b>Maximum 1.0 points</b>
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##### RG - Re-Grips (Max 2.2 pts)

Re-Grips are an acrobatic movement where contact from the pole is deliberately released from one arm, usually releasing the grip from the hand or the inner part of the elbow, for a brief moment, and contact is re-established by re-gripping the pole in a new arm position. In a Re-Grip, it is the upper arm that must release the pole and re-grip it after changing positions. There must be no contact between the rest of the body and the pole while the Re-Grip is performed. For example, with a Re-Grip the athlete can change upper-arm positions from a twisted grip to a cup grip, or from a cup grip to elbow grip.

Re-Grips may be performed separately or in groups of three or five consecutively. The athlete must perform another move or sequence between groups of Re-Grips. Based on the number of Re-Grips in a combo bonus points can be awarded.



<b>1 RG = +0.2 points</b>	<b>3 Awarded</b>	Maximum 0.6 points
<b>3 RG Combo = +0.7 points for the combo</b>	<b>2 Awarded</b>	Maximum 1.4 points
<b>5 RG Combo = +1.5 points for the combo</b>	<b>1 Awarded</b>	Maximum 1.5 points
<b>The maximum number of points awarded for Re-Grips is limited to 2.2.</b>		

## CONTACT FLIPS

### CFF - Contact Flip (starting and ending on the floor)

A Contact Flip starting and ending on the Floor refers to a flip that is performed from a starting position on the floor, executing a forwards, backwards, or sideways flip, and ending in a position on the floor. The motion of the flip must include turning over completely with the whole body fully rotating in a forwards/backwards /sideways motion.

<b>+0.2 per CFF</b>	<b>4 Awarded</b>	<b>Maximum 0.8 points</b>
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### CFP - Contact Flip (starting and ending on pole)

A Contact Flip starting and ending on the Pole refers to a flip that is performed from a starting position on either pole, executing a forwards, backwards, or sideways flip and ending in a position on the same pole. The flip must include a head over heels rotation, while maintaining contact with the pole. Contact Flips starting and ending on the Pole may be executed forwards, backwards, or sideways. This action can be performed on either the static or spinning pole.

<b>+0.5 per CFP</b>	<b>2 Awarded</b>	<b>Maximum 1.0 points</b>
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### CHF - Contact Half Flip (starting from the pole and ending on the floor)

A Contact Half Flip refers to a flip that is performed from a starting position on the pole with hips higher or at the same level as the head, executing a forwards, backwards, or sideways flip, ending in a position on the floor. One of the hands of the athlete must be in contact with the pole at all times.

<b>+0.3 per CHF</b>	<b>3 Awarded</b>	<b>Maximum 0.9 points</b>
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## DROPS

### HFD - Hand Free Drop

Hand Free Drop refers to an action where the athlete must perform a rapid descent down the pole for a minimum distance of one metre. The athlete must not use either of their hands to control the drop.

<b>+0.4 per HFD</b>	<b>2 Awarded</b>	<b>Maximum 0.8 points</b>
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### ITHD - Inverted Two Handed Drop

Inverted Two Handed Drop refers to an action where the athlete performs a rapid descent down the pole, for a minimum distance of one metre. The body of the athlete must be inverted at all times, and the athlete must use both hands or arms to control the drop, and may have up to one leg as a contact point.

<b>+0.8 per ITHD</b>	<b>1 Awarded</b>	<b>Maximum 0.8 points</b>
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### OHD - One-Handed Drop

A One-Handed Drop refers to an action where the athlete performs a rapid descent down the pole, for a minimum distance of one metre, and the athlete has only one hand in contact with the pole during the drop.

<b>+0.2 per OHD</b>	<b>2 Awarded</b>	<b>Maximum 0.4 points</b>
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### THD - Two-Handed Drop

A Two-Handed Drop refers to an action where the athlete performs a rapid descent down the pole, for a minimum distance of one metre. The athlete may use both hands to control their descent, and the head must be above the hips at all times.

<b>+0.1 per THD</b>	<b>2 Awarded</b>	<b>Maximum 0.2 points</b>
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## JUMPS

### JA - Jump-out / Jump-on (0.5m)

A Jump-Out A refers to a jump off the pole and ending on the floor, at a distance of at least 0.5 metres away from the pole. There must be no contact with the pole by the time the athlete makes contact with the floor. A Jump-On A refers to a jump from the floor, at a distance of at least 0.5 metres from the pole, and finishing the jump on the pole, making no contact with the floor at the time of contact with the pole.

**+0.2 per JA**

**5 Awarded**

**Maximum 1.0 points**

### JB - Jump-out / Jump-on (1.0m)

A Jump-Out B refers to a jump off the pole and ending on the floor, at a distance of at least 1.0 metre away from the pole. There must be no contact with the pole by the time the athlete makes contact with the floor. A Jump-On B refers to a jump from the floor, at a distance of at least 1.0 metre from the pole, and finishing the jump on the pole, making no contact with the floor at the time of contact with the pole.

**+0.4 per JB**

**3 Awarded**

**Maximum 1.2 points**

### JRF - Jump Rotation with Flip Out

A Jump Rotation with Flip Out refers to a flip that is performed from a starting position on the pole, executing a forwards, backwards, or sideways flip, ending in a position on the floor. During the execution of the flip, the athlete must reach an inverted position in the air, with no contact with either pole or the floor.

**+1.0 per JRF**

**1 Awarded**

**Maximum 1.0 points**

### JRP - Jump Rotation with Flip On

A Jump Rotation with Flip On refers to a flip that is performed from a starting position on the floor, executing a forwards, backwards, or sideways flip, ending in a position on the pole. During the execution of the flip, the athlete must reach an inverted position in the air, with no contact with either pole or the floor.

**+1.5 per JRP**

**1 Awarded**

**Maximum 1.5 points**

## OTHERS

### CW - One handed cart-wheel on the pole

A One-Handed Cart-Wheel on the Pole is a sideways rotation of the athlete's body while touching the floor with one hand and holding the pole with the other hand. During the rotation the legs travel over the athlete's trunk with feet returning to the floor one at a time ending with the athlete standing upright. It is performed with one hand on the pole and the other hand touching the floor at all times during the inverted (hips above the head) part of the rotation.

**+0.4 per CW**

**1 Awarded**

**Maximum 0.4 points**

### HWL - Handstand With Legs on Pole

A Handstand is when the athlete holds a position with one hand on the floor, and one hand or arm gripping the pole. In the case of A Handstand With Legs on Pole, at least one of the athlete's legs must be in contact with the pole. The athlete must maintain this position, completely static, for a length of time such that the judges can perceptively deem the athlete is in control of their body.

**+0.2 per HWL**

**1 Awarded**

**Maximum 0.2 points**

### HNL - Handstand With No Legs on Pole

A Handstand is when the athlete holds a position with one hand on the floor, and one hand or arm gripping the pole. In the case of A Handstand With No Legs on Pole, the athlete's legs can be in any position as long as they are not in contact with the pole. The athlete must maintain this position, completely static, for a length of time such that the judges can perceptively deem the athlete is in control of their body.

**+0.3 per HNL**

**1 Awarded**

**Maximum 0.3 points**

### HCL - Handstand Changing Leg Position

A Handstand is when the athlete holds a position with one hand on the floor, and one hand or arm gripping the pole. In the case of A Handstand Changing Leg Position, the athlete's legs can be in any position, the athlete must maintain this position, completely static, for a length of time such that the judges can perceptively deem the athlete is in control of their body. Then the athlete must move their legs to a new and distinct position, and again hold it, completely static, for a length of time such that the judges can perceptively deem the athlete is in control of their body.

**+0.4 per HCL****1 Awarded****Maximum 0.4 points****ACROBATIC COMBINATIONS****CO - Acrobatic Combinations on spinning or static pole**

Acrobatic Combinations are a combination of two acrobatic elements. The acrobatic elements that can be combined into a Acrobatic Combination sequence is specified in the table below. For the Acrobatic Combination to be awarded, each acrobatic element must be clearly and fully performed, and they must be executed in quick succession so that they are understood as a single flowing sequence. In order for the Acrobatic Combination to be accounted for correctly, the athlete must record it in the score-sheet as the two individual elements in parentheses, followed by code “CO” to indicate that the elements should be counted as an Acrobatic Combination and points awarded for a successful execution, for example: “(AC + CFP) + CO”.

**+0.5 per CO****6 Awarded****Maximum 3.0 points****LIST OF POINTS-AWARDING ACROBATIC COMBINATIONS**

Code	Description	Code	Description
<b>Acrobatic Catches:</b>			
AC + AC	Acrobatic Catch + Acrobatic Catch		
AC + RG	Acrobatic Catch + Any Re-Grip Combo	RG + AC	Any Re-Grip Combo + Acrobatic Catch
AC + CFP	Acrobatic Catch + Contact Flip Starting and Ending on a Pole	CFP + AC	Contact Flip Starting and Ending on a Pole + Acrobatic Catch
AC + CHF	Acrobatic Catch + Contact Half Flip (starting on the Pole, ending on the Floor)		
AC + Drop	Acrobatic Catch + Any Drop	Drop + AC	Any Drop + Acrobatic Catch

Code	Description	Code	Description
<b>Acrobatic Catches:</b>			
AC + JA/JB	Acrobatic Catch + Jump Out (0.5m or 1.0m)	JA/JB + AC	Jump On (0.5m + 1.0m) + Acrobatic Catch
AC + JRF	Acrobatic Catch + Jump Rotation with Flip Out	JRP + AC	Jump Rotation with Flip On the Pole + Acrobatic Catch

Code	Description	Code	Description
<b>Re-Grips:</b>			
RG + AC	Any Re-Grip Combo + Acrobatic Catch	AC + RG	Acrobatic Catch + Any Re-Grip Combo
RG + CFP	Any Re-Grip Combo + Contact Flip Starting and Ending on a Pole	CFP + RG	Contact Flip Starting and Ending on a Pole + Any Re-Grip Combo
RG + CHF	Any Re-Grip Combo + Contact Half Flip (starting on the Pole, ending on the Floor)		
RG + Drop	Any Re-Grip Combo + Any Drop	Drop + RG	Any Drop + Any Re-Grip Combo
RG + JA/JB	Any Re-Grip Combo + Jump Out (0.5m + 1.0m)	JA/JB + RG	Jump On (0.5m + 1.0m) + Any Re-Grip Combo
RG + JRF	Any Re-Grip Combo + Jump Rotation with Flip Out	JRP + RG	Jump Rotation with Flip On the Pole + Any Re-Grip Combo

**Note 1:** Any Re-Grip Combo as well as the Individual Re-Grips, count towards the Re-Grip portion of the Acrobatic Combination

**Note 2:** Sequences of Re-Grips are awarded points via the Re-Grips Combo system, instead of the Acrobatic Combinations System.

**Note 3:** The athlete should specify the type of Re-Grip combo they are performing as part of the Acrobatic Combination (RG1, RG3 or RG5) in the Acrobatics Scoresheet, for example, (RG3 + AC) + CO for an Acrobatic Combo consisting of a 3-Re-Grip Combo followed by an Acrobatic Catch.

Code	Description	Code	Description
<b>Contact Flips:</b>			
CFP + AC	Contact Flip Starting and Ending on a Pole + Acrobatic Catch	AC + CFP	Acrobatic Catch + Contact Flip Starting and Ending on a Pole
		AC + CHF	Acrobatic Catch + Contact Half Flip (starting on the Pole, ending on the Floor)
CFP + RG	Contact Flip Starting and Ending on a Pole + Any Re-Grip Combo	RG + CFP	Any Re-Grip Combo + Contact Flip Starting and Ending on a Pole
		RG + CHF	Any Re-Grip Combo + Contact Half Flip (starting on the Pole, ending on the Floor)
CFP + CFP	A sequence of Two Contact Flips Starting and Ending on a Pole	CFF + CFF	A sequence of Two Contact Flips Starting and Ending on the Floor
CFP + CHF	Contact Flip Starting and Ending on a Pole + Contact Half Flip	CHF + CFF	Contact Half Flip + Contact Flip Starting and Ending on the Floor
CFP + Drop	Contact Flip Starting and Ending on a Pole + Any Drop	Drop + CFP	Any Drop + Contact Flip Starting and Ending on a Pole
		Drop + CHF	Any Drop + Contact Half Flip (starting on the Pole, ending on the Floor)
CFP + JA/JB	Contact Flip Starting and Ending on a Pole + Jump Out (0.5m or 1.0m)	JA/JB + CFP	Jump On (0.5 or 1.0m) + Contact Flip Starting and Ending on a Pole

Code	Description	Code	Description
<b>Contact Flips:</b>			
CFP + JRF	Contact Flip Starting and Ending on a Pole + Jump Rotation with Flip Out	JRP + CFP	Jump Rotation with Flip On the Pole + Contact Flip Starting and Ending on a Pole
CHF + JA/JB	Contact Half Flip + Jump On (0.5 or 1.0m)	JA/JB + CHF	Jump On (0.5 or 1.0m) + Contact Half Flip
CHF + JRP	Contact Half Flip + Jump Rotation with Flip On the Pole	JRP + CHF	Jump Rotation with Flip On the Pole + Contact Half Flip
CFF + JA/JB	Contact Flip Starting and Ending on the Floor + Jump On (0.5 or 1.0m)	JA/JB + CFF	Jump On (0.5m or 1.0m) + Contact Flip Starting and Ending on the Floor
CFF + JRP	Contact Flip Starting and Ending on the Floor + Jump Rotation with Flip On the Pole	JRP + CFF	Jump Rotation with Flip Out + Contact Flip Starting and Ending on the Floor

Code	Description	Code	Description
<b>Drops:</b>			
Drop + AC	Any Drop + Acrobatic Catch	AC + Drop	Acrobatic Catch + Any Drop
Drop + RG	Any Drop + Any Re-Grip Combo	RG + Drop	Any Re-Grip Combo + Any Drop
Drop + CFP	Any Drop + Contact Flip Starting and Ending on a Pole	CFP + Drop	Contact Flip Starting and Ending on a Pole + Any Drop



Code	Description	Code	Description
<b>Drops:</b>			
Drop + CHF	Any Drop + Contact Half Flip (starting on the Pole, ending on the Floor)		
Drop + JA/JB	Any Drop + Jump Out (0.5m + 1.0m)	JA/JB + Drop	Jump On (0.5m + 1.0m) + Any Drop
Drop + JRF	Any Drop + Jump Rotation with Flip Out	JRP + Drop	Jump Rotation with Flip On the Pole + Any Drop
<p><b>Note:</b> The athlete must specify in the score-sheet which drop they will be performing. For Example: “(RG1 + OHD) + CO” for a single Re-Grip followed by a One Handed Drop Acrobatic Combination.</p>			

Code	Description	Code	Description
<b>Jumps:</b>			
JA/JB + AC	Jump On (0.5m + 1.0m) + Acrobatic Catch	AC + JA/JB	Acrobatic Catch + Jump Out (0.5m or 1.0m)
JRP + AC	Jump Rotation with Flip On the Pole + Acrobatic Catch	AC + JRF	Acrobatic Catch + Jump Rotation with Flip Out
JA/JB + RG	Jump On (0.5m + 1.0m) + Any Re-Grip Combo	RG + JA/JB	Any Re-Grip Combo + Jump Out (0.5m + 1.0m)
JRP + RG	Jump Rotation with Flip On the Pole + Any Re-Grip Combo	RG + JRF	Any Re-Grip Combo + Jump Rotation with Flip Out
JA/JB + Drop	Jump On (0.5m + 1.0m) + Any Drop	Drop + JA/JB	Any Drop + Jump Out (0.5m + 1.0m)


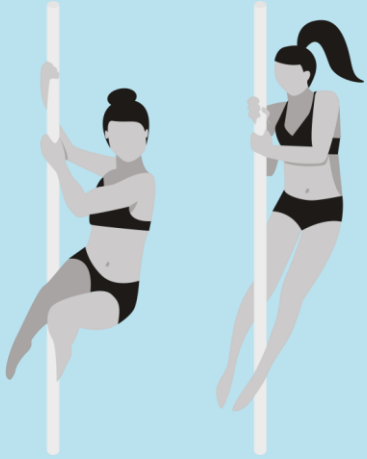
Code	Description	Code	Description
<b>Jumps:</b>			
JRP + Drop	Jump Rotation with Flip On the Pole + Any Drop	Drop + JRF	Any Drop + Jump Rotation with Flip Out
JA/JB + CFP	Jump On (0.5 or 1.0m) + Contact Flip Starting and Ending on a Pole	CFP + JA/JB	Contact Flip Starting and Ending on a Pole + Jump Out (0.5m or 1.0m)
JA/JB + CHF	Jump On (0.5 or 1.0m) + Contact Half-Flip	CHF + JA/JB	Contact Half-Flip + Jump On (0.5 or 1.0m)
JA/JB + CFF	Jump Out (0.5m or 1.0m) + Contact Flip Starting and Ending on the Floor	CFF + JA/JB	Contact Flip Starting and Ending on the Floor + Jump On (0.5 or 1.0m)
JRP + CFP	Jump Rotation with Flip On the Pole + Contact Flip Starting and Ending on a Pole	CFP + JRF	Contact Flip Starting and Ending on a Pole + Jump Rotation with Flip Out
JRP + CHF	Jump Rotation with Flip On the Pole + Contact Half Flip	CHF + JRP	Contact Half Flip + Jump Rotation with Flip On the Pole
JRF + CFF	Jump Rotation with Flip Out + Contact Flip Starting and Ending on the Floor	CFF + JRP	Contact Flip Starting and Ending on the Floor + Jump Rotation with Flip On the Pole
JA/JB + JA/JB	Jump Out (0.5 or 1.0m) + Jump On (0.5 or 1.0m)	JA/JB + JA/JB	Jump On (0.5 or 1.0m) + Jump Out (0.5 or 1.0m)



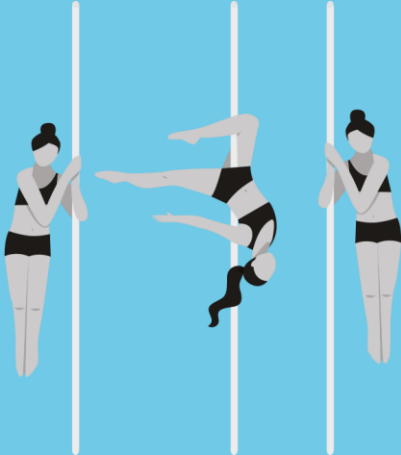
## CLIMBS



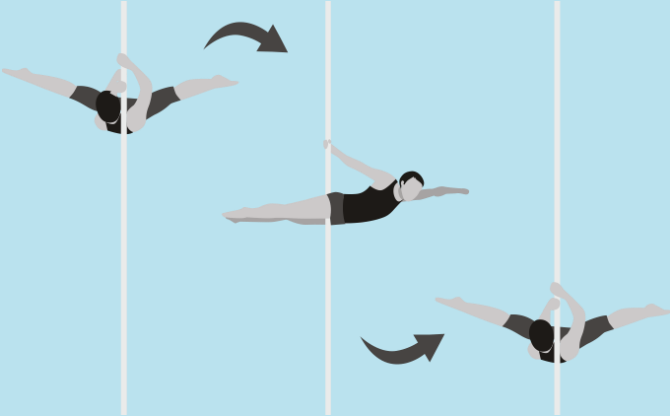
Climbs: Up and down the pole

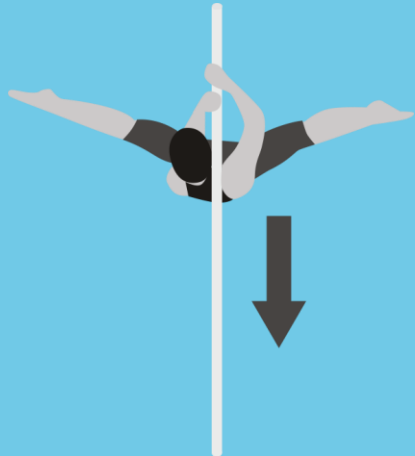
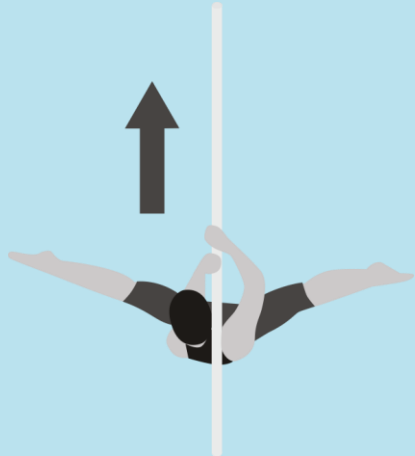

Climbs refer to the action where the athlete moves up or down either of the poles. For points to be awarded, two instances of the movement must be completed in a single sequence. The table below details the list of points-awarding climbs as well as the amount of points awarded for each. There is no limit to the amount of times each climb can be repeated in the routine, however only two sets (of two instances) of each climb will be awarded points. If desired, the two sets can be chained together, for example, the athlete can execute four Outside Leg Hang Climbs in a row for an award of +1.0 points; any further Outside Leg Hang Climbs, will not award further points, but a set of two Caterpillar Climbs will award an additional +0.5 points. No Climbs other than the ones in the list below will be awarded any points.

## LIST OF POINTS AWARDING CLIMBS

Climb type	Diagram	Points Awarded per set of two
Basic Climb	 The diagram shows two female athletes in black athletic wear performing basic climbs on vertical poles. The athlete on the left is in a seated position, holding the pole with both hands and feet. The athlete on the right is in a standing position, holding the pole with both hands and feet.	
Side Climb	 The diagram shows two female athletes in black athletic wear performing side climbs on vertical poles. The athlete on the left is in a side-climbing position, holding the pole with both hands and feet, with one leg extended. The athlete on the right is in a side-climbing position, holding the pole with both hands and feet, with one leg extended.	

Climb type	Diagram	Points Awarded per set of two
Seated Climb - up or down		+0.3
Caterpillar Climb		+0.5
Outside Leg Hang Climb		+0.5

Climb type	Diagram	Points Awarded per set of two
Walking Climb - up or down		+0.8
Hands only Climb - up or down		+1.0
Shoulder Mount to Superman Climb / Superman to Shoulder Mount Climb - up		+1.0

Climb type	Diagram	Points Awarded per set of two
Shoulder Mount Hop-Down		+1.0
Shoulder Mount Hop-Up		+1.5
Handspring Hop-Up		+1.5

## SUMMARY TABLE OF ALL ACROBATIC ELEMENTS

Code	Trick	Points per one trick	No. of tricks permitted	Max points awarded
<b>Catches:</b>				
AC	Acrobatic Catches	0.5	2	<b>1.0</b>
RG	Re-Grips: Athlete can choose how many re-grips to include in each RG sequence		Num. of points awarding repetitions of combo	<b>Total for Re-Grips = 2.2</b>
RG1	Single Re-Grip	0.2	3	<b>0.6</b>
RG3	Combo 3 Re-Grips	0.7	2	<b>1.4</b>
RG5	Combo 5 Re-Grips	1.5	1	<b>1.5</b>



Code	Trick	Points per one trick	No. of tricks permitted	Max points awarded
<b>Contact Flips:</b>				
CFF	Contact Flip on the floor	0.2	4	<b>0.8</b>
CFP	Contact Flip on the pole	0.5	2	<b>1.0</b>
CHF	Contact Half-Flip	0.3	3	<b>0.9</b>

Code	Trick	Points per one trick	No. of tricks permitted	Max points awarded
<b>Drops:</b>				
HFD	Hand Free Drop	0.4	2	<b>0.8</b>
ITHD	Inverted Two Handed Drop	0.8	1	<b>0.8</b>
OHD	One Handed Drop	0.2	2	<b>0.4</b>
THD	Two Handed Drop	0.1	2	<b>0.2</b>

Code	Trick	Points per one trick	No. of tricks permitted	Max points awarded
<b>Jumps:</b>				
JA	Jump-out / Jump-on (0.5m)	0.2	5	<b>1.0</b>
JB	Jump-out / Jump-on (1.0m)	0.4	3	<b>1.2</b>
JRF	Jump Rotation with Flip Out	1.0	1	<b>1.0</b>
JRP	Jump Rotation with Flip On	1.5	1	<b>1.5</b>

Code	Trick	Points per one trick	No. of tricks permitted	Max points awarded
<b>Others:</b>				
CW	One handed cart-wheel on the pole	0.4	1	0.4
HWL	Handstand With Legs on pole	0.2	1	0.2
HNL	Handstand With No Legs on pole	0.3	1	0.3
HCL	Handstand Changing Leg Position	0.4	1	0.4
CO	Combinations on spinning or static pole	0.5	6	3.0
Climbs	Climbs Up and Down the Pole	See Table of Points Awarding Climbs Above		17.0

## Artistic Composition

### 10.0 POINTS MAXIMUM

Points for each category in this section are awarded based on the degree of execution of each category's requirements. Each category gets awarded a maximum of +2.5 points for a flawless execution, and fewer points are awarded for less successful executions.



Artistic Composition points awarded <i>(for each category within the Composition section)</i>		
Points Awarded	Absolute Category Rating	Description
+0.5	Poor	Almost none of the requirements satisfied, or a performance with many mistakes. Less than 20% of performance successfully demonstrated the skill.
+1.0	Fair	Some good elements in the performance, but many mistakes or instances of non-compliance. Skill demonstrated between 20% - 40% of performance.
+1.5	Moderate	Sufficient amount or requirements satisfied. Or a good performance with some major mistakes. Between 40% - 60% of performance demonstrated the skill.
+2.0	Good	A large amount of requirements are satisfied. A good performance, but not perfect. A few small mistakes allowed. Between 60% - 80% of performance demonstrated the skill.
+2.5	Excellent	Near perfect execution, with a few minor mistakes. Over 80% of the performance demonstrated the skill.

### FLOW OF MOVEMENTS ON THE POLES

The sequences, tricks, transitions, choreography and/or gymnastics and acrobatic movements must flow smoothly. Movements in and out of elements must continue to the next element seamlessly.

Maximum points awarded: **+2.5**

### FLOW OF MOVEMENTS FROM MOUNTS AND DISMOUNTS BETWEEN THE FLOOR AND POLES

Mounting and dismounting the pole must be executed smoothly, and there should be a smooth transition with the floor elements that precede/follow the pole mount/dismount.

Maximum points awarded: **+2.5**

### FLOOR AND POLE CHOREOGRAPHY

The athlete should create floor and pole choreographies that show their ability to perform in rhythm with the music and melody choice using the whole body. This means that all aspects of the athlete's routine should be in time with the music beats.

Maximum points awarded: **+2.5**

### STAGE CONTROL

The athlete must be in total control of their performance and conduct themselves with confidence while performing their routine.

Maximum points awarded: **+2.5**

## Deductions

### 40.0 POINTS MAXIMUM

A maximum of 40.0 points can be deducted in technical deductions. Poor execution of any aspect of the athlete's routine will result in point deductions being applied against the athlete. The number of points deducted is determined by the level of the infringement. The way deductions are applied to an athlete's score is that there is a starting score of 51 points applied to the athlete's score and every deduction takes points away from that starting total. At the end of the routine, the resulting Deductions balance is added to the athlete's other scores. The Deductions points total cannot be lower than zero. Deductions are broken down into the following sections:

### SINGULAR DEDUCTIONS

Each of these violations will incur in a deduction every time the athlete (Deducted Per Occurrence)

#### Fall

A definition of a fall is a sudden rapid uncontrolled drop onto the floor. This can be from any position on or off the pole.

**Note:** If the athlete is unable to stop a Drop element and ends up touching the floor it will count as a Fall and should be penalised accordingly.

Each fall will incur a **-3.0** point penalty.

#### Poor execution and incorrect lines

The athlete must perform their elements following correct posture.

- There should be a correct alignment from the kneecap to the big toe, i.e. a supinated foot and toe position is to be avoided.
- Feet and toes must be pointed.
- Arms and legs must hold the right position required by the elements, and must be at full extension when the element requires it.
- The body of the athlete must be fully lengthened, with no strain shown on the head, and the shoulders and back must not be rounded.

Each violation will incur a **-0.2** point penalty.

### Poor transitions between elements

Athletes should enter, and exit their elements, in a way that appears effortless and on the first try. This also applies for the transitions between elements.

Each violation will incur a **-0.5** point penalty.

### Slip or loss of balance

A Slip or Loss of Balance refers to when an athlete performs an element and they lose control or positioning of their body unintentionally, but temporarily. The difference between a Slip and a Fall is that the athlete will only briefly lose control and is quickly able to regain it.

Each Slip or Loss of Balance will result in a **-1.5** point deduction.

### Touching the rigging or truss system

The athlete must not touch the rigging or truss system at any point during their performance.

A violation will result in a **-1.5** point deduction.

### Audience Interactions

The athlete must not interact in any way with the audience. This includes talking to the audience, asking the audience to clap, or clapping themselves on stage, for example, following the rhythm of the music.

Each violation will result in a **-0.5** point deduction.

### Counting during an Exercise

The athlete must not visibly or audibly count during the execution of any element in the routine.

They will receive a **-0.5** point deduction for each element during which they are heard or seen counting.

## OVERALL DEDUCTIONS

Any of these violations will result in a single deduction during the execution of the routine.

### Failing to spin with momentum on the spinning pole (Singles only)

The athlete must perform an element in a static position while spinning with momentum for two whole revolutions (a 720° rotation) on the spinning pole at least once during their routine. Entry and exit of the movement do not count towards the revolution, only the static part of the element.

Failure to comply with this requirement will result in a **-2.0** point deduction.

### Using one pole more than the other

There must be no more than 30 seconds difference between the length of time each pole is used.

A violation will result in a **-2.0** point deduction.

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

The athlete must use the full height of both poles a minimum of one time each during their routine. The full height is defined as the length from the base to a hand's width below the thread of the pole. Youth categories 1,2,3 & 4, as well as Adult Category 10 only need to reach 50% of the height of the pole.

Failure to use the Full Height of the Pole will result in a **-2.0** point deduction.

### Continuing Routine after music score ends

The end of the music score indicates the end of the routine. Deductions will be given if the athlete's routine exceeds the end of the score, or if the athlete finishes their routine before the end of the score. Furthermore no elements will be counted if performed after the end of the score, nor further deductions will be applied for poor execution after the end of the score.

Penalisation: **-3.0** points.

### Singing While Performing the Routine



The athlete must not sing during their performance, nor pretend to be singing.

A violation will result in a **-2.0** point penalty.

## Essential Elements

### POINTS MAXIMUM DETERMINED BY THE CATEGORY/DIVISION

Each athlete must choose elements with a technical score that correspond to the indicated range for their category-division. Each element will have a technical score between 0.1 (lowest technical value) to 1.0 (highest technical value).

The number and type of essential elements each athlete must include in their routine is also prescribed by their category-division.

The cumulative total of all points indicated on the Essential Elements score sheet will range from a maximum of 4.0 – 14.0 in accordance with the Essential Elements permitted for each Level and Category.

The athlete must fill out an Essential Elements Score Sheet registering the Elements they intend to perform as part of their routine, in the order they intend on performing them.

An athlete must fully perform each Essential Element, fulfilling all the characteristics of each Element for them to be awarded points for the Element. The athlete must perform each Essential Element in a way that the judges can verify the athlete is fulfilling all the characteristics of the Element. For example, the judges should be able to appreciate the angle of the splits, body alignment, etc.

The tables below specify the technical score range for each element as well as the number and type of essential elements each athlete must include in their routine:

## Required Elements by Division

YOUTH ELITE	
Athletes must select 11 elements	
<b>Individual element range:</b>	<b>0.4 - 0.8</b>
<b>Total element value:</b>	<b>4.4 - 8.8</b>
<b>Maximum Bonus Points:</b>	<b>8.0</b>
four (4) flexibility elements four (4) strength elements one (1) spin for a spinning pole one (1) spin for a static pole one (1) spin of choice	

YOUTH PRO	
Athletes must select 10 elements	
<b>Individual element range:</b>	<b>0.2 - 0.6</b>
<b>Total element value:</b>	<b>2.0 - 6.0</b>
<b>Maximum Bonus Points:</b>	<b>7.5</b>
four (4) flexibility elements four (4) strength elements one (1) spin for a spinning pole one (1) spin for a static pole	

<b>YOUTH AMATEUR</b>	
<b>Athletes must select 8 elements</b>	
<b>Individual element range:</b>	<b>0.1 - 0.5</b>
<b>Total element value:</b>	<b>0.8 - 4.0</b>
<b>Maximum Bonus Points:</b>	<b>6.5</b>
three (3) flexibility elements three (3) strength elements one (1) spin for a spinning pole one (1) spin for a static pole	

<b>ADULT ELITE</b>	
<b>Athletes must select 14 elements</b>	
<b>Individual element range:</b>	<b>0.6 - 1.0</b>
<b>Total element value:</b>	<b>8.4 - 14.0</b>
<b>Maximum Bonus Points:</b>	<b>9.0</b>
five (5) flexibility elements five (5) strength elements two (2) spin elements on a spinning pole two (2) spin elements on a static pole	

**ADULT PRO**

Athletes must select 11 elements

<b>Individual element range:</b>	<b>0.4 - 0.8</b>
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<b>Total element value:</b>	<b>4.4 - 8.8</b>
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<b>Maximum Bonus Points:</b>	<b>8.0</b>
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four (4) flexibility elements

four (4) strength elements

one (1) spin on a spinning pole element

one (1) spin on a static pole elements

one (1) spin of choice

**ADULT AMATEUR**

Athletes must select 9 elements

<b>Individual element range:</b>	<b>0.1 - 0.6</b>
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<b>Total element value:</b>	<b>0.9 - 5.4</b>
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<b>Maximum Bonus Points:</b>	<b>7.0</b>
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three (3) flexibility elements

three (3) strength elements

one (1) spin for a spinning pole

one (1) spin for a static pole

one (1) spin of choice

## TYPES OF ELEMENTS

The Essential Elements can be divided into three categories: Strength, Flexibility and Rotational elements, depending on what aspect of the athlete's performance they focus on.

### Flexibility

Flexibility Elements are those in which the athlete demonstrates the mobility range along the full length of their back, legs, hips and shoulders. Each Flexibility Element gives the opportunity to the athlete to showcase one or more areas in which they excel at flexibility. The criteria judges will use in evaluating the athlete's flexibility will be described in each element's description in Appendix 1 below.

#### LIST OF FLEXIBILITY ELEMENTS

Code	Element Name	Technical Score
F0101	Inside Leg Hang	0.1
F0102	Side Pole Straddle Base	0.1
F0201	Ballerina Sit Attitude	0.2
F0202	Inside Leg Hang	0.2
F0203	Side Pole Straddle Base	0.2
F0301	Allegra Split 1	0.3
F0302	Broken Doll 1	0.3
F0303	Hip Hold Split	0.3
F0304	Pole Straddle	0.3
F0305	Front Split On Pole	0.3
F0306	Kite Straddle	0.3
F0307	Straddle Elbow/Twisted Grip	0.3
F0401	Allegra Split 2	0.4
F0402	Allegra Passé 1	0.4
F0403	Bridge	0.4
F0404	Capezio Passé	0.4
F0405	Crossbow Elbow Hold	0.4
F0406	Handstand Split 1	0.4
F0407	Handstand Vertical Split	0.4
F0408	Pole Straddle	0.4
F0409	Split Grip Leg Through Split	0.4
F0410	Standing Split 160	0.4

Code	Element Name	Technical Score
F0411	Superman Crescent	0.4
F0412	Syniachenko Straddle 1	0.4
F0413	Underarm Hold Pike	0.4
F0414	Yogini	0.4
F0501	Allegra Passé 2	0.5
F0502	Broken Doll 2	0.5
F0503	Chopstick	0.5
F0504	Floating Ballerina	0.5
F0505	Front Split	0.5
F0506	Floor K Elbow Stand	0.5
F0507	Handspring Split	0.5
F0508	Handstand Split 2	0.5
F0509	Hip Hold Split	0.5
F0510	Hug Jade 1 (Aita Split)	0.5
F0511	Inside Leg Hang Back Split	0.5
F0512	Inverted Front Split	0.5
F0513	Inverted Split	0.5
F0514	Lux	0.5
F0515	Marchetti Underarm Split	0.5
F0516	Pegasus Split Facing Floor 1	0.5
F0517	Split Grip Leg Through Split	0.5
F0518	Standing Split 180	0.5
F0519	Syniachenko Straddle 2	0.5
F0601	Allegra	0.6
F0602	Capezio Passé	0.6
F0603	Chopstick Passé	0.6
F0604	Cocoon 160	0.6
F0605	Elbow Chest Butterfly	0.6
F0606	Flying K Elbow Lock	0.6
F0607	Handstand Hip Hold Split	0.6
F0608	Handstand Vertical Split	0.6
F0609	Hip/Elbow Split	0.6
F0610	Yogini	0.6
F0611	Inverted Front Split	0.6
F0612	One Elbow Handstand Split (Floor Based)	0.6
F0613	One Hand Floor Split	0.6
F0614	Shevtsova Split	0.6
F0615	Shoulder Dismount Split	0.6
F0616	One Hand Flying Split	0.6
F0617	Eagle 1	0.6

Code	Element Name	Technical Score
F0701	Brass Monkey Split	0.7
F0702	Back Split To Pole Ring Position	0.7
F0703	Bird Of Paradise Inverted	0.7
F0704	Capezio Split	0.7
F0705	Chopsticks	0.7
F0706	Choker Split Facing Floor	0.7
F0707	Dragon Tail Split	0.7
F0708	Elbow Bracket Split 1	0.7
F0709	Elbow Hold Frontal Split	0.7
F0710	Forearm Grip Leg Through Split	0.7
F0711	Hip Hold Split Elbow Grip	0.7
F0712	Hip Hold Split Passé	0.7
F0713	Inside Leg Hang Back Split	0.7
F0714	Inverted Back Ayesha Split	0.7
F0715	Inverted Split	0.7
F0716	Oversplit On Pole	0.7
F0717	Pegasus Split Facing Upwards	0.7
F0718	Reverse Elbow Straddle	0.7
F0719	Songini Split 180	0.7
F0720	Split Grip Leg Through Frontal Split	0.7
F0721	Superman V	0.7
F0722	Underarm Hold Split	0.7
F0801	Bird Of Paradise Vertical	0.8
F0802	Bozina Split	0.8
F0803	Choker Split Facing Upwards	0.8
F0804	Cobra	0.8
F0805	Cocoon 180	0.8
F0806	Dragonfly	0.8
F0807	Dragon Tail Fang	0.8
F0808	Eclipse Split	0.8
F0809	Elbow Back Split	0.8
F0810	Elbow Chest Split	0.8
F0811	Elbow Hold Frontal Over Split	0.8
F0812	Floor K	0.8
F0813	Floor Balance Split	0.8
F0814	Hip Hold One Hand Split	0.8
F0815	Iguana Elbow Hold Split No Hands	0.8
F0816	Inverted Leg Through Split	0.8
F0817	Machine Gun	0.8
F0818	Russian Split	0.8

Code	Element Name	Technical Score
F0819	Russian Split Elbow Lock	0.8
F0820	Twisted Floor K	0.8
F0821	Underarm Inside Leg Split	0.8
F0822	Vertical Jade	0.8
F0901	Eagle 2	0.9
F0902	Back Elbow Vertical Split	0.9
F0903	Back Split	0.9
F0904	Back Split Overhead Hold On Pole	0.9
F0905	Dragon Tail Back Bend 1	0.9
F0906	Elbow Grip Horizontal Back Bend	0.9
F0907	Extreme Jade Underarm (Gordiyenko)	0.9
F0908	Elbow Hold Split	0.9
F0909	Floor K	0.9
F0910	Flying K	0.9
F0911	Half Back Split On Pole	0.9
F0912	Handspring Split On Pole	0.9
F0913	Marion Half Back Split	0.9
F0914	Marchetti Oversplit Inverted	0.9
F0915	Olena Split	0.9
F0916	Pegasus Split Facing Floor 2	0.9
F0917	Rainbow Marchenko Back Bend Scissor	0.9
F0918	Underarm Grip Chopsticks	0.9
F0919	Hip Hold Straight Arm	0.9
F0920	Russian Split Horizontal	0.9
F0921	Side Over Split	0.9
F0922	Side Split Ciccone	0.9
F0923	Vertical Split	0.9
F0924	Vertical Split Passé	0.9
F0925	Wenson Split	0.9
F1001	Back Bend Upright Split	1.0
F1002	Back Elbow Grip Ayesha Split	1.0
F1003	Back Support Grip Ballerina	1.0
F1004	Bui Bend	1.0
F1005	Dragon Tail Back Bend 2	1.0
F1006	Elbow Bracket Split 2	1.0
F1007	Elbow Side Split Syniachenko	1.0
F1008	Flamingo	1.0
F1009	Flying K Passé	1.0
F1010	Floor Based Marchenko	1.0
F1011	Crossbow	1.0



Code	Element Name	Technical Score
F1012	Vertical Over Split	1.0
F1013	Janeiro Back Split	1.0
F1014	Low Back Crossbow	1.0
F1015	Machine Gun No Hands	1.0
F1016	Neck Hold Leg Through Split	1.0
F1017	Rainbow Marchenko Back Bent Pencil	1.0
F1018	Rainbow Marchenko Split	1.0
F1019	Russian Split Horizontal	1.0
F1020	Side Back Split	1.0
F1021	Superman Crescent Attitude	1.0
F1022	Vertical Marchenko Split	1.0
F1023	Vertical Split No Hands	1.0

## Strength

Strength Elements are those in which the athlete demonstrates arm, core and leg strength they possess. Each Strength Element gives the athlete the opportunity to showcase one or more areas in which they excel at strength. The criteria judges will use in evaluating the athlete's strength will be detailed in each element's description in Appendix 1 below.

### LIST OF STRENGTH ELEMENTS

Code	Element Name	Technical Score
S0101	Basic Invert No Hands	0.1
S0102	Inverted Straddle	0.1
S0103	Elbow Grip Seat	0.1
S0104	Stargazer	0.1
S0105	Outside Knee Hook, Passé	0.1
S0106	Pole Hug Pencil	0.1
S0107	Split Grip Cradle Tuck	0.1
S0201	Basic Brass Monkey	0.2
S0202	Butterfly Split Grip	0.2
S0203	Cupid	0.2
S0204	Elbow Hold Hang	0.2
S0205	Extended Brass Monkey	0.2
S0206	Inside Leg Hang Flatline	0.2
S0207	Layback Crossed Knee Release	0.2

Code	Element Name	Technical Score
S0208	Outside Knee Hang Back Passé	0.2
S0209	Pole Straddle Split Grip	0.2
S0210	Floor Deadlift From Shoulder Mount Grip	0.2
S0211	Floor Deadlift From Twisted Grip	0.2
S0212	Floor Deadlift From Flag Grip	0.2
S0213	Floor Deadlift From Forearm Handspring	0.2
S0214	Floor Deadlift From Iguana Grip	0.2
S0301	Basic Superman	0.3
S0302	Butterfly Extension	0.3
S0303	Flag Grip Side Attitude	0.3
S0304	Knee Hold	0.3
S0305	Layback Crossed Ankle Release	0.3
S0306	Remi Layback	0.3
S0307	Shoulder Mount Pencil/Straddle	0.3
S0308	Underarm Hold Hang	0.3
S0309	Floor Deadlift From Neck Hold	0.3
S0310	Floor Deadlift With Straight Legs From Shoulder Mount Grip	0.3
S0311	Floor Deadlift With Straight Legs From Twisted Grip	0.3
S0312	Floor Deadlift With Straight Legs From Flag Grip	0.3
S0313	Floor Deadlift With Straight Legs From Forearm Handspring	0.3
S0314	Floor Deadlift With Straight Legs From Iguana Grip	0.3
S0401	Back Support Split	0.4
S0402	Back Support Tuck	0.4
S0403	Butterfly Twist One Hand	0.4
S0404	Extended Hang	0.4
S0405	Flag Grip Side Straddle	0.4
S0406	Handspring Straddle/Pencil	0.4
S0407	Russian Layback	0.4
S0408	Superman One Side	0.4
S0409	Thinker	0.4
S0410	Floor Deadlift With Straight Legs Closed From Shoulder Mount Grip	0.4
S0411	Floor Deadlift With Straight Legs Closed From Twisted Grip	0.4

Code	Element Name	Technical Score
S0412	Floor Deadlift With Straight Legs Closed From Flag Grip	0.4
S0413	Floor Deadlift With Straight Legs Closed From Forearm Handspring	0.4
S0414	Floor Deadlift With Straight Legs Closed From Iguana Grip	0.4
S0415	Floor Deadlift With Straight Legs From Neck Hold	0.4
S0416	Floor Deadlift From Cup Grip	0.4
S0417	Floor Deadlift From Elbow Hold	0.4
S0501	Butterfly Reverse Extension	0.5
S0502	Flag Grip Side Passé	0.5
S0503	Forearm Grip Inverted Straddle/Pencil	0.5
S0504	Hiphold Half Split	0.5
S0505	Superpassé	0.5
S0506	Aerial Deadlift From Shoulder Mount Grip	0.5
S0507	Aerial Deadlift From Twisted Grip	0.5
S0508	Aerial Deadlift From Flag Grip	0.5
S0509	Aerial Deadlift From Forearm Handspring	0.5
S0510	Aerial Deadlift From Iguana Grip	0.5
S0511	Floor Deadlift With Straight Legs Closed From Neck Hold	0.5
S0512	Floor Deadlift With Straight Legs From Cup Grip	0.5
S0513	Floor Deadlift With Straight Legs From Elbow Hold	0.5
S0601	Elbow Grip Straddle	0.6
S0602	Elbow Hold Passé	0.6
S0603	Flag Grip Pencil	0.6
S0604	Forearm Grip Butterfly	0.6
S0605	Janeiro	0.6
S0606	No Hands Superman	0.6
S0607	Shoulder Mount Plank Straddle Lower Or Lift	0.6
S0608	Aerial Deadlift From Neck Hold	0.6
S0609	Aerial Deadlift With Straight Legs From Shoulder Mount Grip	0.6
S0610	Aerial Deadlift With Straight Legs From Twisted Grip	0.6
S0611	Aerial Deadlift With Straight Legs From Flag Grip	0.6

Code	Element Name	Technical Score
S0612	Aerial Deadlift With Straight Legs From Forearm Handspring	0.6
S0613	Aerial Deadlift With Straight Legs From Iguana Grip	0.6
S0614	Floor Deadlift With Straight Legs Closed From Cup Grip	0.6
S0615	Floor Deadlift With Straight Legs Closed From Elbow Hold	0.6
S0701	Back Support Plank Thigh Hold	0.7
S0702	Butterfly Extended Twist One Hand	0.7
S0703	Flag Grip Handstand Flag	0.7
S0704	Iron X	0.7
S0705	Janeiro Plank	0.7
S0706	Shoulder Stand Floor Based Straddle	0.7
S0707	Aerial Deadlift With Straight Legs From Neck Hold	0.7
S0708	Aerial Deadlift From Cup Grip	0.7
S0709	Aerial Deadlift From Elbow Hold	0.7
S0801	Back Grip Plank Straddle	0.8
S0802	Back Support Plank Outside Leg Passé	0.8
S0803	Cross Grip Tulip	0.8
S0804	Elbow/Neck Hold Straddle	0.8
S0805	Handstand Plank Jack Knife	0.8
S0806	Iguana Elbow Hold Straddle No Hands	0.8
S0807	Iron Flag Bottom Leg Passé	0.8
S0808	Underarm Flag Plank Open Legs	0.8
S0809	X Pose	0.8
S0810	Wenson Straddle	0.8
S0811	Aerial Deadlift With Straight Legs Closed From Shoulder Mount Grip	0.8
S0812	Aerial Deadlift With Straight Legs Closed From Twisted Grip	0.8
S0813	Aerial Deadlift With Straight Legs Closed From Flag Grip	0.8
S0814	Aerial Deadlift With Straight Legs Closed From Forearm Handspring	0.8
S0815	Aerial Deadlift With Straight Legs Closed From Iguana Grip	0.8
S0816	Aerial Deadlift With Straight Legs From Cup Grip	0.8

Code	Element Name	Technical Score
S0817	Aerial Deadlift With Straight Legs From Elbow Hold	0.8
S0901	Cup-Grip X	0.9
S0902	Handstand Plank Side Split	0.9
S0903	Iguana Airwalk	0.9
S0904	Janeiro Plank One Hand	0.9
S0905	One Shoulder Side Plank Legs Open	0.9
S0906	Shoulder Mount Plank Passé Hold	0.9
S0907	Split Grip Reverse Plank Legs Open	0.9
S0908	Split Grip Side Plank Legs Open	0.9
S0909	Underarm Flag Plank Closed Legs	0.9
S0910	Aerial Deadlift With Straight Legs Closed From Neck Hold	0.9
S1001	Back Grip Plank	1.0
S1002	Back Support Plank	1.0
S1003	Cup Grip Plank	1.0
S1004	Elbow Plank	1.0
S1005	Floor Based Clock	1.0
S1006	Handstand Plank	1.0
S1007	Iguana Horizontal	1.0
S1008	Iron Pencil	1.0
S1009	One Shoulder Side Plank Legs Closed	1.0
S1010	Shoulder Mount Horizontal	1.0
S1011	Split Grip Flag	1.0
S1012	Split Grip Leg Through Plank	1.0
S1013	Split Grip Reverse Plank	1.0
S1014	Split Grip Side Plank	1.0
S1015	720° Air Walk	1.0
S1016	Aerial Deadlift With Straight Legs Closed From Cup Grip	1.0
S1017	Aerial Deadlift With Straight Legs Closed From Elbow Hold	1.0

## Rotational

### Rotational Elements on a Static Pole

The athlete must perform a number of Rotational Elements on a Static Pole. For a Rotational Element on a Static Pole to be successful, the element must be performed for a full 360° rotation, not counting the transitions in and out of the element. The

individual details of what counts as a successful execution will be detailed in each Element's description in Appendix 1 below.

In addition to the Essential Rotational Elements on a Static Pole listed below, the athlete can choose to perform any Essential Strength or Flexibility Element and hold it for the full 360° rotation. This should be indicated in the Score Sheet by using the Prefix RT followed by a slash and the code of the selected Flexibility or Strength Element, for example "RT/F0514" for a "Lux" Element held for a 360° rotation on the Static Pole.

### LIST OF ROTATIONAL ELEMENTS ON A STATIC POLE

Code	Element Name	Technical Score
RT0101	Back Hook Spin	0.1
RT0102	Fireman Spin Crossed Ankle	0.1
RT0103	Front Hook Spin	0.1
RT0201	Attitude Spin Outside Heel On Pole	0.2
RT0202	Chair Spin	0.2
RT0203	Forwards Attitude Spin	0.2
RT0204	Knee Hook Spin Passé	0.2
RT0301	Back Spin Attitude	0.3
RT0302	Body Spiral Reverse Grab Attitude	0.3
RT0303	Carrousel Fang	0.3
RT0304	Chairspin Pike Both Legs Stretched	0.3
RT0305	Cradle Spin Split Grip Tuck	0.3
RT0401	Body Spiral Attitude One Hand	0.4
RT0402	Cradle Spin Split Grip Straddle	0.4
RT0403	Reverse Grab Pencil	0.4
RT0404	Split Grip Straddle	0.4
RT0501	Reverse Grab Straddle Into Pencil	0.5
RT0502	Spinning Into A Shoulder Mount Straddle	0.5
RT0601	Cup Grip Spin Pencil	0.6
RT0602	Cradle Spin Into Extended Butterfly	0.6
RT0701	Double Reverse Grab Body Spiral 1	0.7
RT0702	Phoenix Spin 1	0.7
RT0801	Double Reverse Grab Body Spiral 2	0.8
RT0901	Double Reverse Grab Into Phoenix	0.9
RT0902	Phoenix Spin 2	0.9
RT1001	Chinese Grip Phoenix	1.0
RT1002	Double Reverse Grab Into Phoenix	1.0

### Rotational Elements on a Spinning Pole

The athlete must perform a number of Rotational Elements on a Spinning Pole. For a Rotational Element on a Spinning Pole to be successful, the element must be performed for two full rotations (720°), not counting the transitions in and out of the element. The individual details of what counts as a successful execution will be detailed in each Element's description in Appendix 1 below.

In addition to the Elements described below, the athlete can choose to perform any Essential Strength or Flexibility Element and hold it for the full 720° rotation. This should be indicated in the Score Sheet by using the Prefix RT followed by a slash and the code of the selected Flexibility or Strength Element, for example "RP/S0206" for a "Inside leg hang flatline" Element held for a 360° rotation on the Static Pole.

### LIST OF ROTATIONAL ELEMENTS ON A SPINNING POLE

Code	Element Name	Technical Score
RP0101	Fireman Spin Chair	0.1
RP0201	Helix Spin	0.2
RP0202	Twisted Spin	0.2
RP0203	Outside Knee Hang Closed Fang	0.2
RP0204	Pencil Forearm Grip	0.2
RP0301	Ballerina Passé	0.3
RP0302	Carrousel Spin Elbow Grip	0.3
RP0303	Inverted Straddle	0.3
RP0304	Seated Side Tuck	0.3
RP0305	Underarm Hold	0.3
RP0306	Vortex Spin	0.3
RP0307	Wrap Grip Spin	0.3
RP0401	Body Spiral No Hands	0.4
RP0402	Cradle Spin Tuck No Hands	0.4
RP0403	Inverted Body Spiral Outside Leg Stretched Behind Pole.	0.4
RP0404	Inverted Thigh Hold Tuck	0.4
RP0405	Outside Knee Hang Closed Fang	0.4
RP0501	Cradle Spin Pike No Hands Legs Fully Stretched	0.5
RP0502	Cradle Spin One Handed Pike	0.5
RP0503	Elbow Spin Attitude	0.5
RP0504	Hip Hold Straddle	0.5
RP0505	Iguana Fang	0.5



Code	Element Name	Technical Score
RP0506	Pencil Spin Basic Grip	0.5
RP0507	Straddle Spin Two Hands Up	0.5
RP0601	Butterfly Extended Twist No Hands	0.6
RP0602	Icarus Spin	0.6
RP0701	Elbow Attitude Spin	0.7
RP0702	Hand Based Split Spin	0.7
RP0703	Parallel Split Spin	0.7
RP0704	Tuck Through Spin Pike	0.7
RP0801	Cradle Spin No Hands	0.8
RP0802	Cup-Grip Pencil	0.8
RP0803	Reverse Butterfly Extension	0.8
RP0804	Titanic Support	0.8
RP0901	Crossbow Two Hands On Pole	0.9
RP0902	Elbow Grip Vertical Split	0.9
RP0903	Inverted Split Spin	0.9
RP0904	One Handed Spin	0.9
RP0905	Supported Sailor	0.9
RP1001	Crossed Hands Plank	1.0
RP1002	No Hands Plank Spin	1.0
RP1003	One Handed Parallel Split Spin	1.0
RP1004	Pole Based Clock	1.0
RP1005	Sailor	1.0
RP1006	Split Grip Contortion Spin	1.0
RP1007	Supported Sailor Back Bend	1.0

## Difficulty Bonus

Additional points will be awarded when the Essential Element is successfully performed with an increased difficulty level. The athlete must indicate in the Essential Elements score sheet the Difficulty Bonuses that they will be attempting. There is a maximum number of increased Difficulty Bonuses the athlete can attempt in their routine, this maximum will be indicated in the description of each difficulty level increase described below.



If the athlete fails to successfully complete the Essential Element with the added difficulty level, but manages to successfully complete the basic Essential Element, the base Essential Element's points will be awarded, however no Difficulty Bonus points will be awarded.

Note that only one Difficulty Bonus can be awarded per each Essential Element performed, unless specifically indicated in the description of each bonus. For example, the athlete cannot use the same Essential Elements towards a DBP2 and a DBP3 bonus but they can use them for a DBP2 and a DBP1.

In the case of Combination Difficulty Bonuses, the Athlete must successfully perform all of the related Essential Elements and they must count towards their Essential Elements score, for example, Pro Athletes cannot get a DBRT1 bonus, as it requires linking two Rotational Elements, and they are only required to perform one.

## STATIC POLE DIFFICULTY BONUSES

**DBT1** - The athlete will perform a Strength or Flexibility Essential Element with the entirety of their body above the halfway point up the static pole. This bonus can be granted if the Essential Element is performed as part of another Difficulty Bonus.

**+0.5 per DBT1**

**3 Awarded**

**Maximum 1.5 points**

**DBT2** - The athlete will perform a Strength or Flexibility Essential Element and perform a minimum of a full 360° Rotation on the static pole while holding the position.

**+0.5 per DBT2**

**3 Awarded**

**Maximum 1.5 points**

**DBT3** - The athlete will perform a Strength or Flexibility Essential Element and hold it for a minimum of a full 360° Rotation on the static pole. After finishing the rotation the athlete must change to a different position, and hold it for a few moments.

**+1.5 per DBT3**

**1 Awarded**

**Maximum 1.5 points**

## SPINNING POLE DIFFICULTY BONUSES

**DBP1** - The athlete will perform a Strength or Flexibility Essential Element with the entirety of their body above the halfway point up the spinning pole. This bonus can be granted if the Essential Element is performed as part of another Difficulty Bonus.

**+0.5 per DBP1**

**3 Awarded**

**Maximum 1.5 points**

**DBP2** - The athlete will perform a combination of two Strength or Flexibility Essential Elements, and hold each for a minimum of two full rotations (720°) on the spinning pole. Only element combinations not listed in the table of Disallowed Essential Element Combinations for Bonuses (below) are eligible for this bonus.

<b>+1.0 per DBP2</b>	<b>1 Awarded</b>	<b>Maximum 1.0 points</b>
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**DBP3** - The athlete will perform a combination of three Strength or Flexibility Essential Elements, and hold each for a minimum of two full rotations (720°) on the spinning pole. Only element combinations not listed in the table of Disallowed Essential Element Combinations for Bonuses (below) are eligible for this bonus.

<b>+2.0 per DBP3</b>	<b>1 Awarded</b>	<b>Maximum 2.0 points</b>
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## STATIC POLE ROTATIONAL DIFFICULTY BONUSES

**DBRT1** - The athlete will perform two Rotational Essential Elements on the static pole, one after the other, without touching the floor, and without stopping the spin.

<b>+0.5 per DBRT1</b>	<b>1 Awarded</b>	<b>Maximum 0.5 points</b>
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## SPINNING POLE ROTATIONAL DIFFICULTY BONUSES

**DBRP1** - The athlete will perform two Rotational Essential Elements on the spinning pole, one after the other, without touching the floor, and without stopping the spin.

<b>+0.5 per DBRP1</b>	<b>1 Awarded</b>	<b>Maximum 0.5 points</b>
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## Disallowed Essential Element Combinations for Bonuses.

Code	Can't be combined with
F0101	F0202 F0414 F0608
F0102	F0203 F0303 F0404
F0202	F0101 F0414 F0608
F0203	F0102 F0303 F0404
F0301	F0305 F0306 F0409 F0506
F0302	F0413 F0607
F0303	F0102 F0203 F0404
F0304	F0411
F0305	F0301 F0306 F0409 F0506
F0306	F0301 F0305 F0409 F0506
F0307	S0207 S0305
F0401	F0507 F0519
F0404	F0102 F0203 F0303
F0408	F0512
F0409	F0306 F0506
F0410	F0508 F0601
F0411	F0304
F0413	F0302 F0607
F0414	F0101 F0202 F0608
F0502	F0609
F0504	F0722
F0506	F0306 F0409
F0507	F0401 F0519
F0508	F0410 F0601
F0509	F0617
F0512	F0408
F0515	F0711
F0519	F0401 F0507
F0601	F0410 F0508
F0602	F0701 F0715 F0808
F0607	F0302 F0413
F0608	F0101 F0202 F0414
F0609	F0502
F0613	F0816 S0505
F0617	F0509
F0701	F0602 F0715 F0808
F0706	F0803 F0815

Code	Can't be combined with
F0711	F0515
F0714	F0720
F0715	F0602 F0701 F0808
F0720	F0714
F0721	S0406
F0722	F0504
F0801	F0813 F0814
F0803	F0706 F0815
F0808	F0602 F0701 F0715
F0811	F0812
F0812	F0811
F0813	F0801 F0814
F0814	F0801 F0813
F0815	F0706 F0803
F0816	F0613 S0505
S0201	S0205
S0202	S0302 S0403 S0501
S0205	S0201
S0207	S0305 F0307
S0301	S0606
S0302	S0202 S0403 S0501
S0303	S0405 S0502 S0603
S0305	S0207 F0307
S0307	S0607 S0906 S1010
S0401	S0402 S0701 S0802 S1002
S0402	S0401 S0701 S0802 S1002
S0403	S0202 S0302 S0501
S0405	S0303 S0502 S0603
S0406	S0704 S0807 S0901 S1008 F0721
S0501	S0202 S0302 S0403
S0502	S0303 S0405 S0603
S0505	F0613 F0816
S0602	S1004
S0603	S0303 S0405 S0502
S0605	S0705 S0904
S0606	S0301

Code	Can't be combined with
S0607	S0307 S0906 S1010
S0701	S0401 S0402 S0802 S1002
S0704	S0406 S0807 S0901 S1008
S0705	S0605 S0904
S0801	S1001
S0802	S0401 S0402 S0701 S1002
S0807	S0406 S0704 S0901 S1008
S0808	S0909
S0901	S0406 S0605 S0807 S1008
S0903	S1007
S0904	S0605 S0705
S0905	S1009
S0906	S0307 S0607 S1010

Code	Can't be combined with
S0907	S1013
S0908	S1014
S0909	S0808
S1001	S0801
S1002	S0401 S0402 S0701 S0802
S1004	S0602
S1007	S0903
S1008	S0406 S0704 S0807 S0901
S1009	S0905
S1010	S0307 S0607 S0906
S1013	S0907
S1014	S0908

## Essential Element Deductions

In addition to the athlete losing points for not performing correctly an Essential Element, they can be awarded further deductions if they do any of the following. These deductions are applied to the Essential Elements Score, so the Essential Elements Score for a performance can be negative.

### NOT ATTEMPTING AN ESSENTIAL ELEMENT

If the athlete fails to attempt an element that was registered in their Score Sheet, they will be awarded a penalty that is equal to the technical value of the Essential Element they missed. For example if the Athlete misses an Essential Element with a technical score of 0.7 points, they will get a deduction of -0.7 points. No Difficulty Bonuses that involve a missed element will be awarded.

### SWAPPING THE ORDER OF TWO CONSECUTIVE ESSENTIAL ELEMENTS

If the athlete swaps the order of two Essential Elements, but successfully performs both, they will be awarded the points for the second element (as registered in the Score Sheet), but they will receive no points for the first element (as registered in the Score Sheet). For example, if they registered element A followed by element B, and they successfully perform element B followed by element A, then they will get the score for element B awarded, but no points for element A. If they fail to successfully perform element A, then they will get a deduction as if they had not attempted

element A (a deduction equal to the technical score of element A). No Difficulty Bonuses involving element A will be awarded.

### PERFORMING AN ESSENTIAL ELEMENT OUT OF SEQUENCE (NON-CONSECUTIVE ELEMENTS)

If the athlete performs an element out of sequence, and there is more than one other Essential Element between the registered order and the performance order, they will be awarded a deduction equal to the technical score of the out-of-sequence element. This is equivalent to the athlete not having attempted the element at all. No Difficulty Bonuses involving the element listed in the wrong order will be awarded.

### MISSING ESSENTIAL ELEMENTS IN SCORE SHEET

If the athlete submits a score sheet with missing Essential Elements or with an Essential Element outside their required range, the element will not be counted, and they will receive a deduction equal to the highest point value of the athlete's divisions individual element point range, for example, an Adult Pro athlete would receive a 0.8 point deduction per missing element as their individual element range is 0.4-0.8 points.

### TOO MANY ESSENTIAL ELEMENTS IN SCORE SHEET

If the athlete submits a score sheet with additional Essential Elements than the ones they are expected to perform, only the first essential elements listed in their submitted score sheet will count towards their score and any additional elements listed on their score sheet beyond the required elements will be ignored. If these additional Essential Elements were listed as forming part of a Difficulty Bonus, the bonus will not be scored by the judges and no points will be given either. This also leaves the athlete open to additional deductions, for example for performing essential elements out of sequence.

## Head Judge Infractions and Penalties

The Head Judge has the capacity to award additional penalties or even disqualify an athlete if they consider the athlete has incurred any of the infractions detailed in the table below.

### HEAD JUDGE INFRACTION AND PENALTY TABLE:

Infraction	Criteria	Penalty
Music not in accordance with Rules and Regulations	-Athletes may be contacted by organisers to rectify issues, and Disqualified if they fail to address the issues.	Disqualifications
Providing false or inaccurate information on the application form	-False information about age, division or category provided in the forms.	Disqualification
Arriving late to the stage when announced	-Up to 60 seconds late.	-5.0 points
	-Athlete doesn't arrive within 1 minute or fails to arrive at all	Disqualification
Performance Infractions	-Receiving verbal cues from their Coach during the performance (single infraction).	-10.0 points
	-Arriving on stage with an unauthorised person. -Repeatedly receiving verbal cues from the Coach during their performance.	Disqualification
Performance time	-5 seconds or less outside permitted time	-3.0 points
	-More than 5 seconds outside permitted time	-5.0 points

Infraction	Criteria	Penalty
Interacting with the judges	-If Athletes, their Coaches, and/or Accompanying Person approaches the Judge's table and/or Judge's room. -If Athletes, their Coaches, and/or Accompanying Person deliberately obstruct the Judge's view at any point during the competition.	-10.0 points
	-If Athletes, their Coaches, and/or Accompanying Person is found discussing any topic with any Judge/Judges during the competition. -If it is found that Athletes, or anyone acting on their behalf, tried to influence the judges' decision in any way before, during or after the competition.	Disqualification
Not starting or ending routine on stage	-Athlete's routine starts or finishes (as cued by the music), but the athlete is not on stage.	-5.0 per occurrence
Grip Aids	-Applying Grip Aid directly on the pole	Disqualification
	-Using a Grip Aid that is not easily removed from the pole. This means that the pole cleaner should be able to remove the Grip Aid without the use of any specialised substances.	-5.0 points
Presence of jewellery and props not in accordance to Rules and Regulations	-Presence of jewellery/piercings (excluding stud earrings/plain coloured plugs)	-10.0 points
	-Use of any prop or item which assists in the performance	Disqualification
Inappropriate choreography, costume, hair and	- Hair covering the face - Costume not in accordance with the rules	-5.0 points



Infraction	Criteria	Penalty
makeup in accordance with Rules and Regulations	<ul style="list-style-type: none"> <li>- Promotional words, slogans or logos.</li> <li>- Messages or iconography with religious or political connotations.</li> <li>- Messages or iconography with discriminatory connotations.</li> <li>- Wearing a mask or wig, using body paint.</li> <li>- If facepaint transfers into any part of the stage.</li> </ul>	- 10.0 points
	<ul style="list-style-type: none"> <li>- Provocative costume (including fabrics such as leather and latex)</li> <li>- Provocative choreography</li> </ul>	-10.0 points
	<ul style="list-style-type: none"> <li>- Use of body paint</li> <li>- Aggressively provocative or lewd choreography</li> <li>- Non-child appropriate themes or choreography</li> <li>- Intentionally removing items of clothing during the performance</li> </ul>	Disqualification
Uniforms and Tracksuits	<ul style="list-style-type: none"> <li>- Tracksuits not in accordance with the rules</li> </ul>	- 5.0 points
	<ul style="list-style-type: none"> <li>- Not having a tracksuit</li> </ul>	-10.0 points
	<ul style="list-style-type: none"> <li>- Athlete's Coach and/or Accompanying Person does not comply with attire regulations.</li> </ul>	-5.0 points
Overall rule infringements	<ul style="list-style-type: none"> <li>- Using obscene gestures, profanity, discriminatory or disrespectful language privately or publicly to any other athlete, a spectator, coach, judge, or other official or member of the technical team for the competition.</li> <li>- Receiving verbal cues from their Coach during the performance (single infringement)</li> </ul>	-10.0 points

Infraction	Criteria	Penalty
	<ul style="list-style-type: none"> <li>- Repeatedly receiving cues from their Coach during the performance.</li> <li>- Using physical violence or attempting to use physical violence against another athlete, a spectator, coach, judge, or other official or member of the technical team for the competition.</li> <li>- Inciting others' to participate in violent or abusive actions.</li> <li>- Using non-medical drugs at any point during the Duration of the Competition.</li> <li>- An athlete who fails an anti-doping control test or fails to present themselves to an anti-doping control test</li> <li>- Consuming Alcohol at any point during the Duration of the Competition.</li> <li>- Displaying nudity at any point during the Duration of the Competition.</li> <li>- Severe infringements of the rules and regulations</li> <li>- Repeated infringement of rules and regulations</li> </ul>	<p>Disqualification</p>
<p>Registration</p>	<ul style="list-style-type: none"> <li>- If an athlete fails to register on the official registration day.</li> </ul>	<p>An economic penalty of 50% of the original registration fee must be payable in order to finalise the athlete's registration.</p>

Infraction	Criteria	Penalty
	<p>- If an athlete fails to show up to a competition they've registered (no-show).</p>	<p>The athlete might be banned from future competitions, as determined by the Disciplinary and Ethics Committee.</p>

## SCORING AND JUDGING CONSIDERATIONS

### Judges

Judges cannot act as Registered Coaches or participate as Athletes in the same competition as they are acting as judges.

During a competition, judges will be isolated from athletes and spectators, so no undue pressure can be asserted on the judges and affect the scores.

If Judges and Athletes are found discussing any matters at any point during the competition, they both will be disqualified from the competition, even if the subject of the discussion is irrelevant to the competition.

The Organiser of a Competition cannot also act as a Judge in the same competition they are organising.

### Head Judges

A Head Judge can impart additional penalties to the athlete as described in the Head Judge Infractions and Penalties section.

A Head Judge has sole discretion over whether an athlete can resume a performance after an interruption, for example after an injury, loss of power, interruption by a third party, and other unforeseen circumstances.

The Head Judge also has sole discretion whether to allow the athlete to start the performance from the beginning after an interruption or have the athlete continue from the point where their routine was interrupted. If the interruption is the result of an injury, please refer to the Injuries During the Competition section below.

A Head Judge has sole discretion over whether to act on any matters not covered by the rules and regulations, or by the Head Judge Infractions and Penalties section of the Code of Conduct.

### Results

If a competition has several rounds, each round's scores will stand on their own, there will be no accumulation of scores across rounds. Nor will the results for previous competitions be considered in the current competition. For example, the results of Regional or National competitions will have no effect on the scores for a Continental or World competition.

After their performance, an athlete will wait in the designated area until the Preliminary Results are announced. In International Competitions, only their Registered Accompanying Person is permitted to accompany the athlete. In other competitions the athletes can be accompanied by their Registered Accompanying Person as permitted by the Competition's Rules and Regulations. The Athletes and Coaches must be wearing their national uniforms/tracksuits while waiting for the results. Other Accompanying Persons (where permitted) must be wearing suitable attire as described in the Competition's Rules and Regulations.

If an athlete or their recognised coach wants to appeal a score given to the athlete this should be done following the procedures listed in the *System of Appeals*.

After a complaint or appeal has been processed and resolved, that aspect of the score is final and no further modifications can be made.

## Tie-Breaking Rules

In case of a Tie the tie-breaking criteria will be as follows (in order of precedence):

- 1. The athlete with the highest Essential Elements Score.**
- 2. The second Tie-Breaking Criteria will be the highest Deductions Score.**
- 3. The third Tie-Breaking Criteria will be the highest Acrobatic Elements Score.**
- 4. If the Tie persists with all Sections' scores being the same, a draw can be declared, and medals will be awarded to all athletes.**

## Penalties

If the Athlete commits any of the following infractions, they can be penalised by the Head Judge. Details on the penalty they incur can be found in the Head Judge Infractions and Penalties, or the Disqualification Section.

Breaching the Competition's or APSWL's Rules and Regulations or Code of Ethics.

Unsporting or anti-social behaviour.

Arriving up to 60 seconds late to the stage when announced.

When the athlete's performance is not within the performance time duration requirements.

If the athlete receives verbal cues, from their Coach while performing the routine - Single Infraction.

When an athlete and/or their accompanying person approaches the Judges' table or room.

Obstructing the Judge's view .

Not starting or ending the routine on the stage.

Using Grip Aids that cannot be easily removed from the Pole.

Performing an inappropriate choreography.

Wearing costume, hair or makeup not in accordance with Rules and Regulations.

Presence of Jewelry, Piercings or Props not according to Rules and Regulations.

Not wearing a uniform/tracksuit when required, or wearing a non-compliant uniform/tracksuit.

Using disrespectful or foul language when addressing another participant of the Competition.

Failing to register on the official registration day of the competition.

The Head Judge reserves the right to award penalties at any point during or after the competition, and if this should alter the athlete's ranking any medals might be withdrawn.

## Disqualifications

If an athlete commits any of the following infractions, they can be disqualified from the competition by the Head Judge.

Providing false or inaccurate information on the application form.

If any of the score sheets are turned in late.

Breaking the Competition's or APSWL's Rules and Regulations or Code of Ethics.

Behaviour that brings the Competition, its Organising Committee or APSWL into disrepute.

Submitting Music/Score after the submission deadline.

Music not in Accordance with Rules and Regulations.

Arriving over one minute late or failing to come to the stage when announced.

Applying Grip Aid Directly to the Pole.

- Using a Prop or Item that assists the athlete in their performance.
  - Use of Body Paint.
  - Aggressively provocative or lewd choreography.
  - Non-child-appropriate themes or choreography.
  - Using physical violence or attempting to use physical violence against another participant in the competition.
  - Intentionally removing items of clothing during the performance.
  - Purposefully using the rigging or truss system as part of their performance.
  - If the athlete is accompanied on stage by an unauthorised person.
  - If the athlete receives verbal cues from their Coach repeatedly during a performance.
  - Discussing any matters with a judge during the competition, irrespective of the topic.
  - If it is found out that the athlete or someone acting on their behalf attempted to influence a judge's decision before, during or after the competition.
  - Threatening the life of another participant in the competition.
  - Inciting others to participate in violence or abusive actions.
  - Using disrespectful language or insulting an Official.
  - Using non-medical drugs or alcohol during the competition.
  - Displaying nudity during the competition.
  - Severe and/or repeated infringements of Rules and Regulations.
  - Testing positive in an anti-doping control.
  - Failing to present themselves to an anti-doping control.
- The Head Judge can refer an athlete to the Disciplinary and Ethics Committee to be considered for further sanctions in case of severe infractions, or repeated infractions.

## Appeals and Complaints

An Athlete may contest the scores awarded to the Essential Elements section.

The Athlete has a window of 10 minutes after the provisional scores have been announced so they can appeal the score awarded for any of their Essential Elements. After this window closes no appeals can be made and the scores are considered final.

If an Athlete wants to Appeal their scores, the Athlete or their Accompanying person must approach the designated Appeals representative and inform them of their intention to appeal within the 10 minute window.

The athlete has the option of viewing a video recording of their performance before deciding to appeal any scores. There is a non-refundable fee associated with this.

The Athlete must pay a fee for each Essential Element whose score they want to appeal. The fee will be reimbursed if the appeal is successful, and their score is increased as a result.

The fees are agreed in advance by the Event's Organising Committee and APSWL committee.

The appeals process is described in more detail in the Rules and Regulations.



## Anti-Doping Considerations

An athlete who fails an anti-doping control test or fails to present themselves to an anti-doping control test will be automatically disqualified from the current competition and will be referred to APSWL's Anti-Doping Committee and to WADA.

All points and medals awarded to the athlete will be withdrawn and any points obtained by the athlete will not count towards their team's point total.

The infringing athlete will be suspended from all APSWL competitions for the period in accordance to the WADA code.

The APSWL strictly adheres to all guidance and actions determined by WADA.

## Injuries and Interruptions During the Competition

If an athlete suffers an injury during their performance, or has to otherwise interrupt their performance, the athlete must restart their performance from the point where it was interrupted. The athlete must restart their performance within 60 seconds of the interruption.

If the athlete is unable to continue their performance, they can call for medical attention if required. This will be provided immediately.

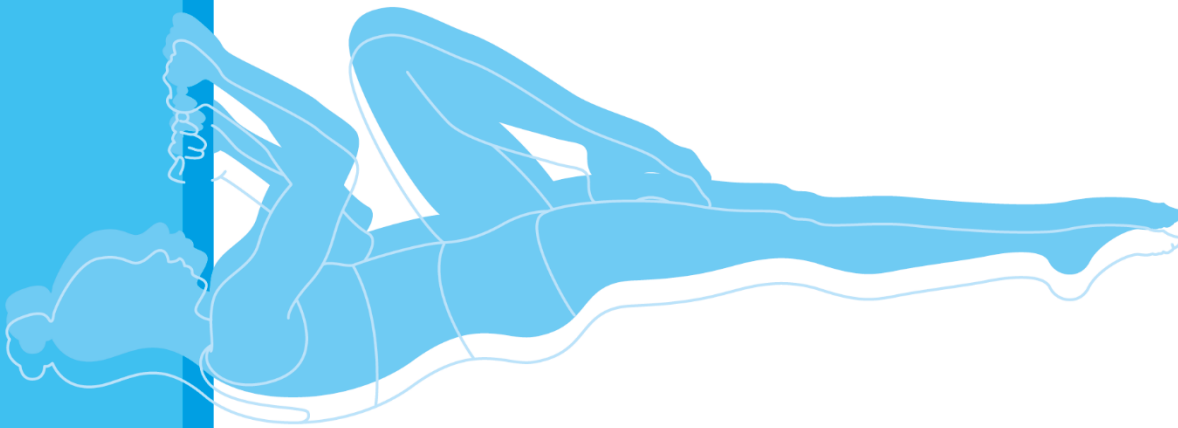
The Head Judge reserves the right to stop the performance and/or call for medical attention if they consider the athlete's injury is too severe and/or requires medical attention.

If the Head Judge decides the interruption is due to an issue with the stage, lighting, music, or other system outside of the athlete's control, they can allow more time for the athlete to continue their performance, so the issue can be rectified. The Head Judge can ask the athlete if they wish to restart their routine instead of continuing it.

If the athlete is permitted to restart their performance then the rescheduled performance can be moved to the end of their block. If the athlete is the last athlete in their block they can take a break of five minutes before re-attempting their routine.

If the athlete is unable to continue their performance due to the injury, no score will be registered and the athlete will be considered to have withdrawn. However, if the athlete has completed over 85% of their routine, they can choose to end their routine at the moment of the injury, earning any penalties due for finishing the routine early.

Only one interruption due to injury is permitted, and further interruptions in a single performance will result in no scores being awarded.



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