



DIVISIONS AND LEVELS

2024

Canadian Pole and Aerial
Championship

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1 Divisions and Levels

1.1 POLE SPORT DIVISION

- Novice
- Novice Elite
- Junior
- Junior Elite
- Entry
- Amateur
- Semi Pro
- Professional
- Men
- Masters
- Doubles Pole

1.2 AERIAL SPORT DIVISION

AERIAL HOOP

- Aerial Hoop Novice
- Aerial Hoop Novice Elite
- Aerial Hoop Junior
- Aerial Hoop Junior Elite
- Aerial Hoop 1
- Aerial Hoop Semi-Pro
- Aerial Hoop Professional
- Aerial Hoop Masters

AERIAL HAMMOCK

- Aerial Hammock Novice
- Aerial Hammock Novice Elite
- Aerial Hammock Junior
- Aerial Hammock Junior Elite
- Aerial Hammock 1
- Aerial Hammock Semi-Pro
- Aerial Hammock Professional
- Aerial Hammock Masters

OTHER

- Aerials Doubles Hoop/Hammock
- Aerial Specialty

1.3 ARTISTIC DIVISION

- Pole Art 1

- Pole Art 2
- Pole Art Professional
- After Hours Floor Flow 1
- After Hours Floor Flow 2
- After Hours Pole 1
- After Hours Pole 2
- After Hours Professional
- After Hours Pole Masters
- Troupes

2 RESTRICTIONS AND MOVE CAPS

2.1 POLE SPORT DIVISIONS

2.1.1 Novice

This is for anyone of the Novice age restriction. This is an entry/amateur level. This level is appropriate for anyone newer to pole, newer to competition, or those training less than 5 hours per week in pole, aerial, or related disciplines.

Restrictions: Competitors within the Novice age restriction.

Move Caps: See Section 2.1.6 Pole Sport Amateur move caps apply.

2.1.2 Novice Elite

This is for anyone of the Novice age restriction. This level is for anyone who performs or practices pole at a higher level. This level is appropriate for anyone with extensive training, those experienced in competition, or those training greater than 5 hours per week in pole, aerial, or related disciplines.

Restrictions: Competitors within the Novice age restriction.

Move Caps:

NOT ALLOWED

- No gymnastic flips from an aerial position (front flip, back flip, rotational flips, cartwheels)
- Fonji/Rev Fonji.

2.1.3 Junior

This is for anyone of the Junior age restriction. This is an entry/amateur level. This level is appropriate for anyone newer to pole, newer to competition, or those training less than 5 hours per week in pole, aerial, or related disciplines.

Restrictions: Competitors within the Junior age restriction.

Move Caps: See Section 2.1.6 Pole Sport Amateur move caps apply.

2.1.4 Junior Elite

This is for anyone of the Junior age restriction. This level is for anyone who teaches, performs, or practices pole at a higher level. This level is appropriate for anyone with extensive training, those experienced in competition, or those training greater than 5 hours per week in pole, aerial, or related disciplines.

Restrictions: Competitors within the Junior age restriction.

Move Caps:

NOT ALLOWED

- No gymnastic flips from an aerial position (front flip, back flip, rotational flips, cartwheels)
- Fonji/Rev Fonji.

2.1.5 Entry

This level is for anyone who is new to pole and new to pole competitions.

Restrictions

If you teach pole fitness, are a studio owner, if you have been paid for or performed professionally at the time of application you cannot compete at this level.

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

Competitors within the Adult age restriction.

Move Caps

Basic floor inversions only. Competitor can climb, spin, or sit on the pole. If the feet are off the floor, from a climb, competitor must always keep the head above the hips, 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.

ALLOWED

- Basic Side Mount Inversions from the floor
- Wrist Seat (pole between the legs)
- Inside/Outside Leg Hangs
- Basic Climbs
- Superman (not from Aerial)
- Basic butterfly (not extended)
- Armpit hold (head above hips)

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.

2.1.6 Amateur

This level is for anyone who is experienced in pole and new to pole competitions.

The first purpose behind move caps in the Amateur level is to allow the level to be more accessible to a wider and less experienced pool of competitors. The second purpose is to remove the extreme flexibility and strength moves so less experienced athletes are discouraged from training skills beyond their ability in order to attain higher technical scores. Skills that are encompassed in this restricted category are skills that go beyond the average level of flexibility or require abnormal amounts of strength to perform.

Restrictions: Competitors within the Adult age restriction.

Move Caps - 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.

Move Caps – ELBOW GRIP

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.

Move Caps – 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.

Move Caps – EXTREME FLEXIBILITY

ALLOWED

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

NOT ALLOWED

- Russian Splits.
- Rainbow Marchenko.
- Cocoon from leg hang 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 split, such as being pulled behind the head or shoulder.

Move Caps – FLIPS AND 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.

Move Caps – DROPS

ALLOWED

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

2.1.7 Semi Pro

This is a semi-professional level, for anyone who teaches, performs, or practices pole at a higher level.

Restrictions: Competitors within the Adult age restriction.

Move Caps: n/a

2.1.8 Professional

This is a professional level, for anyone who teaches, performs, or practices pole at the highest level. This level is appropriate for those displaying technical elements of the highest difficulty with a high level of artistry and presentation of the performance as a whole.

Restrictions: Competitors within the Adult age restriction. Competitors who have been competing at the professional level or won a semi-professional competition should compete at this level.

Move Caps: n/a

2.1.9 Men

Restrictions: Male competitors within the Adult age restriction.

Move Caps: n/a

2.1.10 Masters

Restrictions: Competitors within the Masters age restriction.

Move Caps: n/a

2.1.11 Doubles Pole

Any two performers, same or mixed sex.

Restrictions: Competitors within the Adult age restriction.

Move Caps: n/a

2.2 AERIAL SPORT DIVISIONS

2.2.1 Aerial Hoop Novice

This is for anyone of the Novice age restriction. This is an entry/amateur level. This level is appropriate for anyone newer to aerial hoop, newer to competition, or those training less than 5 hours per week in pole, aerial, or related disciplines.

Restrictions: Athletes within the Novice age restriction.

Move Caps: See Section 2.2.5 Aerial Hoop 1 move caps apply.

2.2.2 Aerial Hoop Novice Elite

This is for anyone of the Novice age restriction. This level is for anyone who performs or practices aerial hoop at a higher level. This level is appropriate for anyone with extensive training, those experienced in competition, or those training greater than 5 hours per week in pole, aerial, or related disciplines.

Restrictions: Athletes within the Novice age restriction.

Move Caps: See Section 2.2.6 Aerial Hoop Semi-Pro move caps apply.

2.2.3 Aerial Hoop Junior

This is for anyone of the Junior age restriction. This is an entry/amateur level. This is an entry/amateur level. This level is appropriate for anyone newer to aerial hoop, newer to competition, or those training less than 5 hours per week in pole, aerial, or related disciplines.

Restrictions: Athletes within the Junior age restriction.

Move Caps: See Section 2.2.5 Aerial Hoop 1 move caps apply.

2.2.4 Aerial Hoop Junior Elite

This is for anyone of the Junior age restriction. This level is for anyone who teaches, performs, or practices aerial hoop at a higher level. This level is appropriate for anyone with extensive training, those experienced in competition, or those training greater than 5 hours per week in pole, aerial, or related disciplines.

Restrictions: Athletes within the Junior age restriction.

Move Caps: See Section 2.2.6 Aerial Hoop Semi-Pro move caps apply.

2.2.5 Aerial Hoop 1

This is an entry/amateur level.

Restrictions

If you teach aerial hoop or similar type of apparatus, if you have been paid for or performed professionally at the time of application you cannot compete at this level.

Competitors within the Adult age restriction.

Move Caps

NOT ALLOWED

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

2.2.6 Aerial Hoop Semi-Pro

This is a semi-professional level, for anyone who teaches, performs, or practices aerial hoop at a higher level.

Restrictions: Competitors within the Adult age restriction.

Move Caps

NOT ALLOWED

- No neck hangs, no full release moves to the floor

2.2.7 Aerial Hoop Professional

This is a professional level, for anyone who teaches, performs, or practices aerial hoop at the highest level. This level is appropriate for those displaying technical elements of the highest difficulty with a high level of artistry and presentation of the performance as a whole.

Restrictions: Competitors within the Adult age restriction. Competitors who have been competing at the professional level or won a semi-professional competition should compete at this level.

Move Caps: n/a

2.2.8 Aerial Hoop Masters

Restrictions: Competitors within the Masters age restriction.

Move Caps

NOT ALLOWED

- No neck hangs, no full release moves to the floor

2.2.9 Aerial Hammock Novice

This is for anyone of the Novice age restriction. This is an entry/amateur level. This level is appropriate for anyone newer to aerial hammock, newer to competition, or those training less than 5 hours per week in pole, aerial, or related disciplines.

Restrictions: Athletes within the Novice age restriction.

Move Caps: See Section 2.2.13 Aerial Hammock 1 move caps apply.

2.2.10 Aerial Hammock Novice Elite

This is for anyone of the Novice age restriction. This level is for anyone who performs or practices aerial hammock at a higher level. This level is appropriate for anyone with extensive training, those experienced in competition, or those training greater than 5 hours per week in pole, aerial, or related disciplines.

Restrictions: Athletes within the Novice age restriction.

Move Caps: See Section 2.2.14 Aerial Hammock Semi-Pro move caps apply.

2.2.11 Aerial Hammock Junior

This is for anyone of the Junior age restriction. This is an entry/amateur level. This is an entry/amateur level. This level is appropriate for anyone newer to aerial hoop, newer to competition, or those training less than 5 hours per week in pole, aerial, or related disciplines.

Restrictions: Athletes within the Junior age restriction.

Move Caps: See Section 2.2.13 Aerial Hammock 1 move caps apply.

2.2.12 Aerial Hammock Junior Elite

This is for anyone of the Junior age restriction. This level is for anyone who teaches, performs, or practices aerial hoop at a higher level. This level is appropriate for anyone with extensive training, those experienced in competition, or those training greater than 5 hours per week in pole, aerial, or related disciplines.

Restrictions: Athletes within the Junior age restriction.

Move Caps: See Section 2.2.14 Aerial Hammock Semi-Pro move caps apply.

2.2.13 Aerial Hammock 1

This is an entry/amateur level.

Restrictions

If you teach aerial hoop or similar type of apparatus, if you have been paid for or performed professionally at the time of application you cannot compete at this level.

Competitors within the Adult age restriction.

Move Caps

NOT ALLOWED

- No slack line drops
- No unsupported aerial inverts (no inversions unsupported from either the floor or standing in the hammock)

2.2.14 Aerial Hammock Semi-Pro

This is a semi-professional level, for anyone who teaches, performs, or practices aerial hammock at a higher level.

Restrictions: Competitors within the Adult age restriction.

Move Caps:

NOT ALLOWED

- No kamikaze drop, deadman's drop, open wrap drop, neck hang

2.2.15 Aerial Hammock Professional

This is a professional level, for anyone who teaches, performs, or practices aerial hammock at the highest level. This level is appropriate for those displaying technical elements of the highest difficulty with a high level of artistry and presentation of the performance as a whole.

Restrictions: Competitors within the Adult age restriction. Competitors who have been competing at the professional level or won a semi-professional competition should compete at this level.

Move Caps:

NOT ALLOWED

- No kamikaze drop, deadman's drop

2.2.16 Aerial Hammock Masters

Restrictions: Competitors within the Masters age restriction.

Move Caps:

NOT ALLOWED

- No kamikaze drop, deadman's drop, open wrap drop

2.2.17 Aerials Doubles Hoop/Hammock

Any two performers, same or mixed sex.

Restrictions: Competitors within the Adult age restriction.

Move Caps: n/a

2.2.18 Aerial Specialty

This is a combined semi-professional/professional level, for anyone who teaches, performs, or practices aerials at a higher level.

The specialty division includes any apparatus which does not follow the Apparatus Technical Specs. Competitors are permitted to provide their own apparatus to the CPAC event. Apparatus may include, but is not limited to: Aerial Pole, Chains, Chandelier, Corde Lisse, Crescent, Cube, Static Trapeze, Ladder, Mini Lyra, Net, etc.

This division is judged with emphasis on the competitor's proficiency, both technical skill and artistic presentation, on their unique apparatus.

Restrictions:

Competitors are required to submit a description of their selected apparatus, for pre-screening using the Prop Approval process. This does not exempt them from the requirements listed below.

Competitors are required to present proof of manufacture from a pole, aerial or circus manufacturer for the apparatus and any associated rigging (spanset, spreader, shackle, etc.) at the event.

Competitors are required to attend stage testing and present the apparatus and any associated rigging for inspection by CPAC technical staff. While the safety and adequacy of the competitor-provided equipment remains the sole responsibility of the competitor, CPAC reserves the right to disqualify the competitor if, at the CPAC's sole discretion, the competitor cannot demonstrate safe, working order to the CPAC technical staff.

Competitors within the Adult age restriction.

Move Caps:

NOT ALLOWED

- No kamikaze drop, deadman's drop, open wrap drops
- No full release moves to the floor

2.3 ARTISTIC DIVISIONS

The Artistic Division encompasses styles and levels which are evaluated with higher weight towards artistry and presentation, rather than technical evaluation (such as in Sport Divisions). Artistic Divisions are subject to distinct regulations (See Competition Regulations, such as Costume, Prop and Deductions) from Sport to support a wider range of artistic expression.

Within the Artistic Divisions, distinct levels with unique scorecards, cater to the diverse styles offered. For example, Pole Art levels are judged with higher weightage in depth of expression of an original theme while After Hours levels are judged with higher weightage in dance movement qualities.

To celebrate the distinct differences within Artistic Divisions, overall awards may be offered to each Pole Art and After Hours, rather than an Overall Artistic Division award.

2.3.1 Pole Art 1

This is an amateur level.

This division is judged with emphasis on the competitor's artistic presentation. The competitor should present original, captivating, and expressive storytelling through dramatic and entertaining presentation.

This division allows for props and costuming and encourages individuality, story telling and imagination.

Virtual Events only: This division allows some video editing – but no edits which alter the original footage. Scoring does not reflect points for quality of video edits. For example, be creative with editing, filming and effects but no altering the speed of the video.

Restrictions:

This division is open to competitors 18 years of age and over.

Move Caps: See Section 2.1.6 Pole Sport Amateur move caps apply.

2.3.2 Pole Art 2

This is a semi-professional level, for anyone who teaches, performs, or practices pole at a higher level.

This division is judged with emphasis on the competitor’s artistic presentation. The competitor should present original, captivating, and expressive storytelling through dramatic and entertaining presentation.

This division allows for props and costuming and encourages individuality, story telling and imagination.

Virtual Events only: This division allows some video editing – but no edits which alter the original footage. Scoring does not reflect points for quality of video edits. For example, be creative with editing, filming and effects but no altering the speed of the video.

Restrictions:

This division is open to competitors 18 years of age and over.

Move Caps: n/a

2.3.3 Pole Art Professional

This is a professional level, for anyone who teaches, performs, or practices pole at the highest level.

This division is judged with emphasis on the competitor’s artistic presentation. The competitor should present original, captivating, and expressive storytelling through dramatic and entertaining presentation.

This division allows for props and costuming and encourages individuality, story telling and imagination.

Virtual Events only: This division allows some video editing – but no edits which alter the original footage. Scoring does not reflect points for quality of video edits. For example, be creative with editing, filming and effects but no altering the speed of the video.

Restrictions:

This division is open to competitors 18 years of age and over. Competitors who have been competing at the professional level or won a semi-professional competition should compete at this level.

Move Caps: n/a

2.3.4 After Hours Floor Flow 1

This is an amateur level.

This division is focused on the competitors' ability to be creative at the base of the pole and on the floor. In this division the competitor should use the stage floor and the base of the pole to their best advantage to create interesting shapes, movement, and flow without the necessity of tricks up the pole.

The focus is on creativity, grace, mastery of movement and contact of multiple parts of the body with the floor and pole base. All genres of dance are welcome in this division.

Restrictions:

If you teach exotic, erotic, burlesque, or similar type movement, or if you have been paid for or performed professionally at the time of application you cannot compete at this level.

No aerial skills permitted. Spins or base work tricks are allowed however all skills must begin and end with a minimum of 1 body part in contact with the floor.

Heels, boots or platform footwear are permitted but not required.

This division is open to competitors 18 years of age and over.

Move Caps: See Section 2.1.6 Pole Sport Amateur move caps apply.

2.3.5 After Hours Floor Flow 2

This is a semi-professional/professional level, for anyone who teaches, performs, or practices exotic, erotic, burlesque, or similar type movement at a higher level.

This division is focused on the competitors' ability to be creative at the base of the pole and on the floor. In this division the competitor should use the stage floor and the base of the pole to their best advantage to create interesting shapes, movement, and flow without the necessity of tricks up the pole.

The focus is on creativity, grace, mastery of movement and contact of multiple parts of the body with the floor and pole base. All genres of dance are welcome in this division.

Restrictions:

No aerial skills permitted. Spins or base work tricks are allowed however all skills must begin and end with a minimum of 1 body part in contact with the floor.

This division is open to competitors 18 years of age and over.

Move Caps: n/a

2.3.6 After Hours Pole 1

This is an amateur level.

This division is judged with emphasis on sexy or sensual genre of pole dance. In this division the competitor should use the stage floor, base, and entire height of the pole.

The focus is on creating a performance that excites, exhilarates, and captivates your audience with the artistry of provocative, sexy movement qualities without vulgar or offensive displays. Performances can be energetic with attitude, soft and slinky, or hot and heavy.

Restrictions:

If you teach exotic, erotic, burlesque, or similar type movement, if you have been paid for or performed professionally at the time of application you cannot compete at this level.

Movements such as body waves, grinds, and touching, spanking, caressing, or grabbing your body curves are permitted, interacting with your crotch area or implied sexual acts is NOT permitted.

Aerial skills are required.

Heels, boots or platform footwear are required.

Stripping (clothing removal) is permitted. Any items removed are considered props (see Prop regulations). All clothing revealed underneath must meet costume rules (see Costume regulations).

This division is open to competitors 18 years of age and over.

Move Caps: See Section 2.1.6 Pole Sport Amateur move caps apply.

2.3.7 After Hours Pole 2

This is a semi-professional level, for anyone who teaches, performs, or practices erotic, burlesque, or similar type movement at a higher level.

This division is judged with emphasis on sexy or sensual genre of pole dance. In this division the competitor should use the stage floor, base, and entire height of the pole.

The focus is on creating a performance that excites, exhilarates, and captivates your audience with the artistry of provocative, sexy movement qualities without vulgar or offensive displays. Performances can be energetic with attitude, soft and slinky, or hot and heavy.

Restrictions:

Movements such as body waves, grinds, and touching, spanking, caressing, or grabbing your body curves are permitted, interacting with your crotch area or implied sexual acts is NOT permitted.

Aerial skills are required.

Heels, boots or platform footwear are required.

Stripping (clothing removal) is permitted. Any items removed are considered props (see Prop regulations). All clothing revealed underneath must meet costume rules (see Costume regulations).

This division is open to competitors 18 years of age and over.

Move Caps: n/a

2.3.8 After Hours Professional

This is a professional level, for anyone who teaches, performs, or practices erotic, burlesque, or similar type movement at the highest level.

This division is judged with emphasis on sexy or sensual genre of pole dance. In this division the competitor should use the stage floor, base, and entire height of the pole.

The focus is on creating a performance that excites, exhilarates, and captivates your audience with the artistry of provocative, sexy movement qualities without vulgar or offensive displays. Performances can be energetic with attitude, soft and slinky, or hot and heavy.

Restrictions:

Movements such as body waves, grinds, and touching, spanking, caressing, or grabbing your body curves are permitted, interacting with your crotch area or implied sexual acts is NOT permitted.

Aerial skills are required.

Heels, boots or platform footwear are required.

Stripping (clothing removal) is permitted. Any items removed are considered props (see Prop regulations). All clothing revealed underneath must meet costume rules (see Costume regulations).

This division is open to competitors 18 years of age and over. Competitors who have been competing at the professional level or won a semi-professional competition should compete at this level.

Move Caps: n/a

2.3.9 After Hours Pole Masters

This division is judged with emphasis on sexy or sensual genre of pole dance. In this division the competitor should use the stage floor, base, and entire height of the pole.

The focus is on creating a performance that excites, exhilarates, and captivates your audience with the artistry of provocative, sexy movement qualities without vulgar or offensive displays. Performances can be energetic with attitude, soft and slinky, or hot and heavy.

Restrictions:

Movements such as body waves, grinds, and touching, spanking, caressing, or grabbing your body curves are permitted, interacting with your crotch area or implied sexual acts is NOT permitted.

Aerial skills are required.

Heels, boots or platform footwear are required.

Stripping (clothing removal) is permitted. Any items removed are considered props (see Prop regulations). All clothing revealed underneath must meet costume rules (see Costume regulations).

Competitors within the Masters age restriction.

Move Caps: n/a

2.3.10 Troupes

This division is for groups of performers with a minimum of 4 to a maximum of 8 participants. Troupes can use any choice of apparatus for their routines and participants can be same or mixed sex. Focus is on choreography as a group, creativity, stage presence and synchronicity of movement (if applicable).

Restrictions: Competitors within the Adult age restriction.

Move Caps: n/a

2.4 DEFINITIONS

This is not a comprehensive list of definitions, but includes a list of frequently requested skill definitions.

Drop: A drop is considered any change from one level of the apparatus to another in which a competitor performs a controlled release of their momentum to allow rapid descent by force of gravity.

Hang: A hang is considered a body position where the body remains suspended by one part without support from other body parts/from below. For example, a neck hang is when an athlete suspends their body from the apparatus solely from point of contact with the neck, without support from arms or legs.

Slackline Drop: A slackline drop is a drop in aerial fabric wherein the athlete pulls or positions a length of fabric to create slack, then initiates a drop into the slack.

Slide: A slide is considered where the competitor moves smoothly along a surface while maintaining both continuous contact with the apparatus and continuous control over their momentum.

Unsupported Aerial Invert: An unsupported aerial inversion is a hips over head inversion from a position where the athlete's weight is not supported by the floor, base of the hoop, or base of the sling at the starting position. This does not include descending inversions, where the head lowers below the hips.