

Addendum for Newcomers Division 2026 (South Africa)

INTRODUCTION

The Newcomer division applies ONLY to the Sport category and does not apply to the Pole Art or Aerial Art categories.

These regulations are based on the POSA Pole Sport Code of Points 2026 and the POSA Aerial Sport Code of Points 2026. Full reference must be made to these documents for all aspects concerning the preparation of competition routines. Any changes, exceptions, and exemptions to the Code of Points that apply to the Newcomer division are specified in this addendum.

In case of any discrepancy, the official POSA Code of Points 2026 will take precedence.

The organisers reserve the right to verify athlete eligibility and reassign an athlete to the appropriate division if necessary.

Athletes who have previously competed in the Amateur or Competitive divisions at national or international level may not enter the Newcomer division.

The Newcomer division is restricted to national competitions and does not qualify for international competitions.

The Newcomer division may be entered a maximum of two times per athlete.

COMPETITION CATEGORIES FOR NEWCOMER DIVISION

These categories apply to both Pole Sport and Aerial Sport disciplines:

- Pole Sport
- 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

Newcomer athletes must declare five (5) difficulty elements selected from the Pole Sport Code of Points 2026 or the Aerial Sport Code of Points 2026, with a value between 0.1 and 0.3.

Junior A, Junior B, Senior, Masters 40+, and Masters 50+ athletes must declare one element from each element group (A, B, C, D, E) on their difficulty sheet. Only one element may be declared from each group. Declaring a second element from the same group (a repeated group) will result in a 2-point deduction for that element.

Varsity athletes must declare elements only from Groups A, B, C, and E. Dynamic elements (Group D) are not permitted. To complete the five required elements, Varsity athletes must repeat one permitted group (A, B, C, or E).

Maximum difficulty: For the Newcomer Division, all athletes must perform elements with a difficulty value of 0.3 or less. Performing any element above this value, whether declared or not, will result in a 5-point deduction per occurrence, applied by the Head Judge.

MUSIC

The routine length must be between 2 minutes 20 seconds and 3 minutes.

FLEXIBILITY ADJUSTMENT

For the Newcomer division, flexibility elements from Group A that require a minimum opening of 160° in the Code of Points will be accepted with a minimum opening of 100°. Elements that require a minimum opening of 180° remain unchanged.

ACROBATIC ELEMENT

Acrobatic moves for the Newcomer division may range in value from 0.5–3.0 and must be selected from the acrobatic element table in the Code of Points. Acrobatic movement is not mandatory. Only one acrobatic element is allowed during the routine! Additional acrobatic elements will receive 3.0 points deduction (each time) from the Head Judge.

USE OF THE MATS AND THE PRESENCE OF THE COACH

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 may approach the athlete only in case of risky movements.

During the execution of the competition routine, no verbal, non-verbal, or physical interaction from the coach is allowed, except in the case of an accident.

POLE

Mats are permitted in the Varsity, Junior A, and Junior B categories and will be provided by the organiser. Athletes wishing to use a mat must notify the organiser no later than the closing date for music submissions. The mat provided will be a circular pole mat with a diameter of 120 cm and a thickness of 10 cm.

AERIAL

Mats are mandatory for all categories and will be provided by the organiser. Under no circumstances may an athlete perform the routine without a mat.

APPARATUS USAGE AND STAGE SPACING

The routine should include a balanced combination of floor and apparatus sections.

POLE:

Athletes must use at least 50% of each pole during their routine. For doubles, it is only required that one of the athletes meets this minimum.

HOOP:

Athletes must demonstrate use of all levels of the apparatus — top, middle, and bottom positions.

SILKS / HAMMOCK:

Athletes must use at least 50% of the apparatus during their routine.

For Aerial Sport disciplines, a minimum of 20 seconds on the floor without contact with the apparatus is required.

DIFFICULTY SHEETS

No handwritten forms will be accepted.

Pole: The Excel difficulty sheet must be used and converted to PDF when submitting.

Aerial: The Word difficulty sheet must be used and converted to PDF when submitting.

These can be downloaded off the POSA or ASSA website.