

Welcome to the **Cape Town City Cirque Classic**, a celebration of strength, artistry, and community in the world of pole and aerial arts. This manual contains everything you need to know as an athlete participating in **POLE & AERIAL ART**.

1. Documents & Dates:

Competition dates: March 28 & 29 2026

Venue: Waves Theatre- City Centre

Entries Open: 12 Jan 2026

Entries Close: Early entries close: 9pm on 8 February 2026 | Late Entries close: 9pm on 8 March 2026

Video submission due: 9pm on 8 March 2026

Music submission due: 9pm on 15 March 2026

***We believe that your performance should be judged solely on your talent and what you present on stage. Therefore, we will **not** apply penalties to your performance for administrative infractions.

However, to ensure the smooth running of the competition, all participants must adhere to deadlines and submission requirements. **Late or incorrect submissions will incur a fee of R50 per day**, payable at registration.

We cannot deliver a well-run competition without proper organisation. Your cooperation in meeting all deadlines is essential.

Documents & data required:

Entries:

- ID document
- Medical aid card
- Video submission: You are required to upload a 2-minute video as a preview of your routine, so that we can ensure that you are placed into the correct category to ensure fairness for all. It needs to contain the majority of your highest grade tricks or acrobatic elements. This video will not be seen by anyone but the organisers.

2. ARTISTIC Competition Disciplines

- Pole Art
- Aerial Hoop
- Aerial Silk
- Aerial Hammock

3. Categories

Skill Levels:

- Novice
- Amateur
- Elite

4. Age Groups

Age Groups | Singles (Woman & Men Separate):

- **Varsity:** Ages 5–10
- **Junior A:** Ages 11–14
- **Junior B:** Ages 15–18
- **Senior A:** Ages 19–29
- **Senior B:** Ages 30–39
- **Masters:** Ages 40+

Age Groups | Doubles (same-sex pairs):

- **Varsity Doubles:** Ages 6–12
- **Junior Doubles:** Ages 13–17
- **Senior Doubles:** Ages 18–35
- **Masters Doubles:** Ages 36+

Age groups | Mixed-Sex Pairs | Doubles

- **Seniors:** Ages 18+

5. Performance Duration

- **Novice:** 3:00–3:20 minutes
- **Amateur:** 3:20–3:50 minutes
- **Elite:** 4:00–4:20 minutes

6. Music Choice | Accepted format: **MP3 only.**

- Any genre of music is allowed.
- Lyrics are allowed.
- Music containing inappropriate or offensive language, blasphemy or swearing is strictly **prohibited**. Age appropriateness of music (and interpretation) is critical for Junior Categories.

7. Costume Regulations

Artistic Categories (Pole Art, Aerial):

- Costumes must be sportswear or dancewear in nature.
- Costumes should match the **theme** of the routine.
- Costume pieces may be removed if done in a **non-erotic manner**.
- Costumes must **fully cover the pelvic area** and at least **3/4 of the buttocks**.
- Tops require a neckline of at least 50% of the sternum to be covered.
- The following are **not permitted**:
 - Thongs
 - Pasties
 - Garter belts
 - Guepieres
 - Underwear, swimwear, or bikinis
 - Transparent or mesh clothing over breasts or pelvic area
 - Leather, latex, PVC, or other grip-enhancing materials
- Any kind of footwear is **not allowed**.
- Body paint or anything that can transfer onto the apparatus or floor is **prohibited**.
- Skirts and frills are **allowed** in the instance that they do not obscure execution or judging criteria—excessive lengths will result in **deductions**.
- **Pole Art**: A two-piece or leotard design is recommended.
- **Aerial**: A tight-fitted unitard design is recommended to ensure the visibility of execution.

8. Props

- Props and accessories are **allowed**.
- Human Props are **allowed** (In the instance that they do not disrupt or assist the execution of pole/aerial elements).
- You have a time limit of 2 minutes to pack away your set after your performance. Any props or confetti-style props must be **cleaned up in less than 2 minutes**. Any residue that affects the next performer is prohibited.

9. Apparatus

Pole Rigging:

- 2X 3.5m Poles 3m apart from each other (Approx) - Exact height and width to be confirmed in work plan.
- Powder-coated.

- Static pole on the **LEFT**; Spinning pole on the **RIGHT** - In the viewing point of looking at the stage **from the audience perspective**.
- Guy strap rigging system.

Aerial Rigging:

- The ceiling is 6.4m high, with a workable height of about 6m.
- Rope pulley system with adjustable height change.
- Choice of 80cm; 85cm; 90cm; 95cm or 100cm Aerial Hoop
- Black: Tableless Single 2m Strap; Powder coated (Should you prefer a Taped Hoop, or a different size, you are welcome to bring your own).
- Mandatory Mat underneath (Exact width and Length to be confirmed in workplan)
- Black; single point; standard 1-way stretch Aerial hammock. (You are also welcome to bring your own)
- Mandatory Mat underneath (Exact width and Length to be confirmed in workplan)
- Black; 8m Aerial silk (6m workable, 2m excess on the floor). (You are also welcome to bring your own)
- Mandatory Mat underneath (Exact width and Length to be confirmed in workplan)

10. Grip Solutions

Approved Grips:

- Cats Claw
- Infinity Grip
- Dry Hands
- All Chalk / Magnesium grips (Not containing resin)

Prohibited:

- Any grip containing **Resin/Rosin**
- Any grip (or excessive application of grip) not listed in the instance is difficult to clean from the apparatus, for example (and not limited to) ITAC.
- If you are unsure, please contact us to avoid unnecessary deductions.

Aerial Grip Additions:

- All of the above, **plus**:
 - An exception of **powdered** resin is allowed for **aerial categories only** (not pole)
 - **Liquid resin-containing grips are still prohibited**

11. Level of Entry

To ensure fairness and accurate judging, athletes must register under the level that best reflects their training background, performance ability, and experience. Should we feel it necessary to change your division, we are permitted to do so.

Novice

This level is designed for athletes who are new to performing, competing, or training in pole or aerial arts.

- Still mastering fundamental skills and combinations.
- Limited or no prior competition or performance experience.
- Tricks performed should reflect beginner-level strength, flexibility, and control.
- Level of flexibility is typically at but not limited to 160 degree split or lower, level of strength includes basic inverts, leg hooks, or less.

Amateur

This level is for intermediate athletes who have gained experience and control but are still developing advanced skills.

- Typically has consistent training and a broad knowledge of tricks and transitions.
- Able to execute clean transitions and intermediate tricks.
- May have competed or performed before.
- Should demonstrate moderate flexibility, strength, and artistry.
- Level of flexibility is typically but limited to between 160 and 180 degree split, level of strength should include at least aerial inverts, shoulder mounts, basic ayeshas, or handsprings.

Elite

This level is for advanced athletes who display high levels of strength, flexibility, and performance ability.

- Has extensive experience in pole or aerial arts.
- Confident with advanced tricks, combinations, and dynamic movement.
- Previous competition or performance experience at a high level is common.
- Routines should include innovative choreography and execution that meet professional standards.
- Level of flexibility is typically but not limited to 180 degree split and more, displays great strength in higher grade strength and dynamic elements.

15. JUDGING CRITERIA

ARTISTIC:

A maximum of **50 points** is awarded in the Artistic section. This section evaluates the athlete's **artistic presentation and interpretation**, including their ability to express and captivate through performance. Athletes should present a confident, emotionally resonant, and cohesive piece. Costume, music, theme, and movement must be interconnected.

This section is judged across the following areas:

- **OVERALL PRESENTATION:** Choreography and concept are cohesive. The theme is understandable. Costume and makeup enhance the story or mood. Stage presence. Ability to execute aerial and floor moves, and the ability to overcome challenges.
- **ORIGINALITY:** Assessed by the uniqueness of music choice, theme interpretation, trick selection, transitions, floorwork, and costume design.
- **MUSICALITY:** Athletes are judged on how well they follow and embody the music through movement. E.g. Timing, moving with specific tempo, beats, accents or rhythm.
- **CONFIDENCE:** Judges will reward athletes who perform with excellent body language in their presence and deliver movements with belief and conviction.
- **FACIAL EXPRESSION:** High marks go to athletes who can use facial expression to engage with the audience. With Emotional range, supporting the storytelling that are authentic, expresses intention and engagement.
- **FLOORWORK:** Movements on the floor should be musical, strong, and graceful, with a specific dance style in mind, contributing to the narrative. Creativity of transitions, flexibility, and acrobatic elements that are used with musicality. While keeping well-balanced elements in mind. Stage usage is critical.
- **FLOW:** Routines should be seamless, cohesive and fluid, connecting all elements and transitions naturally. Seamless integration of transitions between pole/aerial apparatus, and the floor as well as transitions in and out of moves aerially.
- **QUALITY OF MOVEMENT:** Judges assess individuality and refined execution in both aerial and floor movement, rewarding expression and effort toward a personal style. Movement shows strength, flexibility, control, and finesse. Transitions are elegant and technically sound.
- **BALANCED ROUTINE:** Use of tricks, dance, storytelling, acrobatic elements, transitions, and both spinning and static elements should be even and consistent. Using the entirety of the pole is critical.

TECHNICAL:

A maximum of **50 points (45 for singles)** are awarded in the Technical section. This section evaluates the complexity, control, and execution of tricks and transitions. Judges look for clean, graceful, and original movement.

- **Overall Presentation:** Ability to perform unique tricks at a level of difficulty that aligns with the standards of the category in which you are competing, with good execution, fluid transitions, agility, and grace.
- **Originality (Of tricks and transitions):** Original entrances/exits, transitions, and choreography. Unique tricks and thematic consistency throughout.
- **Trick Execution:** Clean lines: straight limbs, pointed toes, no tension in hands or feet. Extension: fully elongated limbs and open posture. Proper posture and alignment. Correct body placement in relation to the pole/apparatus. Performance with grace and effortlessness
- **Transitions (Of tricks and transitions):** Smooth and unique transitions between moves. Good body placement and movement quality. Flowing, intentional pathways that maintain energy and style.
- **Level of difficulty in:** Flexibility elements. Strength elements. Dynamic Movements.
- **Balanced elements:** The ability to exhibit as a well-rounded athlete, showcasing all kinds of elements equally.
- **Synchronization – Doubles Only** Simultaneous tricks/combinations. Matching timing, angles, extension, and effort in tricks and transitions.

EXECUTION

A maximum of 75 points is available in the Execution section. This evaluates cleanliness, control, and polish throughout the routine. Points are deducted from this total for specific infractions:

Deductions include:

- Poor execution or incorrect lines: -0.5 points per occurrence OR per second not corrected.
- Poor transitions on floor or pole: -1 point per occurrence
- Incorrect angle or positioning of a move: -1 point per occurrence
- Slips or loss of balance: -2 points per occurrence
- Falls: -5 points per occurrence
- Lack of synchronicity (Doubles only): -1 point per occurrence
- Drying hands on costume, body, pole, or floor: -2 points each time
- Fidgeting with hair or costume: -2 points each time

Additional singular deductions:

- Not using both poles equally: -3 points
- Using less than 70% of the Pole/ Silk: -2 points per pole (Exception to 50% for novice athletes)
- Not using aerial apparatus to its full potential (Levels): -2 (once)

- Using less than 50% of the stage: -2 points
- No logical start or end to performance: -1 point per infraction
- Costume/prop Malfunction: -3 points

DELEGATION PENALTIES:

Incorrect Attire:

- **-3 (Once)**

Improper Behaviour on Stage:

- **-3 (Every time)**

Failure to appear on the stage within 20 Seconds after announcing:

- **-1 (Once)**

Performance Interruption (2-10 Seconds):

- **-2 (Every time)**

Performance Stop Exceeding 10 Seconds:

- **-3 (Once)**

Incorrect Music Length:

- **More or less than 3 seconds: -1 (Once)**
- **More or less than 5 seconds: -3 (Once)**
- **More or less than 10 seconds: -5 (Once)**

Inappropriate Music (offensive language, blasphemy or swearing):

- **-3 (Once)**

Verbal Advice from the Coach or audience members during performance:

- **-5 (per occurrence)**

Causing Distraction by Uttering Vocals (Verbal or non-verbal) (eg. unintentional lip syncing, or verbal cues included):

- -1 (per occurrence)

Impractical performance elements (Props, body paint, prohibited grips ect)

-5 (Once)

Presence in the Forbidden Area:

- Warning

Improper Behaviour:

- Warning / Disqualification (Depending on severity)

Abandonment without notice of the Competition:

- Disqualification and ban.

Walk-over (Non-appearance when announced):

- Disqualification

Unsporting Behaviour Towards Athletes:

- Disqualification

Disrespectful Behaviour Toward organisers or judges:

- Disqualification

END