

2025



WORLD POLE & AERIAL CHAMPIONSHIPS



GRAVITAS

OFFICIAL MAGAZINE FOR THE WORLD POLE & AERIAL WEEK 2025



Welcome to

THE WORLD POLE AND AERIAL CHAMPIONSHIPS 2025

It is with immense pride and excitement that we welcome all our phenomenal athletes, dedicated coaches, officials, and passionate fans to the World Pole and Aerial sports Championships in Argentina – the first time a World Championship has been hosted in the Southern Hemisphere! We are thrilled to host this spectacular celebration of sport, skill, and dedication.

While our energy is focused on the competition ahead, we want to take a moment to reflect on the hard work that has strengthened the foundations of our federation this past year. Our strategic focus has ensured we are building a more sustainable future. This involved significant technical transformation, including completely reworking our competition application platform for seamless use, and streamlining our internal business solutions for greater efficiency.

Crucially, we also dedicated substantial effort to complex legal work, providing enhanced frameworks and vital support for our National Federations. These strategic efforts create a more robust environment for everyone involved, and ensure a safe and secure future for our athletes.

Now, let the competition begin! We wish every competitor great success – bask in the achievement of having made it this far and in representing your country. Enjoy every moment, and let the spirit of our sport inspire us all!

*With much love,
The IPSF Executive Team*

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GUIDE TO TRAVEL AND CULTURE IN ARGENTINA

(Courtesy of the Argentine Air Sports Federation and websites: TripSavvy, Evaneos, Insight Guides, and Expanish)

When traveling in Argentina, you'll encounter Rioplatense Spanish, which is a Spanish dialect spoken mainly in Argentina and Uruguay. It is characterized by a distinctive accent and vocabulary. Although English and Portuguese are spoken in major tourist areas, knowing some basic Spanish will greatly enhance your experience. Don't be shy; Argentinians will appreciate your effort, and you can always use Google Translate. The website: <https://www.translormax.com/translator/argentinian-spanish-translator> translates English into Rioplatense Spanish. It also has some more phrases that you can use in Buenos Aires!

THE DIVERSITY OF SPANISH IN ARGENTINA: BEYOND BUENOS AIRES

Rioplatense Spanish is just one of many varieties in the country. Argentina's vast geography and history of immigration have created a rich linguistic diversity.

Central and Cuyo: Córdoba and Mendoza

·Córdoba: Famous for its sing-song accent that raises the intonation on the last syllable.

·Cuyo (Mendoza, San Juan, and San Luis): The accent is more neutral with a flatter intonation. Their vocabulary has influences from the Quechua language due to their proximity to the Andean region.

North: Salta and Jujuy

·North (Salta, Jujuy, Tucumán): Characterized by a deeper, drawling intonation, with influences from Andean Spanish. The vocabulary includes words from Quechua and Aymara, and the pace of speech is generally slower.

Litoral and Northeast: Misiones and Corrientes

·Litoral (Corrientes, Misiones, Entre Ríos, Santa Fe): The accent is melodic and soft, with influences from Portuguese and Guaraní.

Patagonia: Tierra del Fuego and Santa Cruz

·Patagonia: The accent is more neutral and uniform than in other regions. It is quite similar to Rioplatense Spanish, but with a flatter intonation and a more moderate pace of speech.

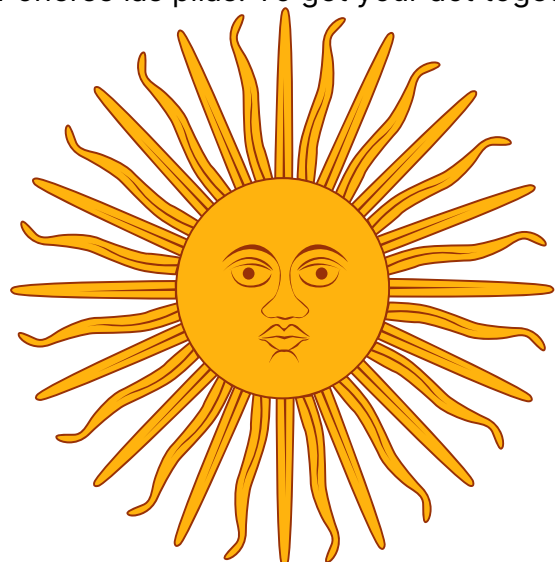
CUSTOMS AND TYPICAL PHRASES

·Tomar mate (to drink mate): This traditional infusion is shared among friends and family. If offered, you can politely accept - sí, por favor - or decline by saying no, gracias. A tip: don't touch the metal straw (bombilla), as it's considered bad manners.

·Greetings: It's common to greet with a kiss on the cheek (even with strangers) or with hugs.

·Expressions:

- Chau: Used to say goodbye, instead of adiós.
- Che: Widely used to get someone's attention. Ex.: Che, ¿cómo estás?
- ¡Qué quilombo!: Used to express that something is a mess or a big problem.
- Re lindo: Means really nice.
- Morfar: To eat
- Andar a las corridas: To be in a hurry.
- ¡Ni en pedo!: No way! / Not a chance.
- Estar al horno: To be in trouble.
- Ponerse las pilas: To get your act together



GETTING AROUND THE CITY

Public transport is varied, including trains, subways (subtes), and buses (colectivos). Ride-sharing apps like Uber and Cabify are also widely used. Rush hours are typically from 7 to 10 in the morning and 3:30 to 8 in the evening.

To use the public buses, you'll need a SUBE card, which is easy to buy at subway stations, kiosks, and supermarkets. Some buses and subways also accept credit card payments.

MEDICAL INFORMATION

If you have an emergency, don't hesitate to contact event volunteers. Medical staff are required to be available at sports events.

•Emergency Numbers:

- o General Emergencies: 103
- o Police: 911
- o Medical: 107
- o Fire: 100

A doctor's visit can cost around \$40 USD and is often paid in cash. It is highly recommended to get comprehensive travel insurance before your trip. In Argentina, many medicines are sold over the counter without a prescription. Pharmacies rotate a 24-hour service, and the list of those on duty (Farmacias de Turno) is published in local newspapers.

ENGLISH	SPANISH
I need a doctor	Necesito ver un médico
Call a doctor / an ambulance	Llama a un médico / ambulancia
Where is the hospital?	¿Dónde está el hospital?
I don't feel well	No me siento bien
It hurts here	Me duele acá
Help!	¡Ayuda!
Pharmacy	Farmacia

ENGLISH	SPANISH
Yes	Sí
No	No
Thank you / thank you very much	Gracias / Muchas gracias
You're welcome	De nada
Please	Por favor
Excuse me / Sorry	Discúlpame / Perdóneme
Hello	¡Hola!
Goodbye	Chau
I do not understand	No entiendo
Do you speak English?	¿Habla inglés?
What is your name?	¿Cómo te llamas?
My name is...	Me llamo...
How are you? (informal)	¿Qué tal? / ¿Qué hacés?
Good morning / evening	Buen día / Buenas tardes
Welcome	Bienvenido/a
Have a nice day!	¡Que tengas un buen día!
Okay	Ok
Could you speak more slowly?	¿Podés hablar más despacio?
Could you repeat that?	¿Podés repetirlo?
Fine, thanks	Bien, gracias

WORLD POLE & AERIAL JUDGING PANEL

2025

HEAD JUDGES



SZILVIA MOLNAR 



KELLY BAE 



SABINA PETCU 



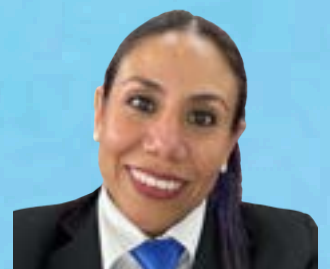
SUZANNE VINK 



BRUNO KREAMER 



DOMINIQUE NACHI 



CLAUDIA ARAI SANCHEZ TRAPERO 



SANTIAGO MONTI 



LONGINO ARVIZU 



MAGDA SMOLINSKA 



MARHARYTA PYKOVA 



BRITTANY DONKER 



VIVIANA BOWN 



CELESTE LA MANTIA 



NAYLA SONCINI 

SYSCOS



VANESSA LIMA 



PAOLA CAMARGO 



JON HELGE LØKEN 

WPAC 2025 RUNNING ORDER

DOORS OPEN EVERY MORNING AT 07:30 FOR WARM UP

RUNNING ORDER MONDAY

8.00	REGISTRATION OPENS
STAGE 1 AND 2	
8.00	TEAM REHEARSALS START
5.30	OPENING CEREMONY
6.10	START
6.10- 8.00	ULTRA POLE
MEDAL CEREMONY AND CLOSING	



RUNNING ORDER TUESDAY

STAGE 1		
Pole Sports Novice Female		
8.00- 8.05	Alexandra Ilkevich	USA
8.10- 8.15	Ninell Barskova Vorobyeva	Spain
8.20- 8.25	Oleksandra Kasatkina	Poland
8.30- 8.35	Fokla Tiniakova	Ukraine
8.40- 8.45	Valentina Fumie Watanabe Padilha	Brazil
8.50- 8.55	Alyssa Schübelin	Germany
9.00- 9.05	Umma Antonella Lloret	Argentina
9.10- 9.15	Sofiia Kipko	Ukraine
9.20- 9.25	Lobke aan de Stegge	Netherlands
9.30- 9.35	Lou Laracca	France
9.40- 9.45	Joanna Miedziejko	Poland
9.50- 9.55	Alessandra Carrara	Italy
10.00- 10.05	Eva Odagiu	Switzerland
10.10- 10.15	Valery Mendoza	Mexico
10.20- 10.25	Fernanda Urbina Astorga	Chile
10.30- 10.35	Ekaterina Shpilevskaia	Neutral
10.40- 10.45	Helena Vera Lagerbäck	Sweden
10.50- 10.55	Elizaveta Poddubnaia	Neutral
11.00- 11.05	Zlata Parkhomenko	Kazakhstan
Pole Sports Masters 50+ Men		
11.10- 11.15	Yves-Antoine Savalle	France
11.20- 11.25	David Wilson	Australia

STAGE 2		
Aerial Pole Sports Junior Mixed		
8.05- 8.10	Caitlyn Kern	South Africa
8.15- 8.20	Bruna De Jesus Vicente	Brazil
8.25- 8.30	Taissiya Toskina	Kazakhstan
8.35- 8.40	Martyna Marcinišzyn	Poland
8.45- 8.50	Alisa Muntian	Ukraine
8.55- 9.00	Finja Rolshausen	Germany
9.05- 9.10	Oleksandra Nakonechna	Ukraine
9.15- 9.20	Michaela Štubniaková	Slovakia
9.25- 9.30	Zuzanna Maligranda	Poland
9.35- 9.40	Sharon Valeria Ensástiga Pérez	Mexico
Aerial Hoop Sports Senior 18+ Men		
9.45- 9.50	Jose Antonio Bautista Arroyo	Mexico
Aerial Hoop Sports Senior 30+ Women		
9.55- 10.00	Emi Vauthey	Switzerland
10.05- 10.10	Célia Duriez	France
10.15- 10.20	Ana María Gómez Pereira	Colombia
10.25- 10.30	Emilie Bouly	France
10.35- 10.40	Amanda Scott	USA
10.45- 10.50	Liselotte Netjes	Netherlands
10.55- 11.00	Natalia Smyslova	Netherlands
11.05- 11.10	Tatiana Odagiu	Switzerland
11.15- 11.20	Katarzyna Zöllner	Poland
11.25- 11.30	Alessandra Rancan True	Brazil

MEDAL CEREMONY AND BREAK

RUNNING ORDER TUESDAY

STAGE 1

Pole Sports Senior 30+ Men

12.30- 12.35	Iván Alejandro Pérez Soria	Mexico
12.40- 12.45	Brandon Nicolay Rojas Campo	Chile
12.50- 12.55	Juan Sebastian Curtidor Quijano	Colombia
1.00- 1.05	Gentaro Murata	Japan
1.10- 1.15	Juan Manuel Brizuela	Argentina
1.20- 1.25	Michael Ferrari	Italy
1.30- 1.35	Marius Razma	Lithuania
1.40- 1.45	Ayodimeji Biobaku	Nigeria

Pole Sports Masters 60+ Women

1.50- 1.55	Monica van Beek	Netherlands
2.00- 2.05	Virginia Marshall	USA
2.10- 2.15	Debbie Howes	South Africa
2.20- 2.25	Svetlana Tsyro	Norway
2.30- 2.35	Veronica Inés Saez	Argentina
2.40- 2.45	Nora Susana Ordoñez Lopez	Mexico
2.50- 2.55	Hiromi Fujii	Japan

Artistic Pole Junior Doubles

3.00- 3.05	Aleksandra Glos & Marcelina Biłka	Poland
3.10- 3.15	Rebecca Pitzanti & Greta Teng	Italy

Artistic Pole Masters 40+ Women

3.20- 3.25	Chloe Leroy	Switzerland
3.30- 3.35	Anna Lotecka - Dabbachi	Poland
3.40- 3.45	Kathleen Nestler-Darrigo	Australia
3.50- 3.55	Kaiva Landrate	Sweden
4.00- 4.05	Peiying Zhou	China
4.10- 4.15	Tania Romina Cruz Gómez	Mexico
4.20- 4.25	Elena Ungureanu	Romania

MEDAL CEREMONY AND BREAK

5.30- 5.35	Sandra Toro	Colombia
5.40- 5.45	María Jose Acuña	Argentina
5.50- 5.55	Monika Brzywcz	Belgium
6.00- 6.05	Emanuela Simoni	Italy
6.10- 6.15	Tatjana Scheda	Germany
6.20- 6.25	Kira Bucca	USA
6.30- 6.35	Sandra Ramache	France
6.40- 6.45	Ayaka Ueta	Japan
6.50- 6.55	Renee Pugh	Canada

Artistic Pole Senior Doubles

7.00- 7.05	Yeva Arakelova & Arina Nossova	Kazakhstan
7.10- 7.15	Malena Emma Palamara Martínez & Julieta Nahir de Achával	Argentina
7.20- 7.25	Camille Sarrebressolles & Caroline Leclercq	France
7.30- 7.35	Sonia Perin & Melody Bacher	Switzerland
7.40- 7.45	Marieke Kuijper & Margo van der Steen	Netherlands
7.50- 7.55	Carine Schnabel & Elodie Brauquier	Germany
8.00- 8.05	Emily Yerington & Morgan Bell	USA
8.10- 8.15	Gonçalo Castro & Joana Magalhães	Portugal
8.20- 8.25	Emma Hiljegren & Madeleine Berner	Sweden
8.30- 8.35	Alice Malavolti & Fiammetta Orsini	Italy
8.40- 8.45	Maja Wójtowicz & Eliza Urban	Poland
8.50- 8.55	Iván Alejandro Pérez Soria & María Cristina Martínez Piña	Mexico

STAGE 2

12.35- 12.40	Tania Becker	South Africa
12.45- 12.50	Fábia Macedo Soares Bastos	Brazil
12.55- 1.00	Fabia Weiser	Germany
1.05- 1.10	Beatriz Lamelas	Portugal
1.15- 1.20	Maya Barrios Román	Mexico
1.25- 1.30	Karolina Czublun	Poland
1.35- 1.40	Dana Lee	Kazakhstan
1.45- 1.50	Berit Pfeiffer	Germany
1.55- 2.00	Elena Governo	Italy

Artistic Aerial Hoop Junior Mixed

2.05- 2.10	Oleksandra Aliksieieva	Ukraine
2.15- 2.20	Morena Anna Cavaccini	Argentina
2.25- 2.30	Alisa Shtanhieieva	Switzerland
2.35- 2.40	Simona Giordano Díaz	Mexico
2.45- 2.50	Adelya Lim	Kazakhstan
2.55- 3.00	Lilly Lesein	France
3.05- 3.10	Kaja Bizoń	Poland
3.15- 3.20	Aurora Catelani	Italy
3.25- 3.30	Kelan Smith	USA
3.35- 3.40	Sofia Rodrigues	Brazil
3.45- 3.50	Viktorie Hábová	Czech Republic
3.55- 4.00	Anna-Sophie Beatrix Weber	Germany
4.05- 4.10	Raquel Lozano Pérez	Spain
4.15- 4.20	Caitlyn Kern	South Africa

Artistic Aerial Hoop Senior 18+ Men

4.25- 4.30	Jose Antonio Bautista Arroyo	Mexico
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Artistic Aerial Pole Masters 40+ Men

5.35- 5.40	Iván Enrique Herazo	Panama
5.45- 5.50	Jorge Lera	Norway

Artistic Aerial Pole Groups

5.55- 6.00	Zofia Dabbachi, Aniela Mrožek, Julia Dynak & Joanna Miedziejko	Poland
6.05- 6.10	Daria Kibanova, Sonia Rivera & Kenia Aguirre	Mexico
6.15- 6.20	Gimena de Noia, Mara Fernandez & Emilia Araujo Salgueiro	Argentina

Artistic Aerial Hoop Senior 18+ Women

6.25- 6.30	Karyna Mykhalina	USA
6.35- 6.40	Irene Zermeño Sánchez	Mexico
6.45- 6.50	Daniela Mejía Calle	Colombia
6.55- 7.00	Amanda González Ortega	Spain
7.05- 7.10	Millene Duarte	Brazil
7.15- 7.20	Lucille Stegmüller	Switzerland
7.25- 7.30	Angie Pannunzio	France
7.35- 7.40	Nanako Kanda	Japan
7.45- 7.50	Jagoda Lasota	Poland
7.55- 8.00	Vlada Vykhorieva	Ukraine
8.05- 8.10	Nicole Gouriya	Germany
8.15- 8.20	Elisa Bontempi	Italy
8.25- 8.30	Frida Lidar	Sweden
8.35- 8.40	Zhanar Verbeeck	Netherlands
8.45- 8.50	Karolína Mrózková	Czech Republic
8.55- 9.00	Evelin Dietrich	Hungary

MEDAL CEREMONY AND CLOSING

RUNNING ORDER WEDNESDAY

STAGE 1

Pole Sports Junior Female

8.00- 8.05	Anna Smolska	Germany
8.10- 8.15	Sharon Valeria Ensástiga Pérez	Mexico
8.20- 8.25	Pia Stoppani	Argentina
8.30- 8.35	Natalia Borucka	Poland
8.40- 8.45	Lise Riehl	France
8.50- 8.55	Sofia Giulia Rinaldi	Italy
9.00- 9.05	Sofia Grön Kapitonova	Sweden
9.10- 9.15	Maja Ziemiańska	Poland
9.20- 9.25	Aurora Catelani	Italy
9.30- 9.35	Tess Jonk	Netherlands
9.40- 9.45	Daria Barmina	Neutral
9.50- 9.55	Hina Maki	Japan
10.00- 10.05	Lusiana Gámez Mantilla	Colombia
10.10- 10.15	Mariia Mezhyrytska	Ukraine
10.20- 10.25	Daniela Belen Urbina Astorga	Chile
10.30- 10.35	Bruna De Jesus Vicente	Brazil
10.40- 10.45	Ksenia Cagina	USA
10.50- 10.55	Taissyia Toskina	Kazakhstan

Pole Sports Senior 18+ Men

11.00- 11.05	Diover Almeida	Brazil
11.10- 11.15	Myke Malembic	France
11.20- 11.25	David Wang	USA

MEDAL CEREMONY AND BREAK

12.30- 12.35	Karim Luna Santana	Mexico
12.40- 12.45	Jeroen Butterman	Netherlands

Pole Sports Masters 50+ Women

12.50- 12.55	Gabriela Ohlobiak	Argentina
1.00- 1.05	Jeannie Hayama Miyazawa	Brazil
1.10- 1.15	Gulsim Kunedilova	Kazakhstan

1.20- 1.25	Marcela Ramírez Fajardo	Chile
1.30- 1.35	Virginia Tarabella	Italy
1.40- 1.45	Gerda Susanne Gahr	Germany
1.50- 1.55	Evelina Kaarme	Sweden
2.00- 2.05	Karla Picazo Schefer	Mexico
2.10- 2.15	Fiona Caffin	Australia
2.20- 2.25	Imelda Cabello Larios	Mexico
2.30- 2.35	Esther Lim	France
2.40- 2.45	Tomomi Iwasaki	Japan

Pole Sports Junior Doubles

2.50- 2.55	Lola Benoit & Breeana Tomasi	France
3.00- 3.05	Natalia Kędzior & Anna Misiak	Poland
3.10- 3.15	Timéa Bühler & Chiara Gay	Switzerland

Pole Sports Youth Doubles

3.20- 3.25	Anna Imbrenda & Candice Peuillot	France
3.30- 3.35	Mélina Forestier & Alyssia Inguscio	Switzerland
3.40- 3.45	Alyssa Schübelin & Anna Smolska	Germany

Pole Sports Masters 40+ Men

3.50- 3.55	Yoko Ishino	Japan
4.00- 4.05	Francisco Eduardo Pino Vasquez	Brazil
4.10- 4.15	Miguel Areias	Portugal
4.20- 4.25	Marián Jeziak	Czech Republic

MEDAL CEREMONY AND BREAK

Artistic Pole Senior 18+ Men

5.30- 5.35	Rick Vonk	Netherlands
5.40- 5.45	Iacopo Gaito	Italy
5.50- 5.55	Juan Martín Cerdón Pulgarín	Colombia
6.00- 6.05	Jose Antonio Bautista Arroyo	Mexico
6.10- 6.15	Diover Almeida	Brazil

STAGE 2

Aerial Hoop Sports Novice Mixed

8.05- 8.10	Vasylyna Bredykhina	Ukraine
8.15- 8.20	Dolci Hoyte	Great Britain
8.25- 8.30	Helena Vera Lagerbäck	Sweden
8.35- 8.40	Inês Andrade	Portugal
8.45- 8.50	Ginevra Sgroi	Italy
8.55- 9.00	Emmi Verell	USA
9.05- 9.10	Alexandra Ilkevich	USA
9.15- 9.20	Mila Peters	Netherlands
9.25- 9.30	Kim Petitpierre	Switzerland
9.35- 9.40	Amelie Luise Lesch	Germany
9.45- 9.50	Lidia Krupa	Poland
9.55- 10.00	Magdalena Wrońska	Poland
10.05- 10.10	Eva Odagiu	Switzerland
10.15- 10.20	Davauca Neomi Dirksen	Aruba
10.25- 10.30	Miranda Flores Chávez	Mexico
10.35- 10.40	Yeva Gubarenko	Kazakhstan
10.45- 10.50	Mia Sznepka	Czech Republic
10.55- 11.00	Abigail Jacobs	South Africa
11.05- 11.10	Michelle Mosti	Italy
11.15- 11.20	Ada Poshvina	Kazakhstan
11.25- 11.30	Flóra Anna Domonkos	Hungary

12.35- 12.40	Ekaterina Shpilevskaia	Neutral
12.45- 12.50	Zuzana Nepovímová	Czech Republic
12.55- 1.00	Julieta Jaramillo Ramirez	Colombia
1.05- 1.10	Annabelle Lalao Geiges	Germany
1.15- 1.20	Sofia Kipko	Ukraine

Aerial Hoop Sports Senior 18+ Women

1.25- 1.30	Karyna Mykhalina	USA
1.35- 1.40	Demi Brama	Netherlands
1.45- 1.50	Mariana Mira Morales	Colombia
1.55- 2.00	Lidiya Chsherbakova	Kazakhstan
2.05- 2.10	Amélia Bucher	Switzerland
2.15- 2.20	Carolina Pires	Portugal
2.25- 2.30	Inessa Lesnaya	Czech Republic
2.35- 2.40	Irene Zermeño Sánchez	Mexico
2.45- 2.50	Jagoda Lasota	Poland
2.55- 3.00	Nicole Gouriya	Germany
3.05- 3.10	Tini Stark	Germany
3.15- 3.20	Vlada Vykhorieva	Ukraine
3.25- 3.30	Kamila Miszta	Poland
3.35- 3.40	Eloïse Uhlmann	Switzerland
3.45- 3.50	Yeva Arakelova	Kazakhstan

Artistic Aerial Pole Masters 40+ Women

3.55- 4.00	Anna Łotecka - Dabbachi	Poland
4.05- 4.10	Tania Romina Cruz Gómez	Mexico
4.15- 4.20	Victoria Williams	Great Britain
4.25- 4.30	María Antonieta Royuela Escalona	Panama

5.35- 5.40	Letitia Pannunzio	France
5.45- 5.50	María Jose Acuña	Argentina

Artistic Aerial Hoop Senior 30+ Women

5.55- 6.00	María Cristina Martínez Piña	Mexico
6.05- 6.10	Ana María Gómez Pereira	Colombia
6.15- 6.20	Georgiana Alexandra Visan	Romania

RUNNING ORDER WEDNESDAY

STAGE 1

Artistic Pole Senior 18+ Women

6.20- 6.25	Milagros Castillo	Argentina
6.30- 6.35	Sarina Kawamichi	Japan
6.40- 6.45	Sandra Belén Loyola Arancibia	Chile
6.50- 6.55	Alba Parra Alonso	Spain
7.00- 7.05	Owethu Malusi	South Africa
7.10- 7.15	Rebecca De Wandeleer	Belgium
7.20- 7.25	Sarah Philippeaux	France
7.30- 7.35	Anastasiia Kuzmenko	Ukraine
7.40- 7.45	Nola Carrel	Switzerland
7.50- 7.55	Sofía Durand Olguín	Mexico
8.00- 8.05	Polina Makeeva	Neutral
8.10- 8.15	Wioleta Katarzyna Szwalek	Italy
8.20- 8.25	Beatrice Inostroza	Sweden
8.30- 8.35	Oryna Veselova	Poland
8.40- 8.45	Karyna Mykhalina	USA
8.50- 8.55	Demi Brama	Netherlands

STAGE 2

6.25- 6.30	Polina Shut	Kazakhstan
6.35- 6.40	Amandine Fairon	Belgium
6.45- 6.50	Adriana Basadre Ujueta	Costa Rica
6.55- 7.00	Paulina Nielepkowicz	Poland
7.05- 7.10	Amanda Scott	USA
7.15- 7.20	Tania Becker	South Africa
7.25- 7.30	Natalia Smyslova	Netherlands
7.35- 7.40	Nancy Segá	France
7.45- 7.50	Suvarna Variyar	Australia
7.55- 8.00	Berit Pfeiffer	Germany
8.05- 8.10	Elena Governo	Italy
8.15- 8.20	Li Ting Chng	Singapore
8.25- 8.30	Emi Vauthey	Switzerland
8.35- 8.40	Hedvig Ernrup-Sundqvist	Sweden
8.45- 8.50	Regina Kürti	Hungary
8.55- 9.00	Beatriz Lamelas	Portugal

MEDAL CEREMONY AND CLOSING



DID YOU KNOW?

AT WPAC2025, 27% OF THE JUDGES ARE MEN (4 OF 15), UP FROM 10% (2 OF 20) LAST YEAR!



Created by Damian **Kutryb** Polish Pole Champion and founder of Manchester's award-winning GFFdamian Dance Studio, proud IPSF Business of the Year 2022 & 2023.

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RUNNING ORDER THURSDAY

STAGE 1

Pole Sports Senior Doubles F/F

8.00- 8.05	Ana Berenice Lugo Núñez & Liliana Jocelin Cruz Gómez	Mexico
8.10- 8.15	Yeva Arakelova & Arina Nossova	Kazakhstan
8.20- 8.25	Charikleia Soukouvelou & Elisavet Koumpi Karantzia	Greece
8.30- 8.35	Bianca Strobel & Sonja Schrack-Belschner	Germany
8.40- 8.45	Roxana I. Guarriello Minuet & Natalia S. Lauria	Argentina
8.50- 8.55	Juliana Gonçalves Da Silva & Carolynne Amaral Gregson	Brazil
9.00- 9.05	Eva Engeliena Tjalsma & Tirsja Hagen-Meijerink	Netherlands
9.10- 9.15	Camille Sarrebressolles & Caroline Leclercq	France
9.20- 9.25	Mariana Trujillo Muñoz & María Raquel De la Vega Badillo	Mexico
Pole Sports Novice Doubles		
9.30- 9.35	Sofiia Kipko & Nikol Osadchenko	Ukraine
9.40- 9.45	Léna Cordier & Eloïse Perrier	France
9.50- 9.55	Ninell Barskova Vorobyeva & Daniela Aristiaran García	Spain
Pole Sports Masters 40+ Women		
10.00- 10.05	Janaina Castelleti	Brazil
10.10- 10.15	María José Rivero y Hornos	Argentina
10.20- 10.25	Masako Akao	Japan
10.30- 10.35	Simone Mumbauer	Switzerland
10.40- 10.45	Carolina Elizabeth Almendarez Hernández	Mexico
10.50- 10.55	Tasmin Rymer	Australia
11.00- 11.05	Maki Morishima	Japan
11.10- 11.15	Karen van Keulen	Netherlands
11.20- 11.25	Charikleia Voulimioti	Greece

MEDAL CEREMONY AND BREAK

12.40- 12.45	Stéphanie Tessier	France
12.50- 12.55	Eleonora Veronica Cellitti	Spain
1.00- 1.05	Augusta Stofella	Portugal
1.10- 1.15	Gabriele Stefanie Baufeld	Germany
1.20- 1.25	Myriam Lorena Diaz Alarcón	Chile
1.30- 1.35	Irina Vorobyeva	Spain
1.40- 1.45	Renee Pugh	Canada
1.50- 1.55	Liliana Jocelin Cruz Gómez	Mexico
Artistic Pole Junior Mixed		
2.00- 2.05	Chiara Gay	Switzerland
2.10- 2.15	Anna Smolska	Germany
2.20- 2.25	Yeseo Youn	South Korea
2.30- 2.35	Rebecca Pitzanti	Italy
2.40- 2.45	Mikari Iwasaki	Japan
2.50- 2.55	Mariia Mezhyrytska	Ukraine
3.00- 3.05	Pia Stoppani	Argentina
3.10- 3.15	Paula Sanchez Moreno	Spain
3.20- 3.25	Emma Sophia Pérez Pirela	Colombia
3.30- 3.35	Lou Laracca	France
3.40- 3.45	Ester Prokopová	Czech Republic
3.50- 3.55	Kayla Erasmus	South Africa
4.00- 4.05	Elizaveta Poddubnaia	Neutral
4.10- 4.15	Fay Tjaden	Netherlands
4.20- 4.25	Sharon Valeria Ensástiga Pérez	Mexico

MEDAL CEREMONY AND BREAK

5.30- 5.35	Bartłomiej Ataman	Poland
Artistic Pole Senior 30+ Women		
5.40- 5.45	Angelina Celic	Romania
5.50- 5.55	Alana Jackson	South Africa
6.00- 6.05	María Cristina Martínez Piña	Mexico

STAGE 2

Aerial Hoop Sports Junior Mixed

8.05- 8.10	Bartłomiej Ataman	Poland
8.15- 8.20	Evan Flores	Mexico
8.25- 8.30	Arina Akimova	Kazakhstan
8.35- 8.40	Nakita Zara Santos	South Africa
8.45- 8.50	Veronika Andělová	Czech Republic
8.55- 9.00	Ieme van Houten	Netherlands
9.05- 9.10	Oleksandra Alieksieieva	Ukraine
9.15- 9.20	Viktorie Hábová	Czech Republic
9.25- 9.30	Sofia Grön Kapitonova	Sweden
9.35- 9.40	Calie Germiquet	Switzerland
9.45- 9.50	Finja Rolshausen	Germany
9.55- 10.00	Adelya Lim	Kazakhstan
10.05- 10.10	Emilie Chatton	Switzerland
10.15- 10.20	Ambre Mattei	France
10.25- 10.30	Bruna De Jesus Vicente	Brazil
10.35- 10.40	Caitlyn Kern	South Africa
10.45- 10.50	Aurora Catelani	Italy
10.55- 11.00	Serena Beneduce	Italy
11.05- 11.10	Oleksandra Nakonechna	Ukraine
11.15- 11.20	Anna-Sophie Beatrix Weber	Germany
11.25- 11.30	Agustina Sanguinetti Haluza	Argentina

12.35- 12.40	Julia Ott	USA
12.45- 12.50	Zuzanna Maligranda	Poland
Aerial Pole Sports Senior 18+ Women		
12.55- 1.00	Sabrina Marie Laurence Savard	Mexico
1.05- 1.10	Demi Brama	Netherlands
1.15- 1.20	Karyna Mykhalina	USA
1.25- 1.30	Klaudia Stawiarz	Poland
1.35- 1.40	Kristina Khovaiba	Neutral
1.45- 1.50	Anastasiia Khomiakova	Ukraine
1.55- 2.00	Nola Carrel	Switzerland
2.05- 2.10	Fabienne While	Germany
2.15- 2.20	Manuela Colombo	Brazil
2.25- 2.30	Karla Martina Revainera	Argentina
2.35- 2.40	Lena Michalków	Poland
2.45- 2.50	Janne Jacobs	Netherlands
2.55- 3.00	Arina Nossova	Kazakhstan
3.05- 3.10	Yeva Arakelova	Kazakhstan
Aerial Pole Sports Senior 30+ Men		
3.15- 3.20	Jonathan Ernesto Oropeza De Luna	Mexico
3.25- 3.30	Shiima Yamamura	Japan
3.35- 3.40	Edgar Alan Zúñiga Cruz	Mexico
Artistic Aerial Hoop Senior 30+ Men		
3.45- 3.50	Jiang Lei	China
3.55- 4.00	Edison Andrés Carreño Mejía	Colombia
4.05- 4.10	Gonçalo Castro	Portugal
4.15- 4.20	Jonas Marcos De Oliveira	Brazil
4.25- 4.30	Yvan Ayer	Switzerland

Artistic Aerial Hoop Masters 40+ Women		
5.35- 5.40	Maryna Koryakina	Japan
5.45- 5.50	Kira Bucca	USA
5.55- 6.00	Viviana Beatriz Romero	Argentina
6.05- 6.10	Melody Bacher	Switzerland

RUNNING ORDER THURSDAY

STAGE 1

6.10- 6.15	Magda Alejandra Rodríguez Peña	Colombia
6.20- 6.25	Joana Magalhães	Portugal
6.30- 6.35	Emma Denbaum	Sweden
6.40- 6.45	Lucia Fasano	Argentina
6.50- 6.55	Patrycja Fidelus	Poland
7.00- 7.05	Jessica Boutin	Switzerland
7.10- 7.15	Aki Akutagawa	Japan
7.20- 7.25	Valeria del Carmen Bandes Boada	Venezuela
7.30- 7.35	Valeria Carolina Reyes García	Chile
7.40- 7.45	Amandine Fairon	Belgium
7.50- 7.55	Line Francken	Netherlands
8.00- 8.05	Camille Sarrebressolles	France
8.10- 8.15	Stavroula Lydia Kollia	Greece
8.20- 8.25	Irene Bückendorf	Germany
8.30- 8.35	Christine Fox	USA
8.40- 8.45	Ilaria Lenzi	Italy
8.50- 8.55	Jacqueline Colares	Brazil

STAGE 2

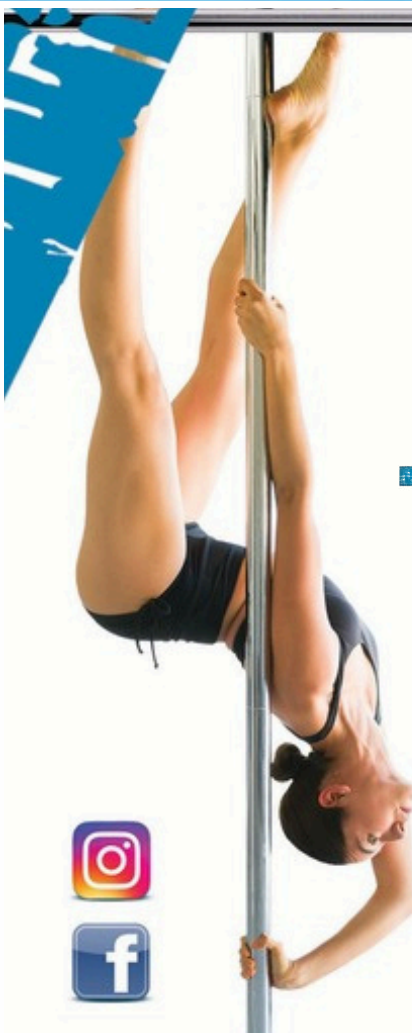
6.15- 6.20	Nathalie Amorim	France
6.25- 6.30	Daphne Gobius du Sart	Netherlands
6.35- 6.40	Elisa Suominen	Finland
6.45- 6.50	Emma Friberg	Sweden
6.55- 7.00	Desere Christelle Erasmus	South Africa
Artistic Aerial Pole Senior 18+ Women		
7.05- 7.10	Helena Sacco Carvalho	Brazil
7.15- 7.20	Hanna Dora	Poland
7.25- 7.30	Kaitlin Rawson	South Africa
7.35- 7.40	Jillian Aubert	Switzerland
7.45- 7.50	Angie Pannunzio	France
7.55- 8.00	Natalya Bakhtina	Kazakhstan
8.05- 8.10	Sabrina Marie Laurence Savard	Mexico
8.15- 8.20	Demi Brama	Netherlands
8.25- 8.30	Karyna Mykhalina	USA
Artistic Aerial Pole Senior 30+ Men		
8.35- 8.40	Jonathan Ernesto Oropeza De Luna	Mexico
8.45- 8.50	Shiima Yamamura	Japan
8.55- 9.00	Jiang Lei	China

MEDAL CEREMONY AND CLOSING



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RUNNING ORDER FRIDAY

STAGE 1

Pole Sports Senior 30+ Women

8.00- 8.05	Valentina Golovachshenko	Kazakhstan
8.10- 8.15	Marion Chevallier	France
8.20- 8.25	Lazara Daday Pereda Díaz	Cuba
8.30- 8.35	Selina Reichert	Germany
8.40- 8.45	Alejandrina Iurleo	Argentina
8.50- 8.55	Mariana Trujillo Muñoz	Mexico
9.00- 9.05	Amalia Lang	Germany
9.10- 9.15	Rachel Szep	Australia
9.20- 9.25	Estefania Arroyo Carreras	Spain
9.30- 9.35	Ayako Suzuki	Japan
9.40- 9.45	Charikleia Soukouvelou	Greece
9.50- 9.55	Kim Gartmann	Switzerland
10.00- 10.05	Sabrina De Quadros	Brazil
10.10- 10.15	Tirsa Hagen-Meijerink	Netherlands
10.20- 10.25	Kateryna Fetsiak	Ukraine
10.30- 10.35	Izabela Czarnecka	USA
10.40- 10.45	Samantha Dimitraki	Canada
10.50- 10.55	María Raquel De la Vega Badillo	Mexico
11.00- 11.05	Alessandra Rancan True	Brazil
11.10- 11.15	Astrid Hoekstra	Netherlands
11.20- 11.25	Gabriela Sierra	Venezuela

MEDAL CEREMONY AND BREAK

12.30- 12.35	Tove Hallenstål	Sweden
12.40- 12.45	Linda Alejandra Ossa Arango	Colombia
Pole Sports Senior Doubles F/M		
12.50- 12.55	María Cristina Martínez Piña & Iván Alejandro Pérez Soria	Mexico
1.00- 1.05	Tasmin Rymer & David Wilson	Australia
1.10- 1.15	Lieve Warmoeskerken & Tom de Klerck	Netherlands
1.20- 1.25	Sarah Philippeaux & Myke Malembic	France
1.30- 1.35	Sylvia Rodríguez Casas & Juan Sebastian Curtidor Quijano	Colombia
1.40- 1.45	Rafaela Hedo Therezão Elias & Francisco Eduardo Pino Vasquez	Brazil
Para Pole Sports PPMP1		
1.50- 1.55	Therese Moen	Norway
2.00- 2.05	Séverine Moine	France
2.10- 2.15	Enxhi Xhafa	USA
2.20- 2.25	Joana Mansard	France
Para Pole Sports PPLD1		
2.30- 2.35	Haruna Asahi	Japan
Artistic Pole Masters 50+ Women		
2.40- 2.45	Silvia Bengtsson	Sweden
2.50- 2.55	Liliana Jaramillo Fonnegra	Colombia
3.00- 3.05	Natália Szarvas	Hungary
3.10- 3.15	Tomomi Iwasaki	Japan
3.20- 3.25	Verónica Nieves Cruz	Mexico
3.30- 3.35	Virginia Tarabella	Italy
3.40- 3.45	Verónica Lorena Prado	Argentina
3.50- 3.55	Jana Velika	USA
Artistic Pole Masters 40+ Men		
4.00- 4.05	Djalma Rodrigues Filho	Brazil
4.10- 4.15	Miguel Areias	Portugal

STAGE 2

Aerial Hoop Sports Senior 30+ Men

8.05- 8.10	Iván Alejandro Pérez Soria	Mexico
Aerial Pole Sports Novice Mixed		
8.15- 8.20	Nikol Osadchenko	Ukraine
8.25- 8.30	Sofia Kipko	Ukraine
8.35- 8.40	Alexandra Ilkevich	USA
8.45- 8.50	Valentina Fumie Watanabe Padilha	Brazil
8.55- 9.00	Sharon Ferreyra Sosa	Argentina
9.05- 9.10	Mila Peters	Netherlands
9.15- 9.20	Valery Mendoza	Mexico
9.25- 9.30	Malwina Naporska	Poland
9.35- 9.40	Helena Vera Lagerbäck	Sweden
9.45- 9.50	Victoria Kümmel	Brazil
9.55- 10.00	Joanna Miedziejko	Poland
Aerial Hoop Sports Senior Doubles		
10.05- 10.10	Yeva Arakelova & Arina Nossova	Kazakhstan
10.15- 10.20	Emi Vauthey & Miki Vauthey	Switzerland
10.25- 10.30	Iveta Číla & Tereza Jeníčková	Czech Republic
10.35- 10.40	Fábia Macedo Soares Bastos & Serena de Oliveira Pires Novato	Brazil
10.45- 10.50	Jagoda Lasota & Dominika Dudek	Poland
10.55- 11.00	Diana Sometti & Lucia Tacchelli	Switzerland
11.05- 11.10	Ana María Gómez Pereira & Mariana Mira Morales	Colombia
11.15- 11.20	Lidiya Chsherbakova & Sofya Ponomarenko	Kazakhstan
11.25- 11.30	Hélène Attardi & Gavriela Georgakaki	Netherlands

Aerial Pole Sports Masters 40+ Women

12.35- 12.40	Karla Picazo Schefer	Mexico
12.45- 12.50	Tania Romina Cruz Gómez	Mexico
12.55- 1.00	Brechje van Rij	Netherlands
1.05- 1.10	Anna Łotecka - Dabbachi	Poland
1.15- 1.20	Michele Rodrigues Watanabe	Brazil
1.25- 1.30	Janaina Castelleti	Brazil
Aerial Pole Sports Youth Doubles		
1.35- 1.40	Aniela Mrozek & Zofia Dabbachi	Poland
1.45- 1.50	Vasylyna Bredykhina & Yelyzaveta Starostiuk	Ukraine
1.55- 2.00	Adina Suleimenova & Alyona Bondareva	Kazakhstan
2.05- 2.10	Sofia Kipko & Nikol Osadchenko	Ukraine
Artistic Aerial Pole Masters 50+ Women		
2.15- 2.20	Louise King	South Africa
2.25- 2.30	Cíntia Freitas Cavalcante	Brazil
Artistic Aerial Hoop Senior Doubles		
2.35- 2.40	Jose Antonio Bautista Arroyo & Noé Martín Santana Alemán	Mexico
2.45- 2.50	Anne Kunz & Fabia Weiser	Germany
2.55- 3.00	Yujeong Choi & Yujin Nam	South Korea
3.05- 3.10	Emilia Araujo Salgueiro & Jazmin Lauria Pena	Argentina
3.15- 3.20	Frida Lidar & Sarah Schnabellehner	Sweden
3.25- 3.30	Angie Pannunzio & Alyssa Jeulin	France
3.35- 3.40	Tatiana Odagiu & Alexandru Cosmin Odagiu	Switzerland
3.45- 3.50	Anna Gilos & Laura van Genderen	Netherlands
3.55- 4.00	Iga Smolec & Oliwia Bysiak	Poland
4.05- 4.10	Beatriz Lamelas & Carolina Pires	Portugal
4.15- 4.20	Daniela Zapata Calle & Daniela Castaño Marulanda	Colombia

STAGE 1		
4.20- 4.25	Marián Jeziak	Czech Republic
MEDAL CEREMONY AND BREAK		
5.40- 5.45	Hideki Miyamura	Japan
Artistic Pole Groups		
5.50- 5.55	Roos Bouwman, Lindsay Esmee Brands, Aart de Koning, Maartje Wilhelmina Alida Vocking, Maud Sophia de Groot & Madelief Willemien Bloemendaal	Netherlands
6.00- 6.05	Leela Stein, Kaitlin Rawson, Debbie Howes & Isabella Da Silva	South Africa
6.10- 6.15	Valentina Golovachshenko, Alyona Lissitskaya & Yekaterina Lapunova	Kazakhstan
6.20- 6.25	Polina Zakharkina, Camilla Kihlström, Eleonora De Luca, Madeleine Nilsson & Daria Kolodyazhnaya	Sweden
6.30- 6.35	Karla Picazo Schefer, María Cristina Martínez Piña & Iván Alejandro Pérez Soria	Mexico
6.40- 6.45	Zofia Dabbachi, Aniela Mrozek, Joanna Miedziejko, Julia Dynak, Bibianna Suchan & Martyna Marcinişzyn	Poland
6.50- 6.55	Shiima Yamamura, Ryusei Kudo, Mihito Nishiyama & Takuro Nagamatsu	Japan
Artistic Pole Senior 30+ Men		
7.00- 7.05	Ajay Chhibber	New Zealand
7.10- 7.15	Sebastián Camilo Castillo Mosquera	Colombia
7.20- 7.25	Alexandru Apostol	Netherlands
7.30- 7.35	Terry Nguyen	Australia
7.40- 7.45	Nicolas Morel	France
7.50- 7.55	Felipe Nicolás Salvador Mendoza Pérez	Chile
8.00- 8.05	Yvan Ayer	Switzerland
8.10- 8.15	Juan Manuel Brizuela	Argentina
8.20- 8.25	Marius Razma	Lithuania
8.30- 8.35	Jonathan Ernesto Oropeza De Luna	Mexico
8.40- 8.45	Jiang Lei	China
MEDAL CEREMONY AND CLOSING		

STAGE 2		
Artistic Aerial Hoop Junior Doubles		
4.25- 4.30	Helena Bysiak & Magdalena Wrońska	Poland
5.35- 5.40	Elf van den Bout & Ieme van Houten	Netherlands
5.45- 5.50	Kylie Cartwright & Sophia Quinteros	USA
5.55- 6.00	Barbora Isabella Pavlíčková & Klára Podroužková	Czech Republic
6.05- 6.10	Amelia Wills & Paula Bussey	Mexico
6.15- 6.20	Michelle Mosti & Serena Beneduce	Italy
6.25- 6.30	Lotte Pleh & Anna-Sophie Beatrix Weber	Germany
Artistic Aerial Pole Senior Women 30+		
6.35- 6.40	Christine Fox	USA
6.45- 6.50	Patrycja Fidelus	Poland
6.55- 7.00	Iveta Čila	Czech Republic
7.05- 7.10	Mitzi Alejandra Villegas Arteaga	Mexico
7.15- 7.20	Francesca Prini	Italy
7.25- 7.30	Elisa Francelin	France
7.35- 7.40	Belinda van Ommen	Netherlands
7.45- 7.50	Joana Senn	Switzerland
7.55- 8.00	Alana Jackson	South Africa
Artistic Aerial Hoop Masters 50+ Women		
8.05- 8.10	Nektaria Triantafyllou	Netherlands
8.15- 8.20	Nataliya Shelegey	Italy
8.25- 8.30	Silvia Bengtsson	Sweden

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RUNNING ORDER SATURDAY

STAGE 1

Pole Sports Senior Women 18+

8.00- 8.05	Nola Carrel	Switzerland
8.10- 8.15	Yeva Arakelova	Kazakhstan
8.20- 8.25	Arina Nossova	Kazakhstan
8.30- 8.35	Karyna Mykhalina	USA
8.40- 8.45	Demi Brama	Netherlands
8.50- 8.55	Irimi Babuin	Greece
9.00- 9.05	Polina Makeeva	Neutral
9.10- 9.15	Sofía Durand Olguín	Mexico
9.20- 9.25	Eva Engeliena Tjalsma	Netherlands
9.30- 9.35	Alba Parra Alonso	Spain
9.40- 9.45	Nelly Bach	Germany
9.50- 9.55	Angelica Valeria Rodriguez Cano	Mexico
10.00- 10.05	Sarina Kawamichi	Japan
10.10- 10.15	Vladyslava Aprelieva	Ukraine
10.20- 10.25	Kristina Khovaiba	Neutral
10.30- 10.35	Isabella Oliveros Riveros	Colombia
10.40- 10.45	Beatrice Inostroza	Sweden
10.50- 10.55	Nicole Passarella	Italy
11.00- 11.05	Sarah Philippeaux	France
11.10- 11.15	Carolynne Amaral Gregson	Brazil
11.20- 11.25	Aleksandra Skotnicka	Poland

MEDAL CEREMONY AND BREAK

Pole Sports Junior Male

12.50- 12.55	Evan Flores	Mexico
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Switch to Aerial

Artistic Aerial Pole Senior 18+ Men

1.40- 1.45	Jose Antonio Bautista Arroyo	Mexico
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Artistic Aerial Pole Junior Doubles

1.50- 1.55	Aniela Mrožek & Zofia Dabbachi	Poland
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Artistic Aerial Silks Junior Mixed

2.00- 2.05	Kylie Cartwright	USA
2.10- 2.15	Oleksandra Alieksieieva	Ukraine
2.20- 2.25	Mariya Sinitsyna	Kazakhstan
2.30- 2.35	Ramona Zakharova	Mexico
2.40- 2.45	Nakita Zara Santos	South Africa

Artistic Aerial Silks Masters 40+

2.50- 2.55	Carter Webb	USA
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Artistic Aerial Silks Senior 18+ Men

3.00- 3.05	Diego Manuel De Souza Brigido	Brazil
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Artistic Aerial Silks Senior 30+ Men

3.10- 3.15	Jiang Lei	China
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Artistic Aerial Silks Junior Doubles

3.20- 3.25	Oleksandra Nakonechna & Alisa Muntian	Ukraine
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Artistic Aerial Silks Senior 18+ Women

3.30- 3.35	Zlata Zaitseva	Ukraine
3.40- 3.45	Isabel Burguera Reyero	Argentina
3.50- 3.55	Flory Olsthoorn	Netherlands
4.00- 4.05	Brenda Geraldine Medellín Quiroga	Mexico
4.10- 4.15	Larissa Ferreira De Almeida	Brazil
4.20- 4.25	Karyna Mykhalina	USA

MEDAL CEREMONY AND BREAK

STAGE 2

Aerial Pole Sports Senior 18+ Men

8.05- 8.10	Jose Antonio Bautista Arroyo	Mexico
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Aerial Hoop Sports Youth Doubles

8.15- 8.20	Nakita Zara Santos & Giselle Santos	South Africa
8.25- 8.30	Oleksandra Nakonechna & Alisa Muntian	Ukraine
8.35- 8.40	Lidia Krupa & Milena Rychter	Poland
8.45- 8.50	Emmi Verell & Sibylla Lomax	USA
8.55- 9.00	Marylou Gautier & Kim Petitpierre	Switzerland
9.05- 9.10	Nikola Paduch & Oliwia Chachurska	Poland
9.15- 9.20	Félien Schut & Evi Bredenoord	Netherlands
9.25- 9.30	Albina Morokhovets & Yeva Gubarenko	Kazakhstan
9.35- 9.40	Emilie Chatton & Romane Bard	Switzerland
9.45- 9.50	Sofiia Kipko & Vasylyna Bredykhina	Ukraine

Aerial Hoop Sports Masters 40+ Women

9.55- 10.00	Desere Christelle Erasmus	South Africa
10.05- 10.10	Viktoria Korabelnikova	Czech Republic
10.15- 10.20	Francine Murara	Brazil
10.25- 10.30	Diana Sometti	Switzerland
10.35- 10.40	Risa Suenaga	Japan
10.45- 10.50	Oksana Seleznova	Ukraine

Aerial Pole Sports Senior 30+ Women

10.55- 11.00	María Raquel De la Vega Badillo	Mexico
11.05- 11.10	Laila Milagros Sosa	Argentina
11.15- 11.20	Agata Bartnik	Poland
11.25- 11.30	Polina Shut	Kazakhstan

12.45- 12.50	Flore Mazzonetto	France
12.55- 1.00	Sylvia Rodríguez Casas	Colombia
1.05- 1.10	Célia Duriez	France
1.15- 1.20	Sabrina De Quadros	Brazil
1.25- 1.30	Alessandra Rancan True	Brazil
1.35- 1.40	Iveta Číla	Czech Republic

1.45- 1.50	Belinda van Ommen	Netherlands
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Aerial Pole Sports Senior Doubles

1.55- 2.00	Karla Picazo Schefer & María Cristina Martínez Piña	Mexico
2.05- 2.10	María Antonieta Royuela Escalona & Iván Enrique Herazo	Panama
2.15- 2.20	Manuela Colombo & Nathália Machado	Brazil
2.25- 2.30	Anna Polak & Kamila Miszta	Poland
2.35- 2.40	Maja Wójtowicz & Eliza Urban	Poland
2.45- 2.50	Lidiya Chsherbakova & Sofya Ponomarenko	Kazakhstan
2.55- 3.00	Nola Carrel & Maya Corbelli	Switzerland
3.05- 3.10	Yeva Arakelova & Arina Nossova	Kazakhstan

Aerial Hoop Sports Masters 50+ Mixed

3.15- 3.20	Nataliya Shelegey	Italy
3.25- 3.30	Michele Rodrigues Watanabe	Brazil
3.35- 3.40	Eliza Teoh	Singapore
3.45- 3.50	Sandrine Taravel	France

Artistic Aerial Pole Junior Mixed

3.55- 4.00	Sofia Rodrigues	Brazil
4.05- 4.10	Patricie Opočenská	Czech Republic
4.15- 4.20	Lelle Lichtenstein	Hungary
4.25- 4.30	Umma Antonella Lloret	Argentina

5.35- 5.40	Sofiia Harbuz	Ukraine
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RUNNING ORDER SATURDAY

STAGE 1		
Artistic Aerial Silks Senior 30+ Women		
5.40- 5.45	Jenny Lynch	Netherlands
5.50- 5.55	Ruth Blessing	USA
6.00- 6.05	Fábia Macedo Soares Bastos	Brazil
6.10- 6.15	Natalia Ochoa	Argentina
Artistic Aerial Pole Senior Doubles		
6.20- 6.25	Francesca Prini & Wioleta Katarzyna Szwałek	Italy
6.30- 6.35	Angie Pannunzio & Letitia Pannunzio	France
6.40- 6.45	Simone Mumbauer & Viktoria Kulyk	Switzerland
6.50- 6.55	Jessica Cadil & Janne Jacobs	Netherlands
7.00- 7.05	Daria Kibanova & Karla Picazo Schefer	Mexico

STAGE 2		
5.45- 5.50	Evan Flores	Mexico
5.55- 6.00	Aurora Catelani	Italy
6.05- 6.10	Alana Nurgalieva	Kazakhstan
6.15- 6.20	Zofia Dabbachi	Poland
Artistic Aerial Hoop Groups		
6.25- 6.30	Sunna Björnsdóttir, Lisa Odemyr, Martina Leso, Frida Lidar, Sarah Schnabellehner & Elisa de Wilde	Sweden
6.35- 6.40	Maryna Koryakina, Mai Nakashima, Miyu Tsubaki, Maaya Mizuno & Sakura Watanabe	Japan
6.45- 6.50	Helena Bysiak, Oliwia Bysiak, Zofia Stelmaszczyk, Zuzanna Paduch, Julita Żeślawska & Magdalena Wrońska	Poland
6.55- 7.00	Nicole Gouriya, Anne Kunz, Berit Pfeiffer, Anna-Sophie Beatrix Weber & Fabia Weiser	Germany
7.05- 7.10	Tatiana Odagiu, Emilie Chatton, Romane Bard, Emily Harding & Rebecca Harding	Switzerland
7.15- 7.20	Amanda Scott, Sophia Quinteros & Kylie Cartwright	USA

MEDAL CEREMONY AND CLOSING



DID YOU KNOW?

GROWING YOUTH CATEGORY: THE YOUTH CATEGORY AT THE WORLD POLE SPORTS CHAMPIONSHIPS WAS INTRODUCED IN 2013 WITH ONLY SEVEN ATHLETES. JUST FOUR YEARS LATER, BY 2017, PARTICIPATION IN THE YOUTH CATEGORY HAD INCREASED BY OVER 80%.

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THE POWER OF COMMUNITY

BY LUIS VALDIVIEZO

Ok, so, the story I'm about to tell you is a little sad, I know it, but please stay with me, it will end on a happier note, I promise!

Last year, 2024, was incredibly difficult for me, marked by significant losses by the loss of my shared pole studio and my role within the Mexican Pole and Aerial Community.

These events resulted in a long period of depression and anxiety, causing me to withdraw and ultimately step away from my studio and the community. I felt lost and unsure of my future, questioning the purpose of all the knowledge and experience I gained in the pole community during the last 10 years, as I no longer had students to support or a studio to manage.

At the beginning of December 2024 I received a mail from the IPSF directed to all judges which announced the release of the review versions for the new Code of Points of Pole Sports. Out of pure curiosity I decided to give it a quick look, in my mind I thought "Let's see which new elements there are". But when I opened the COP I found a ton of red words signaling the changes.

As soon as I finished reading the COP, out of nowhere, I got the idea of making a small video explaining the biggest changes, as well as a couple of smaller ones, that I found.

I looked for my tripod and started recording, I even decided to make English and Spanish versions of it, and finished uploading both at around 4am.

**"We all are in this together,
we all are building
something bigger than
ourselves."**

Next morning when I woke up, I saw a long list of notifications on my phone. The IPSF had shared my video and athletes from all around the world started following me, some even sent me private messages thanking me for explaining the changes. For the first time in a while I felt valuable, happy, recognized... I felt that I existed in this community of Pole & Aerial Sports, and that I had something to give to it.

January came, and something inside me was telling me to stay here. I wasn't 100% sure about it, but I wanted to give it a try. At that time many people only knew me as the husband of someone in the pole community, but now the everyone was talking about Luis, the judge from Mexico that uploaded those videos. One of the first to reach me was Anna, a coach from Poland, who asked me to help her understand some Tech Bonus definitions, which led us to develop a beautiful friendship through Instagram.



In May I went to judge at the Japan Championship, something I wanted to do since 2023, and in July I judged in Colombia. On those two trips I met amazing and beautiful persons, that were so kind to me, my Head Judges Kelly and Kristina, my fellow judges Leah, Ken, Lena and Yuna in Japan, and Fernanda, Paola, Dolores and Viviana in Colombia. I also had the opportunity of receiving a warm hug from Naoto during the medal ceremony in Japan (we met in 2022 at a bus station in Switzerland), of talking with athletes Ai and Ayako outside Tokyo Station, and with Manuel and Nazly, my first 2 fans, at the end of the Colombia Championship. All of them made me feel part of something, they heard me and embraced me, they made me happy, very happy indeed. But not only the judges and athletes were kind to me, the staff in Japan was so welcoming, from the announcer to the system coordinator, and in Colombia from the photographer to the guards at the theatre, everyone was happy to be at the competitions, everyone was giving their best, we were all part of this amazing community of Pole & Aerial Sports.

(I told you it was going to get happy!)

So, this is my story... Last year I felt completely lost, I thought that my time and my role in Pole & Aerial Sports had ended in the saddest way possible, with me alone at my house. But now, in 2025, I feel that my time and role in the Pole & Aerial community is just beginning, recently I became part of the IPSF Marketing Team, an invitation that was completely unexpected but made me feel appreciated at a world scale, and by the time you are reading this I will hopefully be at the World Championships in Argentina working for the IPSF.

So, if you see me at the World Championships, come and talk to me. We all are part of this, we all are in this together, we all are building something bigger than ourselves. And if you are living a tough moment, be sure that you can come to me, or anyone else in this beautiful community, and we will hear you, support you and embrace you... The same way all of you did with me and helped me find myself again.

Thank you everyone, from the bottom of my heart...

I love you all.



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COMMON "OOPS!" MOMENTS IN 2025

POLE

- Forgot the 360 spin on static? That's a no-no.
- No 720 spin on spinning pole? Points slipping away...
- Spins need a fixed position—no wobbles or wiggles or moving any limbs!
- Aerial Deadlifts? Legs should be parallel to the pole

HOOP

- You need two 720 spins, with a floor touch between!
- Spins again? Yup—fixed position is key!
- Use all 3 levels of the hoop—Hold your elements for 2 seconds

AERIAL POLE

- Two 720 spins : Floor touch
- Two 720 orbits : Floor touch again
- Two pendulums (Yes, come down between each)
- Still not fixed? Remember: hold steady!
- Aerial Deadlift: feet under hips = (No need for parallel legs here!)



GENERAL MISTAKES YOU CAN TOTALLY AVOID

SPORT

- Using outdated Codes or Forms
- No fixed position in compulsory elements
- Too much floorwork (40 sec max, folks!)
- Wearing jewellery on stage
- Element code/name/value not matching? Triple-check. And then check again!
- Forgot your tracksuit? It's part of your routine

ARTISTIC

- More than 3 human props = too many friends – not allowed
- Human Prop assistance longer than 45 seconds? That's a time-out!
- Using unapproved or undeclared props – nope!
- Again... jewellery = performance foul

WHAT IS ALLOWED?

- Discreet jewelry for Opening & Award Ceremonies – look sharp, not sparkly
- Showing up informed and fabulous

READ THE CODES!

Yes, seriously. But wait—there's more!

Did you know that the IPSF releases a Mid-Cycle Update every year?

It's like a bonus level in a video game —packed with important updates and changes to the rules.



PRO TIP:
If you want your routine to shine and keep your points safe, make this document your new BFF.

GET READY FOR 2026

A new **Mid-Cycle Update** is coming soon...

Be prepared, stay informed, and shine on stage!

Need help understanding the rules?

Ask an **IPSF Certified Coach** or an **IPSF Certified Judge** or an **IPSF Head Judge**

Visit the IPSF Education site

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PICTURE BY PHOTOFUERTE

AUTHOR: SELINA REICHERT

MENTAL PREPARATION FOR COMPETITION

BY SELINA REICHERT

FINDING YOUR "WHY" ESPECIALLY WHEN LIFE GETS HARD

Competition preparation challenges both the body and the mind. When life gets difficult—like dealing with the loss of loved ones—having a clear purpose (your "Why") is crucial. Knowing why you're showing up provides clarity and resilience, helping you weather any storm.

A key mental anchor during challenging times is structure. A clear training plan, broken down into specific goals, gives you something solid to hold onto and keep moving forward.

COPING WITH NERVES AND FEAR

Nervousness isn't bad—it's a sign that something matters to you. The goal isn't to eliminate it, but to transform it into excitement. This is a skill you can train.

GOAL SETTING

A Mental Anchor

Setting and writing down your goals provides immediate mental clarity

LONG-TERM GOALS

Your big-picture vision over months or years (e.g., qualifying for a championship, mastering a high-level skill). They provide direction and meaning.

MID-TERM GOALS

Your big-picture vision over months or years (e.g., qualifying for a championship, mastering a high-level skill). They provide direction and meaning.

SHORT-TERM GOALS

Daily or weekly intentions (e.g., running your routine twice, simply enjoying your training). They are small, clear steps.



PICTURE BY FRANK REIMANN, LICHTSCHAFFEN.DE

BEFORE THE COMPETITION:

Tools for More Calm & Confidence

VISUALIZE YOUR SUCCESS

Picture yourself performing your routine with joy and confidence. Focus on what you want to happen.

CALM YOUR BODY WITH BREATHWORK

Simple techniques like box breathing (10–15 deep breaths) reduce tension and ground you.

CREATE A COMPETITION-DAY ROUTINE

Structure gives security. Establish a ritual (warm-up, food, music, grip prep) and rehearse it in your costume.

POSITIVE SELF-TALK AND AFFIRMATIONS

Talk to yourself as you would a friend: "I'm ready." "This is my time."

SHARE YOUR FEARS

Talk to friends, your coach, or teammates. Expressing your fears helps to lighten the load – and reminds you that you're not alone. Chances are, others feel the same way.

DO A MOCK PERFORMANCE

Run your routine in front of a small group to simulate pressure and build confidence.

USE ONLY POSITIVE WORDS ON COMP DAY:

Your words influence your state. Say "I'm excited" instead of "I'm scared."

Just Before You Go On: **GROUND YOURSELF**

STAY IN THE MOMENT

Bring your focus to the now. Let go of "what ifs" and remember all the hours you've trained. Trust your body. You've got this.

HAVE A TOWEL READY

Sweaty hands or feet? No problem. Keep a towel nearby – it's a small but powerful trick to feel in control.

BREATHE

Return to your breath. Use whatever techniques you've practiced. Breathing grounds you and sharpens your focus.

VISUALIZE – ONE LAST TIME

See yourself flowing through your routine one more time in your mind. Calm, present, powerful.

TRUST YOURSELF

You've prepared. You've trained. And now it's time to let go and be. Be proud of how far you've come – no matter the outcome.

FINAL THOUGHTS: THIS IS YOUR STAGE, YOUR STORY

Competition prep is a profound journey. A strong Why, clear structure, and a grounded mindset will carry you through. Allow yourself to feel the doubts—they mean the moment matters—but know that everything you need is already within you.

DID YOU KNOW?

Selina has also written a book about training with the Yoga Wheel – now available in English! Scan the QR code to learn more.



CULTURAL DIFFERENCES

BY LYDIA BASSAL



As a trainer and judge for the International Pole Sports Federation (IPSF), traveling to different countries to lead workshops or evaluate competitions has been an enriching experience. However, it also highlights the importance of understanding cultural differences to ensure effective communication and connection with participants. Here are some key cultural aspects to consider, drawn from my experiences as a Mexican professional working internationally.

The first hurdle is often language. Even when a common language like English is used, terminology can vary significantly. For example, when teaching a pole sports workshop, the way a body part or movement is described in Mexico might differ from terms used in other countries. In one workshop abroad, I referred to the “inner thigh” in a technical explanation, only to realize participants were unfamiliar with the term in that context. To bridge this gap, I now prepare a glossary of terms and use visual aids or demonstrations to clarify instructions. Being open to learning local slang or alternative terms also fosters better engagement.

Beyond words, cultural norms shape how participants interact. In Mexico, we tend to be expressive and warm, often using humor and informal gestures during workshops. In some countries, however, participants may expect a more formal or reserved approach.

I’ve learned to start with a neutral tone, gradually adapting to the group’s energy. Asking questions and encouraging feedback helps align my teaching style with their expectations. Another striking difference is food culture and meal timings. In Mexico, lunch is typically a substantial meal served between 2 and 3 pm, while in other countries, it might be a quick bite at noon. During a workshop in Europe, I was surprised when participants expected a light lunch break much earlier than I’m used to. This affected their energy levels for afternoon sessions. Now, I confirm meal schedules in advance and adjust workshop breaks to align with local habits. Respecting dietary preferences, such as vegetarian or religious restrictions, is also crucial to making participants feel valued.

BUILDING CROSS-CULTURAL CONNECTIONS

Ultimately, embracing cultural differences enhances the workshop experience. In my travels, I’ve found that showing genuine curiosity about local traditions, whether it’s trying a regional dish or asking about pole sports’ local history, builds trust and rapport. Flexibility, patience, and a willingness to adapt are key to creating inclusive and impactful workshops.

By preparing for these cultural nuances, trainers and judges can deliver sessions that resonate across borders, fostering a global community united by passion for pole and aerial sports.

WHAT IS THE OPEN CATEGORY?

SYLVIA RODRÍGUEZ CASAS IPSF COLOMBIA

It's been thirteen years since the first IPSF World Championships took place, with just 43 athletes, compared to the 600+ athletes, 43 countries and several disciplines it hosts today.

One of the big changes since the early years was the establishment of the "Open Category"; one designed to give athletes in countries with no federations or IPSF representation the opportunity to compete in one of the biggest aerial competitions in the world.

In Latin America, Colombia - with over 10 years of hosting national IPSF Competitions - has been the platform for many Open Athletes to have a shot at competing in the WPAC; Athletes from Aruba, Canada, Cuba, Chile, Panama and Venezuela (among others) have participated, enriching the experience of both athletes and competition organisers, and growing the discipline's spirit.

In talking to some of them, we learnt that their main motivation to compete is to overcome limits, to showcase passion, discipline, consistency and creativity, as well as the opportunity to inspire others in daring and believing in their capacity.

"Competing in IPSF competitions allows me to be part of a movement that dignifies and professionalises the sport; it also keeps me growing as an athlete and as a human being."

"Every time I take part in a competition, I give my body the chance of getting better, of improving co-ordination and strength. Emotionally, there's important growth that comes from the discipline required to prepare for a competitive process."

The Open Category allows athletes to feel heard and part of something. They get the opportunity to learn and see first-hand how countries with IPSF Competitions handle the event; they meet athletes and judges, and get to understand the due diligence that standardised competitions require.



"Open Category opens the door to global inclusion, giving a voice and visibility to communities that would otherwise be left out of the competitive scenarios. Also, interacting with different cultures promotes the exchange of ideas, mutual inspiration and the expansion of the international community, widening a network that only continues to grow".

They also face challenges, because most need to go through two traveling experiences, once when they compete, and again if they qualify for the Worlds.

There's still a long way to go in terms of how Federations can support their athletes, and taking Open participants into account is definitely a key issue to consider as championships and sporting communities grow.

As aerial disciplines gain more exposure and popularity, resources, education and availability have to grow with them. We are all learning, and by creating a wider network, we contribute to the ultimate goal of growth and knowledge.

FIVE LEGAL MISTAKES YOUNG ATHLETES MAKE

and how to avoid them

**BY BARRY LYSAGHT
MANAGING DIRECTOR, LYSAGHT SPORTS**

As pole and aerial sports continue to grow in profile and participation around the world, many athletes are finding themselves at a turning point: they're no longer just hobbyists or competitors - they're performing, teaching, entering competitions and even attracting sponsors or commercial interest. But alongside that growth comes new legal and ethical territory, much of which can be unfamiliar or confusing.

As a sports lawyer who has advised athletes, federations and clubs across a range of sports across the globe, I have seen the same issues come up time and again. Here are some of the most common legal mistakes young athletes make - and how to avoid them.

1. POSTING INAPPROPRIATE CONTENT ON SOCIAL MEDIA

The Mistake: Failing to recognize that your conduct on social media (Instagram, X/Twitter, etc.) is subject to sporting body rules, like the IPSF Code of Conduct. Posting negative or inappropriate content can be detrimental to the sport's interests.

How to Avoid It:

- Ensure all communication is in good taste (no foul language/content).
- Do not harass or treat any IPSF member (judge, coach, athlete) unfairly.
- Never "vent frustration" about a judge, teammate, or sporting body online.
- Only use the IPSF logo with prior written approval



2. COMPETING IN NON-IPSF COMPETITIONS

The Mistake: Participating in events not sanctioned by the IPSF, the recognized world governing body for pole and aerial sports (recognized by WADA, TAFISA, etc.). Competing elsewhere may compromise safety standards, training access, and support the growth of less-regulated organizations.

How to Avoid It:

Stick to IPSF competitions to ensure safety, access world-class training, and uphold the higher standards expected by international bodies.

3. NOT PUTTING AGREEMENTS IN WRITING

The Mistake: Relying on verbal or informal agreements (like DMs or WhatsApp messages) for performances, teaching, or showcases. This makes it difficult to prove terms related to payment, cancellation, injury liability, or the usage of your video/images if a dispute arises.

How to Avoid It: Always ask for a simple written contract that details: who is doing what, when, for how much, and under what conditions (including image rights and cancellation terms). A written agreement protects everyone and shows professionalism.

4. SIGNING CONTRACTS WITHOUT LEGAL ADVICE

The Mistake: Signing formal contracts from studios or sponsors without fully understanding the binding legal implications, often due to pressure or complexity.

Common Problem Areas:

- Exclusivity clauses: May stop you from working with other brands/events.
- Image rights clauses: Can give away indefinite rights to use your name, image, or footage.
- Non-compete clauses: Restrict where you can teach or perform after the contract ends.
- Indemnity clauses: Can shift legal liability onto you.

How to Avoid It:

Read the contract thoroughly, take your time, and seek legal advice before signing anything. You have the right to propose changes and ensure the terms are fair and protective.

5. DELAYING THE SHIFT TO A PROFESSIONAL MINDSET

The Mistake: Waiting too long to start thinking and acting like a professional. As your visibility grows, so does your legal exposure.

How to Avoid It: Start early. Understand your rights and responsibilities, be selective about collaborations, actively protect your brand, and get professional legal advice when needed. Investing in legal guidance is an investment in your career's future.

FINAL WORD: INVEST IN YOUR FUTURE

Pole and aerial sports are evolving quickly. With growth comes opportunity, but also complexity. Whether you're signing your first contract, performing internationally or building a brand, getting the right legal advice is crucial. Failure to do so can result in lost earnings, unfair contracts and even disciplinary sanctions.

Don't leave the legal side to chance. Contact our Managing Director, Barry Lysaght, today to find out how we can help you.

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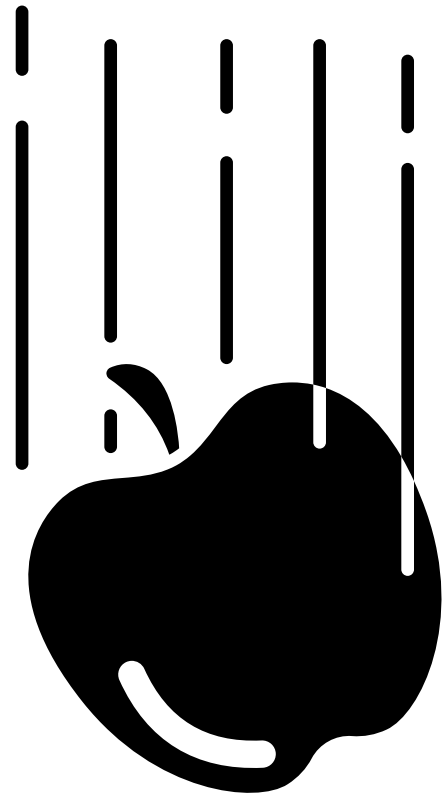
Hellooooo to all of you! Congratulations on being here at the World Championships :)! I'm sad I couldn't be here this year (sadly enough I didn't qualify), so I made sure I made my presence felt in the Gravitas, muahahaha. Jokes aside, I am the new member of the Apparatus Norms Committee. I have a degree in Mechanical Engineering and have a lot of experience in the rigging field in The Netherlands. I'd love to share some information on rigging, and especially on the loads and forces that we generate in our routines!

Let's be real here. A lot of times I've heard people wondering why we require such a high weight to be handled at a rigging point. "But I'm only 70 kilograms! Why do I need a rigging point that can handle 1000 kilograms? That doesn't make any sense at all!" So, let's explain why this matters.

INTRODUCTION

You've probably seen videos online of how rigging equipment failed during shows, competitions, or even during training. Maybe you've experienced it yourself or heard it from someone you know. Rigging from trees is another great example where the rigging point (the tree) will most likely fail on you.

If you've ever had some education in physics, you might already have some knowledge about this topic. You've probably seen $F = m \cdot a$ during one of your physics classes, which means that the Force generated is equal to the mass of the object (or athlete in our case), times the acceleration (gravity). When you fall, you fall with gravity, and you create a force. This force is acting upon the rigging point. So, whenever we fall, swing, spin, regrip, or do anything on the apparatus, we create a force on the rigging point. And this is often more than just your weight. So, let's put this to the test and measure those forces.



TESTING

This is the fun part! A friend of mine has a Rock Exotica loadcell which can be rigged between your apparatus and the rigging point. A loadcell is an instrument that can measure the load applied to it. With different settings, it is possible to create graphs or measure the maximum load that was applied.

For this research, the maximum load was measured during several dynamic movements. Note: this was limited to my knowledge and physical ability, but I am happy to have more people involved in this testing, and with different movements. This will be my goal for next year!

I am a little under 70kg myself and have done all the movements at least three times to get a reliable result. If the results for the same move were very different, I would continue doing the move until we had some reliable results - but also considering the maximum force. Therefore, both the average and the maximum load are displayed in the tables. In the following sections you will see my results in kilograms, but also how much this is according to my body weight. So, if for example a move would result in a reading of 140kg, this would be twice my body weight, hence a factor of 2.

LOADTESTING UNLEASHED: AERIAL HOOP

-KELLY DE VOS

A regular IPSF set-up was used for this testing: a 100 cm Sun Pole hoop, 80 cm slings, a paw plate, deltas, some carabiners and a swivel. The hoop was hung at 170 cm, except for the ‘tombé drop’ and the ‘knee jump out ½ twist and catch’, where I would otherwise touch the floor with my knees (my arms are way too long). For those two drops the lower bar of the hoop was set at 190 cm.

A simple entrance to the hoop already can take up to 2.5 times your body weight. When swinging from the hocks (hanging on the knees) up to sitting on the low bar, I generate almost 2.5 times my body weight - while not doing anything impressive. Simple movements, compulsories and static moves also measure up to 2.5 times my body weight, as does just regripping and using a little bit of momentum.

	Average (kg)	Factor	Maximum (kg)	Factor
Straddle - hocks - swing to sitting	167	2.4	172	2.5
Elbow rolls forward	162	2.3	222	3.2
Forward hip circles	179	2.6	188	2.7
Forward hip circles to tombe straddle	190	2.8	200	2.9
Regrips on the low bar	148	2.1	148	2.1
Tombe drop (top bar to low bar)	149	2.2	152	2.2
Swinging from top bar	190	2.8	266	3.9
Straddle to pike regrip (low bar)	167	2.4	170	2.5
Knee jump out from sitting	278	4.0	292	4.2
Jump out from swing high bar to sitting	254	3.7	344	5.0
Knee jump out from walking	196	2.8	198	2.9
Straddle jump out	107	1.6	130	1.9

AND THE WINNER IS.....

The knee jump out! I was able to generate 344 kg, which is almost 5 times my body weight! In the following photos you can see what it looks like.



LOADTESTING UNLEASHED: AERIAL SILKS AND HAMMOCK

-KELLY DE VOS

For the testing, a medium-stretch silk from Aerial Living (Spain) was used. The silks were rigged at six meters, which is higher than a regular IPSF set-up. Note that these silks are medium stretch, which means they already absorb part of the force of the movements. Some moves were tested with Terlenka non-stretch silks and resulted in at least one body-weight factor higher.

Some of the drops were also tested in a hammock, which is the same as when you tie a knot in your silks. Since the rigging point for competitions is quite low, it is nice to have a hammock-like set-up to perform drops. Because of the abrupt stopping, sometimes this generates higher forces

	Average (kg)	Factor	Maximum	Factor
Scorpion	184	2.7	188	2.7
Single star	164	2.4	164	2.4
Salto single star	152	2.2	152	2.2
Cartwheel	134	1.9	134	1.9
Hip lock drop in hammock	268	3.9	272	3.9
Double star	157	2.3	160	2.3
Double comet	214	3.1	216	3.1
Catcher's slack drop (3m)	265	3.8	284	4.1
Straddle slack drop	214	3.1	240	3.5
Scale slack drop	267	3.9	274	4.0
Wrist drop	182	2.6	186	2.7
Coffin drop/ ankle drop	269	3.9	288	4.2
Loopy split drop	249	3.6	268	3.9
360 to hands	230	3.3	246	3.6
360 wrapped on legs	199	2.9	206	3.0
Double 360	229	3.3	238	3.4
Double 360 in hammock	262	3.8	262	3.8
Dolphin drop	252	3.7	260	3.8
Dolphin drop in belay	293	4.2	330	4.8
Dolphin drop in hammock	309	4.5	332	4.8
Dolphin drop in hammock with catching above head	258	3.7	276	4.0



AND THE WINNER IS.....

A regular slack drop! Here we do release the silks and get caught by the knot in the silks or by the hammock. I was able to generate 368 kg, 5.3 times my body weight. This drop is just letting go from an inverted position and catching yourself in a straddle as you can see in the pictures.



CONCLUSION

The maximum factor I have reached in the aerial hoop load testing was 4.9. This means that I was able to create a load of 4.9 times my body weight. It is possible that other people create an even higher factor. Also, there are athletes taller and heavier than I am, resulting in a higher force if they would have the same factor. You could even do this specific knee jump out with two people at the same time - resulting in a load at least twice as high. To be honest, two of my students do this drop regularly and they actually “broke” a rigging point in the gym where I teach - and where the rigging points are checked annually (they landed on their knees and didn’t suffer any injuries). They also performed this jump out together at the World Championships in Sweden last year in our aerial hoop artistic group routine. Happy to say that the stage was able to withstand the force they created ;).

FUTURE DEVELOPMENT

My plan for next year is to get more people into testing crazy stuff on the aerial silks, aerial hoop, and aerial pole as well. I’d like to test some doubles and groups as well. So please, let’s take this as an example and not as a limit, because I’m sure we will get to some higher loads when we’re testing doubles dynamics and group routines.

And for anyone who wants to see the videos of these tests, or if you have any recommendations, feel free to reach out to me via email:

apparatus-norms@ipsfsports.org

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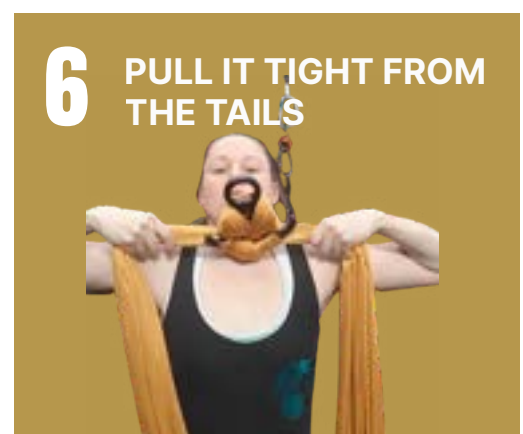
"It lasts soooo much longer than most grips I've tried."

RIGGING YOUR AERIAL SILKS

-Kelly de Vos

Hello wonderful people. Since silks is a new apparatus this year, let's explain how to safely wrap your beautiful silk into a figure of eight. Please don't mind my serious face in the photos :). If you prefer to have a video presentation, please watch the following video on YouTube:

https://www.youtube.com/shorts/V_2tazckkDM



7 ENJOY YOUR WONDERFUL SILK AND MAKE SOME MAGIC!

EXCITING NEW COURSES

Launching Soon

As we continue to grow and support the pole and aerial sports community, we are proud to introduce three new educational courses launching in the 2025-2026 season: the Updated Anatomy Course, the Rigging Course, and the Parent Orientation Course. Designed with athletes, coaches and families in mind, these courses aim to enhance knowledge, safety and engagement at every level of our sport.

All three courses are hosted on our online learning platform. Each course includes a final quiz, and a certificate is issued upon completion.



RIGGING

An essential introduction to soft rigging gear, equipment setup, and safety checks. This course is highly recommended for anyone involved in installing or supervising aerial equipment—event organisers, studio owners and coaches. It covers basic terminology, load ratings and good rigging practices.

ANATOMY

This course gives a clear overview of the muscular and skeletal systems, with a focus on what's relevant to pole and aerial sports. It's designed for athletes and coaches who want a better understanding of how the body works and how to reduce the risk of injury. The course combines short videos, diagrams and practical explanations

PARENT

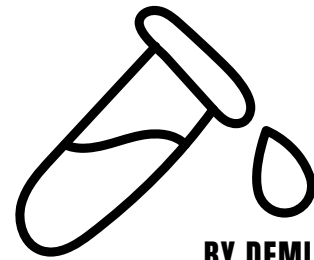
ORIENTATION COURSE

This short course is for parents of youth athletes. It explains the basics of the judging system, competition procedures and athlete safety. It also explains to parents how to correctly sign the forms, and how to support their child in a constructive and informed way.

**STAY TUNED FOR LAUNCH DATES
AND REGISTRATION DETAILS AT
@IPSF_SPORTS!**

WHAT TO EXPECT

DOPING TEST



BY DEMI BRAMA

HI, MY NAME IS DEMI BRAMA AND I HAVE BEEN COMPETING IN IPSF COMPETITIONS FOR THE LAST 10 YEARS. I'M HERE TO TELL YOU A BIT ABOUT BEING SELECTED FOR A DOPING TEST. A TEST IS, OF COURSE, SOMETHING SERIOUS, BUT THAT DOESN'T MEAN IT HAS TO BE NEGATIVE EXPERIENCE. I'M GOING TO TELL YOU HOW IT WORKS. READY?

Someone comes up to you with a very fancy key card and tells you: you have been selected for a test. Most of the time this happens when you've finished competing, so when you get off the Kiss & Cry. From that moment on, you won't be alone – congratulations! You just got a new BFF (your chaperone, who will stay with you until you've completed the test).

You and your BFF will go down to the test room. Tip: bring your coach. The supervisor in the test room will explain how everything works. Your BFF will be on guard duty at the door, to make sure you can't escape your test.

You and the supervisor will fill in an online form about your health. You carefully choose your pee kit, also known as plastic cup. Everything you use will have a very long number, which you need to triple check: the bottles, the form, etcetera - everything has the same number. If you're dyslexic like me and tend switch up numbers, get your coach to check them.

If you don't need to pee, you and your BFF can walk around the venue. Your BFF will be like your shadow - you can't go anywhere alone.

The part you most dreaded: once you need to pee, you and your BFF will return to the test room. You and the supervisor will go to pee. I guess we all know how to pee and yes the supervisor will watch you pee. It can help to leave the tap running so you don't hear everything. You don't need to pee a lot, just enough for the cup. Most of the time you still need to pee after filling the cup, which is very inconvenient. I didn't want to go to the toilet again, in case I needed extra for the test (which never happened, so I just made it difficult for myself).

Okay, you survived it. After your anxiety attack, you have to pour your pee into two bottles, which is probably the hardest part of the entire test. You then have to put the bottles in packaging that is provided, it gets sealed, and then your sample will be ready to be sent to the lab.

The supervisor will test your pee density. If everything is good, you sign the form, the supervisor signs the form, and you and your BFF go your separate ways again. If not, you can do everything again; you and your BFF will have some extra time for bonding. It is my experience that the people are super friendly and want to explain and help you where they can, so relax and it will all be fine.

A TEST LIKE THIS IS A UNIQUE EXPERIENCE AND SOMETHING ONLY HIGH-LEVEL ATHLETES GET TO DO. YOU ARE NOW PART OF THAT SPECIAL GROUP, WELL DONE!

WORLD POLE & AERIAL PARTNERS

2025



BUENOS AIRES, ARGENTINA



Addherence



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ULTRA GRIP



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WORLD POLE & AERIAL CHAMPIONSHIPS

2026

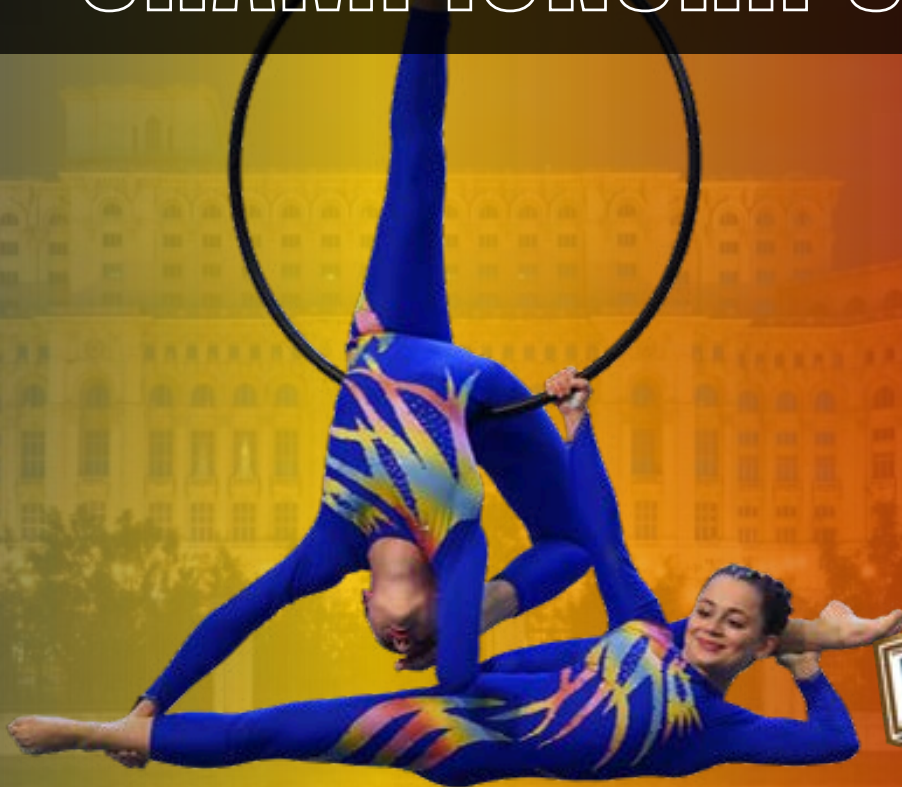


CZECH REPUBLIC



WORLD POLE & AERIAL CHAMPIONSHIPS

2027



ROMANIA

