



WORKPLAN
HPSAF POSA GREECE POLE ART AND AERIAL
ART CHAMPIONSHIP
JULY 3-4-5, 2026

Athens, Greece



Welcome to the biggest event of 2026! This championship is open to athletes of all levels, including silver, gold, amateur, and competitive participants, in both sports and Arts, at national and international levels.

The competition categories include the following apparatus:

ART CHAMPIONSHIP

- Pole
- Flying Pole
- Aerial Hoop
- Aerial Silks
- Aerial Hammock

SPORT CHAMPIONSHIP

- Pole
- Aerial Silks
- Aerial Hoop
- Aerial Hammock

Participation in this event provides athletes with the opportunity to qualify for the **World Championships, Continental Championships, and European Championships**. Our mission is to unite Pole and Aerial Sport and Art athletes from around the world, promoting excellence, creativity, and the development of a truly competitive global community.

Officials and Organizing Committee

HPSAF POSA Greece, in collaboration with POSA World Federation, is responsible for the organization and official governance of this championship.

COMPETITION SCHEDULE

Up to Date Information: www.hpsaf.gr

Instagram: hpsaf

Place of Arrival: Athens, Greece

Pole & Aerial Sport and Art Championship:

Competition Local Training Centre Contact Address

Athletes may book training sessions at the official local training center, with access to all competition apparatus. Facilities include 4-meter X-Pole competition poles, flying pole, aerial hoop, aerial silks, and aerial hammock. The venue provides a 4.5-meter ceiling height suitable for hoop, silks, and hammock training.

Official Training Centres

Athletes may book training sessions at the following approved training facilities:

1. Strike A Pose Flyers Academy Greece

Address: Leoforos Kyprou 127, 16452

Nearest Metro Station: Argyroupolis (10-minute walk)

Email: strikeaposeflyersacademy@gmail.com

2. HPSAF Training Centre

Address: Ketis Vitivilia 21, Ilion, Athens

Email: hpsaf.register@gmail.com

Athletes may contact the centres directly to schedule training sessions and request pricing information.

Up-to-date Information:	Official Webpage: www.hpsaf.gr
Place of Arrival:	Athens Greece
Date of Arrival:	2/7/2025
Registration Date:	3/7/2025
Date of departure:	6/7/2025

Participants are kindly requested to adhere to the specified arrival and departure dates, as schedule changes cannot be accommodated.

! HPSAF GREECE reserves the right to implement any necessary changes to ensure the successful, fair, and seamless execution of the competition !

Registration/Accreditation

Accreditation and registration are required for athletes, coaches, and stage rehearsals. The rehearsal schedule will be uploaded one week after the registration deadline for the competition. Rehearsal is exclusively for pole athletes. Each session is limited to 1.00 to 1.30 minutes, strictly following HPSAF guidelines.

Accreditation

Accreditation identifies participants and allows access to specific zones. Cards must be visibly worn and are non-transferable.

Accreditation will occur upon arrival during registration. All financial obligations and registration requirements must be completed to receive an accreditation card.

Athlete Eligibility, Withdrawal and Administrative Policies

If an athlete withdraws from competition due to injury or another reason, a medical certificate must be provided. The registration fee is non-refundable.

Important Documents Submission Deadlines

Deadline for Documents to be submitted via email, by May 30, 2025, hpsaf.register@gmail.com:

1. Anti-doping receipt (not required for silver, gold, and semi-professional athletes).
2. Parental consent form for athletes under the age of 18.
3. Competitive medical certificate for all competing athletes, not older than six months. The organizing committee reserves the right to verify the validity of the insurance upon the athletes' arrival (original or copy). Athletes will be rejected from entering the national championships without valid medical insurance for all delegation members.
4. Identity card.

5. Athlete and coach registration receipt.
6. HPSAF membership payment (only for Greek athletes/coaches).
7. Athletes' insurance, private Insurance for International Athletes.
8. Athlete registration form (Definitive Registration).

Documents to be submitted via email, hpsaf.register@gmail.com,

by 7th June, 2026:

1. Difficulty Sheet.
2. Music files.

Medical Requirements

All athletes must provide a copy of their medical information upon registration, which will be held confidentially. Cardiovascular screening, such as an electrocardiogram, is mandatory, along with additional documentation from a general practitioner confirming good health to compete. This examination aims to ensure that athletes can participate in sporting events without endangering their health. All individuals aged 8 years and older (or turning 8 in the current year) must undergo a sports medical examination authorizing them to participate in the sporting activity. Furthermore, all athletes must have personal insurance that covers them for the duration of the competition.

Para pole and para-aerial athletes must also have medical documentation and are exempt from elements.

Competing Countries

Athletes from countries without a Posa Federation, or those from countries with a Posa Federation that do not organize Aerial Championships, can compete in the HPSAF POSA GREECE Federation competition and represent their country in the Posa World Pole and Aerial Championship.

International Participation

Athletes from around the world can participate in this competition. However, if there is a Posa Federation in their country, even if they rank in the top three places, they will not qualify for the Posa World Pole Art and Aerial Art Competition and must qualify in their own country. Athletes from countries without a Posa Federation will automatically qualify for the Posa Art World Championships, representing their nation.

Music Submission Guidelines:

To minimize technical issues with the music used in competitions, the Organizing Committee will only accept music submissions in MP3 format. All music must be submitted online by June 7th 2026, to hpsaf.register@gmail.com. Each music file must include the following information:

- The name of the nation (official abbreviation).
- The first and last names of the competitors.
- The competition category.
- The length of the music.

****Example: **** ROU_RADU_Alina_Junior_IW_3min30s.mp3

If assistance is needed, please contact hpsaf.register@gmail.com. Additionally, athletes should bring their music on a USB stick as a backup on the competition days.

For Pole and Aerial Art Athletes: If there is a video, please submit your video with music in one format together with MP4.

Responsibilities of Athletes and Coaches:

1. Familiarize themselves with the Code of Points and conduct themselves accordingly. Athletes should avoid attempting elements they are not fully confident in.
2. Disclose any prior disqualifications from competitions.
3. Adhere to the HPSAF POSA GREECE and POSAWORLD Federation Rules and Regulations, including the Code of Ethics. Official documents are available at www.hpsaf.gr.

4. Arrive and register at the time designated by HPSAF POSA GREECE.
5. Wear a national tracksuit, which is compulsory.

Medal Ceremony

All athletes must attend the medal ceremony in their national tracksuits unless a medical emergency occurs.

Pole and Aerial Supplies

The competition stage will feature 4-meter poles with a diameter of 45mm, supplied by X-Pole and Polemaniac.

Official Sponsor of Aerial Equipment Vertical Wise Greece

The competition stage will be equipped with professional aerial equipment: 7 meters high

Aerial Hoop: The organization provides three hoop choices. Diameter 85 cm for Varsity, Junior. Diameters are 95cm (X-POLE) and 100 cm for Junior, Senior, and Master's certified by TUV Nord, Vertical Wise.

Aerial Silks: length 8m, width 1.75, medium stretch Vertical Wise.

Aerial Hammock: length 4m, width 1.75 medium stretch.

Aerial Silks and Aerial Hammock Officially verified and certified PN-EN ISO 13934-1:2013-07 Vertical Wise.

Crash Mat 2.5*2.5 meters 25cm thick.

Training Information

Access to the competition hall, training, and warm-up areas is restricted to athletes and coaches with accreditation cards.

Competition Area

- Only members of juries, competing athletes, accredited coaches, local group leaders, auxiliary jury personnel, the HPSAF Medical Commission, and apparatus representatives are allowed in the competition area.
- Interpreters must obtain permission from the President of HPSAF to enter.
- All other individuals are prohibited from entering.
- The use of electronic devices (e.g. mobile phones, video cameras) is strictly forbidden. Violation will result in immediate expulsion for the athlete and/or coach, with the athlete being disqualified from ranking and not allowed to compete further. Coaches' violations will lead to the expulsion of all their athletes.
- Professional photography and filming require written permission from the organizing committee.

The Venue

Dais Sports Center Address: Mesogion 151 Parados 151 26 Marousi Athens Greece



Jury Panels

Art Division Jury

- 1 Head Judge
- 3 Artistic Judges
- 1 Execution Judge
- 2 Technical Judges

Judges are appointed exclusively by HPSAF POSA Greece and selected based on official federation criteria.

Sport Division Jury

- 1 Head Judge
- 2 Difficulty Judges
- 3 Artistic Judges
- 3 Execution Judges

All judges are officially designated by HPSAF POSA Greece in accordance with federation regulations.

Inquiries Procedure:

Inquiries regarding scores will be accepted only if made verbally immediately after the score is announced or, at the latest, before the end of the routine of the following athlete (within a 4-minute timeframe). For the last athlete in a rotation (a rotation refers to a group of athletes, for example, the 1st Group during the competition), the inquiry must be made within one minute after the score is displayed on the scoreboard.

The designated person for receiving verbal inquiries must record the time of receipt, which will officially start the inquiry procedure. Only accredited coaches present in the competition area are permitted to submit an inquiry. Any late verbal inquiries will be rejected.

Coaches or studio representatives are not allowed to file complaints against athletes. Any inquiry must be confirmed in writing as soon as possible, and no later than 4 minutes after the verbal inquiry is made. This written confirmation will require a payment agreement of EUR 150 for the first complaint, EUR 200 for the second complaint, and EUR 350 for the third complaint. If the inquiry is not confirmed in writing within the 4-minute window, the procedure will become obsolete.

Disqualification by HPSAF and POSA Official Members

Reason for Disqualification:

An athlete may be disqualified during or after a competition if they breach competition rules. The HPSAF National Federation reserves the right to revoke an athlete's title for the following reasons:

1. Violation of the POSA Code of Ethics and/or Rules & Regulations 2026.
2. Providing false information on the POSA application.
3. Engaging in unsportsmanlike behavior.

It is essential to remember that athletes and coaches competing in high-level sports serve as role models and help promote the integrity of their sport. Therefore, appropriate behavior, fair play, and good sportsmanship must always be upheld.

All athletes participate in HPSAF competitions at their own risk and acknowledge that any injuries or accidents that occur are their responsibility.

HPSAF provides medical aid in the event of an injury. The medical representative has the final authority to determine whether an athlete's injury should disqualify them from participating or continuing in the competition.

! HPSAF is not responsible for any loss or damage to athletes' or officials' belongings !

Qualifications for the World Pole & Aerial Sport and Art Championship 2026:

The top three athletes in each category of the ranking are eligible to participate in the World Pole and Aerial Art Championship 2026, except for Semi-Pro, silver, and gold athletes.

Rules and Regulations:

The HPSAF Pole Sport /Art and Aerial Sport /Art Championship will be conducted under the following regulations:

- The current POSA Codes of Points for Pole 2026 and Aerial 2026.
- The current POSA World Federation Rules & Regulations, along with HPSAF POSA Greece rules and regulations.

All official documents can be downloaded at the following link:
<https://hpsaf.gr/official-documents/>.

Spectator Tickets:

- Full-Day Ticket: €20.00
- Children's Ticket (under 14): €14.00
- Two-Day Pass: €30.00
- Three-Day Pass: €40.00

Athlete Application Fees:

- Single Category: €95 per athlete
- Double Category: €95 per athlete (€190 total per pair)
- Trio Category: €95 per athlete (€285 total per trio)
- Double Category + Single Category: €160 per athlete
- Two Double Performances (different apparatuses): €160 per athlete
- Three Double Performances (different apparatuses): €140 per athlete
- Two Single Specialties (apparatuses): €160 per athlete
- Three Single Specialties (apparatuses): €140 per athlete

Coach Fee: €25 per 5 athletes

Props Policy:

Props may be used free of charge. However, individuals accompanying props must leave the competition area immediately after the performance unless they hold a valid spectator ticket.

Registration payments should be made to the following bank account:

NATIONAL BANK OF GREECE

IBAN: GR2701100860000008601028817

SWIFT CODE: ETHNAGRAA

Please forward the payment invoice along with all required deadline documents to hpsaf.register@gmail.com.

Deadline Checklist: 30/5/2026

All documents must be sent in ONE EMAIL to: hpsaf.register@gmail.com

Requirements for Participation

- **Anti-Doping Receipt:** Not required for Silver, Gold, and Semi-Pro athletes.
- **Parental Consent Form:** Required for athletes under 18.
- **Competitive Medical Certificate:** Mandatory for all participants. The certificate must be valid and issued within the last six months. The organizing committee reserves the right to verify the authenticity of the insurance upon arrival (original or copy). Entry to the national championships will be denied without valid medical insurance for all delegation members.
- **Identity Card:** Athletes must present a valid identity card.
- **Athlete and Coach Registration Receipt:** Required for all participants.
- **HPSAF Membership Payment:** Required only for Greek athletes and coaches.
- **Private Insurance:** Mandatory for foreign athletes.
- **Athlete Registration Form:** Complete the Definitive Registration form in full.

⚠️ Ensure all required documents are ready before the event.

Deadline for Submission of the Following Documents: 07/06/2026

- Difficulty Sheet
- Music MP3
- Music/Video MP4 (combined file) – ART category only

! All deadlines are **strictly enforced**. Late submissions will **not** be accepted, and failure to meet deadlines will result in **automatic disqualification**. Communications regarding extensions will **not** be considered. !

Thank you for your understanding.

