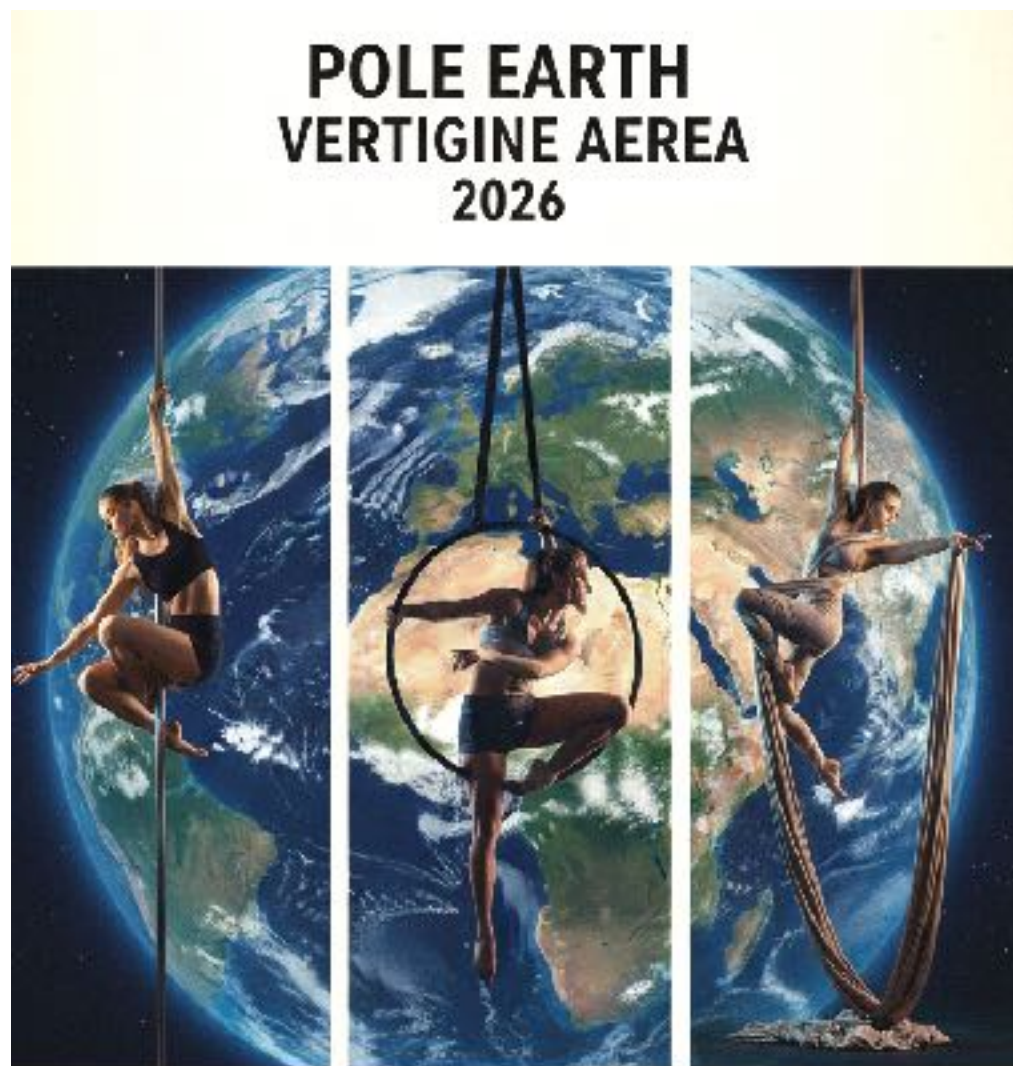

AERIAL VERTIGINE

**International Contest for Aerial Hoop , Aerial Hammocks ,
Aerial Silks**

TURIN - NOVEMBER 6 - 2026





**DANCE VIRTUDE SSD Contacts : www.poleartitaly.it -
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**Facebook pages : Pole Dance Virtude , Pole Art Italy. Instagram
POLE_DANCE_VIRTUDE e POLEART ITALY**

AERIAL VERTIGINE is an independent competition, supported by independent sponsors and sport supporters for development and promotion of all aerialist arts and pole dance expressions.

Our aim is to massively promote aerial sports and arts and pole dance to mainstream in Italy showing it as a new sport and artistic discipline and healthy lifestyle.

To put together acrobats, dancers, athletes, fitness players and artists is a great way to promote aerial sports as a new sport and dance in Italy and in the World.

The global media are involved and advised of event and international channels as Mediaset, RaiTV and web channel are following AERIAL VERTIGINE.

The competition will take place in TORINO on 6 NOVEMBER 2026.

COMPETITIONS RULES

The competition will involve **Aerial Hoop, Aerial Silks, Aerial Hammock.**
Here following the rules for each discipline typology:

AERIAL HOOP (for each categorie the use of the hanging belt will be appreciated).

The competition is organized in the following categories

SOLO

Juniors 5-8 years,

Adolescents 9-11 years 12-14 years, 15-17 years

Seniors <40,

Masters +40

- PRO

The PRO has an experience of at least 5 years on the tool, autonomy and safety in their sequences. The professional is the one who is paid for his business.

ALL ALLOWED

- AMATEURS / have an experience of at least 6 months, perform the elements safely, climb independently.

PROHIBITED:

- No elements of extreme flexibility

No Roll, No Drop

Plank

Reverse force with outstretched arms

Extreme holds

Regroup

Spinning

Dynamic movements - Meathook

Seals of the neck, foot, armpits

AERIAL VERTIGINE 4

INTERMEDIATE /perform the elements safely, climb independently.

All ascents are allowed including the Reverse with straight arms and legs.

FORBIDDEN ELEMENTS:

neck or shoulder blades hold / one foot hold (2 feet is allowed)

advanced balances

Juniors 5-8 years,

Adolescents 9-11 years 12-14 years, 15-17 years

Seniors <40,

Masters +40

ADVANCED all is allowed

PRO/ELITE all is allowed

DOUBLE (if one of the double is 18 years old they both will compete on seniors)

- PRO (professionals only or already won in advanced)

- AMATEURS (for forbidden elements check on solo regulations)

Juniors 5-8 years,

Adolescents 9-11 years 12-14 years, 15-17 years

Seniors <40,

Masters +40

INTERMEDIATE /(LIKE for solo regulations)

Juniors 5-8 years,

Adolescents 9-11 years 12-14 years, 15-17 years

Seniors <40,

Masters +40

ADVANCED , PRO , ELITE - All is allowed.

GROUP (if there are seniors and juniors in the same group they will apply for seniors)

- AMATEURS

Juniors 5-8 years,

Adolescents 9-11 years 12-14 years, 15-17 years

Seniors <40,

Masters +40

INTERMEDIATE - forbidden elements like for solos

ADVANCED all allowed

Juniors 5-8 years,

Adolescents 9-11 years 12-14 years, 15-17 years

Seniors <40,

Masters +40

AERIAL SILKS

The competition is organized in the following categories

SOLO

PRO (professionals only)

The PRO has an experience of at least 5 years on the tool, autonomy and safety in their sequences. The professional is the one who is paid for his business.

ALL ALLOWED

- *AMATEURS / have an experience of at least 6 months, perform the elements safely, climb independently, mandatory elements - double falls on fabrics are prohibited*

Juniors 5-8 years,

Adolescents 9-11 years 12-14 years, 15-17 years

Seniors <40,

Masters +40

PROHIBITED:

- Extreme flexibility
- Plank
- Extreme holds
- Reverse
- Extreme balances
- Free falls, regrip or flip
- Soleil, double star fall, roll down or roll up
- Dynamic movements
- Neck seal

AERIAL VERTIGINE 7

INTERMEDIATE / perform the elements safely, climb independently, mandatory elements.

All ascents are allowed including the Reverse with straight legs.

PROHIBITED:

Turns on fabrics (such as straps).

Hand figures with knot.

Plancks

Free Fallings

Juniors 5-8 years,

Adolescents 9-11 years 12-14 years, 15-17 years

Seniors <40,

Masters +40

ADVANCED, PRO (if you already won competitions in advanced), ELITE - ALL ALLOWED

DOUBLE

- PRO (professionals only)

- AMATEURS

Juniors 5-8 years,

Adolescents 9-11 years 12-14 years, 15-17 years

Seniors <40,

Masters +40

INTERMEDIATE / ADVANCED / PRO / ELITE like for the solos

GROUPS like for the solos

AERIAL HAMMOCKS

The competition is organized in the following categories

SOLO

PRO (professionals only)

The PRO has an experience of at least 5 years on the tool, autonomy and safety in their sequences. The professional is the one who is paid for his business.

ALL ALLOWED

AMATEURS / have an experience of at least 6 months, perform the elements safely, climb independently, USE THE STATIC HAMMOCK

Juniors 5-8 years,

Adolescents 9-11, 12-14, 15-17,

Seniors <40,

Masters +40

MINIMUM REQUIREMENTS:

THE FLOORWORK COVERS A MAXIMUM OF 25% OF THE ROUTINE

PROHIBITED:

NO REVERSALS

NO FALLS

ADVANCED /perform the elements safely, climb independently, CAN USE THE SPIN
HAMMOCK

Juniors 5-8 years,

Adolescents 9-11, 12-14, 15-17,

Seniors <40,

Masters +40

INTERMEDIATE - PRO all is allowed

AWARDS

We will award all categories on the podium in 1st, 2nd and 3rd place

The jury will also randomly decide the special prizes

DEADLINES

Applications open 15 January 2026

Application closing 29 September 2026

Official Competitors List 15 OCTOBER 2026

We need your music file by 20 OCTOBER 2026

Competition Days 6 NOVEMBER 2026

REGISTRATION FEES

Senior singles: 90 euros

Double Senior: 120 euros

All Junior: 65 euros

GROUPS each member must pay 45 euros

To be confirmed enrolled in the competition it is necessary to send the completed application form and the receipt of payment of the fees - no video entry is required

PAYMENT DETAILS

YOU CAN PAY BY PAYPAL AT THE EMAIL ADDRESS poledanceattitude@hotmail.it

OR WITH BANK TRANSFER TO

UNICREDIT BANK

DENOMINATION : POLE DANCE ATTITUDE ASD IBAN : **IT87E0200801109000102744043**

BIC SWIFT : **UNCRITM1EB0**

COMPETITION'S INSURANCE

Every competitor has to show a valid insurance for an international event. We are not accepting insurances for other ASD or gym schools which usually only cover a practice in their own studios or to be covered by ACSI insurance for the competition. Each competitor has also to produce an health agonistic certificate.

GENERAL RULES

NOTES:

Organization staff reserves itself to move the applicants in a different category if the selected one would seem not correct;

Human props are allowed but you need to ask and explain the role to the organization staff. Even object or scene props need to be first to be shown to the organization staff;

Floorwork is allowed but must not exceed the 30 seconds;

Cleaning the competition's hoop is due by the artist itself or by a coach. (each hoop is enveloped with a cleanable material);

No mandatory figures are required.

Common attitudes, insults, racist references or against the organization will be immediately penalty. Results and prizing ceremony are planned to be immediately after the performances.

FOOTWEAR AND SUITES

For any footwear the organization staff has to be before informed. We highly suggest to compete with no footwear or short socks.

The suites are free, but latex, leather, thongs, tiny tops or with studs or any other hard parts are forbidden. Clothing with exposed private parts is prohibited.

Gloves are forbidden.

PERFORMANCE TIMING

3:00 minutes for Solo Amateurs

3:30 minutes for Intermediate ADVANCED and PRO 2:45 minutes for Duo

3:30 minutes for Group

The music choose is free for the competitors - Music with insults or racist references are forbidden.

Music has to be sent by email before the deadtime . Each competitor has to bring and USB support with the music track at the competition.

NOTE :

Agonistic sport medical certificate is mandatory - to be produced to the organization before competition.

for any question please contact aerialvertigine@gmail.com

NOTE FOR COACHES

Each coach will have a free entrance pass and a free backstage pass (one coach only for each school).

You can sign a coach's name in the application form.

WE DO NOT NEED a video entry to be selected in the competition

Every competitors has to provide a valid agonistic medical certificate.

AERIAL HOOP, HAMMOCK , AERIAL SILKS

The aerial hoop or the hammock or the special tool or the trapeze will be hung at a height of about almost 5 meters - the silks will be hung almost at a height 6 meters, a suitable mattress will be set up under the exercise area.

The stage has the following dimensions 7 x 8.5 meters

A hook with static belt and hoist will be prepared.

Organizers will give an hoop 95 cm covered with CE certifications;

All aerial tools must be brought by the individual athlete, the organization will fix CE-compliant hangers for fixing and will provide a technician in charge of the assembly and disassembly of the aerial tool.

Athletes are guaranteed the right to use magnesium and grip , it is not possible to use pitch on the tools made available by the organization. If you are not sure what your competition category is, you can contact the organization and ask for advice. The athlete lists will be published by the organization of the competition at the close of registrations. Coaches and / or athletes will be able to view the lists and only in the case of proven tests that an athlete has registered in the wrong categories by level and / or skills can they write to the organization presenting the tests within 3 days

The organization reserves the right to evaluate category shifts in the case of athletes known for other competitions, in this case it will notify the athlete within 15 days from the date of registration for the race.

ADDITIONAL NOTES FOR THE AIR DISCIPLINE COMPETITION

- PERSONAL HOOP, SPANSET and SWIVEL: each athlete can bring his own equipment, the important thing is that it is certified.

In any case, it will be useful to fill out a disclaimer.

For those who do not have the equipment, they can communicate it in advance and indicate if they will need the one provided by us.

We personally use all hoops of different sizes and SPANSET of mt.2 (total ring perimeter 4mt)

- HOOP HEIGHT POSITIONING

Generally in training and performance the height of the hoop from the ground varies from athlete to athlete.

Based on the choreography and the climbs included in it, the performance itself and the height of the participant, a definitive universal canon cannot be used here too.

The height from the ground at the beginning of the Hoop base must be communicated a few days before the competition for each of them. In the welcome pack that each athlete will receive 20 days before the competition, in addition to the prevalence lights that are desired on stage, details of the height at which to hang the equipment will also be requested, as well as defining whether one is carrying one's own certified equipment or if that of our organization.

- MATTRESS, the use of the mattress is mandatory for all performances. Athletes not used to a mattress under their evolutions should consider moving sideways to perform choreos on the ground - the jury will not penalize such movements in any way.

- EXTRA ELEMENTS: objects, "confetti", introductory performances such as reading or singing, these too must be communicated and a request must always be made using the form that will be sent in the welcome pack.

- COSTUMES: considering that these are purely artistic competitions ... green light for expressiveness. As general lines it is confirmed that thongs are prohibited, and any costumes that lead to the display of private parts directly or in an almost uncovered way. Buttocks that are slightly uncovered will not be penalized because the suit by choice is a little high-cut or maybe an athlete is a little more shapely.

No vulgarity but a little common sense in tolerance.

COMPETITION'S CATEGORIES DOUBLE AND GROUPS

It will be possible to compete in double or in groups, in this case the categories will not be diversified according to the number of components, therefore groups composed of 2 people or more will be included in the same ranking. In case of an athlete present in the group with technical skills or high competition experience, the whole group must choose the higher category. It is advisable to create groups with the same skills and experiences to avoid having to travel during the competition.

MUSICAL CHOICE

You can choose any track as long as it is free of unsportsmanlike, foul language or that refer to hatred, racism, drug use and the like.

Backing tracks will be creative, original or used in an original way

No mandatory technical level elements are required

It is possible to perform free body acrobatic elements

A floorwork is required for all specialties

The athlete can freely choose the elements to be performed on the ground and on the tool

It is not possible to have extras on stage for circle or fabric choreographies

Any type of unusual accessory or choreography that includes particular effects that can cause damage to the equipment, jury, audience or stage or even just dirty, you must first receive the approval from the organization by contacting via email and explaining what you intend to do.

It is possible to have choreographic objects as long as they are also used during the routine and are consistent with the theme presented if necessary.

The costume must cover the private parts, in case of evident nudity, deductions will be applied to the whole jury or for evident and permanent nudity the routine will be interrupted. The athlete will be disqualified. He will be able to repeat his routine at the end of the category, with a suitable costume, to be evaluated but will not enter the rankings.

Bracelets, earrings, watches, hair bands and similar not consistent with the costume will be penalized by the artist judge in the image section. Piercings are allowed as long as with minimal jewelry.

JUDGES PANEL:

There will be 4/5 judges : 1 for Execution , 1 for Deductions , 2/1 for Artistic Execution, 1 Head Judge

The Head Judge has the following special duties:

The head judge controls and supervises the panel of judges. He will have a different evaluation form where he can attribute bonuses and penalties.

The head judge has the role of control and mediation between the judges in the event of disagreements on the execution or inconsistencies.

proceeds with the assignment of all bonuses and penalties provided for by the regulations

verify that all judges have voted before proceeding to the next performer

Scoring chart for AERIALS competitions

For all the aerial disciplines The competition score will be formed by the sum of the points obtained from the Execution + Artistic scores + Possible Bonuses - Deductions - Possible Penalties following the scheme below

TECHNICAL EXECUTION SCORE - (see relative scoring card)

Flexibility (max 10 points) The flexibility of the athlete is evaluated in accordance with the type of choreography presented.

Strength and Dynamism (max 10 points) The athlete's ability to create a dynamic routine will be evaluated. Points will be added for strengths expressed during the routine.

Fluidity (max 10 points) The athlete's movements must be fluid and decisive in entering and exiting the transitions without interruptions or sudden detachments not intentionally foreseen. In the movements of the area, obligations due to the safe execution of particularly complex and dangerous aerial movements will be taken into account that will not be penalized in the event of uncertainty entering or exiting the movement.

Lines and cleanliness (max 10 points) The ability to maintain lines of arms, knees and legs in tension suitable for the choreography presented and tips of the feet stretched during the presentation of the technical elements will be evaluated, preserving the general cleanliness of the routine.

Difficulty (max 10 points) Valuable technical elements and skills of important difficulty expressed in the race routine. Difficulty of exercise.

ARTISTIC SCORE - (see relative scoring card)

The score of the artistic performance will be given by the arithmetic mean of the scores of the 2 judges of the performance. In case of indecision the match officials can consult and ask for support from the head judge.

Look of the performer and details (max. 10 points) Care is taken in choosing the costume, hairstyle and makeup, as well as the consistency of both with the music and the chosen theme.

Choreographic Balance (max. 10 points) Uniform and fluid use of all horizontal and vertical spatial planes. Walkway and floor work.

Stage presence (max. 10 points) The general interpretation of the music and choreography presented will be evaluated: general choreography and expressive intensity.

Furthermore, the coherence of the movements with the music and the theme will be evaluated.

Floor work or ballad sequence (max. 10 points) It is not compulsory to perform a ballad sequence, but the ability to occupy the space on the ground is evaluated whether with technical acrobatic elements, gymnastics, dances or theatrical and choreographic movements in general.

Musicality and sense of rhythm (max. 10 points) The athlete's ability to work on the timing of the music and its musical interpretation will be evaluated.

SCORING TECHNICAL EXECUTION DEDUCTIONS - (see relative scoring card)

The technical execution score will be given by the arithmetic mean of the scores of the 2 execution judges. In case of indecision the match officials can consult and ask for support from the head jury. Fall from the apparatus Obvious falls during the execution of the elements to the apparatus are penalized with a deduction of -5 points for each fall

Hand cleaning or costume or hairstyle adjustment The cleaning of the hands on the body or costume and the adjustment of the hairstyle or costume are not allowed and will be penalized with a deduction of -1 point for each time the judge notices the gesture.

Loss of balance - slips obvious loss of balance or slips will be penalized with a deduction of -1 point for each slip or loss of balance

Poor transitions The movements into and out of the tricks on the apparatus or the transitions on the ground will be considered. Whenever the athlete shows excessive difficulty or uncertain movements, the deduction of -1 point will be applied.

Particularly complex and dangerous aerial movements that will not be penalized in the event of uncertainty entering or exiting the movement.

Technical execution on the apparatus or in poor free body and incorrect lines The execution of the tricks on the apparatus and the technical execution of the performance at a technical sports level will be evaluated. Whenever the athlete dirties the movement with feet not pulled (excluding choreographic choices), legs not stretched or posture not suitable for the apparatus or free body, the judge will attribute a penalty of -0.5 points

LIST OF BONUSES and PENALTIES AWARDED BY THE HEAD JUDGE

BONUS

Original piece or musical genre Attributed for the originality of the musical piece or genre +3

Originality of the performance Attributed if the choice of theme or development of the routine has particularly original elements. +3 points

Original combos Attributed if the athlete builds a combination of movements on the ground or on a particularly original tool. +3 points

Very well-finished floorwork at a technical / acrobatic / choreographic level Attributed if the athlete builds a particularly elaborate and well-finished piece out of the tool, not necessarily with acrobatic elements, but also danced or recited sequences. +3 points

Roll / drop / jump on the tool and / or from the tool to the ground Inclusion of a roll, drop, or jump into the routine. + 3 points

Balance on the tool without using hands and feet (only for aerial sport) Inclusion in the routine of a complex balance movement +3 points

SPECIAL Bonus at the discretion of the unanimous jury +5 points

(only for Doubles and Groups in addition to those applicable above for individuals)

1 torque grip to the apparatus Attributed if the athletes perform at least one torque grip to the apparatus + 3 points

1 synchro combination of 30 "

Attributed if the athletes build a combination in sync on the ground or on the apparatus with a minimum length of 30 " and performed in synchrony, one performer can be on the apparatus and the others on the ground, the synchronization is established if the change of movement is synchronized with music and similar or identical. + 5 points (once only)

1 pair socket on the ground

Awarded if at least one grounded torque take-up is performed + 2 points (once only)

PENALTIES

Music too long or too short

The organization will check that the duration of the backing tracks complies with the requirements of the regulation, otherwise the penalty will be reported. -3 points

Sending the track after the deadline established by the organization

Communicated and applied by the organization if the backing track is not forwarded to the organization within the deadline. -3 points

Dirty feet from obvious forgetfulness

The athlete must make sure that the feet are not dirty before getting on and performing the performance -3 points

Presence of jewels, bracelets, rubber bands and worn objects that are inconsistent with the character

The athlete will be penalized if he wears bracelets, commonly used rubber bands due to obvious forgetfulness. Eg: beach bracelets, elastic wrists, anklets and necklaces. The penalty is not applied if the jewel or accessory is obviously part of the character brought to the stage. -3 points

The Athlete sings during the performance (excluding desired choreographic / theatrical singing)

Applied if the athlete sings the backing track during the execution of the movements and the singing is obviously not part of the choreography -3 points

Delayed entry (more than 1 minute) to the athlete's presentation

Applied if the athlete is called to the stage and does not show up. Athletes must be ready to go on stage before the start of their routine. Consider the possibility that competitions could experience advances and not just delays. -3 points

Leaving the stage or interrupting the routine before the end of the music

Applied if the athlete gets off the equipment or finishes the routines before the end of the backing track -5 points

Use of the vertical tool (fabric) for less than 70%

The tool must be used at least once more than 70%, in overhead hangers the tool starts where the carabiner is attached with possible svivol, therefore if you use a strap beyond the circle the tool does not end at the circle but at the end of the strap. In the fabric, the tool ends up at the hooking carabiner. -5 points

Swimsuit not suitable The slip or coulotte moves showing more than half of the buttocks or private parts - Same meter applies to the upper part of the swimsuit on the chest. The penalty is applied even if recognizable marks of any kind are evident on the costume or if the costume shows excessive transparency -3 points

Use of 1 object / material not allowed in the rules -3 points (the penalty is repeated for each object not allowed that is used)

DISQUALIFICATION

Nudity

If the costume shifts causing obvious nudity or in the event of a costume break causing permanent nudity,

the routine is interrupted and the disqualified athlete will be able to repeat the routine and the end of the

category with a suitable costume. It will be rated but will not enter the rankings

Offensive gestures, imprecations and offenses to the jury and in any way are sanctioned with disqualification.

Those who offend the organization are disqualified and excluded from competitions forever



ENJOY AERIAL VERTIGINE