



# COMPETITION REGULATIONS

2026

Canadian Pole and Aerial  
Championship

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# RULES AND REGULATIONS

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These rules and regulations govern the participation in Canadian Pole and Aerial Championship (CPAC) sanctioned competitions. These rules and regulations are subject to change without prior notice.

For the purpose of these regulations, participants are categorized as follows:

- CPAC: This includes CPAC organizers, event organizers, judges, and staff/volunteers.
- Competitors: This includes all applicants, accepted competitors, and champions.
- Representative: This includes coaches, trainers, parents or guardians acting on behalf of a competitor.
- Attendees: This includes, but is not limited to, audience members.

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.

## LANGUAGE PRECEDENCE

Precedence of English Language Translation. In the event of any inconsistency between the English language version of this document and any other language translation, the English language version is the original version, and any translation is for information purposes only. The English language version shall take precedence.

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# 1 GENERAL RULES

## CPAC RESERVES THE RIGHT TO THE FOLLOWING

- Alter the rules at any time.
- Disqualify any athlete in any CPAC sanctioned event who is in breach of the rules, terms or code of conduct.
- Disqualify any judge who is in breach of the rules, terms or code of conduct.
- To audit, for any reason, any judging, performance, or score card for any competitor or division in any CPAC sanctioned event.
- To make real-time decisions on any events/occurrences brought to light which are not already addressed in the rules, regulations, and code of conduct prior to, during or after any CPAC sanctioned event.
- CPAC is not liable for any injury or damage incurred by you during any stage of the competition.
- CPAC reserves the right to disqualify you, and/or bar you from entry to a future competition, if you breach the rules and regulations of the competition.

## 1.1 Regulations Governing Competition APPLICANTS

- An applicant may apply for more than one division.
- Applications are open to any individual.
- Applicants for PROFESSIONAL level must self-certify at the time of application, their status as a Canadian Citizen or Permanent Resident OR as a non-Canadian Citizen. Only applicants self-certified as a Canadian Citizen or Permanent Resident will be permitted to hold the title of Professional Canadian Pole and Aerial Champion to represent Canada in world competitions (see Regulations Governing CHAMPIONS).
- Applicant must submit an application through the CPAC website including all the criteria listed.
- RULES AND REGULATIONS: Applicants will comply with the rules and regulations of the CPAC at all times from the time of registration. All rules and conditions apply at time of application regardless of closing date or acceptance.
- APPLICATION CHANGES: Changes in event registration, such as Division or Level, may be accepted until the close of registration for that event. Requests are accepted by email only.
- EARLY WITHDRAW: No refunds are provided for any reason. Please advise us if you are withdrawing from the competition to allow those on the wait list to attend.

## 1.2 Regulations Governing ACCEPTED COMPETITORS

- RULES AND REGULATIONS: Competitor will comply with the rules and regulations of the CPAC at all times. All rules and conditions apply at time of application regardless of closing date or acceptance. By participating as a competitor in any CPAC sanctioned competition, you are automatically agreeing that you have read the contents of all the rules and regulations and you are in agreement to all items listed.
- COMPETITOR MEETING: For in-person events only, the competitor will attend a mandatory meeting the day of the competition, or potentially forfeit their right to compete.
- SIGNATURES REQUIRED: Competitor will sign a waiver, media release as well as agree to the rules and regulations upon registration.
- MEDIA COMMITMENTS: If needed, competitor will appear on television, radio, film or print media for the publicity and promotion of the competition.
- BRANDING APPROVAL REQUIRED: Competitor is asked to respect competition sponsors by not wearing any logos other than those of the approved sponsors while on stage.
- ANTI-IMPAIRMENT COMPETITION RULES: Competitor will not consume any impairing substances prior to or during the competition.
- EARLY WITHDRAW: Please advise the CPAC as soon as possible if you need to withdraw. No refunds are provided for any reason. Please advise us if you are withdrawing from the competition to allow those on the wait list to attend.
- RESTRICTED AREAS: Competitor will respect any designated restricted areas, as per posted signage and CPAC instruction. Dressing rooms and backstage areas provided at CPAC events are off limits to family members or friends of the competitors except for the designated representative (parent, guardian or coach) accompanying a novice or junior competitor. Individuals accessing these areas should be prepared to show proof of participation.
- SCORING INQUIRIES: At no time should a competitor communicate with a member of the judging panel regarding their scores. All scoring inquiries are to be directed solely to the CPAC director.

## 1.3 Regulations Governing CHAMPIONS

### THE CANADIAN POLE AND AERIAL CHAMPION:

- The “Canadian Pole and Aerial Champion” title is officially valid for one year.
- The CPAC reserves the right to retract the title if the winner causes any damages to the organization or its participants.
- In the case of retraction, the 1st runner up becomes the new Canadian Pole and Aerial Champion and will represent the CPAC as such in any following opportunities.
- The Champion may compete the following year to defend their title or choose to move up in a level\* if they won a tiered division title. \*This does not apply to those divisions without tiers or at the highest tier (i.e. Masters, Men, Professional, Aerial Specialty).
- The Champion shall not at any time thereafter commercially exploit the title in any way whatsoever.
- The Champion shall conduct themselves with decorum during their reign and shall NOT commit any acts which, in the sole opinion of the CPAC are in breach of the rules, terms or code of conduct and/or could bring disrepute, ridicule, or contempt to the image or reputation of the CPAC and the competition it represents.
- Only applicants self-certified as a Canadian Citizen or Permanent Resident will be permitted to hold the title of Professional Canadian Pole and Aerial Champion to represent Canada in world competitions.
- The Professional level Champion cannot represent two countries at the same time. As the Canadian Pole and Aerial Champion, you may compete in any world competition representing Canada only.
- As the winner of the Canadian Pole and Aerial Championships, you are not obligated to compete in a World competition and can do so at your own will. We do not endorse any specific World competition.

### MEDALISTS:

- The CPAC expects the medalists to cooperate with the promotion of the Canadian Pole and Aerial Championship events and activities.
- All medalists and champions must be available for a photo shoot immediately following the announcement of the official winners.
- Violation of the terms and conditions of this document will result in disqualification and removal of any given title/placement.
- Determination by the CPAC that any of the representations made in your Application Forms, this agreement, and/or any other information you supplied in connection with the event prove to be false and/or inaccurate will result in disqualification and removal of any given titles/placement.

## 1.4 CODE OF CONDUCT

The CPAC aims to provide an inclusive, fair, enriching experience to all who participate. Those who chose to negatively affect the CPAC experience for others will be held accountable, including disqualification, removal of titles, or being barred from participation in future events.

The CPAC Code of Conduct is based upon the Universal Code of Conduct to Prevent and Address Maltreatment in Sport (UCCMS) created by the Canadian Centre for Ethics in Sport and Sport Dispute Resolution Centre of Canada.

All participants agree:

- All participants shall expect to participate, compete, work, volunteer and interact in an environment free from maltreatment.
- Maltreatment or prohibited behaviours, including but not limited to bullying, harassment, physical or psychological threatening behaviour will not be tolerated.
- All participants recognize that maltreatment can occur regardless of race, national or ethnic origin, colour, religion, age, sex, sexual orientation, gender identity or expression, or disability. Also recognizing that those from marginalized groups have increased vulnerability.
- To conduct themselves professionally, respectfully, and with the spirit of good sportsmanship at all times prior to, during, and following all CPAC events. This pertains to both in-person and virtual platforms, including social media.
- To conduct themselves with the spirit of good sportsmanship showing respect and dignity to all, including but not limited to: event organizers, CPAC staff, fellow competitors and their designated representatives, judges, event staff/volunteers and attendees.
- To respect and maintain appropriate boundaries, ensuring their intentions and actions prioritize the safety, health and well-being of all participants.
- To dress, act and use language with professional comportment.
- To respect any venue-specific or government-directed rules and regulations which may supersede those of the CPAC.

## 1.5 COMMITMENT TO DIVERSITY AND INCLUSION

Sport inclusion is a fundamental principle of the Canadian Pole and Aerial Championship. The CPAC organizers and competition hosts are fully committed to providing a safe, supportive and respectful space, regardless of any differences based on race, national or ethnic origin, colour, religion, age, sex, sexual orientation, gender identity or expression, or disability.

The CPAC Commitment to Diversity and Inclusion is based upon the Creating Inclusive Environment for Trans Participants in Canadian Sport created by the Canadian Centre for Ethics in Sport.

The Competition Regulations developed for participation in the CPAC guided by the principles that people of all identities should have equal opportunities to participate and strive for excellence at all levels, free of discrimination or harassment, to create LGBTQIA+ inclusive athletic environments.

### 1.5.1 Gender Inclusive Language

We commit to making every effort to learn and use the chosen name and pronouns of our competitors, volunteers, staff, and community members. We recognize that failing to respect an individual's gender identity or expression by using incorrect name(s) or incorrect chosen pronouns is discriminatory and fails to uphold the principles of the CPAC.

### 1.5.2 Safeguarding an Individual's Right to Privacy and Confidentiality

The CPAC organizers and competition hosts recognize the rights to privacy of all our participants. We will only ask for information about identified gender identity when it is critical to the services provided, in a manner that is inclusive, and for which there are no consequences for abstaining. We will respect and safeguard the privacy of any competitors, volunteers, staff, and community members.

### 1.5.3 Use of Facilities

The CPAC is committed to providing safe access to use of toilets, changing areas and other facilities. We will seek to do so in a discreet, confidential, and sensitive manner in collaboration with our competition hosts.

### 1.5.4 Eligibility for Participation in the CPAC

Participants in the CPAC are able to register and compete in the category in which they identify. All categories are non-gendered apart from Men's Pole Sport. All identifications of gender identity or expression by our athletes are believed to be made in good faith and do not require further disclosure or documentation.

### 1.5.5 Eligibility for Participation in External Competitions

Champions of select CPAC divisions may receive invitations to compete with partner competitions, or choose to pursue competitions with other organizations as the "Canadian Pole and Aerial Champion". The CPAC will keep informed of related eligibility policies in other organizations which may impact our competitors and champions. We will support our athletes, at their request, in regards to eligibility requirements.

### 1.5.6 Resolving Diversity and Inclusion Issues

Any community member or participant of the CPAC who witnesses or feels they have experienced discrimination, bullying, harassment or victimization is strongly encouraged to act; by contacting, or seeking assistance from, the CPAC director at [info@canadianpoleandaerialchampionship.ca](mailto:info@canadianpoleandaerialchampionship.ca).

## 1.6 PARA-ATHLETES

Para-athletes shall be provided accommodations on an as-needed, and individual basis.

Para-athletes are defined as competitors with a permanent mental or physical disability, which provides a noted disadvantage in sport. Competitors who wish to request Para-Athlete accommodations are to email [competitors@canadianpoleandaerialchampionship.ca](mailto:competitors@canadianpoleandaerialchampionship.ca), providing medical documentation for review by the CPAC director. All information will remain confidential.

Para-athletes will be scored as per the continuum of their selected category, with exemptions as necessitated based on accommodations requested by the individual and agreed upon in advance of the competition. For example:

- A competitor with severe autism may be exempted from Audience Connection.
- A competitor in a wheelchair may be exempted from Balance in Choreography
- A competitor with physical disability may be exempt from Lines and Extension

Para-athletes medalists will be awarded separately from the standard division/level. For example: A para-athlete competing in Pole Sport – Amateur will be scheduled alongside all Pole Sport – Amateur competitors. The para-athlete will be scored following the Pole Sport – Amateur continuum, however judges will be directed to disregard any exempted sections for both scoring and feedback. The para-athlete medalists will be awarded separately from the athletes scored on all continuums.

## 1.7 DISQUALIFICATION and DEDUCTION

### 1.7.1 Disqualification During the Competition

Non-compliance with regulations may lead to disqualification during the competition.

The following will result in immediate disqualification during the competition:

- Major nonadherence to costume rules and major wardrobe malfunctions. Major nonadherence includes wearing a costume or adornment which is specifically not allowed. Major wardrobe malfunctions include any exposure, accidental or intended, of private body parts.
- Conversing with the audience or judges at any time during their performance.
- Non-approved props, if deemed a safety hazard.
- If the event host or head judge finds a competitor is unable to safely perform for any reason whatsoever.
- If the event host or head judge finds a performance to include explicit content (as defined in Movement and Themes).

### 1.7.2 Deductions and Fines

- Any restricted moves performed will result in a 5 point deduction per move from each judge; See DIVISIONS AND LEVELS - Section 2 – Move Caps.
- Nonadherence to costume rules will result in a 10 point deduction from your overall score from the head judge.
- Nonadherence to music rules such as music length or profanity will result in a 10 point deduction from your overall score from the head judge.
- Props that were not pre-approved (for required divisions) will result in a 10 point deduction from your overall score from the head judge.
- Nonadherence to movement and themes rules will result in either a 25 point deduction from your overall score or disqualification, depending on the severity, as deemed by the head judge.
- There will be a fine of \$250 plus disqualification if you are found to be sandbagging. Sandbagging is considered when the competitor is deemed to be registered at a division/level deemed significantly less than their actual level of competitive ability. The CPAC acknowledges that competitors may start training higher level skills prior to refining their technique such that they are ready to perform or compete at such a level. The CPAC will evaluate sandbagging with demonstration that the competitor teaches, performs or competes at a significantly higher level than the division of level in which they are registered to compete. A competitor may submit a sandbagging concern by email in advance of competition or following competition using the Formal Audit Protocol.

### 1.7.3 Sanctions and Appeals Process

The CPAC Sanctions and Appeals Process is based upon the sanctions outlined in the CPAC Regulations, the Guide to the Development of an Appeal Policy created by the Canadian Centre for Ethics in Sport and the Sport Dispute Resolution Centre of Canada.

The full Sanctions and Appeals Process and Official Appeal Request Form can be found at:

<https://canadianpoleandaerialchampionship.ca/appeal-form/>

# 2 CHAMPIONSHIP EVENTS

## 2.1 IMPORTANT DATES

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

Unless posted otherwise, the general timeline for each event are as follows.

### IN PERSON LIVE EVENTS

Registration deadline: 6 weeks prior

Schedule release: 1 month prior

Music & Prop deadline: 2 weeks prior

Apparatus Specification deadline: 2 weeks prior

Event & Awards: As per competition dates

Feedback: 1-2 weeks following

### VIRTUAL EVENTS

Registration deadline: 4 weeks prior

Video & Prop deadline: 2 weeks prior

Schedule release: 2 weeks prior

Event: As per competition dates

On-Demand: 24 hours following the event

Feedback: 1-2 weeks following the event

Awards Mailed: 4-6 weeks following the event

## 2.2 2026 NATIONAL CHAMPIONSHIP QUALIFIERS

The following is how to qualify to compete in the 2026 Canadian Pole and Aerial National Championship.

The 2026 season consists of a series of regional and virtual qualifier events to culminate in a National Championship.

Invitations are issued as follows, at the discretion of the CPAC. A competitor will receive a maximum of one (1) invitation per division/level; for example if a competitor qualifies for an invitation through multiple qualifying events. Additional invitations may be extended if a) first place declines their invitation, b) there was a point spread difference of 2 or under, or c) a winner/champion is not eligible to receive an invitation.

### 2026 REGIONAL WINNERS

The 2026 CPAC regional (Eastern, Central, Western) competition winners will be invited to compete in their respective divisions in the 2026 Canadian Pole and Aerial National Championship. All performers who "medal" (place first, second or third) will be invited to compete in the National event.

\*Formal invitations will be sent out following each regional event providing a discount code for registration.

### 2026 VIRTUAL WINNER

The 2026 CPAC Virtual competition first place winners will be invited to compete in their respective divisions in the 2026 Canadian Pole and Aerial National Championship.

\*Formal invitations will be sent out following the virtual event providing a discount code for registration.

### 2025 CPAC NATIONAL CHAMPIONS

2025 Canadian Pole and Aerial Championship first place winners will be invited to compete in the 2026 Canadian Pole and Aerial National Championship.

#### 2025/2026 PSO CANADA WINNERS

2025 and/or 2026 PSO Canada Level 5 first place winners (Championship Level 5, Artistic Level 5, Men's Level 5) will be invited to compete in their respective divisions in the 2026 Canadian Pole and Aerial National Championship.

## 2.3 NATIONAL CHAMPIONSHIP PRIZES

#### NATIONAL WINNERS (CHAMPIONS)

The winner of each level receives the title "Canadian Pole and Aerial Champion" (for example, Aerial Hoop 1 Canadian Pole and Aerial Champion) which is officially valid for one year.

The winner of each level may receive sponsorship prizes, subject to availability. See event webpage for details for event-specific sponsorship prizes.

#### PROFESSIONAL CHAMPIONS

The overall highest score for the four major divisions' Professional levels, will receive an additional Overall Highest Score prize, minimum value \$500 CAD. Prizes may be comprised of a mix of sponsorship vouchers, scholarships, or cash prizes. In the absence of a Professional level winner, prizes will be awarded to the overall highest score of the respective division. Overall Highest Score prize will be awarded at the National Championship event for each of the following divisions:

- Pole Sport
- Aerial Sport
- Pole Art
- After Hours

# 3 PERFORMANCE REGULATIONS

## 3.1 AGE RESTRICTIONS

- Competitors must be aged 8 or over to compete.
- Novice athletes must be aged 8 to 12 on January 1, 2026
- Junior athletes must be aged 13 to 17 on January 1, 2026
- Adult athletes must be aged 16+ on January 1, 2026
- Masters athletes must be aged 40+ on January 1, 2026
- If under 18 years of age, you must have a parent or guardian sign all documents for you as well complete any online submissions for you.
- If under 18 years of age, you must have a designated representative such as a parent, guardian or coach accompany you at all times during in-person events.

## 3.2 COSTUMES

*The purpose of costume rules is that athletes take appropriate measures to ensure they choose attire suited to their body and the movements they choose to include in their performance. As appropriate styles will vary substantially across sizing, brands, and body types, not every brand/style may work for every competitor.*

Competitors should be mindful of costume choice. Aerial competitors should consider additional coverage from a safety standpoint, where injury may occur due to exposure. Aerial fabric competitors should avoid abrasive or sharp costumes/adornments which may damage the fabrics. Significant damage to aerial fabrics may result in replacement costs being charged to the competitor.

*Nude fabrics, cut-outs, mesh and/or see-through materials are all acceptable provided that coverage is still maintained, for example, not visible through the fabric. Private parts must remain covered to avoid disqualification. Costume bottoms should remain visible along the bottom of the gluteal cleft. The competitor is responsible for securing the tops and bottoms if there is a concern for movement during the performance.*

### COSTUME TOPS – SPORT DIVISIONS

- Tops for Novice and Junior ages must fully cover the chest.
- Tops must not show excessive cleavage. At the sternum, it is *recommended* that there be at least 2 inches minimum coverage from the bottom of the costume to the top (this refers directly to the section at the center of the chest).
- Tops should not show any side breast exposure.

### COSTUME TOPS – ARTISTIC DIVISIONS

- Pasties only is not allowed.
- Breasts must be covered 3/4.

### COSTUME BOTTOMS – SPORT DIVISIONS

- Bottoms for Novice and Junior ages must fully cover the gluteus.
- Bottoms are *recommended* to provide a minimum of 2/3 coverage of the gluteus.
- A minimum one-inch inseam is required.

## COSTUME BOTTOMS – ARTISTIC DIVISIONS

- No thongs or G-strings.
- Bottoms should remain visible along the gluteal cleft.
- Knee pads are allowed.

## COSTUME REMOVAL

- Costume is defined by any part of fabric, adornment, or accessory that begins on the body at the onset of your routine.
- Any type of clothing can be removed. Any items removed are considered props (see Prop regulations). All clothing revealed underneath must meet costume regulations.
- If any item unintentionally falls off your costume, it is NOT considered “removed” and will NOT be considered for disqualification.

## SHOES

- Shoes/Boots are NOT allowed at any time, nor are they allowed to be removed prior to starting or at any time during the routine for the Pole Sport divisions.
- Shoes/Boots ARE allowed in Aerial Sport (i.e. aerial boots) divisions with the exception of Aerial Hammock (fabric) divisions where they are NOT allowed at any time.
- Shoes/Boots ARE allowed Artistic divisions.

## 3.3 MUSIC

Competitors may choose their own music for the competition which should adhere to time limitations based on division and level.

Music must be free of profanity or lyrics which may be in contradiction to the CPAC Commitment to Diversity and Inclusion.

Music content must be appropriate for the division/level (See Movements and Themes).

Music for Novice or Junior levels must be family-friendly and appropriate for all audiences. Music for Novice or Junior levels should have careful consideration as deductions may be applied if the head judge deems the music inappropriate for the competitor’s age based on mature themes.

### MUSIC LENGTH

There is no minimum time limit, the maximum time for each division is as follows:

- Novice, Entry: 2:30 minutes
- Novice Elite, Junior: 3:00 minutes
- Junior Elite, Amateur, all Level 1 divisions: 3:30 minutes
- Semi- Pro, Semi-Pro/Professional, all Level 2 divisions: 4:00 minutes
- Professional divisions: 4:30 minutes
- All other divisions: 4:00 minutes

### MUSIC SUBMISSION

You are responsible for sending in your competition music by the deadline provided as well as in the proper format.

Music fines are as follows (cumulative): \$10 per week late (or fraction thereof), and an additional \$50 if submitted within 48 hours of the first day of the event.

Only mp3 and mp4 formats are appropriate.

#### HOW TO SUBMIT YOUR COMPETITION MUSIC

Please ensure the music you submit is your final cut. Re-submissions may not be accepted.

1. Save your music with your stage name division and year. Any submissions not labelled correctly will not be accepted.

Please rename your music file as follows before sending.

- EVENT-Division- level- competitor name/stage name-year

EXAMPLE: The music file originally was titled justdance.mp4

New file as renamed would now be *EASTERN-Pole Sport-Amateur-Sam-2026.mp4*

2. Save your music as per music length and format guidelines for your division.

3. Upload your music file to your Account on the CPAC web Store. Email [competitors@canadianpoleandaerialchampionship.ca](mailto:competitors@canadianpoleandaerialchampionship.ca) in the event that you have technical difficulties or require multiple submissions (such as for multiple performances).

#### TECHNICAL DIFFICULTIES IN MUSIC PLAY DURING ROUTINE

\* When a competitor's music doesn't play fully or skips due to technical error, a competitor may:

1. Finish their routine without music (possibly affecting musicality marks)
2. Ask the music to be cued again and start routine from the beginning right away
3. Let the next competitor go, then re-run routine from the beginning
4. Wait until the end of the line up in their division and re-run routine from the beginning

\* In all cases except #1, judges are required to disregard ALL previous scores and score the competitor from the beginning of their second run as if they first run never happened.

## 3.4 MOVEMENTS AND THEMES

The CPAC aims to provide an inclusive, fair, enriching experience to all who participate. CPAC's Divisions provide varying opportunities for movement exploration, suitable to various styles and audiences. *Sport divisions, which are open to novice and junior competitors, are intended to focus on technical skills linked with artistry and dance, and therefore movement and themes should be appropriate for all audiences. Artistic divisions (Pole Art, After Hours) are intended to focus on artistry, expression, dance movement, and encourage the emphasis of provocative, sexy movement qualities and exploration of mature themes.*

The CPAC Movements and Themes rules are based upon the recognized standardized terminology, ratings and classifications from the Motion Picture Association of Canada.

CPAC will judge performers' movements and themes based on the following guidelines:

- All Audiences: Movements and themes which are deemed appropriate for all audiences include sexually suggestive movement, which is defined as movements that imply sensuality, rather than show sexual activity.
  - Themes appropriate for all audience are permitted in Sport divisions. These may include limited/brief violence or implied/non-depicted death in an overall mild tone.
  - Movement qualities appropriate for all audiences are permitted in Sport divisions. These movements may include sensual movement such as: hip rolls, body waves, shimmies, body touch, etc.
- Mature Themes: Mature themes include violence, coarse language, and sexual content, such as containing sexual language, references, innuendo, and/or scenes of implied or simulated sexual activity. Mature themes may not be deemed appropriate for all audiences and therefore are not permitted in Sport divisions and may be permitted in Artistic divisions.
  - Themes which include mature references may be appropriate for Artistic divisions. These themes may include references to or depictions of, violence, racism, religious matters, death, or controversial social issues.
  - Movement qualities which include sexual references or innuendo may be appropriate for Artistic divisions. These movements may include twerking, grinds, and touching, spanking, caressing, or grabbing your body curves.
  - NOT permitted: Mature themes which include coarse/offensive language, crude, harsh, rude or offensive portrayals, scenes of implied or simulated sexual activity are NOT appropriate for Artistic divisions and may result in a deduction by the head judge.
- Explicit Content: Explicit content includes horror and gory scenes, explicit/brutal/graphic violence and sexually explicit content, such as demonstrated sexual activity that is explicit and unsimulated, such as nudity or genital contact.
  - Explicit Content is not permitted and will result in disqualification by the head judge.

## 3.5 PROPS

A “prop” is defined as anything that is not attached to your body. Prop regulations apply uniformly to both live and virtual competitions.

All props must be submitted by the posted deadlines. When submitting your props, you must write a brief description of all your props, including the full names of any human props.

Human props are allowed. Human props may touch you, but not the apparatus. Judging will be based on your skills and abilities only, and not the skills and abilities of the human prop. Human props must be 18 years of age or older. They are required to sign a waiver of liability before participating in the show.

Props for Novice or Junior levels must be family-friendly and appropriate for all audiences.

If you use props without approval, you are subject to disqualification or point deduction.

The prop placement must only take a maximum of 30 seconds and prop removal must only take a maximum of 30 seconds.

No potentially hazardous props are permitted (i.e. if a substance is left on the floor, pole, or performance area, or could potentially harm spectators or other competitors). Props depicting illegal drug usage will not be allowed. Any usage of substances should not be the focal point of a routine and as this is a subjective rule, any prop should be used with purpose.

Some examples of props that will not be permitted are:

- Fire
- Fireworks
- Real weapons
- Glass
- Water, liquid, or gel
- Food
- Helium balloons
- Vaporizers, fog machines, or anything that produces smoke or particles
- Anything requiring access to an electrical outlet
- Loose glitter, loose powder, etc.
- Dildos
- Visible lower body genitalia, real or otherwise
- Pets or live animals
- Props that are considered their own performance art (hula hoop, poi, instruments, nun-chucks, etc.)
- Anything exceeding the dimensions of 7' tall, 5' wide, and 3' deep
- Anything exceeding a weight limit of 25 lbs
- Anything that clamps to the pole and is intended to bear your body weight, such as handloops, FabPole or PoleSilks type devices.

### 3.5.1 Prop Pre-Approval Process

- PROPS MUST BE PRE-APPROVED for all Pole Sport and Aerial Sport divisions.
- Props do not require approval in Artistic divisions but must meet regulations. If a competitor in an Artistic division is unsure, they may submit their prop for pre-approval.
- To submit a prop for pre-approval, a video must be submitted by the deadline provided prior to the competition.
- A video no longer than 30 seconds must be made describing how the prop will be used with a short demonstration of its use.
- Once received and reviewed, the competitor will receive confirmation via email that the prop is approved or that it will need to be changed/replaced and a new deadline will be sent.
- Upon approval, the information will also be sent to the competition host. At this time the prop cannot defer from its original use or purpose, or the competitor can be subject to disqualification.
- Email prop demonstration videos to: [competitors@canadianpoleandaerialchampionship.ca](mailto:competitors@canadianpoleandaerialchampionship.ca)
- Late fines for prop descriptions are a cumulative \$10 per week late or fraction thereof, and an additional \$50 if submitted less than 48 hours in advance of the start of the competition.

## 3.6 GRIP AIDS

The grip aid regulations are applied to competitors competing on standardized apparatus in live events.

- Grip aids can only be used on the competitors' body and may NOT be applied to any apparatus.
- Examples of acceptable grip aids are: Dry Hands, Mighty Grip, Dew Point, Girlie Grip.
- Grippy / sticky fabrics (for example, grip gloves, sticky leggings, sticky thigh highs, sticky ankle protectors) are allowed on pole but are NOT permitted on taped or fabric apparatuses.

- Gloves are allowed on bar apparatuses (for example, pole, hoop) but are NOT permitted on fabrics.
- Rosin / spray rosin are allowed on aerial apparatuses but are NOT permitted on pole.
- Do not use grips that leave a sticky residue. iTAC, wax based grip aids and spray glue type grip aids are NOT permitted.

Please email if you are not sure whether your grip aid is permitted.

## 3.7 SAFETY

### 3.7.1 Crash Mats

The use of a crash mat is not required for divisions using the pole as an apparatus.

- A crash mat may be requested for novice and junior divisions. Provided crash mat will be a minimum of 4'x4' mat with 4" thickness.

The use of a crash mat is required for aerial divisions, with the exception of Aerial Specialty.

- Novice and Junior divisions: Provided supplementary crash mat will be a minimum of 4'x4' mat with 4" thickness. Supplementary crash mat will be placed on top of the tumbling mat provided for Adult and Masters divisions.
- Adult and Masters divisions: Provided mat will be a tumbling mat, a minimum of 4'x8' mat with 2" thickness
- Competitors in Aerial Specialty may request the removal of the mat where it is deemed a safety hazard due to the nature of their apparatus. Request must be submitted at the time of Apparatus Specification.

### 3.7.2 Uncontrolled Falls and Injuries

If the event host or head judge finds a competitor is unable to safely perform for any reason whatsoever, the CPAC reserves the right to stop the performance and disqualify the competitor at their discretion.

For all falls from an aerial position (no point of contact with the floor):

- Regardless of landing, the performance will be terminated, and the competitor disqualified.
- Competitors are advised not to continue with their routine, to remain stationary, and allow an assessment by onsite first aid trained personnel. Staff shall call for local emergency response if necessary.

For all falls from a non-aerial position (point of contact with the floor):

- If the competitor can recover and chooses to continue their routine without stopping, they are allowed to as long as they do not appear to be physically harmed or limited by injury.
- It is NOT an option to allow the competitor to stop their routine and start over, if they cannot continue, the competitor will be disqualified.

## 3.8 VIDEO SUBMISSION – VIRTUAL COMPETITION

For Virtual competitions only.

You are responsible for sending in your competition video by the deadline provided as well as in the proper format. No late submissions will be accepted, no exceptions.

#### VIDEO SUBMISSIONS AND TIME RESTRICTIONS

Videos will be prejudged before the live event. This will eliminate any issues due to poor internet connections or other technological issues.

#### VIDEO DUE DATE:

All video submissions are due by the event deadline. This is the latest date we will accept competition videos. Early submission is recommended as once your division videos have been sent to the judges, we will not accept any more videos.

#### VIDEO ORIENTATION:

Please film in landscape not portrait.

Ensure when you film that your entire routine is visible in frame.

Ensure that your camera is static, not moving. Use of a tripod is recommended.

#### VIDEO LENGTH:

All videos should have a maximum length equal to the Music Length Regulations. No additional time is allotted for entry/bow/exit. Should you wish to include entry/bow/exit you must allow for this within the posted maximum length.

#### VIDEO FORMAT:

Only mp4 format is appropriate. Do not send YouTube links. Please ensure it is no lower resolution than 740p.

#### HOW TO SUBMIT YOUR COMPETITION VIDEO

Please ensure the video you submit is your final cut. We will not accept a re-submission.

1. Save your video with your stage name division and year. Any submissions not labelled correctly will not be accepted.

Please rename your video file as follows before sending.

- Competitor name/stage name, division, year

EXAMPLE: The video file originally was titled allineed.mp4

- New file as renamed would now be Sam-Amateur-2023.mp4

2. Save your video as per video orientation, length and format guidelines, per your division.

3. Upload your video to Google drive or Dropbox and email the link with permission to edit to [competitors@canadianpoleandaerialchampionship.ca](mailto:competitors@canadianpoleandaerialchampionship.ca)

4. The event deadline is the absolute latest your videos should be submitted. No videos will be accepted after this date.

## 4 PHOTOGRAPHY AND FILMING

As a competitor, you are required to sign a photo and video release form.

All photography and footage remains the property of the CPAC. You have no right to compensation for photography and footage made as part of the competition.

As a competitor, you agree that all photography and footage can be used by the CPAC for promotional, advertising and commercial purposes. You may be required to appear on TV, film, print, or other media for the purposes of publicity and promotion.

Spectators may use cell phone or tablet devices to take photographs and videos for their personal use, provided that the device is held no higher than shoulder height if seated, so as not to obstruct the view of the other spectators, or in designated areas to the back and/or sides of the seating area. All other camera types are not permitted except by those used by approved media with a media pass from the event organizers.

Photography and filming are not permitted within the competitor changing areas.

# 5 TECHNICAL SPECIFICATIONS

## 5.1 LIVE COMPETITIONS

### 5.1.1 Stage Technical Specs

The stage area will be 24 feet wide by 16 feet deep.

The flooring within the stage area will be dance flooring.

### 5.1.2 Truss Technical Specs

CPAC utilizes a purpose-built truss system, designed by a third-party professional engineer. This system was designed with the specific design requirements of the Canadian Pole and Aerial Championship in mind.

### 5.1.3 Pole Technical Specs

Poles will be 8 feet from each other and from all sides of the stage.

Poles are X-Pole competition grade: 45 mm diameter, chrome, and 14 feet high.

Poles are affixed to the truss with X-Pole brand Truss Plate and Top Mounts specifically for this purpose.

Stage left is spin and stage right is static.

### 5.1.4 Aerial Hoop Technical Specs

The aerial hoop will be rigged from the center point on the stage and will be 8 feet from front and back of the stage and 12 feet from each side.

The standard apparatus norms for Aerial Hoop Sport divisions are as follows:

The hoop will be solid steel, single point, tabless, 22 mm (7/8 inch) rod diameter, weighing approximately 20 lbs. The hoop will be taped with black hockey tape and directly choked with a 4 foot spanset, to a single swivel from a single rigging point approximately 14 feet above the stage. The hoop will be available in diameters in increments of 2 inches, measured by interior diameter, as follows:

- 32 inch
- 34 inch
- 36 inch (standard apparatus)
- 38 inch
- 40 inch

Height: The hoop will hang at standard height of approximately 60" from top of mat to the bottom of the hoop. The height will be adjustable in increments of 1 inch, from a minimum of 30 inches to a maximum of 70 inches, from top of mat.

Apparatus Specifications: Hoop competitors may specify a change in hoop diameter and/or height from top of mat to bottom of hoop by the deadline provided prior to the event and confirm during stage testing.

- To submit an apparatus specification, visit your Account on the CPAC web Store. Email competitors@canadianpoleandaerialchampionship.ca in the event that you have technical difficulties or require multiple submissions (such as for multiple performances).
- Once received and reviewed, the competitor will receive confirmation via email that the apparatus specification is approved and must be confirmed during stage testing.
- If the competitor is not present during stage testing to confirm the apparatus specification, the standard apparatus hoop will automatically be hung to the standard height of 60”.

### 5.1.5 Aerial Hammock Technical Specs

The aerial hammock will be rigged from the center point on the stage and will be 8 feet from front and back of the stage and 12 feet from each side

The standard apparatus norms for Aerial Hammock Sport divisions are as follows:

The hammock will be white, 108” wide, nylon tricot low/medium stretch fabric. The length of the fabric (from tie off to bottom, not the full length of fabric end to end) will be between 8 and 9 feet. The hammock will be hung using 2 “O” rings and a single swivel from a single rigging point approximately 14 feet above the stage.

The hammock will hang at standard height of approximately 60” from top of mat to the bottom of the hoop. The height will be adjustable in increments of 1 inch, from a minimum of 30 inches to a maximum of 60 inches, from top of mat.

Apparatus Specifications: Hammock competitors may specify a change in height from top of mat to bottom of sling by the deadline provided prior to the event and confirm during stage testing.

- To submit an apparatus specification, visit your Account on the CPAC web Store. Email competitors@canadianpoleandaerialchampionship.ca in the event that you have technical difficulties or require multiple submissions (such as for multiple performances).
- Once received and reviewed, the competitor will receive confirmation via email that the apparatus specification is approved and must be confirmed during stage testing.
- If the competitor is not present during stage testing to confirm the apparatus specification, the standard apparatus hammock will automatically be hung to the standard height of 60”.

### 5.1.6 Aerial Specialty Technical Specs

The specialty aerial apparatus will be rigged from the center point on the stage and will be 8 feet from front and back of the stage and 12 feet from each side.

The connection point will be a carabiner to a single swivel, from a single rigging point approximately 14 feet above the stage. The competitor shall provide all necessary components required for safe rigging of their apparatus from this single point in a vertical load orientation. Tri-loading of carabiner will not be permitted.

Aerial specialty competitors may specify a fixed height from the stage via email prior to the event and confirm during stage testing. Height shall remain fixed throughout the performance. Aerial specialty competitors are required to attend stage testing. If the competitor is not present during stage testing the competitor will be automatically disqualified.

### 5.1.7 Additional Information

Aerial competitors note that rigging will use a moving point. This can present some bounce in movement from the rope that is used for rigging. Please ensure you comfortable working with moving points.

WLL and MBS for CPAC-provided aerial equipment are as follows:

- The hoop will have a minimum WLL of 3 kN and a minimum MBS of 10 kN
- The spansets will have a minimum WLL of 23 kN
- The pulleys will have a minimum MBS of 25 kN
- The static ropes will have a minimum MBS of 23 kN
- The slings will have a minimum MBS of 23 kN
- The carabiners will have a minimum MBS of 25 kN
- The connectors (shackle or delta) will have a minimum MBS of 30 kN
- The swivels will have a minimum MBS of 30 kN

## 5.2 VIRTUAL COMPETITIONS

### 5.2.1 Pole Technical Specs

You can use either one (1) pole on static, one (1) pole on spin or two (2) poles with one on static and one on spin. Poles must remain on the selected mode (spin/static) for the duration of your performance. Please ensure when you film that your entire routine is visible on screen. Please do not use space on a pole higher than 14 feet to stay in line with the specs of a live competition.

No editing can be done to your videos - it must be one full routine, one shot, with the exception of Pole Art. See Divisions and Levels document, parts 2.3.1 and 2.3.2, for further information.

### 5.2.2 Aerial Hoop Technical Specs

You can use either a tabless, single or double point hoop. No tipping hoops or specialty hoops. It must be a standard, circular hoop. There are no diameter requirements. If you are using a spanset, you must use no length above 4 feet to stay in line with the specs of a live competition.

No editing can be done to your videos - it must be one full routine, one shot.

### 5.2.3 Aerial Hammock Technical Specs

There are no required hammock specs. If you have a very high ceiling please do not use more than 14 feet to stay in line with the specs of a live competition.

No editing can be done to your videos - it must be one full routine, one shot.

### 5.2.4 Aerial Specialty

The apparatus and rigging are at the competitor's discretion. Please note that the whole apparatus should be visible.

CPAC reserves the right to disqualify the competitor if, at the CPAC's sole discretion, the apparatus, rigging or competitor do not demonstrate safe working conditions.

No editing can be done to your videos - it must be one full routine, one shot.