

POLE SPORTS & ARTS WORLD FEDERATION



4th Pole Sport World Championships
Seniors, Juniors, Masters, Parapole

November 29th - December 1st, 2019.
Elenia-Areena, Hämeenlinna, Finland



Work Plan

POSA Technical Committee

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1. OFFICIALS AND ORGANIZING COMMITTEE

1.1 Pole Sports & Arts World Federation (POSA)

POSA OFFICIAL COMMITTEE (OC)

President	Davide LACAGNINA
Vice-President	Summer VYNE
Vice-President	Mariana EICHELBAUM
General Secretary	Elisa GOZZI
Head of Events & Marketing POSA	Jean-Baptiste PLACHEZ
Head of Ethic Panel POSA	Cesare BIANCHI
Treasurer	Franco TINELLI
Head of Antidoping Committee	Jyrki RANTANEN
Head of Pole Art Tech. Committee	Elena GIBSON

POSA TECHNICAL COMMITTEE (TC)

President	Olga MARESOVA STROM
Vice-President	Alessandra MARCHETTI
Member	Vanessa COSTA
Member	Guilherme SAUNIER
Member	Sara HENRIQUES
Member	Raquel NARCISO
Member- Judges Director- Supervisor	Tamàs KATUS

1.2 Official POSA Contact Address

POLE SPORTS & ARTS WORLD FEDERATION

Via Pietro Bernasconi 3,

CH- 6883 Novazzano, Switzerland

Tel.: + 41 – 76 – 596.73.37

E-mail: contact@posaworld.org

Web: <http://posaworld.org/>

1.3 Host Federation / 2019 W.C. Local Organizing Committee

FINNISH POLE FITNESS FEDERATION

(WORLD HEAVY EVENTS ASSOCIATION)

PL 55

13101 HÄMEENLINNA

FINLAND

info@tankotanssi.fi, www.hameenlinna2019.fi,

www.worldheavyeventsassociation.com

www.tankotanssi.fi

1.4 2019 W.C. Local Training Centre Contact Address

See further info on www.hameenlinna2019.com in August 2019.

2. THE COMPETITION

POSA



2.1 Updated competition schedule

Thursday, 28th of November	
Official arrival day for delegations and accreditation, transfer to hotels	
Friday, 29th of November	
Official arrival day for delegations and accreditation, transfer to hotels	
Athletes' Accreditation and Stage Training by nations as per schedule	Competition hall
Orientation Meeting (Mandatory) and Opening Ceremony Rehearsal	Competition hall
Opening Ceremony (Mandatory)	Competition hall
Juniors & Masters Qualifications (all categories)	Competition hall
Finalists Announcement Ceremony Juniors & Masters	Competition hall
Saturday, 30th of November	
Juniors and Masters Finals (all categories)	Competition hall
Juniors and Masters Awards	Competition hall
Break	
Seniors Qualifications (all categories)	Competition hall
Finalists Announcement Ceremony Seniors	Competition hall
Sunday, 1st of December	
World Championships Seniors, & Parapole Finals	Competition hall
Medal Awards Ceremony Seniors & Parapole Finals	Competition hall
Farewell Party	Hotel Emilia Club
Monday, 2nd of December	
Departure of the participants and POSA/POLE SPORT TC	

2.2 Competition format

1st and-2nd day, Friday 29th November - Saturday November 30th

Juniors Qualifications (IW) Masters Qualifications
World Championships Juniors Finals & Masters Finals
Seniors Qualifications (IM/IW/DO)

The top ten in all categories may participate in the finals.

3rd day, Sunday December 1st

World Championships Seniors World Championships & Parapole

2.3 Qualifications

The starting order of the competition (qualifications) will be made between the 5th and 6th of November 2019 by the official representatives of POSA after the deadline for athlete applications (31st October) has closed. If a National Federation reduces the number of participating athletes after the definitive inscriptions, POSA/TC has the right to adjust the starting order to ensure the best possible running of the competition.

2.4 Qualifications for the World Championships 2020

The top three athletes (in each category) in the ranking have the right to participate in the World Championships 2020. In case these athletes are from the same country, only the first athlete will be qualified and chosen for the World Championships, and the next two athletes in the rankings will be the athletes not representing the same nation. More information will be given at the Orientation meeting.

2.5 POSA World Championships Finals

- The top ten in each category will qualify for the finals.
- In case of a tie at any position at the end of the qualifications see *POSA Code of Points*.

The list of the finalists, including **two reserves**, will be handed over to the head of the delegation after each qualification. **Starting order of the final**, is made according to the **draw of lots** carried out in Novosibirsk (Russia), on the 14th of April 2019, by the official representatives of the POSA (see appendix).

2.6 Access to the competition area

- The competition area is accessible to the members of the various juries, competing athletes and their accredited coaches, to local group leaders, to the auxiliary personnel of the Jury, to the President of the POSA Medical Commission, the official doctor, the team doctors, medical staff and to persons concerned with the apparatus. A team medical person is permitted to accompany the athletes and coaches during all Competitions.
- Interpreters may not enter the competition area without the permission of the President of POSA/TC.
- The competition area is strictly forbidden to all other persons.
- The use of any kind of electronic devices (video, mobile phones, etc.) is strictly forbidden in the competition area. Please note that, according to the decision of the Executive Committee of POSA, if a mobile phone or any other electronic communication device is used in the competition area during the entire competition, the person concerned (athlete and/or coach) will be immediately expelled. The athlete will not be ranked and will not be authorized to participate in the remaining competitions. If this rule is violated by a coach, all his/her athletes will also be expelled.
- Professional photographing and filming the performances are under written permission by the organizing committee

2.7 Awards ceremonies

The ceremonies in the competition venue will take place as mentioned in the time schedule.

2.8 Poles supplier

The competition podium and training hall have the official POSA poles supplied by X-Pole only. Stainless 45mm. Competition stage pole height 4 meters. In the training hall there are several X-Pole stainless 45mm stages available along with other warm-up choices.

2.9 Scoring and distribution of results

Once the competition has finished, all delegations will be provided with a complete set of results by e-mail, including the judges' individual scores for all competitors.

2.10 List of difficulty elements

Athletes must send their "Difficulty Sheet" (along with music) by 15th November via the electric system, which is informed in the welcoming letter, which each entered athlete receives after the entry deadline of 31st, October.

2.11 Music

To limit the technical problems with the music used for the competitions, the Organizing Committee has decided to only accept the athletes' music in an MP3 format only. All music used during the 4th Pole Sport World Championships **must be submitted online**.

Athletes must send their music by 15th November via the electric system, which is informed in the welcoming letter, which each entered athlete receives after the entry deadline of 31st, October.

Each music file will have to contain the following information:

- The name of the nation (official abbreviation of the country);
- The first and last name of the competitor/s;
- The category;
- The length of the music;
- (Example: ROU_RADU_Alina_Junior_IW_3min30s_mp3)

If you need help, please contact us at: kilpailijat@tankotanssi.fi

In addition, the competitors need to bring their music with them to the venue on the competition days on an USB stick as a backup.

Each Federation must send The National anthem by email (kilpailijat@tankotanssi.fi) at latest on 31st, October.

2.12 Doping control

Any doping is prohibited. A doping control can be done to the athletes at any time, without a pre-warning, in accordance with POSA regulations. Doping controls will be carried out in accordance with the WADA regulations.

Please read POSA Rules & Regulations & POSA- Code of Points.

Each athlete needs to have a competition WHEA/POSA license with approved anti-doping contract no later than **29th August 2019**.

3. THE JURY

3.1 Jury composition

Jury A (Senior Women, Senior Doubles, Junior B)

1 Head Judge	fixed by draw
1 difficulty judge	fixed by draw
1 difficulty judge	fixed by draw
4-5 artistic judges	fixed by draw
4-5 execution judges	fixed by draw

Jury B (Senior Men, Junior A, Masters)

Head Judge	fixed by draw
1 difficulty judge	fixed by draw
1 difficulty judge	fixed by draw
4-5 artistic judges	fixed by draw
4-5 execution judges	fixed by draw

3.2 Inquiries procedure

Inquiries for the difficulty scores will be allowed if they are made verbally immediately after the publication of the score or at the very latest before the end of the routine of the following athlete (then 4 minutes). For the last athlete of a rotation (rotation=group of athletes, for example 1st Group of athletes during the competition is called "rotation"), this limit is one minute after the score is shown on the scoreboard. The person designated to receive the verbal inquiry will have to note the time of receiving it, which will start the procedure. Only the accredited coaches present in the competition area will be entitled to submit an inquiry. Late verbal inquiries will be rejected.

A federation will not be allowed to complain against an athlete from another federation. The inquiry will have to be confirmed in writing as soon as possible, but at the latest within 4 minutes after the verbal inquiry and will require an agreement of payment of **EUR 150**—for the first complaint, **EUR 300** — for the second complaint and **EUR 600**— for the third complaint. Should the inquiry not be confirmed in writing within 4 minutes, then the procedure will become obsolete.

Should the inquiry prove correct and be accepted, this sum will be reimbursed. Every inquiry will be examined immediately by the Superior Jury and a final decision, which may not be appealed, will be made very soon, at the very latest:

- At the end of the rotation for the qualifying competitions, or at the end of all-around competitions.
- Before the score of the following athlete is shown for the finals.

The detailed procedure is laid down in the respective POSA Code of Points.

3.3 Tie breaking rule

- In case of a tie at any position at the end of a qualification see *POSA Code of Points*
- In case of a tie at any position at the end of finals see *POSA Code of Points*

4. THE ORGANIZATION OF THE EVENT

4.1 Competition venue for POSA World Championships

Elenia Arena Sports hall
Härkätie 17 B, 13130 Hämeenlinna, Finland

4.2 Delegations

Maximum:

Delegation members	Seniors	Juniors A	Juniors B	Juniors Mix	Masters +50 &+40
Head of delegation	1	1			
Team leader	1	1	1		
Doctor & Masseur/Physio.	2				
Coaches	2	2			
Individual male athlete	3	4	4		3
Individual female athlete	3	4	4		3
Doubles	3	4	4	4	
Parapole	3	3	3		3

For any delegation, it is possible to bring one more athlete per individual category as reserve.

This athlete must pay the application fee as any other athlete.

Doubles: In case of injury or renunciation of one of the two qualified Doubles members, it is possible to replace the resigning athlete with a different athlete (all this must be communicated via email to kilpailijat@tankotanssi.fi).

POSA wants to give the Doubles athlete who has been left without a partner (but who is qualified by law), the opportunity to compete in any case.

If this is not possible, the athletes must communicate their renunciation to compete as soon as possible to give way to Doubles number 4 in their national ranking to be able to compete at the World Championships.

If no announcement from the athletes or the National Federation is received within the established deadline, the National Team will no longer have the right to enter any other Doubles in the competition to replace the renouncing Doubles. **Warning:** After the substitute athlete's communication has taken place, Doubles will not be able to make any further changes.

Deadline for all these communications: 15th November 2019.

4.3 Registration and accreditation

Each athlete needs to have a competition WHEA/POSA license with approved anti-doping contract no later than **29th August 2019**.

Athletes must do their registration online (see appendix) **at latest on 31st October**.

Each accreditation person (other than competitive athlete) must purchase coaches pass **at latest on 31st October**:

<https://www.suomisport.fi/events/ac252012-636d-4a37-88cc-56b58322556a>

Accreditation permits the identification of all participants and indicates the access to certain zones. Access to all zones will be controlled. Accreditation card must be visibly worn throughout the whole event. The accreditation card is personal, non-transferable and necessary to access the training and competition halls, as well as for official transports.

Accreditation will be carried out upon arrival. During the accreditation the athletes and/or the Heads of Delegations will verify the identity of the members of their delegation. To get the accreditation all members of the delegation must have fulfilled all the necessary financial obligations (including insurance). Upon accreditation, the Head of Delegation or their representative will have to bring a copy of the Medical Certificate/Diploma for medical personnel. POSA will collect and record these certificates. Please note that without this document, the accreditation of the medical personnel will NOT be released.

POSA Directives and Technical Regulations will be strictly applied, especially to the number of persons accredited per nation.

4.4 Training information

The training will start in the training hall and at the competition stage on Friday 29th. Nov.

Access the competition hall, the training and the warm-up halls will only be granted to the delegations wearing the accreditation card and only during the times reserved for their nation.

There competition stage training time is limited to 2 minutes per athlete and only available on Friday 29th, Nov. as released in the schedule after the entry time has ended.

The training hall is open to all athletes competing on that day from 8am to 9pm.

4.5 Opening ceremony

The Official Opening Ceremony will be held on November 29th for Juniors, Seniors, Masters & Parapole, in the Competition hall. The ceremony will consist of Flags Presentation by nation with the competitors by nation performing a special greeting for the audience. **All competitors must wear their national tracksuit.**

All delegations must have the National Flag (dimension of 100/200 cm) with them on Opening ceremony.

4.6 Medical services

The LOC will provide the necessary medical services.

4.7 Farewell Party

The closing event will be organised on Sunday night, December 1st at Hotel Emilia Night Club.

4.8 Official POSA Hotels

Hotels Category 2 Stars **	Hotels Category 3 Stars ***	Hotels Category 4 Stars ****
Sleepinn Finland +358 40 584 39 46 info@sleepinnfinland.com Korkeakoulunkatu 6	Hotel Emilia +358 3 6122 106 hotelliemilia@hotelliemilia.fi Raatihuoneenkatu 23	Scandic Aulanko +358 3 41081633 aulanko@scandichotels.com Aulangontie 93

4.9 Transportation

The OC will organise transport for the delegations from the **official hotels** to the competition venue. The transport schedules between the competition hall and the official hotels will be available on the welcoming letter in the beginning of November.

Shuttle is free for all registered athletes, coaches and other delegation members with the official event ID. Shuttle tickets (2 EUR per direction) may be purchased from the driver (cash).

Shuttle Stops: Aulanko hotel, Hämeenlinna City (Hotel Emilia) and Elenia Arena.

Provided by Lehdon Liikenne. Only accredited persons are entitled to use the transportation system.

How to arrive? The nearest airport is Helsinki (HEL), around 95 km or 1 hour from Hämeenlinna. The best way to travel is by train or by bus (remember to select from Helsinki Airport).

You may also group up with other athletes via our official Facebook group.

<https://www.facebook.com/groups/2353499044674807/>

4.10 Insurance

POSA Technical Regulations stipulate that all participating federations or athletes must assume all costs in relation to the medical insurance of all delegation members (illness and accidents). The Local Organising Committee has the right to verify the validity of the insurance upon arrival of the delegations (policy insurance, original or copy).

Entering the World Championships without a valid medical insurance for all delegation members will be rejected.

4.11 Visa

Please check whether you need a visa to enter Finland. The Local Organising Committee will gladly assist you in applying for a visa. The assist must be requested no later than 15th, October from kilpailijat@tankotanssi.fi.

4.12 Regulations

The 4th POSA World Championships for Juniors, Seniors, Masters and Parapole, Hämeenlinna, Finland, 2019, will take place under the following regulations;

- POSA Statutes;
- 2019 POSA Technical Regulation;
- The current Codes of Points and the followings remarks, or documents issued by POSA/PS TC;
- WADA Internationals Regulations;
- 2019 POSA General Judges' Rules (Code of Ethics).

4.13 Checklists

Competitors:

- Deadline for a competition WHEA/POSA license with approved anti-doping contract is on 29th August
- Deadline for athlete's registration is on 31st October (see further info on appendix)
- Deadline for Difficulty Sheet and music is on 15th November (see further information on chapter 2.10 and 2.11)
- Bring your music on USB-stick as a backup
- Athletes official Facebook group: <https://www.facebook.com/groups/2353499044674807/>

National Federations/Head of the delegation:

- Deadline for National anthem is on 31st October (see further information on chapter 2.11)
- Bring National flag for your delegation (see further information on chapter 4.3)
- Bring a copy of the Medical Certificate/Diploma for medical personnel to the accreditation centre (see further information on chapter 4.5)
- Each accreditation person (other than competitive athlete) must purchase coaches pass, deadline for registration is on 31st October (see further information on chapter 4.3)

POLE SPORTS & ARTS WORLD FEDERATION
4th WORLD CHAMPIONSHIPS
2019

Elenia Arena

Härkätie 17 B, 13130 Hämeenlinna, Finland, 30th Nov - 1st Dec 2019

Form to be sent to:

DEFINITIVE REGISTRATION

Athletes:

Athletes register via Suomisport system:

<https://www.suomisport.fi/events/6ecfb6fd-4637-46e5-98f4-a9edade8a85e>

Each athlete needs to have a competition WHEA/POSA license with approved anti-doping contract no later than 29th, Aug. 2019.

Athletes' Application fee: All individual categories: application fee is 50€;
Doubles Category fee is 100€ (50 per athlete). If the athlete competes in both individual and doubles category, only one payment is made.

The application fee is paid in Suomisport system (the same where you register for the annual POSA/WHEA anti-doping license).

How to enter:

1. Click the link: <https://www.suomisport.fi/events/6ecfb6fd-4637-46e5-98f4-a9edade8a85e>
2. Click "enter to the competition"
3. Enter to the system via mobile number or email as for anti-doping.
4. Mark your category (or categories) in the additional info box
5. Read the "small print" and mark x in the three (3) boxes
6. Proceed to the payment and once it is made, the registration is ready.
7. The workplan is released in July and the athletes are contacted by the organizing committee after the entry deadline 31st, October 2019.
8. Accommodation suggestions etc. can be found on the competition website www.hameenlinna2019.com
9. The athletes' FB-group: <https://www.facebook.com/groups/2353499044674807/>
10. The FB event: <https://www.facebook.com/events/981569498693300/>

Coach's pass

Each coach needs to have a pass.

The pass allows the coach to enter the venue on all three(3) days and they are allowed to the backstage on the days when the named athlete is competing.

The coaches participating in the event are under WHEA jurisdiction concerning ethics and discipline rules.

The coaches are not allowed to film the performances.

The coaches' passes must be purchased no later than 31st, October 2019 on
: <https://www.suomisport.fi/events/ac252012-636d-4a37-88cc-56b58322556a>

4th POSA WORLD CHAMPIONSHIPS
JUNIORS (A - B)
 Saturday, November 30th, 2019
 FINALS DRAW – Novosibirsk (RUS), 14th April 2019

Qualification Ranking	Final Starting Order Junior A	Final Starting Order Junior B	Final Starting Order Doubles Junior A&B	Final Starting Order Doubles Junior Mix
1	2	4	2	3
2	10	9	6	6
3	3	3	9	7
4	9	1	1	1
5	7	8	5	5
6	5	10	8	9
7	8	6	4	4
8	1	2	7	8
9	4	5	10	10
10	6	7	3	2

*In case the Doubles Juniors (A, B, MIX) are less than 10, the running order will be the reverse of the semi-final ranking.

4th POSA WORLD CHAMPIONSHIPS
SENIORS & MASTERS
 Sunday, December 1th, 2019 (seniors)
 Saturday, November 30th, 2019 (masters)
 FINALS DRAW – Novosibirsk (RUS), 14th June 2019

Qualification Ranking	Final Starting Order IM	Final Starting Order IW	Final Starting Order Doubles	Final Starting Order MA40 (M&W)	Final Starting Order MA50 (M&W)
1	9	4	7	5	10
2	2	6	9	9	1
3	1	9	2	7	8
4	3	2	1	8	7
5	7	1	10	10	6
6	10	3	6	2	4
7	5	5	4	3	2
8	8	7	3	4	5
9	4	10	8	1	9
10	6	8	5	6	3

*In case the Masters +50 are less than 10, the running order will be the reverse of the semi-final ranking.