



WORKPLAN

AERIAL SPORTS NATIONAL COMPETITION 2026

15 and 16 August 2026

Bothasig Community Hall / Edgemoor Community Centre, Cape Town



This national competition is sanctioned by POSA and serves as a qualifier for the POSA World Championships.

WORKPLAN AERIAL SPORTS SOUTH AFRICA NATIONAL COMPETITION 2026

www.aerialsportssa.co.za



VENUES:

Bothasig Community Hall

3 Link Way, Bothasig, Cape Town, 7441

Edgemean Community Centre:

83 Edgemean Drive, Edgemean, Cape Town, 7441

Silks and Hammock will take place at the Edgemean Community Centre

Pole and Hoop will take place at the Bothasig Community Hall

PROPOSED SCHEDULE:

Please note that this schedule may be adjusted as necessary to ensure the smooth running of the competition. The competition schedule will be finalized after entries have closed.

Saturday: Edgemean Centre – Silks Sport, Silks Art, Hammock Sport, Hammock Art

Saturday: Bothasig Hall – Pole Art and Pole Sport

Sunday: Bothasig Hall – Continuation of Pole (if needed), Flying Pole, Hoop Sport and Hoop Art

Up-to-date information available at:

- ASSA Website: www.aerialsportssa.co.za
- Instagram: [aerialsportssa](https://www.instagram.com/aerialsportssa)
- Competition Website: www.aerialsportssa.co.za/comp2026

ENTRY DETAILS:

Entry Fee: R430 per athlete | Coach Fee: R200 per coach

All registrations, difficulty sheets and music to be submitted through the competition website:
www.aerialsportssa.co.za/comp2026

Important dates:

3 July 2026 at 18:00	Closing date for all entries
19 July 2026 at 18:00	Closing date for music submissions
19 July 2026 at 18:00	Closing date for difficulty sheets
15 & 16 August 2026	Competition dates



REGULATIONS:

The Aerial Sports South Africa National Competition 2026 will take place under the following regulations:

- The Pole Sport Code of Points 2026
- The Aerial Sport Code of Points 2026
- POSA Rules & Regulations 2026
- WADA International Regulations
- The POSA Antidoping Rules
- The current POSA General Judges' Rules (Code of Ethics).

These documents can be downloaded from: <https://www.posaworld.org/documents/>

CATEGORIES:

Pole Sport
Pole Art
Hoop Sport
Hoop Art
Hammock Sport
Hammock Art
Silks Sport
Silks Art
Flying Pole Art

DIVISIONS:

Newcomer (Sport divisions only)
Amateur
Competitive
Para

DOPING CONTROL:

Doping is prohibited. Doping control tests can be required from the athletes at any time, without pre-warning, in accordance with POSA regulations. Doping controls will be carried out in accordance with the WADA regulations.

Amateur and Competitive athletes must have a valid WHEA/POSA license, with an approved anti-doping contract for 2026.



INSURANCE:

POSA Technical Regulations stipulate that all participating athletes are responsible for all costs of their medical insurance. Aerial Sports South Africa has the right to verify the validity of the medical cover upon arrival of the athlete.

POLE AND AERIAL EQUIPMENT:

POLES: 4 meters, 2-piece, stainless steel XPOLE, on a cable system

AERIAL: Athletes have the option of bringing their own aerial apparatus, provided it meets the requirements set out below.

Hoop:	Taped, single tab with a maximum 2-meter sling. Hoop diameter: 75 to 110 cm Tube diameter: 23 to 30 mm
Flying Pole:	Diameter: 45mm Coating: Silicone or rubber
Silks:	Durable fabric of medium stretch Width: 1.5 to 2.8 m Length: Up to 8m
Hammock:	Durable fabric of medium stretch Width: 1.5 to 2.8 m Length: Up to 4 m

The organiser will provide apparatus for athletes who are unable to bring their own.

Supplied Hoops:	Taped, single tab with a 2-meter sling. Available sizes: 80cm, 85cm, 90cm, 95cm, 100cm
Supplied Silks:	6.6-meter Medium stretch
Supplied Hammock:	4-meter Medium stretch
Supplied Flying Pole:	XPOLE 45mm Fly Pole (Silicone) Length: 2810mm

A crash mat is mandatory for all aerial categories and will be supplied.



REGISTRATION AND ACCREDITATION:

Accreditation will be carried out upon arrival. Accreditation will only be granted if athletes have fulfilled all necessary financial obligations and submitted the required documentation.

Only jury members, accredited athletes, their accredited coaches and approved ASSA crew can access the competition and warm-up/backstage areas.

The competition area, including the warm-up/backstage area, is strictly forbidden to all other persons and a valid ticket is required to enter the venue.

Accreditation serves to identify all participants and indicate their authorised access to designated areas. Accreditation must be worn at all times during the event when participants are not on stage.

The accreditation is personal, non-transferable, and necessary to access the competition area and backstage/warm-up area.

Athletes under the age of 18 must be accompanied by a registered coach. If the athlete does not have a coach, they must be accompanied by a registered chaperone.

MUSIC AND DIFFICULTY SHEETS:

All difficulty sheets and music files must be submitted via the competition website. Submissions sent by email will not be accepted.

Music files must be submitted in MP3 format only. Difficulty sheets must be submitted in PDF format only.

Difficulty sheets and music files must be named using the following format:

File name of the Music must contain the following information:

- The name of the country (ZA)
- The first and last name of the athlete
- The discipline, division and category
- The length of the music

Example: ZA_Samantha_Smith_PoleArt_Competitive_JuniorA_IW_3min30s.mp3



APPEARANCE:

- Makeup and costume regulations are outlined in the COP/Rules and Regulations and must be followed strictly to avoid penalties from the Head Judge.
- Athletes representing the same studio must wear matching tracksuits.
- Studio logos must not exceed 10 x 10cm in size.
- If an athlete does not represent a studio, their tracksuit must be black.

Please refer to the Rules and Regulations / COP documents for detailed information.

SPECTATOR TICKETS:

- Single-day ticket purchased online: R220.00
- Single-day ticket purchased at the venue R240.00
- Children (under 14) purchased online: R150.00
- Children (under 14) purchased at the venue: R170.00
- Weekend ticket purchased online: R380.00
- Weekend ticket purchased at the venue: R400.00

Children under 4 years receive free admission but may be required to sit on an adult's lap.

Seats are limited, and advance purchase is recommended. Digital tickets must be presented at the door on the day of arrival.

Professional photographing and filming of the performances are under written permission from the organizing committee.

Please note that adjustments may be made as necessary to support the smooth and efficient operation of the competition.