

International Pole and Aerial Sports Federation

Code of Points – Mid-Cycle Update

Appendix

2023



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APPENDIX TO IPSF CODES OF POINTS

Introduction

The IPSF has 7 different disciplines, each with their own code of points. This appendix has been created to amend the different codes of points with essential updates that have arisen through the testing of the codes mid cycle at IPSF National Championships and the IPSF World Championships. Any points raised in this document supersede the existing rules and regulations in each code. Each point below corresponds to each code and will be added to the respective future codes in the next applicable cycle.

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

ALL CODES:

COMPLETING THE FORMS/THEME SHEETS

Country/Region:

Insert the country and region of the athlete's or athletes' origin. For International competitions, the athlete must only indicate their country. For National competitions, the athlete must also indicate their region / province / county. Open athletes are only required to indicate their country and must not include their region.

IPSF Pole Sports Code of Points 2021 – 2024: Page 122 & 126
IPSF Aerial Hoop Sports Code of Points 2021 – 2023: Page 91 & 95
IPSF Aerial Pole Sports Code of Points 2021 – 2023: Page 50 & 52
IPSF Artistic Pole Scoring and Rules 2022 - 2023: Page 14
IPSF Artistic Aerial Hoop Scoring and Rules 2022 - 2023: Page 14
IPSF Artistic Aerial Pole Scoring and Rules 2022 - 2023: Page 14

RULES & REGULATIONS

1. DIVISION

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

IPSF Pole Sports Code of Points 2021 – 2024: Page 136
IPSF Aerial Hoop Sports Code of Points 2021 – 2023: Page 105
IPSF Aerial Pole Sports Code of Points 2021 – 2023: Page 59
IPSF Artistic Pole Scoring and Rules 2022 - 2023: Page 17
IPSF Artistic Aerial Hoop Scoring and Rules 2022 - 2023: Page 17
IPSF Artistic Aerial Pole Scoring and Rules 2022 - 2023: Page 17

8. ATHLETE REGISTRATION

8.4

- If a participant does not attend the medal ceremony without a legitimate excuse (anti-doping testing, medical emergency or death of a direct family member) and has placed in the top 3, they will be disqualified, and their medal will be awarded to the next athlete.
- If a participant has a legitimate excuse for missing the medal ceremony (anti-doping testing, medical emergency or death of a direct family member), a teammate or IPSF-recognised coach may step in for them in the ceremony, and will be expected to adhere to the tracksuit rules and regulations.

IPSF Pole Sports Code of Points 2021 – 2024: Page 140
IPSF Aerial Hoop Sports Code of Points 2021 – 2023: Page 109
IPSF Aerial Pole Sports Code of Points 2021 – 2023: Page 63
IPSF Artistic Pole Scoring and Rules 2022 - 2023: Page 20
IPSF Artistic Aerial Hoop Scoring and Rules 2022 - 2023: Page 20
IPSF Artistic Aerial Pole Scoring and Rules 2022 - 2023: Page 20

SPORTS DISCIPLINES:

TECHNICAL BONUSES

Dynamic combinations on spinning or static pole: DC (Max +3.0 pts)

Dynamic combinations refer to a combination of two separate dynamic movements (see definition of dynamic movement) where the body is in a powerful control of momentum. The athlete must demonstrate a high level of control of centripetal force where at least one part of the body releases from the pole. Dynamic movements can include regrips, drops, acrobatic catches, jump-outs, etc. They should be executed in quick succession with no pause between the two dynamic movements to be awarded this bonus. A repetition of a dynamic combination will be awarded a maximum of two times e. g. if an athlete executes a half fonji six times (from shoulder mount to brass monkey/flag grip counts as one movement), only the first four half-fonjis (so 2 full fonjis) will be awarded. Also, only 1 regrip can be included in a dynamic combination. **+0.5**

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

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IPSF Aerial Hoop Sports Code of Points 2021 – 2023: Page 5

IPSF Aerial Pole Sports Code of Points 2021 – 2023: Page 5

Partner catch / throw from pole/hoop to partner or partner to pole/hoop:

Please note that the partner being caught/thrown should momentarily be airborne with no contact to the apparatus.

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IPSF Aerial Hoop Sports Code of Points 2021 – 2023: Page 6

Regarding flips, pole flips, contact flips and floor-based flips:

We will consider a full rotation in the flip based on if there is a full 360 degree rotation where the hips must pass straight over the head at some point in the rotation. The direction in which the athlete is facing will be determined by the direction in which the hips are facing – the hips are thus the anchoring point for all flips.

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IPSF Aerial Hoop Sports Code of Points 2021 – 2023: Page 5 - 6

IPSF Aerial Pole Sports Code of Points 2021 – 2023: Page 5

Prohibited Movements and Penalties







- Pre-novice and Novice athletes are not permitted to perform pole flips or flip outs.

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IPSF Aerial Hoop Sports Code of Points 2021 – 2023: Page 16

IPSF Aerial Pole Sports Code of Points 2021 – 2023: Page 15

GLOSSARY

	Fully extended arm		Fully extended leg
	Micro bent arm (Extended arm)		Micro bent leg (Extended leg)
	Bent arm		Bent leg

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

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IPSF Aerial Hoop Sports Code of Points 2021 – 2023: Page 99

IPSF Aerial Pole Sports Code of Points 2021 – 2023: Page 55

RULES & REGULATIONS

10. COSTUME

10.18

- Sports Trainers/sneakers must be worn with tracksuits. Bare feet and socks are also permissible. No other shoes are permitted, included platform trainers/sneakers.

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IPSF Aerial Hoop Sports Code of Points 2021 – 2023: Page 111

IPSF Aerial Pole Sports Code of Points 2021 – 2023: Page 65

17. PENALTIES

- 17.5 Touching the rigging or truss system while competing. This includes touching the backdrop on the stage at any time during the routine, the side banners/drops and the skirting around the stage (the stage demarcation).

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IPSF Aerial Hoop Sports Code of Points 2021 – 2023: Page 114

IPSF Aerial Pole Sports Code of Points 2021 – 2023: Page 67

20. COACHES

- 20.1. In order to be an IPSF-registered coach, the coach must have completed at least a Code of Points course specific to the apparatus and current year they are coaching on/in (i.e. if coaching Aerial Hoop, the coach must complete the Aerial Hoop Code of Points within the competition year), as well as an Anatomy qualification (which includes warm up and cool down, and has an exam incorporated in the course - this can be either a university course or the IPSF Anatomy, Physiology and Biomechanics course). A coaching course is also highly recommended. The coach should then submit these qualifications to the IPSF and will be required to pay a registration fee. This fee is applicable per year.
- 20.2. All coaches that sign the athletes' compulsory, technical bonus forms and artistic theme sheets must be IPSF-registered coaches. Only the IPSF-recognised coach who signs the forms will be considered the athlete's coach, and thus only this coach will be afforded the privileges that accompany the title. Coaches are only permitted to sign forms in the disciplines in which they have qualified as an IPSF-registered coach (i.e. if a coach is registered as an Aerial Hoop coach, they are not permitted to sign the forms for a Pole or Aerial Pole competition).

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IPSF Aerial Hoop Sports Code of Points 2021 – 2023: Page 115

IPSF Aerial Pole Sports Code of Points 2021 – 2023: Page 68

21. DISQUALIFICATION

- 21.16 Any depiction of violence will lead to disqualification. This includes (but is not limited to) violence being reflected in the music, choreography or costume.

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IPSF Aerial Hoop Sports Code of Points 2021 – 2023: Page 115

IPSF Aerial Pole Sports Code of Points 2021 – 2023: Page 69

24. RIGHTS AND RESPONSIBILITIES OF THE ATHLETES

- 24.15 Ultimately it is the responsibility of the athlete/performer to ensure all rules and regulations are followed. Should there be a rule that is violated but is not picked up during the Head Judge/Master Judge checking process, the athlete/performer can still face a deduction for this rule violation at the competition.

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IPSF Aerial Hoop Sports Code of Points 2021 – 2023: Page 117

IPSF Aerial Pole Sports Code of Points 2021 – 2023: Page 70

26. SCORING SYSTEM

- 26.4.10 A score change will be enacted for Compulsory, Technical Bonus and Artistic & Choreography scores should there be any change identified in the contest. For Technical Deductions, the score change will only be enacted IF the score changes by 2 points or more from the original score.

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IPSF Aerial Hoop Sports Code of Points 2021 – 2023: Page 118

IPSF Aerial Pole Sports Code of Points 2021 – 2023: Page 71

PARA POLE

If an athlete could be classified into several categories, the athlete should compete in the category that reflects the biggest of their impairments.

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ARTISTIC DISCIPLINES

THEME / TECHNICAL SHEET

Theme Sheet Deductions

Deductions will be applied if the theme sheet is filled in incorrectly. The form is split into 3 sections, and an error in any of these 3 sections will result in a deduction. This is a once-off deduction and is not cumulative (i.e., the maximum deduction possible for an incorrect form is -1).

- An error in the top part of the form will result in a **-0.2** deduction. The top part is the section of the form where the performer(s) is/are required to indicate name, date, division, category, country, region, and federation.
- An error in the bottom part of the form will result in a **-0.5** deduction. The bottom part is the section of the form where the performer(s) is/are required to sign, along with an IPSF recognised coach (if applicable), and/or a parent or legal guardian in the case of youth athletes.
- An error in the main part of the form will result in a **-1.0** deduction. The middle of the form is the section where the performer(s) indicates what they plan to do in their routine. If this is inaccurate (in that it does not reflect the routine and components being performed on stage, or is not filled in at all), this deduction will be applied. This also applies if the tick boxes have not been checked before submitting the form, or if the tick boxes are ticked but all supplementary material required is not submitted. Please note that the master judge deduction for unapproved props will be applied over and above this deduction.

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RULES & REGULATIONS

4. PERFORMANCE SELECTION PROCESS

- 4.12 All performers who have placed 1st in the Professional category in an IPSF endorsed national Artistic Aerial competition will automatically be invited to compete at the WAAC. Should the first placed performer not be able to compete at the WAAC for whatever reason, the runner up (2nd placed) performer will be invited in their place as a reserve. The IPSF reserves the right to implement additional qualification criteria, which will be announced ahead of the WAAC.

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IPSF Artistic Aerial Hoop Scoring and Rules 2022 - 2023: Page 19

IPSF Artistic Aerial Pole Scoring and Rules 2022 - 2023: Page 19

11. COSTUME

11.12

- Sports Trainers/sneakers must be worn with tracksuits. Bare feet and socks are also permissible. No other shoes are permitted, included platform trainers/sneakers.

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IPSF Artistic Aerial Hoop Scoring and Rules 2022 - 2023: Page 22

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12. PROPS

12.3. Should humans be used as props, the performer must submit in the Theme / Technical Sheets the extent to which they will use the human prop, and how it adds to the story they are telling. Not more than 3 persons in addition to the performer shall be used as a 'prop.' Human props are not allowed to touch the Hoop during the performance. Human props can assist the performer(s) without Hoop contact or lifting the performer(s) and the assistance time is limited to 45 seconds without penalty (see Mater Judge penalties). Assistance time is defined as any time at least one human prop is moving on stage, whether that movement is with direct interaction with the performer(s) or not. The Master Judge reserves the right to disallow human props if the human prop(s) does not actively contribute to the story. Human props must be at least 10 years old on the first day of the WAAC of the given year.

12.8.1 The only aerial apparatus permitted on stage is the one being competed on. No other aerial apparatus are permitted. An aerial apparatus is defined as any piece of equipment that allows a performer to suspend themselves in the air in some way. Examples of aerial apparatuses that may not be used as a prop include (but are not necessarily limited to):

- "Fabpole"
- "Lollipop Pole"
- "Loops" or "Circus loops"
- Hammock or silks, etc.
- Mouthpiece or "Iron Jaw"
- Any form of hanging apparatus (e.g. hair hanging)

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IPSF Artistic Aerial Pole Scoring and Rules 2022 - 2023: Page 23

19. DISQUALIFICATION

19.9 Touching the rigging or truss system while competing. This includes touching the backdrop on the stage at any time during the routine, the side banners/drops and the skirting around the stage (the stage demarcation).

19.20 Any depiction of violence will lead to disqualification. This includes (but is not limited to) violence being reflected in the music, choreography or costume.

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IPSF Artistic Aerial Hoop Scoring and Rules 2022 - 2023: Page 25

IPSF Artistic Aerial Pole Scoring and Rules 2022 - 2023: Page 25

22. RIGHTS AND RESPONSIBILITIES OF THE PERFORMERS

22.12 Ultimately it is the responsibility of the athlete/performer to ensure all rules and regulations are followed. Should there be a rule that is violated but is not picked up during the Head Judge/Master Judge checking process, the athlete/performer can still face a deduction for this rule violation at the competition.

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IPSF Aerial Hoop Sports Code of Points 2021 – 2023: Page 117

IPSF Aerial Pole Sports Code of Points 2021 – 2023: Page 70

25. COACHES

- 25.1 In order to be an IPSF-registered coach, the coach must have completed at least a Code of Points course specific to the apparatus and current year they are coaching on/in (i.e. if coaching Aerial Hoop, the coach must complete the Aerial Hoop Code of Points within the competition year), as well as an Anatomy qualification (which includes warm up and cool down, and has an exam incorporated in the course - this can be either a university course or the IPSF Anatomy, Physiology and Biomechanics course). A coaching course is also highly recommended. The coach should then submit these qualifications to the IPSF and will be required to pay a registration fee. This fee is applicable per year.
- 25.2 All coaches that sign the athletes' compulsory, technical bonus forms and artistic theme sheets must be IPSF-registered coaches. Only the IPSF-recognised coach who signs the forms will be considered the athlete's coach, and thus only this coach will be afforded the privileges that accompany the title. Coaches are only permitted to sign forms in the disciplines in which they have qualified as an IPSF-registered coach (i.e. if a coach is registered as an Aerial Hoop coach, they are not permitted to sign the forms for a Pole or Aerial Pole competition).

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IPSF Artistic Aerial Hoop Scoring and Rules 2022 - 2023: Page 27

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GROUP ROUTINES

Federations will be invited to submit one group performance per Artistic apparatus. Federations will decide whether this competitive spot will be competed for, or whether it will be a selection of a group routine to represent them at WPAC 2023. This will be treated as a showcase competition at WPAC 2023. A group can be made up of 3 – 6 performers, regardless of age and gender. All other Artistic rules apply.

AERIAL HOOP DISCIPLINES

RULES & REGULATIONS

14 / 16. AERIAL HOOP

- 14.5 / 16.5 The height options provided by the organiser will be 140cm, 170cm and 200cm, as measured from the floor. The athlete/performer is required to provide the height and hoop size required in their competition application (and in the theme sheet for artistic performers). In the organised rehearsal, the performer will confirm the height for the performance. The hoop must be at a minimum height of chin level of the performer.

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ULTRA POLE

7.7. Qualification for the Worlds Ultra Pole Championships

- All challengers who have placed 1st in their Ultra Pole battle in an IPSF endorsed national Ultra Pole competition will automatically be invited to compete at the WUPC. Should the first placed challenger not be able to compete at the WUPC for whatever reason, the runner up (2nd placed) performer will be invited in their place as a reserve. The IPSF reserves the right to implement additional qualification criteria, which will be announced ahead of the WUPC.
- In the case of 2 challengers from the same country competing and placing first in 2 different Open competitions, the IPSF maintains the right to apply additional video qualification criteria.

IPSF Ultra Pole Scoring and Rules 2021 - 2024: Page 8

WORLD POLE AND AERIAL SPORTS AND ARTISTIC CHAMPIONSHIPS

NAMING CONVENTION FOR FORMS

Please note that new forms have been created for the World Pole and Aerial Championships. These include Compulsory forms, Technical bonus forms and Artistic Theme sheets, and will be supplied to the athletes and performers when they qualify.

Please note that the naming convention for forms submitted for the World Pole and Aerial Championships is different to the naming convention used at nationals:

Compulsory forms: First name_Last name_Compulsory form_Country_Discipline_Category

Technical Bonus forms: First name_Last name_Technical Bonus form_Country_Discipline_Category

Artistic Theme Sheets: First name_Last name_Artistic Theme sheets_Country_Discipline_Category

SPECIAL NEEDS CATEGORIES

The IPSF will be introducing Special Needs categories to Pole Sports at the World Pole and Aerial Championships in 2023. Further information will be provided in a separate Addendum.