

Addendum for Newcomers Division 2025 (South Africa)

INTRODUCTION

The Newcomer division applies ONLY to the Sport category and doesn't apply to the Pole Art or Aerial Art category.

These regulations are based on the Pole Sport Code of Points 2025 and the Aerial Sport Code of Points 2025, and full reference must be made to these documents for all aspects concerning the preparation of competition routines. Any changes, exceptions, and exemptions to the Pole Sport Code of Points 2025 and the Aerial Sport Code of Points 2025 that apply to the newcomer division are specified in this document.

The organizers reserve the right to carry out the appropriate checks and change the athlete's division if they are in the incorrect division.

COMPETITION CATEGORIES FOR NEWCOMER DIVISION

These categories are valid for Pole & Aerial Sport disciplines.

- Pole Sport
- Aerial Hoop Sport
- Silks Sport
- Hammock Sport

Age Category

Varsity (mixed)

Junior A (women, men, doubles)

Junior B (women, men, doubles)

Senior (women, men, doubles)

Masters +40 (women, men, doubles)

Masters +50 (women, men, doubles)

Years

6-9 years old

10-14 years old

15-17 years old

Over 18 years old

Over 40 years old

Over 50 years old

ROUTINE COMPOSITION

Difficulty elements for Newcomers must be chosen from Section 14 in the Pole Sport Code of Points 2025 and Aerial Sport Code of Points 2025 with elements ranging from 0.1 – 0.3.

Newcomer athletes must declare a total of **FOUR** elements.

Varsity athletes may declare elements from groups A, B, C, E.

Junior A, Junior B, Senior, Masters +40, and Masters +50 athletes may declare elements from groups A, B, C, D, E up to 4 groups.

The Risk Factor Bonus (CBRF) will not be implemented for newcomers.

Two or more elements belonging to the same group may not be declared and will receive a 2-point deduction each time from the Head Judge.

MUSIC

The length of the music must be between 2.20 – 3 minutes.

FLEXIBILITY ADJUSTMENT

Elements from the A group (flexibility) that currently require a minimum opening of 160 degrees will be adjusted to a minimum opening of 100 degrees. Elements with a minimum opening of 180 degrees will remain unchanged.

FREE-BODY ACROBATIC ELEMENT

The acrobatic element is not compulsory. Only 1 acrobatic move may be performed. Acrobatic moves for the newcomer division are allowed from 0.5 – 3.0

LIFTS (doubles)

Lifts are compulsory for the double categories. Four (4) lifts must be performed with at least one performed on the ground.

USE OF THE MATS AND THE PRESENCE OF THE COACH

POLE

Mats may be used for the Varsity, Junior A and Junior B categories. The presence of the coach for Varsity athletes on the competition stage is mandatory. The coach must be positioned at the back of the stage and approach the athlete in case of risky movements.

AERIAL

For Aerial Sports - mats are mandatory for all categories. Under no circumstances may an athlete perform the competition routine without the presence of a mat.

Mats may be used for the Varsity, Junior A, and Junior B categories. The presence of a coach for Varsity athletes on the competition stage is mandatory. The coach must remain at the back of the stage and approach the athlete only in case of risky movements

No verbal interaction or instruction is allowed during the execution of the competition routine, except in case of an accident.

POLE - AND STAGE SPACING

Athletes should use the entire stage and at least 50% of each pole. The routine should include a balanced combination of floor and pole sections.

A minimum of 20 seconds on the floor (no contact with the apparatus) is mandatory for the Aerial Sport categories.

For doubles, at least one of the athletes must use a minimum of 50% of the pole.

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