



**EASTERN**

**COMPETITOR PACKET**

**2025**

**Canadian Pole and Aerial  
Championship**

# 1 Welcome

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Welcome to the Canadian Pole and Aerial Championship (CPAC)!

This packet contains vital information to assist you in your preparations for participation in CPAC competitions.

Upon reviewing the provided information, should you have any questions please direct them to [competitors@canadianpoleandaerialchampionship.ca](mailto:competitors@canadianpoleandaerialchampionship.ca). Questions may not be accepted through social media platforms or by phone.

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## 1.1 RULES and REGULATIONS

The current version of the Rules and Regulations can be found on our website at: <https://canadianpoleandaerialchampionship.ca/rules/>

These rules and regulations are subject to change. All updates, including a complete revision history, and clarifications to answer common competitor questions will also be posted on this page. Please check for any updates prior to your competitions.

Important clarifications, or those most frequently asked, may also be updated within the Rules and Regulations documents. Look for these *highlighted in italics* and posted in the Revision History. Clarifications provide concise explanations when competitors request additional information regarding the regulations. No changes to the current season regulations will be made that would be unfair to other athletes who have already undertaken preparations for this competition season.

## 1.2 Connections

To follow and connect with fellow competitors, judges, and the community, join us on social media. Please ensure you join the CPAC competitor group on Facebook to keep informed and ask questions from your fellow, and past, competitors.

<b>Newsletter:</b>	Stay subscribed for direct updates regarding your event
<b>Email:</b>	<a href="mailto:competitors@canadianpoleandaerialchampionship.ca">competitors@canadianpoleandaerialchampionship.ca</a>
<b>Facebook Page:</b>	Canadian Pole and Aerial Championship
<b>Facebook Competitor Group:</b>	Canadian Pole and Aerial Championship Competitor Group
<b>Instagram:</b>	@canadianpoleaerialchampionship #canadianpoleandaerialchampionship #CAN2025CPAC

Note that all official CPAC event information will be provided on our website to ensure all information can be found in one location.

## 1.3 Important Dates

Listed in this section are important dates to keep in mind for participation in CPAC events. Note that changes, if any, will be provided on our website and communicated via the competitor's registered email address.

### 1.3.1 Eastern Competition

Registration deadline: January 17, 2025, 11:59 PM

Division and level change deadline: January 17, 2025, 11:59 PM

Schedule release: January 31, 2025

Music submission deadline: February 14, 2025, 11:59 PM

Prop submission deadline: February 14, 2025, 11:59 PM

Apparatus Specification submission deadline: February 14, 2025, 11:59 PM

Event: March 1 to March 2, 2025

On-Demand: N/A

## 1.4 Event Location

### 1.4.1 Venue

Les grands ballet canadien

1435 Rue de Bleury

Montreal, QC

H3A 2H7

We acknowledge that the venue is located on the unceded Indigenous lands of the Kanien'kehá:ka (Mohawk) Nation.

Place des Arts is easily accessible by using the metro, walking, cycling, taking a taxi, or driving your own vehicle. The Place-des-Arts metro station on the Green Line is directly connected to Place des Arts. The Place des Arts is served by several bus lines.

### 1.4.2 Parking

Indoor (paid) parking is available in Place des Arts' with entrance via 1450 St. Urbain Street. Additional aboveground parking and garages are available nearby.

### 1.4.3 Transit

Place des Arts is easily accessible thanks to its direct connection to the Place-des-Arts metro station and its proximity to several bus lines. You can easily reach this location by using the metro, walking, cycling, taking a taxi, or driving your own vehicle with the convenience of our indoor parking.

## 1.5 Tickets

Your competitor registration includes access to the event for the day on which you compete. You are welcome to purchase additional tickets for your guests, or for days on which you are not competing. Please ensure any human props have purchased their ticket for the event.

Competitors under 18, remember to bring your plus one! The registration fee for an athlete under the age of 18 includes both the athlete and one (1) designated parent/guardian/coach who must accompany the athlete at all times during in-person events.

Support the Canadian pole and aerial competitors as they take the stage! Remind your friends and family to purchase their tickets online.

## 1.6 Pre-Competition Checklist

- Read the rules and regulations
- Register for the competition
  - Previous competitor? Visit your “Account” in the web Store to verify biographic information
- Join the CPAC Competitors Facebook group
- Book travel arrangements
- Submit any changes prior to the division/level change deadline (optional)
  - Changes to division/level to be submitted by email
  - Visit your “Account” in the web store to verify Stage Name and Studio Affiliation
- Purchase your photo/video package
- Verify costume satisfies costume regulations
  - *See Competition Regulations – Performance Regulations - Costume*
- Submit music (required)
  - *See Competition Regulations – Performance Regulations - Music*
- Submit props (if required)
  - *See Competition Regulations – Performance Regulations - Props*
- Submit apparatus specifications (if required)
  - *See Competition Regulations – Technical Specifications – Live Competitions*
- Purchase tickets (or volunteer to receive free admission!)
- Pack a day-of backstage kit (recommendations include extra strong double-sided tape, snacks, water, ear plugs/headphones, mini sewing kit, clean cloth, wet wipes, make-up, hair spray, bobby pins, elastics, approved grip products, indoor shoes or slippers for backstage)
- Pack a back-up copy of your music on USB
- Double check the event schedule for updates on performance times and award ceremonies

## 1.7 Day of Competition

### 1.7.1 Check in

Check in at the registration table upon arrival. For those participating in stage testing, check-in must be completed prior to your stage testing time. For those choosing not to participate in stage testing, check-in must be completed no later than 60 minutes prior to your scheduled performance time.

## 1.7.2 Stage Testing

Stage testing will proceed in show order. Any competitor who is not present at the time of stage testing, when their name/stage name is called, shall forfeit their stage testing time. Stage testing is intended to be a brief check-in of the technical setup, not a time to run your full routine. Competitors are recommended to have an idea of what they need/want to test, prior to their stage testing time.

The entrance to the stage (stage right/stage left) will be determined by the venue prior to stage testing.

Hoop and Hammock competitors who specified a non-standard apparatus specifications via email prior to the event must confirm their specifications with the CPAC technical staff during stage testing. If the competitor is not present during stage testing to confirm the specified height, the standard apparatus will automatically be hung to the standard height of 60" from top of mat.

Aerial Specialty competitors are required to attend stage testing. The competitor shall present proof of manufacture from a pole, aerial or circus manufacturer for all necessary components required for safe rigging of their apparatus to the CPAC technical staff and confirm the height specified via email prior to the event. If the Aerial Specialty competitor is not present during stage testing, the competitor will be automatically disqualified.

## 1.7.3 Competitor Meeting

Competitor meeting will immediately follow your stage testing block. Please be present on or near the stage to be informed of any venue or event-specific reminders. This will be a brief 5 to 15 minute check-in with all our competitors to ensure a smooth and successful event.

## 1.7.4 Dressing Room and Restricted Areas

Competitor will respect any designated restricted areas, as per posted signage and CPAC instruction. This may include judging areas, media areas, and other backstage areas.

Dressing rooms and backstage areas provided at CPAC events are off limits to family members or friends of the competitors except for the designated parent/guardian/coach accompanying a novice or junior competitor. Individuals accessing these areas should be prepared to show proof of participation. There is limited backstage space available, and it is just for you and your fellow competitors to enjoy. Please use the public areas of the venue to visit or chat with any supporting entourage! This includes coaches, stylists, friends, family and even a doting partner.

## 1.7.5 Backstage Check-In

Competitors are to check-in with the backstage co-ordinator approximately 30 minutes prior to their scheduled performance time. Competitors are advised that performances may run early or late.

The backstage co-ordinator will take note of your starting position and any prop placement.

### 1.7.6 Code of Conduct

Competitions can be a stressful environment, and we know everyone has good and bad days, on and off the stage. You and your fellow competitors might be riding a rollercoaster of emotions! Remember to BE KIND. Cheer each other on and support each other backstage – these events run for all participants.

Code of Conduct Reminder! You have agreed to conduct yourself professionally, respectfully, and with the spirit of good sportsmanship at all times prior to, during, and following all CPAC events; showing respect and dignity to event organizers, CPAC organizers, fellow competitors, judges, and event staff/volunteers.

### 1.7.7 Awards

We will see you on stage after the show! You and your fellow competitors worked hard to hit the stage, so come together to applaud each other one more time.

Award ceremonies may be held at either the end of each show or following each major division (Aerial Sport, Pole Sport, Artistic), depending on the number of competitors and event schedules. Make sure to check the event schedule for your award ceremony. Missed awards and/or sponsor prizes will not be mailed out following the event. Winners must be present to accept their medals.