

CSEN INTERNATIONAL *championship*



organized by
CSEN

RULES

INTRODUCTION

CSEN International Championship is a prestigious event that celebrates the strength, elegance, and athletic skill of athletes from around the world.

This international competition provides a platform for talents of all levels and specializations, with categories designed to include a wide range of disciplines.

Competing Disciplines

- Pole Art
- Pole Glamour
- Aerial Hoop
- Aerial Silks
- Aerial Hammock
- Mixed Aerial Arts
- Aerial Spiral

This championship is open to athletes of all nationalities, and categories are organized based on discipline, age and experience level, offering the opportunity for both professional and emerging talents to showcase their abilities and compete for the title of CSEN International Champion.

CSEN International Championship is committed to providing a safe, fair, and stimulating competitive environment for all participants.

These regulations have been carefully drafted to outline the rules and procedures that oversee the competition. All athletes and participants are expected to read them thoroughly and comply with their provisions.

POLE ART

TECHNICAL CATEGORIES

INDIVIDUAL	DOUBLE	GROUPS
WOMEN AMATEUR	AMATEUR	AMATEUR
WOMEN ADVANCED PRO	ADVANCED PRO	ADVANCED PRO
WOMEN PROFESSIONAL	PROFESSIONAL	PROFESSIONAL
MEN AMATEUR		
MEN ADVANCED PRO		
MEN PROFESSIONAL		
STARS		

AGE RANGES

INDIVIDUAL	DOUBLE	GROUPS
UNDER 40	JUNIOR (Under 18)	JUNIOR (Under 18)
OVER 40	SENIOR (18+)	SENIOR (18+)
JUNIOR UNDER 10		
JUNIOR UNDER 14		
JUNIOR UNDER 18		

POLE GLAMOUR

TECHNICAL CATEGORIES

INDIVIDUAL	DOUBLE	GROUPS
WOMEN AMATEUR	AMATEUR	AMATEUR
WOMEN ADVANCED PRO	ADVANCED PRO	ADVANCED PRO
WOMEN PROFESSIONAL	PROFESSIONAL	PROFESSIONAL
MEN AMATEUR		
MEN ADVANCED PRO		
MEN PROFESSIONAL		
STARS		

POLE GLAMOUR GENERAL DESCRIPTION & RULES

It is important to underline that this discipline is strictly reserved for athletes aged 18+.

The use of heels is a distinctive and mandatory element of this category.

In the following sections, a detailed overview of the rules and judging criteria will be presented for this captivating discipline, which is divided into two distinct styles:

- LOW FLOW
- BE ICONIC

LOW FLOW

This category focuses on the athlete's ability to express fluidity, grace, and harmony through continuous, sinuous movement around the pole and on the floor.

Rather than relying solely on acrobatic tricks, emphasis is placed on artistry, elegance, and choreography, where floorwork is a central element.

Athletes may choose to perform using either one or both poles (static and spinning). The choreography should be coherent, expressive, and rich in smooth transitions that are naturally integrated with pole and floor movement.

Key Elements:

- Flow: Ability to create smooth, natural transitions between movements while maintaining a continuous rhythm and connection.
- Connection: Skillful integration of floorwork and polework into a harmonious choreographic narrative.
- Expression: Using the body to convey emotion and interpret music, with particular attention to elegance and stage presence.
- • Technique: Even the simplest movements must be performed with precision, control, and clarity, ensuring safety and aesthetic value throughout the performance..

BE ICONIC

This category highlights technical strength, dynamic movement, and muscular control.

Athletes are expected to perform high-difficulty tricks with fluid transitions, precision, and powerful energy that leaves a lasting impression on the audience.

A very high technical level is required, along with strong stage presence, charisma, and artistic interpretation. Performances should demonstrate both athletic mastery and visual impact, going beyond pure technique to deliver an exceptional and unforgettable show.

Key Elements:

- Technique: Clean lines, precision, control, and technical execution are essential.
- Fluidity: Movements must flow naturally and continuously without visible breaks or stiffness.
- Impact: The routine must captivate and energize the audience, combining stage presence, originality, stamina, and emotional expression.
- Difficulty: High-level tricks must be performed with full-body control and confidence, always prioritizing safety and aesthetic clarity.

POLE ART & POLE GLAMOUR TECHNICAL CATEGORIES

The competition is divided into the following technical categories, based on the athlete's experience and skill level:

AMATEUR

Reserved for athletes with basic or intermediate technical skills.

- Instructors are not allowed to register in this category.
- Athletes with advanced-level skills are not eligible.
- Athletes who have already placed on the podium in international competitions within Advanced, Semi-Pro, Elite, or Stars categories are not eligible.

To ensure fairness and safety, the execution of certain elements is strictly prohibited in this category.

Specifically, athletes are not allowed to perform:

- Any form of deadlift
- Poses requiring extreme flexibility (e.g. Bird of Paradise, Spatchcock, Elbow Split, Rainbow Marchenko, or similar)
- High-level dynamic elements (e.g. Fonji, Iguana Fall, Phoenix, Flyby, or similar)

These restrictions have been implemented to protect the safety of all participants and to maintain fairness across all competition levels. Violations may result in deductions (-5 points) and reclassification into a higher category.

ADVANCED PRO:

Reserved for athletes with advanced or semi-professional technical skills.

- Instructors are allowed to register.
- Athletes who have already placed on the podium in Elite or Stars international competitions are not eligible.

PROFESSIONAL

Reserved for athletes with an elite technical level.

- Registration is allowed for athletes who possess high-level semi-professional skills or have won podium placements at the semi-pro level.

STARS:

Reserved for athletes who:

- Have achieved at least three podium placements at the Elite technical level
- Are recognized professionals or performers at the international level.

This category has separate male and female divisions, but they will be merged into a single category if there are fewer than three participants in one or either.

AERIAL SILK

TECHNICAL CATEGORIES

INDIVIDUAL	DOUBLE	GROUPS
WOMEN AMATEUR	AMATEUR	AMATEUR
WOMEN ADVANCED PRO	ADVANCED PRO	ADVANCED PRO
WOMEN PROFESSIONAL	PROFESSIONAL	PROFESSIONAL
MEN AMATEUR		
MEN ADVANCED PRO		
MEN PROFESSIONAL		
STARS		

AGE RANGES

INDIVIDUAL	DOUBLE	GROUPS
UNDER 40	SENIOR (18+)	JUNIOR(Under 18)
OVER 40		SENIOR(18+)
JUNIOR UNDER 10		
JUNIOR UNDER 14	JUNIOR UNDER 14	
JUNIOR UNDER 18	JUNIOR UNDER 18	

AERIAL HAMMOCK

TECHNICAL CATEGORIES

INDIVIDUAL	DOUBLE	GROUPS
WOMEN AMATEUR	AMATEUR	AMATEUR
WOMEN ADVANCED PRO	ADVANCED PRO	ADVANCED PRO
WOMEN PROFESSIONAL	PROFESSIONAL	PROFESSIONAL
MEN AMATEUR		
MEN ADVANCED PRO		
MEN PROFESSIONAL		
STARS		

AGE RANGES

INDIVIDUAL	DOUBLE	GROUPS
UNDER 40	SENIOR (18+)	JUNIOR(Under 18)
OVER 40		SENIOR(18+)
JUNIOR UNDER 10		
JUNIOR UNDER 14	JUNIOR UNDER 14	
JUNIOR UNDER 18	JUNIOR UNDER 18	

AERIAL HOOP

TECHNICAL CATEGORIES

INDIVIDUAL	DOUBLE	GROUPS
WOMEN AMATEUR	AMATEUR	AMATEUR
WOMEN ADVANCED PRO	ADVANCED PRO	ADVANCED PRO
WOMEN PROFESSIONAL	PROFESSIONAL	PROFESSIONAL
MEN AMATEUR		
MEN ADVANCED PRO		
MEN PROFESSIONAL		
STARS		

AGE RANGES

INDIVIDUAL	DOUBLE	GROUPS
UNDER 40	SENIOR (18+)	JUNIOR(Under 18)
OVER 40		SENIOR(18+)
JUNIOR UNDER 10		
JUNIOR UNDER 14	JUNIOR UNDER 14	
JUNIOR UNDER 18	JUNIOR UNDER 18	

MIXED AERIAL ART

TECHNICAL CATEGORIES

INDIVIDUAL	DOUBLE	GROUPS
WOMEN AMATEUR	AMATEUR	AMATEUR
WOMEN ADVANCED PRO	ADVANCED PRO	ADVANCED PRO
WOMEN PROFESSIONAL	PROFESSIONAL	PROFESSIONAL
MEN AMATEUR		
MEN ADVANCED PRO		
MEN PROFESSIONAL		
STARS		

AGE RANGES

INDIVIDUAL	DOUBLE	GROUPS
UNDER 40	SENIOR (18+)	JUNIOR(Under 18)
OVER 40		SENIOR(18+)
JUNIOR UNDER 10		
JUNIOR UNDER 14	JUNIOR UNDER 14	
JUNIOR UNDER 18	JUNIOR UNDER 18	

AERIAL SPIRAL

TECHNICAL CATEGORIES

SINGOLO	DOUBLE	GRUPPO
WOMEN AMATEUR	AMATEUR	AMATEUR
WOMEN ADVANCED PRO	ADVANCED PRO	ADVANCED PRO
WOMEN PROFESSIONAL	PROFESSIONAL	PROFESSIONAL
MEN AMATEUR		
MEN ADVANCED PRO		
MEN PROFESSIONAL		
STARS		

AGE RANGES

SINGOLO	DOUBLE	GRUPPO
UNDER 40	SENIOR (18+)	JUNIOR(Under 18)
OVER 40		SENIOR(18+)
JUNIOR UNDER 10		
JUNIOR UNDER 14	JUNIOR UNDER 14	
JUNIOR UNDER 18	JUNIOR UNDER 18	

AERIAL HOOP, AERIAL SPIRAL TECHNICAL CATEGORIES

The technical categories are organized as follows, based on athletes' experience and competitive achievements:

AMATEUR

- Reserved for athletes with basic or intermediate technical skills.
- Instructors are not eligible to register in this category.
- Athletes who have achieved podium placements in international competitions within Pro, Elite, or Stars categories are ineligible.
- The following elements are strictly prohibited:
 - Re-grip.
 - Front- or back-somersault dismounts (e.g., back flips and layback jumps).
- Violations will result in -5 points deductions and may lead to reclassification to a higher category.
- These restrictions aim to ensure participant safety and maintain fairness across all competition levels.

ADVANCED PRO:

Reserved for athletes with advanced or semi-professional technical skills.

- Instructors are allowed to register.
- Athletes who have already placed on the podium in Elite or Stars international competitions are not eligible.

PROFESSIONAL

Reserved for athletes with an elite technical level.

- Registration is allowed for athletes who possess high-level semi-professional skills or have won podium placements at the semi-pro level.

STARS:

Reserved for athletes who:

- Have achieved at least three podium placements at the Elite technical level
- Are recognized professionals or performers at the international level

This category has separate male and female divisions, but they will be merged into a single category if there are fewer than three participants in one or either.

AERIAL SILKS & AERIAL HAMMOCK TECHNICAL CATEGORIES

The same structure applies to Aerial Silks and Aerial Hammock disciplines:

AMATEUR:

- For athletes with basic or intermediate technical skills.
- Instructors are not eligible.
- Athletes with podium distinctions in Advanced, Semi-Pro, Elite, or Stars categories may not register.
- The following elements are strictly prohibited:
 - Re-grip.
 - Front- or back-somersault dismounts (e.g., back flips, layback jumps).
 - Free drops performed without any safety knots to secure the body.
 - Free aerial handstands without safety knots to secure the body.
 - Non-compliance incurs -5 points deduction and may lead to category reclassification.
 - These rules are essential to guarantee participant safety and fair competition.

ADVANCED PRO:

Reserved for athletes with advanced or semi-professional technical skills.

- Instructors are allowed to register.
- Athletes who have already placed on the podium in Elite or Stars international competitions are not eligible.

PROFESSIONAL

Reserved for athletes with an elite technical level.

- Registration is allowed for athletes who possess high-level semi-professional skills or have won podium placements at the semi-pro level.

STARS:

Reserved for athletes who:

- Have achieved at least three podium placements at the Elite technical level
- Are recognized professionals or performers at the international level

This category has separate male and female divisions, but they will be merged into a single category if there are fewer than three participants in one or either.

EVALUATION (ALL DISCIPLINES)

Csen International Championship is dedicated to celebrating the artistic evaluation of performances, recognizing and rewarding technical excellence, creative originality, and the ability to move the audience.

Expert Judges (internationally recognized), will carefully analyze each performance, taking into account parameters such as:

- Stage Presence
- Originality
- Tricks
- Floorwork
- Musicality
- Technical Execution
- Overall Impression

Each item will have an evaluation including scores from 1 to 10 (decimals allowed).

STAGE PRESENCE

Stage presence is the impact that the artist has on the audience and the jury. It is not just about performing the movements correctly, but about transmitting emotions, charisma and magnetism. The athlete must capture attention from the first moment, creating an engaging atmosphere. It is essential that the artist connects with the audience through eye contact, facial expressions and every single movement. Space occupation is another crucial element: the athlete must move with confidence and harmony, using both the apparatus and the floor in a dynamic and creative way. Finally, the costume and makeup are an integral part of the stage presence and must be consistent with the theme of the performance, enhancing the athlete's image and contributing to creating a complete visual experience.

MUSICALITY

Musicality is the athlete's ability to interpret music through movement. It is not just about following the rhythm, but about understanding the essence of the music and expressing it with the body. The athlete must demonstrate that they have understood the nuances, dynamics and emotions contained in the music, translating them into fluid and harmonious movements. The synchronization between movements and music is fundamental: every gesture must be perfectly aligned with the rhythm and musical variations. Musical expression is what makes a performance truly special: the athlete must use the body to communicate the emotions aroused by the music, creating an engaging experience for the viewer.

ORIGINALITY

Originality is the athlete's ability to surprise and offer something new and unexpected. An original choreography stands out for its creativity, for the use of unusual movements and for the ability to combine different elements in an innovative way. The athlete must demonstrate that they have a personal vision, creating a unique style that distinguishes them from other competitors. Originality is not just about the movements, but also about the ability to tell a story, to express a concept or to evoke emotions through the performance.

TRICKS

Tricks are technical elements that require advanced strength, agility and control. In a competition focused on art, tricks are not an end in themselves, but must be integrated into the choreography in a harmonious way, contributing to telling a story or expressing an emotion. The most difficult and varied tricks, performed with fluidity and precision, are positively evaluated. It is important that the athlete demonstrates that they have a good technical knowledge, performing a variety of tricks without ever compromising the elegance and harmony of the performance. (In Doubles and Groups, synchronization will also be evaluated – both on the ground and on the apparatus.)

TECHNICAL EXECUTION

Technical execution is the athlete's ability to perform the movements in a precise, clean and safe way. An impeccable technical execution is fundamental to enhance the artistic performance: uncertain or imprecise movements can distract the viewer and compromise the emotional impact of the choreography. The athlete must demonstrate that they have excellent control, performing the movements with confidence and fluidity. The cleanliness of the execution is equally important: every movement must be linear and free of smudges.

FLOORWORK

Floorwork is the set of movements performed on the ground. In a pole dance performance, floorwork is not a secondary element, but an integral part of the choreography. The movements on the ground must be fluid, harmonious and integrated with the rest of the performance. The athlete must demonstrate that they have good technique in the movements on the ground. Floorwork can be used to create transitions, to emphasize a musical moment or to tell a part of the story.

OVERALL

The "Overall" judgment is an overall evaluation of the performance. It is a matter of considering all the previous elements (stage presence, musicality, originality, tricks, technical execution and floorwork) as a whole, evaluating the harmony of the performance, the emotional impact it arouses and its memorability. An excellent "Overall" performance is one that manages to involve the viewer at 360 degrees, leaving an indelible mark in their memory.

GENERAL RULES

All athletes are required to comply with the competition rules and the rules of Fair Play.

The decisions of the jury are final and cannot be appealed.

Decorum and respect

- Prohibition of nudity: It is strictly forbidden to undress during the performance, exposing intimate parts of the body. Any violation of this rule will result in a significant penalty or disqualification from the competition. (FROM -1 TO -5 POINTS DEDUCTION)
- Respect for the stage and poles: Athletes are required to keep the stage and poles clean. The use of liquids, powders or other substances is NOT allowed. The use of substances that could damage or compromise the safety of athletes will be penalized with penalties or disqualification.

Score Deductions

- Costume malfunction (e.g., parts of the costume coming off) - 1 POINT EACH
- Visible slips or loss of balance not artistically justified -1 POINTS EACH
- Fall - 5 POINT EACH
- Use of prohibited grip products or direct application to the pole (e.g., liquid rosin, forbidden resins, sticky sprays) - 5 POINTS
- It is strictly forbidden to express concepts related to political issues and/or content that incites hatred, racism, violence, or similar. Any such violation will result in disqualification.

Props

- Use allowed with limitations: The use of props is allowed as long as they are easy and quick to remove at the end of the performance. Props must not in any way compromise the safety of athletes, the stage and the poles.
- Responsibility: The athlete is responsible for the safety and proper removal of any props used in their performance.

JUDGES FORM

SP- STAGE PRESENCE	
MU- MUSICALITY	
OR- ORIGINALITY	
TR- TRICKS	
TE-TECHNICAL EXECUTION	
FW- FLOORWORK	
OV- OVERALL	

SCORE DEDUCTIONS

NU- NUDITY (FROM -1 TO -5 POINTS)	
SB- SLIPS/LOSS OF BALANCE (-1 POINT)	
FA- FALL (-5 POINTS)	
GR- GRIP (-5 POINTS)	
CP- COSTUME PROBLEMS (-1 POINT)	
PT- PROHIBITED TRICKS (-5 POINTS)	

MUSIC

The choice of musical base is a fundamental element for the success of a performance. The following chapter illustrates the guidelines and specific requirements relating to the music used during the competition.

MUSIC LENGHT

- AMATEUR - FROM 2.30 TO 3.30
- ADVANCED PRO AND PROFESSIONAL - FROM 3.00 TO 4.00
- STARS - FROM 3.30 TO 4.00

(10 seconds tolerance)

It is essential to ensure that the chosen music is free of explicit, vulgar, violent or discriminatory content. Furthermore, the duration of the song must respect the time limits set for the category.

Regarding the format and presentation of the music, it is preferable to use the MP3 or MP4 format, which guarantees good quality and compatibility with audio and video systems.

The audio file must be clearly and uniquely named and sent to the organization within the established deadlines, following the specific instructions that will be communicated in the months preceding the competition.

The use of copyrighted music is subject to specific regulations. It is the athlete's responsibility to ensure that they have the necessary rights to use the chosen music.

PRIZES

The competition is not only an opportunity to test one's skills and overcome one's limits, but also a way to celebrate the talent, commitment and passion that athletes dedicate to this discipline. For this reason, the competition includes a rich system of prizes, designed to recognize and valorize the most deserving performances.

Prizes and assignment criteria

The awarding of prizes will be made by a jury of experts, who will evaluate the performances of athletes according to objective and transparent criteria. The following prizes will be awarded as follows:

- 1st PLACE AMATEURS: certificate, medal, sponsor discount voucher, 50% discount on subscription fee for the following year.
- 1st PLACE ADVANCED PRO: certificate, medal, sponsor discount voucher, 50% discount on subscription fee for the following year.
- 1st PLACE PROFESSIONAL: cash prize of €150, certificate, medal, sponsor discount voucher, 50% discount on subscription fee for the following year.
- 1st PLACE STARS: cash prize of €500, certificate, medal, sponsor discount voucher, 50% discount on subscription fee for the following year.
- 2nd PLACE ALL CATEGORIES: certificate, medal and sponsor discount voucher, registration for the following season without video entry
- 3rd PLACE ALL CATEGORIES: certificate, medal and sponsor discount voucher, registration for the following season without video entry
- SPECIAL PRIZE: During the competition, special prizes such as best costume, best storytelling may be awarded.

N.B.: Cash Prizes will be awarded if Professional and Stars categories have a minimum of 3 participants.

Cash prize is not provided for amateur and advanced pro categories and under 18.

The results of the competition and the list of prizes awarded will be announced at the end of the event, during the awards ceremony.

Notes:

- Cash prizes will be paid according to the procedures provided for by the regulations and current legislation.
- The organization reserves the right to modify the type and value of prizes if necessary.
- Participation in the competition implies full acceptance of these regulations, including the chapter on prizes.

VIDEO ENTRY

International athletes who wish to take part in the competition may access the CSEN International Championship through two available pathways:

1. Direct Participation (No Video Pre-Selection Required)

All podium winners from the 2025 CSEN Pole & Aerial National Championship, 2025 CSEN Aerial Spiral National Championship and Aerial Love Competition 2024 will be granted direct access to the CSEN International Championship, without the need to submit a pre-selection video.

2. Participation via Video Entry

Athletes who did not compete in or place on the podium at the national championship may still apply to join the international final by submitting a video entry no later than September 7, 2025.

Video Entry Requirements

- Length: The video must be between 2 minutes and 2 minutes 30 seconds in duration.
- Filming: The video must be recorded in a single take, with no cuts or edits.
- Content: The choreography submitted does not need to be the same routine that will be performed in the final. Athletes may submit a different piece, provided it effectively demonstrates their technical and artistic skills.
- Publication: The video must be uploaded to YouTube with public visibility. The video link must be sent via email to: cseninternationalchampionship@gmail.com
- Video Title Format:
FirstName_LastName_cseninternationalchampionship_videoentry_discipline_category_age_nationality

Evaluation Criteria

All video entries will be assessed by a panel of industry professionals, based on the following criteria:

- Stage presence
- Musicality
- Originality
- Tricks
- Technical execution
- Floorwork
- Overall impression

Each category will be scored on a scale from 1 to 10

Entry Fee

The submission fee for video entries is €20 (non-refundable), it has to be paid by bank transfer:

IBAN: IT3110306909606100000403782 Bic/Swift BCITITMM

ACCOUNT HOLDER: COMITATO PROVINCIALE CSEN VIBO VALENTIA

PAYMENT REFERENCE: Athlete's full name - video entry international

The decision of the jury is final and not subject to appeal.

REGISTRATION

Registration is open to both national and international athletes who hold a valid medical certificate for non-competitive or competitive sports activity (depending on the category) and personal insurance coverage.

Minors must be authorized by a parent or legal guardian through the appropriate consent form.

Registration Procedure

Registration is available exclusively online through the form below: At the time of registration, participants must complete the form with all required data and send the following documents via email to: cseninternationalchampionship@gmail.com

- Valid medical certificate
- Signed waiver form (for adults or minors)
- Proof of payment
- Video entry (if required)

Participation Fees

The participation fees vary depending on the category and will be detailed in the official registration form. The entry fee includes one Cinecittà World park ticket, valid for a single day. Registrations will be deemed valid only upon confirmation of payment. Registrations will be considered valid only upon receipt of payment.

- **First deadline until September 22nd, 2025**

Solo athlete: €135

Duo: €80 per athlete/ group: €70 per athlete

Prop: €30 each one

- **Second deadline until October 15th, 2025**

Solo athlete: €160

Duo: €100 per athlete/ Group: €90 per athlete

Prop: €30 each one

Deadlines

Registrations will strictly close on: October 15, 2025

Late registrations will not be accepted unless officially extended by the organization.

Registrations will be allowed as long as there are places.

Refund Policy

Registration fees are non-refundable in case of athlete withdrawal.

In the event the competition is canceled due to force majeure, the organization reserves the right to consider a full refund.

RIGHTS AND RESPONSABILITIES

Each athlete, by registering for the competition, fully accepts this regulation and assumes full responsibility for their participation.

The organization is not liable for any injuries or damages to persons or property during the course of the event.

Submission of a signed waiver is mandatory. This authorizes the organization to use photos and videos for promotional, communication, and documentation purposes.

By registering, athletes authorize CSEN and its partners to use and disseminate images, videos, and the names of participants without compensation and without territorial or time limitations, for purposes related to the event.

Athletes are responsible for the safety of their costumes, equipment, and props, as well as for their immediate removal at the end of the performance. In the event of any damage to the stage, venue, or other participants, the athlete will be held directly responsible.

ETHICS AND BEHAVIOR

All participants, coaches, and spectators are required to maintain proper, respectful, and sportsmanlike behavior at all times during the event.

The following are strictly prohibited:

- Offensive or discriminatory comments directed at other participants, judges, or organizers
- Political, racist, violent, or sexually explicit expressions or messages
- Protests directed at the judges or disrespectful behavior in response to scoring or evaluations

Failure to comply with these rules may result in official warnings, point deductions, or disqualification, at the sole discretion of the organization.