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Section	Sub-section	Change Type	Detail
Introduction	Categories	Added	All categories listed. Please see Addendum 3 for all rules and requirements that are applicable to Para Pole athletes over and above the rules.
Introduction	Head Judge deductions	Added	These penalties may be given before, during or after an athlete's performance, and may even be deducted after the completion of the competition if deemed necessary, which may affect the final ranking.
Technical Bonus	Combining spins with other spins in synchronicity: SP/SYN	Edited	Either of these must include a change in body position
Technical Bonus	Dynamic combinations on spinning or static pole: DC	Added	Refer to definition of dynamic movement
Technical Bonus	Dynamic combinations on spinning or static pole: DC	Edited	Only the first four half-fonjis (so 2 full fonjis) will be awarded
Technical Bonus	Combining spins with other spins in synchronicity: SP/SYN	Edited	Either of these must include a change in body position
Technical Bonus	Climbs	Edited	A minimum of 2 repeated movements are required to be recognised as a climb.
Technical Bonus	Overall Bonus Points	Changed	Pole Based Floor Partner elements changed to Balance elements (Max +2.0)
Technical Bonus	Doubles overall Bonus Points - Additional Bonus Points	Edited	This bonus is determined based on all movements that involve athletes catching and flying.
Technical Bonus	Deductions	Added	DEDUCTIONS: The athlete may receive a deduction for the form being filled in incorrectly. This is a once-off deduction. This includes but is not limited to: <ul style="list-style-type: none"> • Indicating more than the allotted technical bonuses. • Not signing the form • The form being signed by anyone other than an IPSF recognised coach (or parent/guardian in the case of Junior, Novice or Pre-Novice athletes) • Not filling in the top section of the form correctly.-1.0
Singulars deductions	Touching the rigging or truss system during	Moved from Artistic & Choreography	It is strictly prohibited to touch or use the rigging or truss system during the routine. This includes touching the

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	the routine	section	backdrop, any lighting that may be behind the stage area, or stepping out of bounds. Athletes must only have contact with the pole and floor. - 1.0
Singles/Doubles-Overall Deductions	Using less than the full height of the pole	Edited	Full height of the pole refers to using the pole from its base to no less than 10cm below the thread of the pole. Athletes intending to use the full height of the pole must ensure that they have contact with the pole or reaches with any part of the body up to this point (without contact with the pole).
Artistic and Choreography Presentation	Costume malfunction or distraction	Edited	The definition of a costume malfunction is when a part of the costume accidentally falls down, falls off, becomes revealing, or distracting to the athlete's performance (this does not refer to decorations coming loose during the performance for example diamantes, beads, sequins or feathers falling off the costumes
Artistic and Choreography Presentation	Drying hands on costume, body, pole or floor and/or adjusting hair or costume	Moved from Technical Deduction section	Drying or wiping hands on costume, body, pole or floor and/or wiping hair away from face or neck, pulling at or fixing costume. -1.0
Compulsory	Description	Added	All compulsory elements have to be performed aerially unless specified otherwise. The judges always judge according to the element code in the compulsory form (and not the name of the element) and only the first attempt of the element will be judged. A compulsory element will not count after the first attempt even if the element is executed correctly afterwards
Compulsory	Aerial Dead Lift	Added	Aerial Dead Lift (ADL) added to Elite and Professional divisions
Compulsory	Youth and Novice	Added	Athletes must select 9 elements: o three (3) synchronised partner elements to include: - one (1) synchronised parallel element - one (1) synchronised interlocking element - one (1) synchronised balance-based element o one (1) balance partner element o two (2) flying partner elements, athletes must choose: - one (1) one-partner contact flying element - one (1) both partner contact flying element o one (1) partner supported element o one (1) pole-based floor element o one (1) synchronised dead lift (DL)

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Compulsory	Category Breakdown	Edited and moved	Please note: athletes must not choose the same element twice, even if executed at different angles e.g. F7 (splits 160°)/F25 (splits 180°). The same applies to body tolerances e. g. FLR8 (20° tolerance) / FLR16 (no tolerance)
Compulsory	Category Breakdown	Edited	Amateur and all Para Pole athletes must choose compulsory elements with a technical value of between +0.1 and +0.5
Compulsory	Category Breakdown	Edited	Novice, Junior and Doubles (Junior, Novice and Youth):
Compulsory	Compulsory Point Requirements	Edited and moved	<p>COMPULSORY POINT REQUIREMENTS</p> <p>Please note: Compulsory point requirements do not include compulsory bonus points.</p> <p>Please note: Should compulsory point requirements not be adhered to, or should the maximum / minimum score be outside of the prescribed range, this will result in a -3 deduction being applied –please refer to the Compulsory Deductions.</p>
Compulsory Point Requirements	Elite Division	Edited	<p>Senior: must have a total value of from 7.7 to 11.0 points on their compulsory form</p> <p>Senior Doubles (Women/Women, Men/Men, Women/Men): must have a total value of from 7.7 to 11.0 points on their compulsory form</p> <p>Master: must have a total value of from 6.6 to 11.0 points on their compulsory form</p> <p>Junior: must have a total value of from 5.5 to 8.8 points on their compulsory form</p> <p>Doubles (Junior): must have a total value of from 5.5 to 8.8 points on their compulsory form</p> <p>Novice must have a total value of from 4.4 to 7.2 points their compulsory form</p> <p>Doubles (Novice, Youth): must have a total value of from 4.4 to 7.2 points their compulsory form</p>
Compulsory Point Requirements	Amateur/ Para Pole	Edited	Amateur (all categories including doubles and Para Pole) athletes must have a total value of from 1.1 to 4.5 points on their compulsory form.
Compulsory	Compulsory Point Requirements	Added	Table with points breakdown added

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Compulsory	Compulsory Deductions	Edited and Added	Failing to perform the element that is indicated by the element code (as opposed to the element name) will be seen as a missing element. -3.0 per element Wrong element name versus element code or technical value will be seen as filling in the compulsory form incorrectly. -1.0 once off. Filling in the compulsory form incorrectly prior to competition (see example forms at the end of the Code of Points – this includes filling in the top part of the form incorrectly, and not using the correct name of the element). -1.0 once off. The compulsory form not being signed by the athlete, and/or being signed by anyone other than an IPSF recognised coach (or parent/guardian in the case of Junior, novice and Pre-Novice athletes) -1.0 once off
Compulsory	Compulsory deductions		Failing to accurately show individual elements: The athlete should clearly indicate each element as an individual element – e.g. if performing a Phoenix Spin into a Handspring Straddle, the athlete must clearly perform the Phoenix Spin, and then show clear differentiation between the end of the Phoenix spin and the start of the Handspring Straddle. The athlete must demonstrate that these are 2 separate elements from the code, as opposed to just the continuation of the first element
Compulsory	Compulsory Bonus Points – Doubles	Edited	CBD2: Performing a single flying partner compulsory element with momentum on a spinning pole (Max 2.0 pts) This flying partner element must rotate a full 720° rotation to be awarded this bonus. +1.0
Compulsory	Compulsory Minimum Requirement Definitions	Edited and Added	Hand positions – thumbs up, thumbs down, cup grip
Compulsory	Compulsory Minimum Requirement Definitions	Edited and Added	Edited definitions
Compulsory	Compulsory Minimum Requirement Definition	Added and Edited	Added and edited leg positions
Head Judge Penalties	Head Judge Penalties	Added	Deduction for athletes not appearing for registration on registration day

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Compulsory elements	All elements	Added and Edited	Reviewed and updated technical values, added new elements, clarified minimum requirements, updated pictures where necessary
Deadlift	Criteria DL /ADL	Edited and Added	DL Letter a – for the lowest point of value DL Letter b –for the second point of value DL Letter C – for the third point of value AERIAL DEADLIFT (ADL) The body should be fixed and suspended away from the pole and the legs parallel to the pole before moving into the aerial dead lift When indicating the specific dead lift on the compulsory form by indicating a Dead-lift (DL) versus Aerial Dead- lift (ADL), the number of the lift, and the letter representing which dead lift has been chosen (a,b or c), for example ADL3c, DL8a.
Compulsory Doubles	All elements		Reviewed and updated technical values, added new elements, clarified minimum requirements, updated pictures where necessary
Compulsory	Elements combinations	Edited	Edited numbers
Compulsory Score Form		Edited	Only the official IPSF compulsory form is allowed to be submitted. A deduction of -1 will be made for the use of the incorrect form.
Compulsory Score Form		Added	Athlete(s):Insert the full name of the athlete in the case of singles, or the names of both the athletes in the case of doubles.
Compulsory Score Form		Added	Country/Region: Insert the country or region of the athlete's or athletes' origin. For International competitions, the athlete must only indicate their country. For National and Open competitions, the athlete must also indicate their region / province / county
Compulsory Score Form		Edited	Insert the category that the athlete(s) will be competing in from the following options: Pre-Novice, Novice Male, Novice Female, Junior Male, Junior Female, Novice Doubles, Junior Doubles, Youth Doubles, Senior Men, Senior Women, Master 40+ Men, Master 40+ Women, Master 50+ Men, Master 50+ Women, Doubles Women/Women, Doubles Men/Men, Doubles Men/Women.

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Compulsory Score Form		Edited	Element Code No: F63 + F31 + F55 Bonus elements must be written together, on the same line. An element line must be left blank when a bonus is included (see element nos. 10/11 on the singles compulsory form below). If three elements are combined for bonus, two lines must be left blank (see element nos. 6/7/8 on the singles compulsory form below).
Compulsory Score Form		Edited	Technical Value: *Doubles: the Technical Value of Code number SYN1, is to be taken from the chosen singles compulsory element e.g. SYN1/F48 = Technical Value of +0.7
Compulsory Score Form		Edited	Athlete(s) Signature: The form must be signed or the athlete(s) name(s) must be typed in.
Compulsory Score Form		Edited	A parent's or guardian's signature is required if the athlete does not have an IPSF-recognised coach.
Compulsory Score Form	Examples	Edited	Forms updated
Technical Bonus Form		Added	Only the official IPSF compulsory form is allowed to be submitted. A deduction of -1 will be made for the use of the incorrect form.
Technical Bonus Form		Added	Athlete(s): Insert the full name of the athlete in the case of singles, or the names of both the athletes in the case of doubles.
Technical Bonus Form		Added	Country/Region: Insert the country or region of the athlete's or athletes' origin. For International competitions, the athlete must only indicate their country. For National and Open competitions, the athlete must also indicate their region / province / county.
Technical Bonus Form		Edited	Insert the category that the athlete(s) will be competing in from the following options: Pre-Novice, Novice Male, Novice Female, Junior Male, Junior Female, Novice Doubles, Junior Doubles, Youth Doubles, Senior Men, Senior Women, Master 40+ Men, Master 40+ Women, Master 50+ Men, Master 50+ Women, Doubles Women/Women, Doubles Men/Men, Doubles Men/Women.
Technical Bonus Form		Edited	Athlete(s) Signature: The form must be signed or the athlete(s) name(s) must be typed in.
Technical Bonus Form		Edited	A parent's or guardian's signature is required if the athlete does not have an IPSF-recognised coach.
Technical Bonus Form	Examples	Edited	Forms updated Doubles form changed

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Glossary	Aerial Position	Added	Aerial position refers to the position where the athlete has contact with the pole only and no contact with the floor. In case of a doubles element, the partners can have contact with each other and the pole as well, but no contact with the floor.
Glossary	Description of the body	Added	Diagram indicating the regions of the body referred to in the minimum requirements. Please note that it serves as a reference guide only, and it is not intended to be 100% anatomically correct Diagram
Glossary	Dynamic Movement	Edited	A dynamic movement (pole or floor-based) is a fast movement that has force and where the body is in a powerful control of momentum - the athlete can not stop half way. The athlete must demonstrate a high level of control of centripetal force where at least one part of the body releases from the pole. Once the athlete is able to stop, the movement is over, e.g. drops, acrobatic catches, jump-outs, cartwheels, back flips etc
Glossary	Floor work	Edited	Floor work is defined as all movement performed on the floor with no contact with the pole
Glossary	Horizontal position	Added	The horizontal position is only applicable where stated in the minimum requirements. The elements will be valid if the executed angle/degree of the body varies no more than maximum 20° (degrees) to the parallel position.
Glossary	Interlocking position (Doubles)	Added	Interlocking position refers to the position where the same limb (at least one arm or one leg) of the partners is hooked around the pole and each other. Partners must be in contact with the pole and with each other.
Glossary	Inverted position	Added	Inverted position refers to the position where the hips are higher than the shoulders, and the shoulders are higher than or level with the head
Glossary	Parallel body position	Added	Parallel body position refers to the imaginary line through the middle of the whole body. This line must be at a 90 angle to the pole and parallel to the floor
Glossary	Starting position from the floor	Added	Starting position from the floor refers to the position where at least one foot or one hand is on the floor, and the athlete transitions into the element with a direct and continuous transition, without stopping. The athlete is to have no pole contact before the transition

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Glossary	Synchronised interlocking elements (Doubles SYN 2-4)	Edited	At least one part of the body must be interlocked, and athletes must perform mirror image elements.
Glossary	Transition	Edited	A direct transition is one that incorporates the least amount of movement and time from one element to another. It requires a smooth transition with no unnecessary movements.
Rules and Regulations	Division	Edited	Requirements for competing at Amateur and Professional level slightly ammended.
Rules and Regulations	Categories	Added	<p>All categories listed</p> <p>Youth Doubles is a mixed age category for athletes aged 10 – 17 – i.e. one junior and one novice athlete. These athletes follow the requirements of Novice Doubles.</p> <p>Senior Doubles are for athletes aged 18+ on the first day of the WPSC.</p> <p>Please see Addendum 3 for all rules and requirements that are applicable to Para Pole athletes.</p>
Rules and Regulations	Age	Edited	A junior athlete will be 17 years old for the regional and national competitions in his/her country but will be 18 years old by the first day of the WPSC - this athlete must compete in the Senior men/women category for both the regional and national competitions (regardless of whether or not they wish to compete at the WPSC).
Rules and Regulations	Athletes selection process	Edited	The athlete's position in the running order will be determined by a random draw. This will be recorded by the competition organiser. In the case of an athlete performing in multiple categories (e.g. Senior doubles and Senior women), the competition organiser reserves the right to place the athlete (i.e. not randomising their position in the running order) to take this into account.

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Rules and Regulations	Athletes selection process	Edited	Athletes who place 1st in the Elite category in an IPSF endorsed national competition will automatically qualify to compete at the WPSC. The 2nd placed athlete in the Elite category will qualify, provided that they meet the minimum score requirement as determined by the IPSF every year. The minimum point requirement as awarded at the qualifying National/Open competition for the current competition season is 25 points for all categories except for Senior Men, Senior Women and all Senior Doubles; for these three categories, the minimum point requirement is 30 points. The 3rd and 4th placed athlete can be accepted to WPSC as reserve athletes in the event that the 1st and/or 2nd placed athlete is unable to compete at the WPSC.
Rules and Regulations	Athletes selection process	Edited	4.14. This will be determined after the final open competition in the competition season.
Registration Process	Athletes registration	Added	Athletes who do not arrive on the registration day will receive a -1 Head Judge deduction.
Registration Process	Athletes registration	Added	Please note that all IPSF competition venues are non-smoking venues –smoking will not be permitted in a 100m radius of the venue
Registration Process	Performance time	Edited	Failure to meet the minimum or exceed the maximum time requirements will be penalised by a -3/-5 deduction, dependent on the severity.
Rules and Regulations	Costume	Edited	The cut of the bottoms must be no higher than the fold of the hip in front (where the thigh and the hip meet), and must cover the pelvic bones fully. They must fully cover the gluteal area. There must be no cut-outs – i.e. sections of fabric missing on the bottoms.
Rules and Regulations	Costume	Edited	Shorts should be no less than sports shorts, leotards or sports knickers that are appropriate attire for competitive sports. Shorts must cover the gluteal crease all the way across the body (i.e. the fold formed where the gluteal area and the thigh meet must be covered).
Rules and Regulations	Costume	Added	Items of clothing that give the illusion of underwear are prohibited. Nude / skin colour cannot be the same colour as the athletes' actual skin tone. Implied nudity is prohibited (this includes nude mesh fabrics). Face paint on the entire face is prohibited.

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Rules and Regulations	Costume - Tracksuits	Edited	<p>All athletes and their IPSF-registered coaches must have tracksuits according to the requirements set out below:</p> <ul style="list-style-type: none"> - Tracksuits must be sports tracksuits and must include: matching trousers, t-shirt/tank top and a jacket. Hoodies/hood-style tops are not allowed. - Under hot weather conditions it is acceptable to wear the t-shirt or tank top instead of the jacket except during the medals ceremony. - National Tracksuits for use during WPSC must follow the rules set out in the Rules & Regulations for the WPSC as stated in Addendum 2. - Trainers must be worn with tracksuits. Bare feet are also permissible. No other shoes are permitted. - Members representing the same team must all wear the same tracksuit. Should the athlete not be representing a specific team/club/school/studio/region, the athlete will be required to purchase a Federation tracksuit (this is not the same as a National Tracksuit). - Team/ club/school/studio/region logos must be worn on the tracksuit, either on the front or the back. The size of the logo cannot be more than 10x10cm. - One individual sponsor's logo might be worn on the jacket and up to five (5) sponsor logos may be worn on the t-shirt/tank top. The size of the logos cannot be larger than 10x10cm, and must be smaller than the team/club/school/studio/region logo. - Other logos, imagery and writing cannot be displayed on the tracksuit. - Athletes competing in the Open competitions will be required to wear their national tracksuits. All Open athletes representing the same country must coordinate and wear the same tracksuit. Please contact the IPSF if you need assistance with coordinating this. - Only athletes and IPSF recognised coaches are permitted to wear the official tracksuit.
Rules and Regulations	Hair and make up	Edited	<p>Face paint is allowed on not more than half of the face. It is also forbidden to wear a mask, wear face paint on the entire face, or body paint of any kind</p>
Rules and Regulations	Hair and make up	Added	<p>Wigs are prohibited.</p>

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Rules and Regulations	Judges and Judging System	Added	Judges may not compete in the same year in which they are judging. Similarly, judges may not be IPSF recognised coaches at competitions in the same year in which they are judging. Competition organisers / federation committee members may not compete, judge or be an IPSF recognised coach at the competition they are hosting (unless extenuating circumstances are presented to the IPSF executive in writing
Rules and Regulations	Coaches	Added	New rules added for the coaches
Rules and Regulations	Complaints and appeals	Edited	You will be allowed to watch your video alone or with your IPSF-recognised coach and a technical support person, if necessary (technical support person relating to equipment and not athlete/competition related). Youth athletes may have their chaperone watch with them.
Rules and Regulations	Complaints and appeals	Edited	The Head Judge will judge the video privately, and explain the decisions afterwards, if necessary.
Addendum 1	Prohibited elements	Edited	Images removed, links added to videos and images. Please refer to the IPSF website for links.
Addendum 1	Limited elements	Edited	This means that athletes may perform each movement no more than once per routine. Additional to the below elements, the following are also limited to one per movement per routine only. Images removed, links added to videos and images. Please refer to the IPSF website for links.
Addendum 2	Categories	Edited	All categories listed.
Addendum 2	Initial Application	Added	Should one athlete in a doubles partnership be injured before the WPSC, and thus not able to compete (having submitted a doctors' letter), no replacement of the doubles partner will be permitted. The doubles pair would be required to withdraw should one partner be unable to compete.
Addendum 2	Athlete Registration	Added	Please provide accident/medical cover in English, or provide a translation with the original.

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Addendum 2	Costume - Tracksuits	Edited	<p>Only athletes and IPSF-registered coaches may wear the National tracksuit. All athletes and IPSF-registered coaches should have tracksuits according to the requirements, and the following rules must be observed:</p> <ul style="list-style-type: none"> - Athletes must wear a tracksuit representing their country. - Tracksuits must include: matching trousers (leggings are not allowed on stage), t-shirt/tank top and a jacket. Hoodies/hood-style tops are not allowed. - In hot weather, it is acceptable to wear the t-shirt or tank top instead of the jacket except during the medals ceremony. - One individual sponsor's logo may be worn on the jacket and up to five (5) sponsor logos may be worn on the t-shirt/tank top. The size of the logos cannot be more than 10x10cm. - National teams must ensure that all athletes have the same matching tracksuits. National federation logos can be worn. The size of the logo cannot be more than 10x10cm - Other logos, imagery and writing cannot be displayed on the tracksuit. - Athletes representing the same country must all wear the same tracksuit. Where there is no federation in the country being represented (i.e. athletes qualified through Open competitions), athletes must coordinate to wear the same tracksuit. Please contact the IPSF if you require assistance in coordinating this. - Only athletes and IPSF recognised coaches are permitted to wear the official tracksuit.
Addendum 3	Para Pole Category Criteria	Added	The Para Pole Athlete must provide documentation supporting their eligibility to compete in their respective Para Pole category.
Addendum 3	Para Pole Category Criteria – Visual Impairment	Edited	In the case of an athlete with a visual capacity of more than 5%, but who is still classified as having a visual impairment, the athlete will be required to wear a plain black blindfold that covers the vision of the athlete and thus bring their visual capacity to the same level as that of the other athletes in this category.
Generic changes		Edited	Other minor changes and clarifications in language and definitions