



**NATIONAL**

**COMPETITOR PACKET**

**2026**

**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 #CAN2026CPAC

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 National Competition

Registration deadline: *By Invitation Only*

Schedule release: May 15, 2026

Music submission deadline: May 29, 2026, 11:59 PM

Prop submission deadline: May 29, 2026, 11:59 PM

Apparatus Specification submission deadline: May 29, 2026, 11:59 PM

Event: June 13 to 14, 2026

On-Demand: June 15, 2026

## 1.4 Event Location

### 1.4.1 Venue

Ada Slaight Hall  
Daniels Spectrum  
585 Dundas Street East  
Toronto, ON  
M5A 2B7

We acknowledge Toronto as a sacred gathering place for many Indigenous Peoples of Turtle Island. We recognize the long history of First Nations and Métis Peoples in Ontario, and show respect today to the Mississaugas of New Credit.

### 1.4.2 Hotel Reservations

CPAC has secured a limited group rate at the Toronto Don Valley Hotel & Suites for competitors at only \$169/night on Saturday or Sunday night. These rates are only guaranteed until May 13th, 2026.

There are limited spaces available under this group booking. Rooms with multiple beds should be shared by competitors wherever possible. Feel free to use the competitor Facebook group to buddy up for a room!

To book, call 1 (416) 449-4111 to book and mention you want the **CPAC Dance Competition** group rate.

*Transportation from Hotel*

Competitors are responsible for their own transportation between the hotel and the venue. Transit time is approximately 25 minutes by car or just under 1 hour by public transit.

### 1.4.3 Parking

Paid public parking at Daniels Spectrum is available in a lot located underneath the building. The vehicle entrance is located at the rear of the building, accessed via Sackville Street on the western side of the building. Parking is \$10.00 for 8 hours and can be paid by cash or credit card.

### 1.4.4 Transit

Direct public access via streetcar and in vicinity of multiple subway lines.

## 1.5 Tickets

Your competitor registration includes access to the event for the weekend of the National Championship. You are welcome to purchase additional tickets for your guests. 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 (**if required**)
  - *See Competition Regulations – Performance Regulations – Music*
  - Original music submissions from any qualifying regional routine(s) remain on your account. *Only NEW or UPDATED music needs to be submitted for Nationals.* Competitors submitting multiple music files, either due to multiple routines or revised submissions for Nationals, are able to submit by email.
- Submit props (**if required**)
  - *See Competition Regulations – Performance Regulations – Props*
  - Original prop submissions from any qualifying regional routine(s) remain on your account. *Only NEW or UPDATED props need to be submitted for Nationals.* Competitors submitting multiple music files, either due to multiple routines or revised submissions for Nationals, are able to submit by email.
- 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 precede/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, and any designated representative, 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. Competitors are advised that awards may run early or late. Missed awards and/or sponsor prizes will not be mailed out following the event. Winners must be present to accept their medals.