



WORKPLAN

European Pole and Aerial Sports Championship 2025

July 17.-20.2025
Prague, Czechia





About the European Pole and Aerial Sports Championship 20245

This European Championship is open to top athletes and amateurs from various countries, not just from Europe – it welcomes everyone who wants to compete at an international level.

Up-to-date Information:	Official Webpage POSA: www.posaworld.org Webpage EPASC 2025: https://www.czaaf.cz/epasc2025 Facebook: Pole Sports & Arts World Federation Instagram: posaworldfed
Place of Arrival:	Prague, Czechia
Date of Arrival:	July 15 or 16, 2025
European Aerial Sport Championship	17-18 of July 2025
European Pole Sport Championship	19-20 of July 2025
Date of departure:	21 of July

Officials and Organizing Committee

Pole Sports & Arts World Federation (POSA)

POSA OFFICIAL COMMITTEE (OC):

- President Davide LACAGNINA (Italy)
- Vice-President Tamas KATUS (Hungary)
- Vice-President Katrina WYCKOFF (United States)
- Vice-President Mariana EICHELBAUM (France)
- General Secretary Anisa FADZAN (Switzerland)
- General Secretary Elisa GOZZI (Italy)
- General Secretary Yofre BLANCO (United States)
- Head of Ethic Cesare BIANCHI (Italy)
- Treasurer Franco TINELLI (Switzerland)
- Head of Antidoping Jyrki RANTANEN (Finland)
- Head of Pole Art Elena GIBSON (United Kingdom)



POSA LOCAL ORGANISING COMMITTEE (LOC):

- Czech Aerial Acrobatics Federation (CAAF)

POSA POLE SPORT TECHNICAL COMMITTEE (TC):

- President Alessandra MARCHETTI
- Vice-President Natalia GUSEVA
- Member Veronika PAVLOVA
- Member Yana ROMANOVA
- Member Sara HENRIQUES
- Member Raquel NARCISO
- Member Asta PUSSINEN
- Member-Supervisor Tamàs KATUS

POSA TECHNICAL AERIAL SPORTS COMMITTEE (TC):

- Head of Committee: Mary Kolyza

Members:

- Anna Rubinshtein
- Renata Nagy
- Elisa Gozzi
- Veronika Pavlova
- Sabrina Madsen

SUB HAMMOCK COMMITTEE:

- Maria Carmen Monterosso
- Antonella Leone
- Gianluca Marcato



Official POSA Contact Address:

POLE SPORTS & ARTS WORLD FEDERATION

Via Pietro Bernasconi 3, CH-6883, Novazzano, Switzerland

Tel.+41765967337

E-mail: contact@posaworld.org

Web: <http://posaworld.org/>

Host Federation / Organization 2025 Local Organizing Committee CAAf:

Czech Aerial Acrobatics Federation z.s.

E-mail: posa.europe@czaaf.cz

Web: <https://www.czaaf.cz/epasc2025>

Local Training Centre in Prague:

My Sky Aerial Dance Studio

Web: <https://mysky.cz/>

All athletes participating in the competition who wish to train beforehand can use the opportunity to train at a friendly studio located at:

Sokolovská 32/22, Prague 8 – Karlín

Advance booking is required.

For information and reservations, contact: info@mysky.cz

Rehearsals stage:

Stage rehearsals are reserved exclusively for pole athletes!

Stage rehearsals will be without music, each athlete will have 1 minute to rehearse the stage, each delegation will be sent the rehearsals programme divided by each national delegation.

No official reshreals are required for aerial section. The characteristics of equipment for air disciplines will be described below.

The routines shall be prepared considering the measures provided in this workplan.



Competitions schedule European Aerial and Pole Sports Championship 2025:

Wednesday, July 16

Official arrival day for delegations , transfer to the hotels.

17:00-20:00 Aerial Sport athletes check-in

Thursday, July 17

8.00 Opening Ceremony Aerial Sport (Mandatory)

8:30 Aerial Sport Competition (First Day)

Medal Awards Ceremony

Friday, July 18

8:30 Aerial Sport Competition (Second Day)

Medal Awards Ceremony

Closing of the competition and departure of Aerial delegations

Pole Sport athletes check in: 9:00- 13:00 (during the Aerial competition, in the check in area)

Pole Sport Rehearsals by country: 13.30- 20:30

Saturday, July 19

8:00 Opening Ceremony Pole Sport (Mandatory)

8:30 Pole Sport Competition (First Day)

Medal Awards Ceremony

Sunday, July 20

8:30 Pole Sport Competition (Second Day)

Medal Awards Ceremony

Closing of the competition and departure of Pole delegations

Please note: the above planning is indicative and may be subject to change in the event of organisational needs.



Competition format:

17-18 of July 2025 – Aerial Sport

European Championships all categories: Amateurs, Competitive & Para

19-20 of July 2025 – Pole Sport

European Championships all categories: Amateurs, Competitive & Para

The starting order of the competition will be determined **between June 27 and 30, 2025**, by the official representatives of POSA after the athlete application deadline (June 20) has passed.

If a National Federation reduces the number of participating athletes after the definitive inscriptions, POSA/TC reserves the right to adjust the starting order to ensure the best possible running of the competition.

Qualifications for the European Championship & World Championships 2026

Please check the POSA Rules & Regulations 2025

POSA Championships Finals & "Passport Rules"

The top ten in each category will qualify for the finals.

- No more than **two (2)** athletes per country (same nationality) are admitted to the final. This means that only the first two athletes from the same country will be admitted to the final. In case of more than two athletes from the same nation in the top ten semifinals, the next athletes of different nationalities in the ranking will then be admitted to the final until a total of 10 athletes are reached.
- In case of a tie at any position at the end of the qualifications see *POSA Code of Points*.
- *This rule could also be applied to Aerial's competition, should there be a need to organize semifinals and finals.*

WARNING: THIS RULE DOES NOT APPLY in this competition to the Aerial categories, but to the Pole Sport competition only

Access to the competition area

The competition area is accessible to the members of the various juries, competing athletes and their accredited coaches, to local group leaders, to the auxiliary personnel of the Jury, to the President of the POSA Medical Commission, the official doctor, the team doctors, medical staff and to persons concerned with the apparatus.

A team medical person is permitted to accompany the athletes and coaches during all Competitions.

Awards ceremonies

The ceremonies in the competition venue will take place as mentioned in the time schedule.

Aerial equipment

The competition stage will be equipped with professional aerial equipment: a 7-metre-high open-topped structure provided by the company **Apole**.

When preparing the routine, athletes must take into account a 30 cm reduction for the coupling device and the mat height. The maximum usable height is therefore 6.30 metres for silk and hammock.

All athletes may bring their own apparatus (silk, hammock and/or hoop).

My Sky Studio will provide hoops (standard outer diameter 80–100 cm), hammock and a silk; however, we recommend bringing your own equipment. The hoops are taped and designed for single-point attachment, with a grip diameter of 25 mm.

Mandatory crash mat: 200 × 200 cm, 20 cm thick.

For silk and hammock disciplines, an additional 40 cm thick crash mat will also be available and is mandatory.

Pole Sport equipment

The competition poles will correspond to the requirements of the Code of Points 2025.

Scoring and distribution of results

Once the competition has finished, by request, all delegations will be provided with a complete set of results (Difficulty only) by e-mail. However, requests must be sent to the international federation within one week after the end of the competition, after that date, it will no longer be possible. (Please refer carefully to the Rules & Regulations 2025).

List of difficulty elements

File must be in PDF format!!!

Athletes must send their "Difficulty Sheet" by **June 20th** via email directly to posa.europe@czaaf.cz

The file **must be sent in PDF format only**. Submissions in other formats will not be accepted.

As specified in COP 2025, the athlete who changes something in the declaration of the elements, must bring the new Difficulty Sheets in 8 copies directly to the competition.

Each Difficulty Sheet will have to contain the following information:

- The name of the nation (official abbreviation of the country);
- The first and last name of the competitor/s;
- The category;

Example: CZE_Novakova_Hana_Junior_A_IW

If you need help, please contact us at: contact@posaworld.org

Warning: Incorrectly named Difficulty Sheets will receive a deduction from the Head Judge (as per the Code of Points). Handwritten or illegible difficulty sheets or photographs of the sheet are not accepted. In this case a penalty will be imposed on the athlete for incorrectly completed difficulty sheets.

Music

To limit the technical problems with the music used for the competitions, the Organizing Committee has decided to only accept the athletes' music in an **MP3** format only. All music used during the Pole and Aerial Sports European Championships 2025 must be submitted online.

Athletes must send their music by **June 20th** via email to posa.europe@czaaf.cz

Each music file will have to contain the following information:

- The name of the nation (official abbreviation of the country);
- The first and last name of the competitor/s;
- The category;
- The length of the music;

Example: CZE_Novakova_Hana_Junior_A_IW_3min30s.mp3

In addition, the competitors need to bring their music with them to the venue on the competition day on an USB stick as a backup.

Attention: Incorrectly named music file will receive a warning from the Head Judge (as per the Code of Points).

Doping control

Any doping is prohibited. A doping control can be done to the athletes at any time, without a pre-warning, in accordance with POSA regulations.

Doping controls will be carried out in accordance with the WADA regulations.

Please read POSA Rules & Regulations & POSA- Code of Points.

Inquiries procedure

Inquiries for the difficulty scores will be allowed if they are made verbally **immediately** after the publication of the score or at the very latest before the end of the routine of the following athlete (then 4 minutes). For the last athlete of a rotation (rotation=group of athletes, for example 1st Group of athletes during the competition is called “rotation”), this limit is one minute after the score is shown on the scoreboard.

The person designated to receive the verbal inquiry will have to note the time of receiving it, which will start the procedure. Only the accredited coaches present in the competition area will be entitled to submit an inquiry. **Late verbal inquiries will be rejected.**

A federation will not be allowed to complain against an athlete from another federation. The inquiry will have to be confirmed in writing as soon as possible, but at the latest within 4 minutes after the verbal inquiry and will require an agreement of payment of **EUR 150**— for the first complaint, **EUR 300** — for the second complaint and **EUR 600**— for the third complaint. Should the inquiry not be confirmed in writing within 4 minutes, then the procedure will become obsolete.

Should the inquiry prove correct and be accepted, this sum will be reimbursed. Every inquiry will be examined immediately by the **Superior Jury** and a final decision, which may not be appealed, will be made very soon, at the very latest:

- At the end of the rotation for the qualifying competitions, or at the end of all-around competitions.
- Before the score of the following athlete is shown for the finals.

The detailed procedure is laid down in the respective **POSA Code of Points**.

Tie breaking rule

In case of a tie at any position at the end of a competition see **POSA Code of Points**

THE ORGANIZATION OF THE EVENT

Competition venue for POSA Pole and Aerial Sports European Championship 2025:

Sports Center SK OAZA

Jeremenkova 1835/106, 140 00 Praha 4-Krč, Czechia



Delegations

The following athletes are eligible to participate in the European Pole and Aerial Sports Championship 2025:

- Athletes who meet the criteria outlined in the 2025 Rules & Regulations (for both Pole Sport and Aerial).
- The top three athletes (in Amateurs and Competitive categories) from the National Pole & Aerial Championships in 2024 and/or 2025 (depending on the date of the qualifying competition).
- All athletes who have been automatically admitted by the International Federation (Wild Card athletes).

The International Federation, together with the Local Organizing Committee (LOC), has decided to include the **Junior Varsity Amateur and Competitive categories**—both in Pole Sport and Aerial Sport—in this competition.

Registration and Accreditation

Each athlete must have a valid WHEA/POSA competition license with an approved anti-doping contract for the year 2025. This document does not need to be sent, but the athlete must have it available in case of inspection.

An identity card or other official ID also does not need to be sent but must be presented at on-site registration if requested.

Athlete registration must be completed no later than **June 20**. All documentation must be sent by this deadline to the email: posa.europe@czaaf.cz

Notice for athletes: All documents should be in English! Each athlete must send all documents in a single email.

The subject line of the email must include:

- Official country abbreviation
- First and last name of the athlete
- Category
- Example: CZE_Novakova_Hana_Junior_A_IW

Documents to be sent by email:

- Competitive medical certificate (for athletes aged 8 and older)
- Private insurance for athletes outside the EU and European health insurance for athletes from EU countries
- Athlete registration form issued by the national federation
- For minor athletes: a completed and signed **Parental Consent Form**
- For athletes registered in aerial disciplines: **Self-declaration of compliance of fitness equipment**
- **Difficulty Sheet**
- **Music**
- Proof of bank transfer for the entry fee (for athlete and coach), and if applicable, proof of payment for photos and video

National federations should, by no later than **June 20**, send the required documents to the email posa.europe@czaaf.cz :

- Submit the **definitive registration** of all their athletes
- Send the national anthem in high quality MP3 format
- If applicable, proof of payment for coach passes



Accreditation serves to identify all participants and determines access to designated zones. Entry to all zones will be controlled. The accreditation badge must be visibly worn at all times during the event. The badge is personal, non-transferable, and required for access to training and competition halls.

Accreditation will take place upon arrival. During accreditation, athletes and/or Heads of Delegations will verify the identity of their delegation members. In order to receive accreditation, all members of the delegation must have fulfilled all financial obligations (including insurance).

POSA directives and technical regulations will be strictly applied, especially regarding the number of persons accredited per country.

Information about stage rehearsals:

Pole and competition stage rehearsals will take place on Friday, June 18, and will be reserved only for the Pole Sport discipline.

Access to the competition hall, training, and warm-up areas will be granted only to delegations wearing their accreditation badge visibly and only during the time slots reserved for their country.

Opening Ceremony:

The official Opening Ceremony for **Aerial Sport** athletes will take place on **July 17** for all Aerial Sport categories in the Competition Hall.

The official Opening Ceremony for **Pole Sport** athletes will take place on **July 19** for all Pole Sport categories, also in the Competition Hall.

The ceremony will include a parade of national flags, during which the athletes from each country will present a short greeting to the audience. All competitors must wear their official national tracksuit.

All delegations are kindly asked to bring their national flag to the Opening Ceremony. Participation in the Opening Ceremony is mandatory. Each delegation must be represented by at least five athletes.

If you have any questions or issues (for example, if it is not possible to attend the ceremony due to flight times), please write to: posa.europe@czaaf.cz

Access to the Competition Area

The competition area is accessible to members of the various juries, competing athletes and their accredited coaches, local group leaders, auxiliary personnel of the Jury, members of the Medical Commission, and persons responsible for the apparatus.

Interpreters may not enter the competition area without the permission of the President of POSA.

Access to the competition area is strictly forbidden to all other persons.
The use of any electronic devices (video, mobile phones, etc.) with sound or flash is strictly prohibited in the competition area.

Professional photographing and filming of performances is allowed only with written permission from the organizing committee.

Insurance

POSA Technical Regulations state that all participating federations or individual athletes must cover all costs of medical insurance for every member of their delegation (illness and accidents).

The Local Organizing Committee reserves the right to verify the validity of the insurance upon the delegation's arrival (insurance policy – original or copy).
Entry to the European Championship will be denied to any delegation that does not have valid medical insurance for all its members.

Visa

Please check whether you need a visa to enter the Czech Republic. The Local Organizing Committee will gladly assist you with the visa process.
Visa assistance must be requested no later than **June 15** via email: posa.europe@czaaf.cz

Video & photos

At the European Championship, a professional photographer and videographer will be available.

The photo and/or video package can be purchased in advance at a discounted price or on the day of the competition at a higher price – athletes who do not purchase the package before their performance will not be photographed or filmed.

After the competition, it will no longer be possible to buy the package.



Price list:

- PHOTO + VIDEO full package (online presale): €70.00
- PHOTO + VIDEO at the venue: €80.00
- VIDEO ONLY – presale: €35.00 | at the venue: €45.00
- PHOTO ONLY – presale: €45.00 | at the venue: €50.00

To buy in pre-sale:

Recipient:

Olga Jasinska

IBAN:

LT38 3250 0336 4522 0632

BIC / SWIFT code:

REVOLT21

Bank name and address:

Revolut Bank UAB Konstitucijos ave. 21B, 08130, Vilnius, Lithuania

Correspondent BIC:

CHASDEFX

In the payment note, please indicate the athlete's name, category, and what you are purchasing (Photo, Photo + Video, Video).

Please send the bank transfer receipt along with all required documents in a single email to **posa.europe@czaaf.cz**.

Don't forget to include in the email what was purchased (Photo, Photo + Video, Video), and the athlete's full name.

Spectator Tickets:

- Full-day ticket with online prepayment: €20.00
- Full-day ticket at the venue: €25.00
- Children (under 14): €14.00
- Children (under 8): free
- Two-day ticket with online prepayment: €35.00
- Two-day ticket at the venue: €45.00
- Three-day ticket with online prepayment: €50.00
- Three-day ticket at the venue: €60.00

Please keep your proof of payment carefully. Upon arrival at registration on the day of the competition, you will receive an identification wristband in exchange for the receipt. Seating is limited, so we strongly recommend purchasing tickets in advance.



Athlete Registration Fees:

Pole Sport:

- Individual: €95
- Doubles: €95 per athlete (total €190)
- Doubles + Individual category: €160 (per athlete)

Aerial Sport:

- Individual: €95
- Doubles: €95 per athlete (total €190)
- Doubles + Individual category: €160 (per athlete)
- 2 double performances (on 2 different apparatuses): €160 (per athlete)
- 3 double performances (on 3 different apparatuses): €230 (per athlete)
- 2 individual specialties (apparatuses): €160
- 3 individual specialties (apparatuses): €230

The Head of Delegation has free entry (1 Aerial Head of Delegation and 1 Pole Head of Delegation per national team).

Coach passes cost €15 for the entire competition.

The transfer for registration and any other purchases must be made to this bank account:

All payments must be made separately!

Recipient:

Olga Jasinska

IBAN:

LT38 3250 0336 4522 0632

BIC / SWIFT code:

REVOLT21

Bank name and address:

Revolut Bank UAB Konstitucijos ave. 21B, 08130, Vilnius, Lithuania

Correspondent BIC:

CHASDEFX



Deadlines and Checklist

For Athletes:

- Deadline for submitting registration, music, Difficulty Sheet, and all documents listed below: **June 20, 2025**
- Bring your music in MP3 format on a USB flash drive as a backup.
- Bring proof of insurance and a passport or ID card.

For National Federations / Heads of Delegation:

- The deadline for definitive registration, submission of the national anthem, and registration of all accredited persons (who must have a purchased coach pass) is **June 20, 2025**.
- Bring the national flag of your delegation.
- Bring a copy of the medical certificate or diploma of the medical personnel for accreditation.

Official email for submitting all documents: posa.europe@czaaf.cz

WARNING: ALL BANK TRANSFERS MUST RETURN THE CORRECT DESCRIPTION REFERRING TO THE ATHLETE'S NAME AND COACH. THE REASONS FOR THE CREDIT TRANSFERS MUST BE NAMED AND DESCRIBED CORRECTLY. ANY NON-CAUSAL CREDIT TRANSFERS WILL NOT BE TAKEN INTO ACCOUNT.

Regulations

The European Pole and Aerial Sports Championship 2025 will be held under the following regulations:

- Aerial Sport Code of Points 2025 and related notes or documents issued by POSA/PS TC
- Pole Sport Code of Points 2025
- The current POSA Rules & Regulations
- WADA International Regulations
- POSA Anti-Doping Rules
- The current POSA General Judges' Rules (Code of Ethics)

All documents can be downloaded at the following link:

<https://www.posaworld.org/documents/download-category/official-documents/>

If you need any assistance, please don't hesitate to contact the local organizing team at:

posa.europe@czaaf.cz

We look forward to welcoming you in Prague!



POLE SPORTS & ARTS WORLD FEDERATION
EUROPEAN POLE & AERIAL SPORTS CHAMPIONSHIP 2025

July 17.-20.2025
Sportovní centrum Řepy
Prague, Czechia

Form to be sent to:

Organizing Committee	
E-Mail: contact@posaworld.org & posa.europe@czaaf.cz	

Deadline: June 20, 2025

DEFINITIVE REGISTRATION

Head of Aerial Delegation		Contact figure:	
		Phone:	
		E-mail:	
Head of Pole Delegation		Contact figure:	
		Phone:	
		E-mail:	

Athletes:

N o	First name	Family name	Date of birth	Category (Please specify Amateur or Competitive)
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European Pole & Aerial Sports Championship
Prague, July 17.-20.2025



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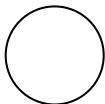


European Pole & Aerial Sports Championship
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Non- athlete participants

	Name	Number of persons
Team leader		
coach(es)		
additional person(s)		

Place and date	Seal of the NF	NF authorised signature
		Signature of the President or Secretary General of the participating affiliated POSA member

Please, this form must be sent to: posa.europe@czaaf.cz



Davide Lacagnina
President