



'How to' fill in the Technical Presentation Bonus Form correctly – POLE SPORT

Important to note:

- Deductions are made for forms filled in incorrectly
- The form should be typed in Word, using black print
- Only bonuses listed will be judged

The form is in three parts:

1. Athlete(s) personal details at the top of the form with signature at the bottom
2. Singular bonus codes - elements to be judged in the middle of the form
3. Overall bonus points - judges use only at the bottom of the form

Athlete(s) personal details

Naming the form:

Country_Discipline_Division_Category_Technical Bonus Form_First name_Last name

Athlete(s):

Insert the full name (First Name and Last Name) of the athlete in the case of singles, or the names of both the athletes (First Name and Last Name) in the case of doubles. Please list first name first, and last name second.

Country/Region:

Insert the country and region of the athlete's or athletes' origin. For International competitions, the athlete must only indicate their country. For National competitions, the athlete must also indicate their region / province / county. Open athletes are considered to be competing internationally.

Please refer to the following link for the list of regions in your country:

<http://www.polesports.org/federation-membership/ipsf-regions/>

Division:

Insert the division that the athlete(s) will be competing in from the following options: Amateur, Professional or Elite. Please refer to the Rules & Regulations for the full division breakdown.

Category:

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 18+ Men, Senior 18+ Women, Senior 30+ Men, Senior 30+ Women, Master 40+ Men, Master 40+ Women, Master 50+ Men, Master 50+ Women, Master 60+ Men, Master 60+ Women, Doubles Women/Women, Doubles Men/Men, Doubles Men/Women, Para Pole PPMP1, Para Pole PPMP2, Para Pole PPLD1, Para Pole PPLD2, Para Pole PPD3, Para Pole PPD4, Para Pole PPVI.

Date:

Insert the date of submission of the form. If a new form is submitted, the new submission date must be inserted.



Federation:

Insert the IPSF-endorsed National Federation the athlete is representing. In the event that an IPSF-endorsed National Federation has yet to be established, leave this field blank.

Athlete(s) Signature: The form must be signed, or the athlete(s) name(s) must be typed in.

Coach's Signature: Should athlete(s) have an IPSF-recognised coach, their signature may be added. In the case of a Pre-Novice, Novice or Junior athlete, a parent(s)' or legal guardian(s)' signature is required if the athlete does not have an IPSF-recognised coach. In the case where doubles youth athletes do not have the same parents (i.e., are siblings) and are not represented by the same IPSF coach, we must have a parent or legal guardian signature for each of them.

Please refer to the coaches register to confirm whether your coach is registered as an IPSF-recognized coach:

<http://www.polesports.org/courses/register/certified-coaches/>



Singles Singular Bonus Codes

| Code | Description | Point Value Per Bonus | Max Points |
|-------------------|---|------------------------------|-------------------|
| AC | Acrobatic catches | +0.5 | +4.0 |
| D | Drops | +0.2 | +1.0 |
| DC | Dynamic combinations on spinning or static pole | +0.5 | +3.0 |
| JO | Jump-out or Jump-on | +0.2 | +1.2 |
| RG | Re-grips | +0.2 | +1.0 |
| SP/SP | Combining 2 spins on spinning pole for 720° each | +0.5 | +2.0 |
| SP/SP/SP | Combining 3 spins on spinning pole for 720° each | +1.0 | |
| SP/ST | Combining 2 spins on static pole for 360° each | +0.5 | +2.0 |
| SP/SP/ST | Combining 3 spins on static pole for 360° each | +1.0 | |
| SP/E/ST | Combining a pin with another element on static pole | +0.5 | +1.5 |
| SP/SP/E/ST | Combining 2 spins with another element on static pole | +1.0 | |
| F | Pole flip | +1.5 | +1.5 |
| FO | Flip-out or Flip-on | +1.0 | +1.0 |
| CF | Contact Flip | +0.5 | +1.0 |
| FCF | Floor-based Contact Flip | +0.3 | +0.6 |



Doubles Singular Bonus Codes

| Code | Description | Point Value Per Bonus | Max Points |
|------------------|---|------------------------------|-------------------|
| AC/SYN | Acrobatic catches in synchronicity | +0.5 | +4.0 |
| D/SYN | Drops in synchronicity | +0.2 | +1.0 |
| DC/SYN | Synchronised dynamic combinations on spinning or static pole | +0.5 | +2.0 |
| JO/SYN | Jump-out or Jump-on in synchronicity | +0.2 | +1.2 |
| RG/SYN | Re-grips in synchronicity | +0.2 | +1.0 |
| SP/SYN | Combining 2 spins in synchronicity | +0.5 | +2.0 |
| SP/SP/SYN | Combining 3 spins in synchronicity | +1.0 | |
| SP/E/SYN | Combining a pin with another element in synchronicity | +0.5 | +1.5 |
| PCT | Partner catch / throw from pole to partner or partner to pole | +0.4 | +0.8 |
| FO | Flip-out or Flip-on | +1.0 | +1.0 |
| FO/SYN | Flip-out or Flip-on in synchronicity | +2.0 | +2.0 |
| CF/SYN | Contact Flip in synchronicity | +0.5 | +1.0 |
| FCF/SYN | Floor-based Contact Flip in synchronicity | +0.3 | +0.6 |

What to complete on the form

Order:

This refers to the technical bonuses the athlete chooses to perform in their routine.

Order No. 1 = first technical bonus performed in routine.

Order No. 2 = second technical bonus performed in routine, etc.



Bonus Code:

The athlete(s) must fill in the Bonus Code that correlates with the bonuses they want to perform, as specified in the Code of Points. It is important to list the Bonuses in the correct order of sequence, as they will be executed in their routine. If an athlete chooses to combine two or more technical bonuses, they should write these in the same box. Combinations of 2 or 3 technical bonuses can be written on the same row; long sequences of technical bonuses can be written over several rows. The technical bonus performed first in the combination should be listed first. (See the example score forms).

* The bonuses and their codes are to be found in the technical bonus section under singular bonuses.

Technical Value:

The athlete(s) must fill in the technical value of the technical bonus as specified in the Code of Points. It is important for the athlete to fill in the correct technical value corresponding to the technical bonus they have chosen. If an athlete chooses to combine two or more technical bonuses, they should write the technical values in the same box. The technical bonus performed first in the combination, should be listed first.

* The bonuses and their technical values are to be found in the technical bonus section under singular bonuses.

Multiple singular bonuses in succession/sequence

If an athlete chooses to combine two or three technical bonuses in immediate succession, he/she should write this in the same box, with a + between each code. The one performed first in the combination, should be listed first. If any more bonuses are being combined, write them in the next row. Examples:

- 2 re-grips should be indicated as: **RG + RG**, with a bonus technical value of **0.2 + 0.2**
- An acrobatic catch, followed by a drop, followed by a jump off should be indicated as: **AC + D + JO**, with a bonus technical value of **0.5 + 0.2 + 0.2**

Special notes regarding dynamic combinations

If multiple bonuses are combined to create a dynamic combination, note the dynamic combination in brackets after the combination of the two bonus codes (e.g. **AC + JO (DC)**). If a single bonus is combined with another dynamic movement not covered by the singular bonus options, the dynamic combination is still indicated in brackets after the bonus code (e.g. **JO (DC)**). Please refer to the definition of Dynamic Combination in the Code of Points to make sure the correct dynamic movements are being used the permitted number of times.

Example:

- 2 acrobatic catches that also make a dynamic combination: **AC + AC (DC)**, with a bonus technical value of **0.5 + 0.5 + 0.5**



Examples entered in the form

| Order | Bonus code | Bonus TV | Score (judge only) | Notes (judge only) |
|-------|--------------|-----------------|--------------------|--------------------|
| 1 | RG + RG | 0.2 + 0.2 | | |
| 2 | AC + D + JO | 0.5 + 0.2 + 0.2 | | |
| 3 | AC + AC (DC) | 0.5 + 0.5 + 0.5 | | |
| 4 | DC | 0.5 | | |

If more than 15 rows are needed, athletes can add extra rows into the word document – there is no maximum number of rows or technical bonus elements.

Please ensure the form is sent in before the deadline to avoid deductions for late forms.

Please remember to not exceed the number of allowed bonuses, or to exceed the limit of the maximum singular bonuses that can be indicated.

Please remember that each bonus movement can only be awarded twice in a routine – the third performance of the movement will not be awarded as a technical bonus.