



POSA – CODE OF POINTS QUICK TIPS

QUICK REFERENCE FOR HOW TO BUILD AN POSA ROUTINE

- 1) Your routine must contain ten (10) difficulty element moves.
- 2) You must cover all five (5) groups of elements by choosing at least one (1) difficulty move from each group.
- 3) The remaining five (5) difficulty moves can be chosen from any group of elements.
- 4) Athletes can earn one (1) bonus point if two (2) difficulty moves are performed consecutively (with a direct transition in between). **THESE MOVES MUST BE FROM TWO (2) DIFFERENT GROUPS TO EARN THE BONUS POINT.** For example: one (1) move from Group A and one (1) move from Group B. One (1) bonus point will be earned for each properly executed combination.
- 5) The five (5) Element Groups are: Group A (Flexibility), Group B (Strength), Group C (Static Spins), Group D (Dynamic) and Group E (Spin on Spin).
- 6) Doubles must perform five (5) moves (one from each element group) in synchronicity. They also must perform a minimum of three (3) lifts on the pole and one (1) lift on the floor. A one (1) point deduction will be applied as a result of a missed required lift.
- 7) To enrich artistic content, athletes are encouraged to perform a dance sequence on the floor and one (1) acrobatic move on the floor without any contact with the poles from the moves listed in the Code (page 66). Neither the dance sequence on the floor nor the floor acrobatic move is mandatory. Remember only **ONE (1)** acrobatic move on the floor is allowed. A second floor acrobatic move will result in a three (3) point deduction from the Head Judge. If doubles partners elect to include the dance sequence on the floor and the acrobatic move on the floor, the sequences must be performed in synchronicity. Athletes will not be penalized if they elect not to perform the dance sequence or acrobatic move on the floor. **There is no time limit for the sequence!**
- 8) Be cautious and prudent when selecting difficulty moves! For example: if only one (1) element from Group B is selected to be performed and an athlete fails to execute the move according to the minimum requirements, zero (0) points will be awarded for the move. In addition, because the failed move was the only one selected from Group B, the athlete will receive a two (2) point deduction for missing an element from Group B. When selecting moves, make certain to select moves that can be executed according to the minimum standards, especially if the move is the sole move selected from an element group!
- 9) **Categories and Length Requirements for Competitive Division (Senior):**
 - Junior Varsity (6-9), music length: 3:20 min. 3:30 max*
 - Junior A (10-14), music length: 3:20 min. 3:30 max
 - Junior B (15-17), music length: 3:20 min. 3:30 max
 - Senior (18-49), music length: 3:50 min. 4:00 max
 - Master 50+, music length: 3:50 min. 4:00 max
 - Master 40+, music length: 3:50 min. 4:00 max
 - Doubles, music length: 3:50 min. 4:00 max
 - Doubles Junior B, music length: 3:20 min. 3:30 max

*This category is only in Regional and National competitions

Difficulty Move Selection Guide (does not include selection criteria for amateur divisions):

Junior Varsity: from 0.1 to 0.6 *

Junior A: from 0.1 to 0.7 (athlete may declare ONE element with a value higher than 0.7)

Junior B: from 0.2 to 0.9 (athlete may declare ONE element with a value higher than 0.9)

Senior: from 0.3 to 1.0

Master 50+: from 0.2 to 1.0 (20° of tolerance for every strength and flexibility move)

Doubles: from 0.3 to 1.0

Doubles Junior B: from 0.2 to 0.9

*This category is only in Regionals and Nationals competitions

10) Categories and Length Requirements for Amateur Division:

Junior Varsity (6-9)

Junior A (10-14)

Junior B (15-17)

Senior (18-49)

Master 50+/40+

Doubles

Music length: 3.20 min. 3.30 max

Difficulty Move Selection Guide for Amateur Division:

Junior Varsity amateur: from 0.1 to 0.3 (athlete may declare ONE element with a value higher than 0.3)

Junior A amateur: from 0.1 to 0.4 (athlete may declare ONE element with a value higher than 0.4)

Junior B amateur: from 0.1 to 0.5 (athlete may declare ONE element with a value higher than 0.5)

Senior amateur: from 0.1 to 0.5 (athlete may declare ONE element with a value higher than 0.5)

Master +50: from 0.1 to 0.4 (athlete may declare ONE element with a value higher than 0.4)

Doubles amateur: from 0.1 to 0.5 (athletes may declare ONE element with a value higher than 0.5)

Reminder: Any style of music adapted for Pole Sport can be used. Music with lyrics is allowed in any national and international POSA competition.