

WORKPLAN

Bucharest – Romania
25 APRIL 2026

The poster features a black background with vibrant images of pole artists. At the top, logos for the Romanian Federation of Pole Sport, Cosmic Pole Academy, Apole, vertigo dance school, and POSA are displayed. The main text is in white and pink, announcing 'POLE & AERIAL ART' and 'POLE & AERIAL SPORT' with 'OPEN & NATIONAL QUALIFICATIONS'. The date and location are 'APRIL 25th, 2026 BUCHAREST, ROMANIA', and the website is 'www.frpssb.ro'.

FEDERAȚIA ROMÂNĂ
DE POLE SPORT - SPORT LA BĂRĂ
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Apole

vertigo dance school

POSA

POLE & AERIAL ART
OPEN & NATIONAL QUALIFICATIONS

POLE & AERIAL SPORT
OPEN & NATIONAL QUALIFICATIONS

APRIL 25th, 2026
BUCHAREST, ROMANIA

www.frpssb.ro





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About POLE & AERIAL ART – POLE & AERIAL SPORT OPEN AND NATIONAL QUALIFICATION : 25 APRIL 2026

These are the National & Open competitions for top athletes, as well as for amateurs from countries and cultures all over the world. The objectives are the gathering of athletes and their teams, all united by these sports as a worldwide family. Emphasis is on developing the community around pole sport and aerial sports, as well as on improving the level of the athletes, and on the exchange of information, expertise and experiences within the multi-sport community of POSA and its partners.

Up-to-date Information:	-> Official Webpage: -> Federatia Romana de Pole Sport-Sport la bara: www.frpssb.ro -> Instagram: Federatia Romana de Pole Sport-sport la bara -> Affiliation: Pole Sport & Arts World Federation : www.posaworld.org
Place of Arrival:	Bucharest, Romania
Competition Venue:	Vertigo Dance School, Bulevardul Pipera 4E, Voluntari, Ilfov county
Date of Arrival:	APRIL 24, 2026
Pole & Aerial Sport National & Open	25 APRIL
Pole & Aerial Art National and Open	25 APRIL
Date of departure:	26 APRIL



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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 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)
- Event Manager Elisa GOZZI (Italy)

POSA POLE SPORT TECHNICAL COMMITTEE (TC)

- President Alessandra MARCHETTI (Italy)
- Vice-President Natalia GUSEVA (Russia)
- Member Veronika PAVLOVA (Russia)
- Member Yulia DAMOVA (Ukraine)
- Member Sara HENRIQUES (Portugal)
- Member Renata NAGY (Hungary)
- Member Asta PUSSINEN (Finland)
- Member-Supervisor Tamàs KATUS (Hungary)

POSA TECHNICAL AERIAL SPORTS COMMITTEE (TC)

- Head of Committee Mary KOLYZA (Greece)
- Member Zak KOLYZA (Greece)
- Member Renata NAGY (Hungary)
- Member Elisa GOZZI (Italy)
- Member Veronika PAVLOVA (Russia)
- Member Sabrina MADSEN (USA)

SUB HAMMOCK COMMITTEE

- Member Maria Carmen MONTEROSSO (Italy)
- Member Antonella LEONE (Italy)



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POSA POLE ART TECHNICAL COMMITTEE (TC)

- President Elena GIBSON
- Vice-President Mariana BAUM
- Member Alessandra MARCHETTI
- Member Natasha WANG

Official POSA Contact Address

POLE SPORTS & ARTS WORLD FEDERATION

Via Degli Albrici 7,

CH-6830, Chiasso, Switzerland

contact@posaworld.org

Web:

<http://posaworld.org/>

Host - Local Organizing Committee

- Federatia Romana de Pole Sport –Sport la Bara (în curs de constituire) prin :
- Asociatia Buna Pole Sport
str.Glicinelor 8, blM53,sc1,et1,ap12,sect.5 Bucuresti
- Asociatia Club Sportiv “COSMIC”

Contact: office@frpssb.ro

- Tel: 0723 750 391 - Nadia Budurusi
- 0745 591 421 - Diana Iftodi

- **Local Training Center Contact Address**

For all athletes participating in both competitions that wish to train between the two, they have at their disposal for training this facility, which provides 4 meters poles:

Cosmic Pole Academy

Bulevardul Unirii 160, 2nd floor

Athletes can book the training by contacting directly

Laura Dragomir on WhatsApp: +40755 897 796

Rehearsals stage: ONLY POLE

Each athlete will have 1 minute to test the pole and stage between: TO BE PUBLISHED IN RUNNING ORDER ON 20 APRIL

www.frpssb.org
mail to: office@frpssb.ro



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2.1 Updated competitions schedule:

25 APRIL	
Days dedicated to the arrival of competitor	
25 APRIL	
-From 8:00am: POLE Athletes' Accreditation POLE ONLY -From 8:30am: Competition Pole Sport and Pole Art -Awards Ceremony -From 11:00am: AERIAL Athletes' Accreditation -Break (installing the Aerial)& JUDGES LUNCH THERE MAY BE CHANGES-THE CORRECT UPDATE WILL BE FOUND IN THE RUNNING ORDER ON 20 APRIL	Competition hall
From 12:00- Competition- Aerial Sport and Aerial Art -Awards Ceremony THERE MAY BE CHANGES-THE CORRECT UPDATE WILL BE FOUND IN THE RUNNING ORDER ON 20 APRIL	



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Qualifications

The starting order of the competition (qualifications) will be made available on 20 APRIL, after the deadline for athletes' applications (31 MARCH) has closed. If a school reduces the number of participants or an individual athlete renounces after the definitive inscriptions, the Organizer has the right to adjust the starting order to ensure the best possible running of the competition.

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.
- Interpreters may not enter the competition area without the permission of the President of POSA/TC.
- The competition area is strictly forbidden to all other persons.
- The use of any kind of electronic devices (video, mobile phones, etc.) is strictly forbidden in the competition area. Please note that, according to the decision of the Executive Committee of POSA, if a mobile phone or any other electronic communication device is used in the competition area during the entire competition, the person concerned (athlete and/or coach) will be immediately expelled. The athlete will not be ranked and will not be authorized to participate in the remaining competitions. If this rule is violated by a coach, all his/her athletes will also be expelled.
- Professional photographing and filming the performances are under written permission by the organizing committee.

Awards ceremonies

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

Poles & Aerial supplier

The competition podium and training hall have the official POSA poles supplied by **APole** only.

Stainless steel 45mm. Competition stage pole height 4 meters. Hoop, dimension 95cm, will be available.

Scoring and distribution of results

Once the competition has finished, by request, all school or individual athlete will be provided with a complete set of results (Difficulty only) by e-mail. However, requests must be sent to the organizer one week after the end of the competition. After that date, it will no longer be possible.



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List of difficulty elements –ONLY FOR POLE SPORT AND AERIAL SPORT

Athletes must send their "Difficulty Sheet" (along with MUSIC) by the **31 MARCH** via email, directly to office@frpssb.ro.

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.

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.

Athletes must send their music by the **31 MARCH** via email office@frpssb.ro

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: ROU_RADU_Alina_Junior_IW_3min30s_mp3) If you need help, please contact us at: office@frpssb.ro

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

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.

POLE SPORT & AERIAL SPORT ANTI-DOPING

All new athletes who do not have an anti-doping contract from last year must sign it by **31th JANUARY** at least 3 months before the competition, for all the details related to anti-doping we invite you to read the regulations on the official website www.posaworld.org. Each athlete needs to have a competition WHEA/POSA license with approved anti-doping contract.

ONLY FOR POLE & AERIAL ART COMPETITION – VIDEO

Only MP4 format video will be accepted and must be send with the music at last on 31 MARCH. Each video must have the same information as the music.



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THE JURY

Jury composition

Jury

- 1 Head Judge fixed by draw
- 1 Difficulty judge fixed by draw
- 2 Artistic judges fixed by draw
- 2 Execution judges fixed by draw

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 coach will not be allowed to complain against an athlete from another school. 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 **HEAD JUDGE** 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.



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THE ORGANIZATION OF THE EVENT

COMPETITION VENUE

VERTIGO DANCE SCHOOL

Bulevardul Pipera 4E, Voluntari, Ilfov County

Registration and accreditation

Accreditation permits the identification of all participants and indicates the access to certain zones. Access to all zones will be controlled. Accreditation card must be visibly worn throughout the whole event. The accreditation card is personal, non-transferable, and necessary to access the training and competition halls, as well as for official transports.

Accreditation will be carried out upon arrival. During the accreditation the athletes and/or the Heads of Delegations will verify the identity of the members of their delegation. To get the accreditation all members of the delegation must have fulfilled all the necessary financial obligations (**including insurance**).

POSA Directives and Technical Regulations will be strictly applied, especially to the number of persons accredited per nation.

Training information

The training will start in the training hall and at the competition stage on 25 APRIL (POLE ONLY). Access the competition hall, the training and the warm-up halls will only be granted to the delegations wearing the accreditation card and only during the times reserved for their nation. The training hall is open to all athletes competing on that day .

Medical services

The LOC will provide the necessary medical services.

Official Hotels:

The headquarters of the organisation and POSA (Judges, staff, technicians, etc.) throughout the event will be the following: TO BE CONFIRMED.

There are hotels close to the venue, some walking distance. Please contact us for more information.



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How to arrive in BUCHAREST

How to reach Bucharest by train from the Airport

There are 5 ways to get from Bucharest Otopeni Airport (OTP) to Bucharest North Station by train, bus, taxi, car or town car

Recommended option

Train • 25 min

1. Take the train from Aeroport H. Coanda T1 to București Nord Gr.A R-M: Aeroport H. Coanda T1 - București Nord Gr.A - \$3 - \$4

Cheapest option

Line 783 bus • 58 min

1. Take the line 783 bus from Bucharest Otopeni Airport to Bucharest Piața Victoriei 783 - \$1 - \$2

3 alternative options Taxi • 17 min

1. Take a taxi from Bucharest Otopeni Airport (OTP) to Bucharest North Station 16.4 km - \$11 - \$14

Drive • 17 min

1. Drive from Bucharest Otopeni Airport (OTP) to Bucharest North Station 16.4 km - \$2 - \$4

Town car • 17 min

1. Take a town car from Bucharest Otopeni Airport to Bucharest North Station 16.4 km - \$26 - \$380

Attractions in Bucharest

List supplied by www.getyourguide.com – follow this link for all the information you need - <https://shorturl.at/gSBL6>

Insurance

POSA Technical Regulations stipulate that all participating school or athletes must assume all costs in relation to the medical insurance of all delegation members (illness and accidents). The Local Organising Committee has the right to verify the validity of the insurance upon arrival of the delegations (policy insurance, original or copy).

Entering the Competition without a valid medical insurance for all participant will be rejected.

Visa

Please check whether you need a visa to enter Romania. The Local Organising Committee will gladly assist you in applying for a visa.



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Tickets (spectators only)

The ticket constitutes your donation in support of the organization of this event.

-The price is 60 RON (12euro)we kindly request that you have the exact amount prepared, where possible.

Should you not have cash available, an ATM is located approximately 50 meters from the venue.

Thank you for your support.

Regulations

The POLE & AERIAL ART AND POLE SPORT &AERIAL SPORT will take place under the following regulations.

- The current Codes of Points 2026 and the followings remarks, or documents issued by the POSA/PS TC.
- The Pole Art Rules.
- The current POSA Rules & Regulations
- WADA Internationals Regulations.
- The POSA Antidoping Rules
- The current POSA General Judges' Rules (Code of Ethics).

All documents (Difficulty sheets also) can be downloading in the link below:

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

Deadlines Checklists

Competitors:

- Deadline for all schools and athlete's registration is on **31 MARCH**.
- Deadline for Difficulty Sheet and music is on **31 MARCH**.
- Bring your music on USB-stick as a backup.
- Bring your personal insurance
- Each accreditation person (other than competitive athlete) must purchase coaches pass. It will be available in the accreditation link

ATHLETES APPLICATION FEE:

- INDIVIDUAL CATEGORY: 65 EURO
- STARTING WITH THE SECOND ENTRANCE: 60 EURO
- DOUBLE CATEGORY: 120 EUROS (60 EUROS PER ATHLETE)
- TWO DISCIPLINES (Aerial Art + Pole Art): 120 euros (60 euro per discipline)
- GROUP CATEGORY (MIN. 3 PEOPLE, MAX. 6 PEOPLE): 60 EURO PER ATHLETE
- CHARACTER (CHARACTER WHO HELPS IN CREATING THE STORY): 10 EURO PER PERSON
- PARAL-POLE AND PARA-AERIAL CATEGORY: FREE

www.frpssb.org

mail to: office@frpssb.ro



-COACH :FREE (ONE PER SCHOOL)



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PAYMENT WILL BE MADE INTO THE

ACCOUNT:

BUNA POLE SPORT ASSOCIATION

EURO – IBAN:

RO41BTRLEURCRT0644175601

LEI – IBAN:

RO91BTRLRONCRT0644175601

BIC/SWIFT: BTRLRO22

FOTO AND VIDEO:

.....TO BE ANNOUNCED

Nadia Budurusi

Presedinta

Asociatia Buna Pole Sport

Asociatia Club Sportiv Cosmic

www.frpssb.ro

