

# GENERAL RULES AND REGULATIONS

These apply to all the rules and regulations governing the participation in Canadian Pole Fitness Association (CPFA) sanctioned Regional and National Level Pole Fitness Competitions. These rules and regulations are subject to change. Please check with the CPFA Board and your Competition Host for any changes prior to your competition.

## REGULATIONS GOVERNING COMPETITION APPLICANTS

- An applicant may apply for more than one division but must do so under only ONE regional Competition.
- Applicant must be a Canadian Citizen or Permanent Resident and must apply to compete in the province in which you currently reside. If the province in which you reside does not host its own Regional Competition, you may submit to the competition hosted in the province next closest to the one in which you reside.
- Applicant must submit an application through the CPFA website including all the criteria listed.
- There are no refunds for application fees – no exceptions.
- **RULES AND REGULATIONS:** Competitor will comply with the rules and regulations of the CPFA at all times. All rules and conditions apply at time of application regardless of closing date or acceptance.
- **EARLY WITHDRAW:** Medical note required (mandatory). \$300 fine without medical note. Inability to compete in future CPFA sanctioned events if fine not paid.

## REGULATIONS GOVERNING ACCEPTED COMPETITORS

- **CONDUCT:** Competitor will conduct themselves professionally, respectfully, and with good sportsmanship at all times prior to, during, and following all CPFA sanctioned competitions. Competitor will respect all other competitors at all times.
- **RULES AND REGULATIONS:** Competitor will comply with the rules and regulations of the CPFA at all times. All rules and conditions apply at time of application regardless of closing date or acceptance
- **MANDATORY MEETING ATTENDANCE:** Competitor will attend the mandatory meeting the day of the competition, or potentially forfeit their right to compete.
- **SIGNATURES REQUIRED:** Competitor will sign a release form, waiver, as well a copy of the rules and regulations.
- **MEDIA COMMITMENTS:** If needed, competitor will appear on television, radio, film or print media for the publicity and promotion of the competition.
- **BRANDING APPROVAL REQUIRED:** Competitor is asked to respect competition sponsors by not wearing any logos other than those of the approved sponsors while on stage.

- **‘CLEAN’ COMPETITION RULES:** Competitor will not consume any alcohol or illegal drugs prior to or during the competition.
- **MUSIC:** Competitor may choose their own music for the competition which should be a maximum of 5 min (no minimum). Doubles max of 7 min. Music must be free of profanity or suggestive lyrics.
- **EARLY WITHDRAW:** Medical note required (mandatory). \$300 fine without medical note. Inability to compete in future CPFA sanctioned events if fine not paid.
- **PROFESSIONAL APPEARANCE:** Competitor agrees to look, dress, and act professionally.
- **GRIP AIDS:** iTac or similar types of grips are banned from CPFA competitions. Dry Hands or similar grips are allowed. Grip will not be placed on poles for competitors. It can only be on the competitor’s body.
- **CONFLICT OF INTEREST:** Competitors may not communicate on competition day nor share accommodations with member of the judging panel before or during the competition.

### **TECHNICAL DIFFICULTIES IN MUSIC PLAY DURING ROUTINE**

\* When a competitor’s music doesn’t play fully or skips due to DJ error, a competitor may:

1. Finish their routine without music (possibly affecting musicality marks)
2. Ask the music to be cued again and start routine from the beginning right away
3. Let the next competitor go, then re-run routine from the beginning
4. Wait until the end of the line up in their division and re-run routine from the beginning

\* In all cases except #1, judges are required to disregard ALL previous scores and score the competitor from the beginning of their second run as if they first run never happened.

### **UNCONTROLLED FALLS AND INJURIES**

\*For falls greater than 6 Feet:

- No matter how the competitor landed (head, feet, or back) the competitor is immediately attended to by a qualified first aid attendant and their routine is not evaluated or considered for placement.
- Due to the unsafe nature of falls greater than 6 feet, the competitor is in essence disqualified from the competition.

\*For falls under 6 feet landing on the head or neck:

- The competitor is immediately attended to by a qualified first aid attendant and their routine is not evaluated or considered for placement.
- Due to the unsafe nature of falls with impact on the head and or neck, the competitor is in essence disqualified from the competition.

\* For falls under 6 feet, landing solely on the back or any other body part other than the head or neck:

- If the competitor can recover and chooses to continue their routine without stopping, they are allowed to as long as they do not appear to be physically harmed or limited by injury, if they cannot continue, they forfeit their spot in the competition.
- It is NOT an option to allow the competitor to stop their routine and start over, if capable, they must continue without stopping the music

\* Visible bleeding:

- If a competitor is bleeding but the blood does not transfer to the pole or floor causing the surface(s) to be unsafe, the competitor can continue
- If a competitor is bleeding and the blood is creating dangerous situations to their grip or movement, the judges will ask the competitor to stop and the scores will stand for the competitor ONLY to the point at which they were asked to stop. The competitor WILL NOT be allowed to re-attempt their routine.

### **DISQUALIFICATION DURING THE COMPETITION**

These items in addition to the ones listed in previous sections can lead to disqualification during the competition:

- Acts of masturbation or other indecent behavior is prohibited.
- It is forbidden to perform the show nude or partially nude even it is accidental. The coverage of your costume is clearly outlined in the section labeled “Costume Regulations” and all attempts must be made by the competitor to adhere to proper bodily coverage during their performance.
- A competitor may not converse with the audience or judges at any time during their performance.
- The Art of Pole Fitness is the focus of all CPFA sanctioned competitions. As such a routine should be focused on fitness and artistic presentation, not on overt sexuality or suggestive seduction. Sexual suggestions are defined as movements that are explicitly erotic or seductive in nature. Pelvic grinding whether on the floor or on the pole is not acceptable. Circular movements of the hips and shoulders along with body waves when used as tasteful, classy accents to a routine ARE acceptable.
- Touching, spanking or caressing/grabbing the breasts, buttocks or crotch area is not allowed.
- If the organizers feel you are intoxicated or unsafe to perform due to ingestion of drugs or alcohol, you will be immediately disqualified.
- Music may contain NO profanity or overtly suggestive lyrics. It is the responsibility of the competitor to review the entire song and make sure it complies to this rule. Any song that is found to contain profanity or suggestive lyrics on stage at the competition will automatically disqualify the competitor.

- All competitors must conduct themselves in a sportsmanlike manner showing grace and courtesy to event organizers, CPFA board members, fellow competitors, and event/staff/volunteers.

### **DISQUALIFICATION AND FINES**

- There will be a fine of \$250 plus disqualification if you are found to be sandbagging (choosing a division that you know you are a higher level than, in order to win a title).
- There is a \$300 fine for withdrawing from any CPFA competition without a doctor's note citing medical reasons. This is applicable from time of application.
- Costume malfunctions are also grounds for disqualification.

### **COSTUMING REGULATIONS**

#### **COSTUME TOPS**

- Tops must not show excessive cleavage.
- At the sternum, it is recommended that there be at least 2 inches minimum coverage from the bottom of the costume to the top (this refers directly to the section at the center of the chest).
- Costume top should not show any side breast exposure.
- Any accidental or intentional exposure of the nipple or areola can result in immediate disqualification.

#### **EXOTIC POLE COSTUME TOPS**

- No pasties. Breasts must be covered 3/4 and no accidental wardrobe malfunction.

#### **COSTUME BOTTOMS**

- An appropriate costume bottom should provide 2/3 coverage of the gluteus.
- The "type" or "brand" of bottom/short is not the determining factor for its acceptance as an appropriate costume bottom, the amount of coverage it provides IS.
- If a right angle is drawn from the gluteal cleft vertically (marked at 0 degrees) and the gluteal fold horizontally (marked as 90 degrees), the angle of coverage provided by the shorts may be NO LESS than 60 degrees.
- A one inch inseam is required, unless the costume fully covers the gluteal fold.
- If there is any intentional or accidental exposure of the genitalia or gluteal cleft, it can result in immediate disqualification.

#### **EXOTIC DANCE COSTUME BOTTOMS**

- You may wear Brazilian cut (i.e.: Bad Kitty Brazilian), but thongs or G-strings are NOT allowed.
- No accidental wardrobe malfunctions.

## **COSTUME REMOVAL**

- Costume is defined by any part of fabric, adornment, or accessory that begins on the body at the onset of your routine.
- The only items that may be removed from your costume are those items that are above the collarbone (sunglasses, hats, capes, scarves, etc.) and below the knees (socks, leg warmers, ankle bracelets, etc.) **With these EXCEPTIONS:** **\*\*Pole Art:** any type of clothing can be removed as long as what is underneath still follows guidelines for other divisions. **\*\*Exotic Pole:** may remove clothing as long as what is underneath follows regulations for Exotic Pole costuming.
- Shoes are not allowed at any time, nor are they allowed to be removed prior to starting or at any time during the routine. **\*\* With the EXCEPTION of Pole Art and Exotic Pole**
- If any item unintentionally falls off your costume, it is NOT considered “removed” and will NOT be considered for disqualification.

## **PROP REGULATIONS – ALL DIVISIONS**

- \* Props are allowed if they are a compliment to your theme or character.
- \* Props that are considered their own performance art (hula hooping, poi, nun-chucks, etc.) are NOT allowed.
- \* A prop must be carried on and off stage by the COMPETITOR and must take no longer than 30 seconds to place and remove.
- \* If your prop is separate from your costume, the competitor may pick it up and set it down as many times as they wish throughout their performance.
- \* A competitor is not allowed at any time for any reason to throw/distribute in any fashion glitter, feathers, leaves or any other small objects as they pose a safety risk (quality grip/slipping) not only to the competitor using it, but also the competitors to follow.

## **PRE-APPROVAL**

- \* **PROPS MUST BE PRE-APPROVED (with the exception of Pole Art – but they must follow regulation)**
- \* If a prop is to be used in a competition routine, a video must be submitted no later than 3 weeks prior to the competition.
- \* A video no longer than 30 seconds must be made describing how the prop will be used with a short demonstration of its use.
- \* Once received and reviewed, the competitor will receive confirmation via email that the prop is approved or that it will need to be changed/replaced and a new deadline will be sent.

\* Upon approval, the information will also be sent to the competition host. At this time the prop cannot defer from its original use or purpose or the competitor can be subject to disqualification.

EMAIL PROP DEMONSTRATION VIDEOS TO: [props@canadianpolefitnessassociation.com](mailto:props@canadianpolefitnessassociation.com)

## **MOVE CAPS**

### **ENTRY LEVEL DIVISION**

Entry Level Division Competitors are allowed to invert.

#### **ALLOWED:**

- Basic Side Mount Inversions from the floor
- Wrist Seat
- Inside/Outside Leg Hangs
- Basic Climbs
- Superman (not from Aerial)
- Basic butterfly (not extended)

#### **NOT ALLOWED:**

- Aerial Inversions (from floor only)
- Shoulder Mounts
- Cupid
- Genie
- Hip Holds
- Jade Splits and Variations
- Allegra or Variation
- Handstands, Handsprings
- Or any other moves that mimic the strength/flexibility of said moves above.

\*If you can do any of the restricted moves, you should be applying for a higher division.

Competitor can climb, spin or sit on the pole. If the feet are off the floor, from a climb, competitor must keep the head above the hips at all times, the only aerial skills allowed are pole sits (pole between the legs with one or both hands connected and head above or in line with hips and supine, or in an armpit hold (feet can be free of pole, head must remain above hips). No other positions are allowed aerially on the pole. Judges will be looking for strong emphasis on creative use of the lower half of the pole, transitions, and floor work.

### **AMATEUR DIVISION**

#### **HANDSPRINGS/HANDSTANDS**

#### ALLOWED:

- Descending into it is okay as long as you are already inverted. For all leg positions hips must be above the shoulders.
- Straddle/Front split positions are fine as long as hips are above shoulders.

#### NOT ALLOWED:

- Aerial Deadlifts from the pole (cannot start with hips below the shoulders)
- Lever positions.
- Iron X positions.
- Deadlifting from any position, even starting from the floor. This is not allowed, no Phoenix.

#### **ELBOW GRIPS**

\*Same guidelines as Handsprings/handstands.

#### **SHOULDER MOUNTS**

##### ALLOWED:

- Aerial Shoulder Mounts to the pole are allowed as long as they are not held in a lever position at any point.
- Deadlift Shoulder Mounts from the floor or pole are allowed.

##### NOT ALLOWED:

- No level positions, hips must stay above shoulders in presentation.

#### **EXTREME FLEXIBILITY MOVES**

##### ALLOWED:

- Front Split presentation positions are allowed, but disallowed if front leg is in an extreme over spilt, such as being pulled behind the head or shoulder.

##### NOT ALLOWED:

- Russian Splits.
- Rainbow Marchenko.
- Cocoon from leg hand positions.
- Spatchcock
- Moves where leg is brought fully behind the back/head in an extended position.
- Front split presentations, if front leg is in an extreme over spilt, such as being pulled behind the head or shoulder.

## **FLIPS/TUMBLES**

### **ALLOWED:**

- Tumbles/Cartwheels are allowed as long as one body part is connected to the pole throughout the maneuver.
- Superman Tumble to leg hang is allowed.

### **NOT ALLOWED:**

- Gymnastics Flips where body disconnects fully from the pole at any time.
- Fonji/Rev Fonji.
- Chinese Pirouettes.
- Front Flips.

## **POLE DROPS**

### **ALLOWED:**

- Drops where head begins above hips and remains so, are allowed as long as it comes to a complete stop before the floor.
- Drops where head is level with the hips (i.e. jade) and remain so, are allowed as long as it comes to a complete stop before the floor.
- Any drop where body contact remains on the pole is allowed.

## **SEMI PRO/PRO/DOUBLES/MEN'S/MASTERS/POLE ART**

There are no Move Caps for Semi Pro, Pro, Doubles, Men's, Masters & Pole Art.

## **AERIAL HOOP L1**

- No consecutive rolls
- No release skills (drops)
- No lever style skills (planche, side lever/planche, meathook)
- No heel hang
- No neck hang
- Leg assisted pullover results in no demerits

## **AERIAL HOOP L2**

- No neck hangs



## **CPFA RESERVES THE RIGHT TO THE FOLLOWING**

- Alter the rules at any time.
- Disqualify any athlete in any CPFA sanctioned provincial or national event who is in breach of the rules, terms or code of ethics.
- Disqualify any judge who is in breach of the rules, terms or code of ethics.
- To audit, for any reason, any judging, performance, or score card for any competitor or division in any CPFA sanctioned event.
- To make real-time decisions on any events/occurrences brought to light which are not already addressed in the rules, regulations, and code of ethics prior to, during or after any CPFA sanctioned event.

## **RULES AND REGULATIONS SURROUNDING COMPETITORS AND CPFA CHAMPIONS**

### **The Canadian Pole Fitness Championship – Regional Competitions**

- The “Canadian Pole Fitness Champion – (applicable regional designation)” title is officially valid for one year.
- The CPFA reserves the right to retract the title if the winner causes any damages to the organization or its representatives.
- In the case of retraction, the 1st runner up becomes the new Canadian Pole Fitness Champion- (applicable regional designation) 2018 and will represent the CPFA as such in any following opportunities.
- The Champion may compete each year to defend their title or in tiered divisions, choose to move up a level (not across or down)
- The Champion shall not at any time thereafter commercially exploit the title in any way whatsoever.
- The Champion shall conduct themselves with decorum during their reign and shall NOT commit any immoral, illegal or acts of behavior which, in the sole opinion of the CPFA could bring disrepute, ridicule, or contempt to the image or reputation of the CPFA and the competition it represents.
- The Champion cannot represent two countries at the same time. As the Canadian Pole Fitness Champion, you may compete in any world competition representing Canada only.
- As the winner of the Canadian Pole Fitness Championships, you are not obligated to compete in a World competition and can do so at your own will. We do not endorse any specific World competition.

### **COMPETITORS AND COMPETITION:**

- All finalists must be available for a photo shoot immediately following the announcement of the official winners.
- The CPFA expects the prize winners to cooperate with the promotion of the Canadian Pole Fitness Championships event and activities.

- Dressing rooms and backstage areas provided at CPFA sanctioned competitions are off limits to family members or friends of the candidates. Makeup artists, organizers, therapists and press are the only individuals permitted access.
- By participating as a competitor in any CPFA sanctioned competition, you are automatically agreeing that you have read the contents of all the rules and regulations and you are in agreement to all items listed.
- For delegates and the winners of the Canadian Pole Fitness Championships, violation of the terms and conditions of this document will result in disqualification and removal of any given title/placement.
- For delegates and winners of the Canadian Pole Fitness Championships, determination by the CPFA that any of the representations made in your Application Forms, this agreement, and/or any other information you supplied in connection with the event prove to be false and/or inaccurate will result in disqualification and removal of any given titles/placement.

By signing this final page you acknowledge that you have read and understood all of the rules applying to the 2019 CPFC regional and national competitions that were outlined in this full document.

Competitor Name: \_\_\_\_\_

Competitor Signature: \_\_\_\_\_

Date Signed: \_\_\_\_\_

Witness Name: \_\_\_\_\_

Witness Signature: \_\_\_\_\_

Date Signed: \_\_\_\_\_