



**WDA WORLD DANCE  
ASSOCIATION**

Rules and regulations of  
WDA World Dance Championship  
[www.WDAdanceworld.com](http://www.WDAdanceworld.com)

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## 1. DANCE DISCIPLINES

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## 2. CATEGORIES

**Solo:** naturally danced by only one dancer (MIXED male and female dancers)

**Duo-Trio:** danced by minimum 2, maximum 3 dancers

**Group and Formation:** details in the rules specific to the dance styles

**Depending on the number of registered Groups and Formations, the Organizer may decide to open** new categories: Small Group and Production

### 3. AGE GROUPS

**The age of the dancer depends on the year of births** (not the exact date, just year) for example: a dancer born in 2010 is 11 years old in the year 2021.

#### **AGE CATEGORIES for SOLO and DUO-TRIO:**

MINI: 9 years old or younger.

KID: 10-11 years old

CHILDREN (JUVENILE): 12-13 years old

TEEN: 14-15 years old

JUNIOR: 16-17 years old

ADULT: from 18 years old.

#### **AGE GROUPS for GROUP and FORMATION categories:**

MINI: 10 years old or younger

KID: 11-13 years old

JUNIOR: 14-17 years old

ADULT: from 18 years old

**In Duos-Trios, Groups and Formations the age group belongs to the oldest dancer.**

For example: a formation should enter for the competition in Junior age group if the oldest dancer belongs to junior, but the other dancers may be younger (kid or mini).

The Organizer may combine categories, if there are less than 3 competitors in a category.

### 4. START FEE

- Solo: 20 Euro
- Duo-Trio: 15 Euro / dancer
- Group/Formation: 10 Euro / dancer

### 5. PRICES:

- diploma and medal for every dancers,
- trophies to the 1st-3rd places.

**6. JURY:** Jury members are high qualified international judges, there are 5 judges in each category.

### 7. GENERAL RULES FOR EACH DISCIPLINE AND DANCE:

- Music, choreography and costume should be in harmony!
- **The choreographies should contain changes/shifts in pattern and configuration.**
- A solo dancer may not compete in the same discipline with two different choreographies.
- In Group/Formation categories dancers may participate in two productions nominated in the same category: but dancers must be on the stage in time, can't be in late because of changing costume. (So it's possible but not recommended.)
- **There may be contraction of categories with less than 3 competitors.**
- Any deviation from the age group regulations results in CLASSIFICATION TO THE LAST PLACE.
- The same choreography may not be nominated in two or more different disciplines and/or categories.

- **Stage sets** are allowed only in Fantasy. In other dance disciplines the stage sets (decoration) are prohibited (chaire also).
- **Hand props** or tools are allowed in Dance Show, Contemporary/Modern, Fantasy, Fitness Dance, Acrobatic Show, Street Dance, Open. Size: the dancer or dancers can hold it in hands as a tool, for example: shawl, hat, big size sheet, ribbon, and net.
- **In Mini age group, only acrobatic jumps with hand support are allowable.** Free cartwheel (arabel), flick, free turnover, salto etc. are NOT allowed in age group Mini. (Exception of Fitness categories.)
- **The size of the stage is 12 x 10 m**, dancers should aim to dance on the whole surface of the stage, but they may not leave the stage during the performance. Stepping off the stage results point deduction in all disciplines and categories.
- **In case of any technical problem or miss, the performance can only be valued if the dancer keeps dancing.** If the dancer leaves the stage, he/she may not called to stage again. The director has the right to allow that in the end of the category concerned, but off-competition, the dancer can perform the choreography.
- **Continuous lip-synch (mouth movement for singing the text of the music, karaoke) is forbidden in all disciplines.** Mimicry is important for the proper performance, one or two words, or even sentence are also allowed, but continuous singing for the music results point deduction.
- **Lifting:** element, when one of the dancers leaves the floor with both legs with the physical help of one or more other dancers.
- **Acrobatic element:** movement when the body turns around one of its axis without hand support, for example: somersault, free cartwheel, flick, salto.
- **It is the responsibility of the choreographer, trainer, and dance master to nominate performances in accordance with the regulations. Any deviation from regulations recognized during the competition results in disqualification or classification to the last place.**
- **This is a competition of amateur dancers, coaches or other professional dancers can't be nominated in solo or duo-trio categories, only in group or formation.**
- Music duration specified and described in the detailed regulations of disciplines should be applied. More than 5 seconds difference from the specified music durations results in CLASSIFICATION TO THE LAST PLACE.
- The music must be upload before the competition and you should have a copy of music on flash-drive also. Please save the music in mp3 file using the start number in 3 digits, name of the club and dancer/or title like this: **023\_ClubName\_Dancer.mp3**

## 8. PRELIMINARIES, SEMI-FINALS AND FINALS

- **Finals** are organized in case of having nominations up to 12 in a certain category.
- **Semi-finals** round in case of having more than 12 nomination.

The results of semi-finals should be hanged out to publish them on the Results Publication Area as soon as possible after the concerned competition round. The Speaker is obliged to communicate the list of the qualified dancers for the next round. It is a general rule that the same category should always be adjudicated by the same jury also in different rounds, except for the case of vis maior.

## 9. ADJUDICATION, EVALUATION

The adjudication system is a combined system. Each dance is adjudged always by at least five properly examined and experienced judges. These principles of the adjudication are the followings:

- **Technical content**, and in case of performances of 2 or more dancers, the **synchrony**: 0-10 point  
Here the following aspects are evaluated: the difficulty level and number of dance technical elements, the diversity of the elements, the elegance and balance of the dancer, the body control, how the dancer can follow the dynamics of the music, changes of rhythm and in case of 2 or more dancers the synchrony.
- **Choreography and overall impression**: 0-10 points  
In the evaluation of the choreography the followings are important: the synchrony of the chosen music, dance steps and elements, the age and dress of the dancer, the dancers should dance on the whole surface of the stage, in group choreography there should be changes in pattern and configuration.
- **Presentation**: 0-10 points  
Here the jury evaluates the artistic impression, the ability to express emotions, story or message interpreted and transmitted to the audience.

#### **Calculation:**

The judge works on computer – the system calculate points given by the judge and forms a rank among the competitors. From the ranks of all the judges, the skating system calculates the final placement of the competitors.

The skating system is a fair calculation system which well filters favoritism, because the final result depends on places decided by the majority of the judges. (If only one judge puts forward or back a competitor, it cannot influence the result.)

#### **For the preliminaries and semi-final rounds the so-called X (cross) system is used.**

This means that after the judges pointed for the three principles as described above, in accordance with the rank indicated by the summarized point values, they issue the X-es and /-es (half-cross) as possible for the given category.

For example: for a category with 13 dancers (semi-final) six (6) crosses and two (2) half-crosses may be issued. The numeric value of one cross is ten (10) point, the numeric value of a half-cross is (1) one.

The half of the competitors getting the highest results will get into the final. In case of mathematical equality on the sixth position, all the competitors on the sixth position get into the final, so it may occur that we have 7 or 8 competitors in the final.

## \* DANCE SHOW

**Music:** Any styles at own discretion.

**Categories, time duration:**

SOLO	1 dancer	1'00"-1'45"
DUO/TRIO	2-3 dancers	1'30"-2'00"
GROUP	4-10 dancers	2'00"-3'00"
FORMATION	over 10 dancers	2'00"-4'00"

### **Description:**

Dance show reflects in its name, this should be mainly a show. The choreography may present a story, a character, a feeling or an ambiance. You can use the following dance technics: jazz, classical, modern or contemporary ballet, jazz styles including afro, American, wild and street versions (not art jazz), revue, character or folk dance from any age and from any culture. The dance styles and techniques may be mixed. **If the choreography is of only one certain dance style which has its own disciplines in this regulation, then the performance should be nominated in the discipline dedicated for that type of dance.** For example: a pure contemporary choreography should be enter in Contemporary not Dance Show.

The harmonic presentation of a situation, feeling, story, role or known personality with fitting steps, dance technics, music, costume, stage props, tools and presentation must be highly evaluated.

**Characteristics:** The dance piece always must present some kind of feeling/emotion or a story to the audience. The used dance technics must be clearly seen and performed. Solos in the formation/ group choreographies and standing parts in the dance are allowed but must not dominate.

**Title: it is recommended to give the choreography a title!**

### **Elements:**

- Liftings are allowed, but must not dominate.
- Acrobatic elements: no more than **3 acrobatic elements without hand support** and must be correctly presented and smoothly involved in the dance steps.
- Flexibility elements: no limit on flexibility elements.

### **Stage decoration and hand props or tools:**

- Stage sets are prohibited (chair also).
- **Hand props or tools are allowed. Size: the dancer or dancers can hold it in hands as a tool, for example: shawl, hat, big size sheet, ribbon, and net.**

### **Prohibitions. Any deviation from these prohibitions results classification to the last place:**

- Pure contemporary, modern or ballet dance technical elements, or gymnastic routines without message in the whole choreography is prohibited.
- Stage sets are prohibited.
- More than 3 acrobatic jumps without hand support are not allowed.
- **Force elements are prohibited.**
- Usage of disco dance, hip-hop, break, funky, electric boogie, Caribbean/Latin and rocky technics and steps are not allowed.
- For mini age group, only the acrobatic jumps and elements with hand support are allowable, while for the mini age group, saltos, free turnovers, arabel, flick etc. are prohibited.
- No lip-synch (mouth movement for music, singing).

### \* FANTASY

**Music:** any music at own discretion.

#### **Categories and time durations:**

SOLO	1 dancer	1'00"-1'45"
DUO/TRIO	2-3 dancers	1'30"-2'00"
GROUP	4-10 dancers	2'00"-3'00"
FORMATION	over 10 dancers	2'00"-4'00"

#### **Description and characteristics:**

Fantasy is a special version of show-like dance, in which the presentation bears the utmost importance with the usage of suitable dance technique, costumes, stage props, tools and sceneries. Fantasy choreography should contain one of the followings: story, character, film figure, tale figure. Group or formation choreography should contain changes in pattern. Solo parts needed for the story chosen may be implemented in the choreography.

**Title: it is recommended to give the choreography a title!**

#### **Elements:**

- Liftings are allowed.
- Acrobatic jumps are allowed but these must be correctly presented and smoothly involved in dance steps.

#### **Stage decorations and props:**

- Usage of stage decoration is **obligatory!**
- Tools or hand props are allowed.
- The stage decoration may be involved in the choreography or it may serve as the presentation of the ambiance of the choreography, but in all cases it should be reasonable, should connect to the performance.
- The size of the stage decoration should be bigger than 40x40x40 cm or background scenery (matrace is also acceptable).
- **The stage decorations and hand props should be handled by the dancers themselves (except in solo category one person may help), such should be taken into the stage within one run when coming to the stage.** It can be helped to take out, when they are leaving the stage.

#### **Prohibitions. Any deviation from these prohibitions results classification to the last place:**

- Lack of stage decoration causes immediate classification to the last place.
- The usage of pure choreographies of disco, hip-hop, techno, funky, electric boogie, Caribbean/Latin and rocky supplemented with scenery is prohibited.
- For mini age group, only the acrobatic jumps and elements with hand support are allowable, while for the mini age group, saltos, free turnovers, arabel, flick etc. are prohibited.
- No continuous lip-synch (mouth movement for music, singing).

## \* CONTEMPORARY

**Music:** any music at own discretion fitting the technic applied.  
Please do not use actual HIT music in this category.

Categories and time duration:

SOLO	1 dancer	1'00"-2'00"
DUO/TRIO	2-3 dancers	1'30"-2'00"
GROUP	4-10 dancers	2'00"-3'00"
FORMATION	over 10 dancers	2'00"-4'00"

### **Description and characteristics:**

Contemporary dance originally evolved from classical, modern and jazz dances, but its latest version also takes over elements from other dances. His focus is on controlled foot technique and strong torso movement, contraction-relaxation technique, tillage and improvisation. What makes it interesting is the sudden changes in direction, speed and rhythm.

A combination of several dance genres. Expression of status, not the accumulation of elements, but the dance connections are important.

Contemporary dance is a style of expressive dance that combines elements of several dance genres, including modern, jazz, lyrical and classical ballets. Contemporary dancers strive to connect the mind and body through fluid dance movements. It can also contain acrobatic elements (even capuera) for music that expresses a contemporary emotional state.

**Title: it is recommended to give the choreography a title!**

### **Elements:**

- Acrobatic jumps are allowed, must be correctly presented and smoothly involved in the dance steps.
- Ground and contact elements are allowed.
- The performance in group and in formation should contain pattern changes.

### **Stage decoration and hand props or tools:**

- Hand props or tools are prohibited.

**Prohibitions. Any deviation from these prohibitions results classification to the last place:**

- Any other technic is not allowed.
- Stage decoration and hand props are not allowed.
- No continuous lip-synch (mouth movement for music, singing).

## \* MODERN

**Music:** any music at own discretion fitting the technic applied.

Categories and time duration:

SOLO	1 dancer	1'00"-2'00"
DUO/TRIO	2-3 dancers	1'30"-2'00"
GROUP	4-10 dancers	2'00"-3'00"
FORMATION	over 10 dancers	2'00"-4'00"

### **Description and characteristics:**

All modern ballet technics (Graham, Limón, Horton, Cunningham, Alexander, jazz-dance and art jazz style). It is characterized by separate use of body parts (isolations), vigorous use of the upper body (contraction-release), parallel positions, rhythmic games.

It is not obligatory to tell a story, but the harmony of dance and music is important. Let's build the choreography on the dynamics of the music, have a dramaturgy, include the rotations and jumps characteristic of the given dance technique!

**Title: it is recommended to give the choreography a title!**

Presentation of gymnastic exercise (RG) is not sufficient even in mini and kid age groups. The specific and proper positions, holds, steps, turns and jumps of the dance technic concerned – in clear form or mixed.

Title: the choreography should have a title reflecting its message or story.

### **Elements:**

- Only walkover and cartwheel is allowed, any other acrobatic jumps without hand support are prohibited (sumersault, flic-flac, free-cartwheel).
- Ground and contact elements are allowed.
- The performance in group and in formation should contain pattern changes.

### **Stage decoration and hand props or tools:**

- Hand props or tools are allowed. Size: the dancer or dancers can hold it in hands as a tool, for example: shawl, hat, big size sheet, ribbon, and net.
- Stage sets or decoration are prohibited.

### **Prohibitions. Any deviation from these prohibitions results classification to the last place:**

- Acrobatic elements without hand support are prohibited.
- Stage decoration are not allowed.
- No continuous lip-synch (mouth movement for music, singing).

## \*Lyrical

**Music:** any music at own discretion fitting the technic applied.

Recommended music: fine, soft, romantic, choreography can be done for the lyrics.

Categories and time duration:

SOLO	1 dancer	1'00"-2'00"
DUO/TRIO	2-3 dancers	1'30"-2'00"
GROUP	4-10 dancers	2'00"-3'00"
FORMATION	over 10 dancers	2'00"-4'00"

### **Description and characteristics:**

With the same dance techniques as in the Modern category, but here the music is subtle, soft, romantic - the atmosphere of the race or even the lyrics inspired by it. It is characterized by continuity and fluctuations.

It is important to include the jumps and rotations that are typical of dance technique.

**It is not obligatory to tell a story**, but the harmony of dance and music is important. Let's build the choreography on the dynamics of the music, have a dramaturgy, include the rotations and jumps characteristic of the given dance technique!

Dancer dances the given song, music, its message, lyrics and emotional world. Different dance technique can be used, most notably modern-contemporary-jazz-ballet. It is softer and finer in its movements than e.g. the contemporary, but also dynamic and flowing, fluent, flow-like, free, passionate, emotional.

**Title: it is recommended to give the choreography a title!**

### **Elements:**

- Jumps and turns characteristic of the given dance technique.
- Only walkover and cartwheel is allowed, any other acrobatic jumps without hand support are prohibited (sumersault, flic-flac, free-cartwheel).
- The performance in group and in formation should contain pattern changes.

### **Stage decoration and hand props or tools:**

- Hand props or tools are allowed. Size: the dancer or dancers can hold it in hands as a tool, for example: shawl, hat, big size sheet, ribbon, and net.
- Stage sets or decoration are prohibited.

**Prohibitions. Any deviation from these prohibitions results classification to the last place:**

- Acrobatic elements without hand support are prohibited.
- Stage decoration are not allowed.
- No continuous lip-synch (mouth movement for music, singing).

## \* DISCO DANCE

**Music:** disco music style – no speed limit – dancer's own music in each category.

### Categories and time durations:

SOLO	1 dancer	Own music	1'00''–1'15''
DUO-TRIO	2-3 dancers	Own music	1'15''-1'30''
GROUP	4-10 dancers	Own music	1'00''-2'30''
Formation	over 10 dancers	Own music	1'00''-3'00''

### Description and characteristics:

The dance should be disco-like character, dynamic, continuous in movements and presentation, fitting to the music character and pace. Utmost utilization of the available stage area and the pattern changes are desirable.

### Elements:

- Smoothly connected steps, kicks, turns and pirouettes, slides and floor figure.
- Liftings are allowed for group and formation choreographies.
- Ground elements are allowed but may not be dominated, they should smoothly connected to the continuous movement.

### Prohibitions. Any deviation from these prohibitions results classification to the last place:

- **usage of acrobatic elements without hand support,**
- **usage of hip-hop elements,**
- usage of the steps of other disciplines,
- usage of aerobic steps are prohibited.
- Usage of stage decoration, props, tools are not allowed.
- No continuous lip-synch (mouth movement for music, singing).

## \* STREET DANCE

**Music:** any music at own discretion.

### Categories and time durations:

SOLO	1 dancer	1'00"-1'45"
DUO/TRIO	2-3 dancers	1'15"-2'00"
GROUP	4-10 dancers	2'00"-3'00"
FORMATION	over 10 dancers	2'00"-4'00"

### Description and characteristics:

Choreographies of hip-hop, funky, break and street dance may be nominated in street dance discipline.

### Elements:

- Funky, hip-hop, break and other street dance elements.
- **Acrobatic and ground elements are allowed**, but must not dominate and must be correctly presented.
- **Liftings are allowed**, if the typical street figures are applied, but must not dominate.

### Stage decorations and hand props:

- **Hand props or tools are allowed. Size: the dancer or dancers can hold it in hands as a tool, for example: shawl, hat, big size sheet, ribbon, and net.**
- Stage decoration is not allowed.

### Prohibitions. Any deviation from these prohibitions results classification to the last place:

- Usage of disco element in more than 4 paces is prohibited.
- For mini age group, only the acrobatic jumps and elements with hand support are allowable, while for the mini age group saltos, free turnovers, arabel, flick-flack etc. are prohibited.
- Stage decoration is not allowed.
- No continuous lip-synch (mouth movement for music, singing).

**\* OPEN**

**Music:** any music at own discretion.

**Categories and time durations:**

SOLO	1 dancer	1'00"-1'45"
DUO/TRIO	2-3 dancers	1'00"-2'00"
GROUP	4-10 dancers	1'30"-3'00"
FORMATION	over 10 dancers	1'30"-4'00"

**Description and characteristics:**

- **Those show-like choreographies, which cannot listed any other dance styles, or are a mix of other dance styles, may be enter in OPEN discipline.** If the choreography consists of clearly one dance style which has a separate discipline according to this regulation, it should be nominated in the dance discipline concerned.
- **Presentation of a story is not obligatory.**
- Music, choreography and costume should be in harmony!
- **Caribbean / Latin, Tap Dance, Fashion Dance, Acrobatic Rock&Roll, Disco Free Style, should be enter in OPEN.**
- Solo parts can be involved in the choreography.
- The performance in group and in formation should contain pattern changes.

**Elements:**

- Liftings and acrobatic elements are allowed, but must not dominate.

**Stage decorations and hand props:**

- Usage of stage decoration is not allowed.
- **Hand props or tools are allowed. Size: the dancer or dancers can hold it in hands as a tool, for example: shawl, hat, big size sheet, ribbon, and net.**

**Prohibitions. Any deviation from these prohibitions results classification to the last place:**

- For mini age group, only the acrobatic jumps and elements with hand support are allowable, while for the mini age group saltos, free turnovers, arabel, flick etc. are prohibited.
- It is prohibited to enter a dance style in OPEN if there is a separate discipline for that dance style according to this regulation.
- No continuous lip-synch (mouth movement for music, singing).

**NEW \* MAJORETTE****Music:** any music at own discretion.**Categories and time durations:**

FORMATION	8-30 dancers	2'00"-4'00"
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**Description and characteristics:**

Choreographies are based on marching and movement coordination associated **with twirling baton**.

Dance jumps, turns and other dance elements can also be used in the choreography. 1/3 march in the set is recommended, march from the left leg, both legs rise equally high. When a wand falls, the wand should be picked up immediately. Deliberately putting down the baton for a short time as part of the choreography is allowed.

**Scenery:** NO**Lifting Acrobatics:** NO**NEW \* Cheerleading****Music:** any music at own discretion.**Categories and time durations:**

FORMATION	8-30 dancers	2'00"-4'00"
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**Cheerleading** is very diverse and can include many dance techniques.

**The basic elements** of cheerleading include stunts, pyramids, jumps, acrobatics, dancing and shouting.

So-called **pompoms** are typical for cheerleading dance choreography.

**The maximum permissible height of the pyramid in competitions is "two floors" above the base.** Stunts are the basic elements of pyramids. One stunt consists of five people. Dance is specially evaluated within the competitions, which can have two forms in cheerleading, the so-called cheer dance, which is made of special cheerleading movements, and then dance of various styles, the most visible of which is the influence of disco dance, show dance, street dance and modified pirouettes, kicks, etc.

**Scenery:** NO**Lifting Acrobatics:** YES**NEW \* Folk and Folkish Dance****Music:** traditional music at own discretion.**Categories and time durations:**

FORMATION	8-30 dancers	3'00"-5'00"
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**Description and characteristics:**

Folk dance from any age and from any culture. Traditional music and costume. A dancer cannot participate in more than one team in the same competition. It is not allowed for any dancer to compete against himself or herself.

Hand props and scenery are allowed.

## \* FITNESS DANCE, Fitness Show, Acrobatic Show

### CATEGORIES and time durations:

SOLO (Fitness Dance, Fitness Show, Acrobatic Show)	1 competitor (male or female)	1'00"-1'45"
Fitness Dance DUO	2 competitors	1'30"-2'00"
Fitness Dance TRIO	3 competitors	1'30"-2'00"
Fitness Dance GROUP	4-10 competitors	2'00"-3'00"
Fitness Dance FORMATION	over 10 competitors	2'00"-4'00"

Depending on the number of registered Groups, the Organizer may decide to open new categories:  
Small Groups

### AGE GROUPS

The age of the competitor depends on the year of births (not the exact date, just year)

for example: a competitor born in 2010 is 13 years old in the year 2023.

### AGE CATEGORIES for SOLO

Fitness Dance Solo	Fitness Show Solo	Acrobatic Show Solo
6-7 years	6-7 years	
Mini 8 years	Mini 8 years	
Mini 9 years	Mini 9 years	Mini up to 9 years
Kid 10 years	Kid 10 years	Kid 10 years
Kid 11 years	Kid 11 years	Kid 11 years
Children 12 years	Children 12 years	Children 12 years
Children 13 years	Children 13 years	Children 13 years
Teen 14 years	Teen 14 years	Teen 14 years
Teen 15 years	Teen 15 years	Teen 15 years
Junior 16-17 years	Junior 16-17 years	Junior 16-17 years
Adult	Adult	Adult

### DUO and TRIO:

MINI: up to 9 years old

KID: 10-11 years old

CHILDREN: 12-13 years old

TEEN: 14-15 years old

JUNIOR: 16-17 years old

ADULT: from 18 years old.

### AGE GROUPS for GROUP and FORMATION categories:

MINI: up to 10 years old

KID: 11-13 years old

JUNIOR: 14-17 years old

ADULT: from 18 years old

**In Duos-Trios, Groups and Formations the age group belongs to the oldest competitor.**

The Organizer reserves the right to combine two categories, if there are less than 3 competitors in a category.

### SEMI-FINALS AND FINALS

- **Finals** are organized in case of having nominations up to 20 in a certain category.
- **Semi-finals** round in case of having more than 20 competitors.

## ADJUDICATION, EVALUATION

The adjudication system is a combined system. Each routine is adjudged always by at least five properly examined and experienced international judges. These principles of the adjudication are the followings:

### Fitness Dance and Fitness Show:

- **Technical content** 1-10 point
- **Choreography:** 1-10 points
- **Presentation:** 1-10 points

### Acrobatic Show:

- **Technical content** 1-10 point
- **Difficulty of elements and combinations:** 1-10 points
- **Choreography and presentation:** 1-10 points

### Calculation: with skating system

The skating system is a fair calculation system which well filters favoritism, because the final result depends on placement numbers decided by the majority of the judges. (If only one judge puts forward or back a competitor, it cannot influence the result.)

### For the preliminaries and semi-final rounds the so-called X (cross) system is used.

The half of the competitors getting the highest points will get into the final.

### Specification of FITNESS categories

#### In Solo there are 3 different levels:

**FITNESS DANCE (Basic level) – just a few elements in a dance choreography**

**FITNESS SHOW (Medium level) – more elements, more difficult elements in a dance choreography**

**ACROBATIC SHOW (Top level) – the routine should contain a large amount of difficult elements**

**The difference between solo categories is the number of elements and the difficulty level of elements – please see the details bellow.**

**The stage is at least 10x10 m, covered by Fitness floor (tatami).**

**Music:** any music at own discretion.

### Description:

- **FITNESS is a spectacular acrobatic show dance which performance may use any kind of dance technics.**
- **Evaluation of FITNESS DANCE and FITNESS SHOW:** the evaluation of the elements will be shown up in the technical points (1-10 points). Judges evaluate also the choreography (1-10 points) and the presentations (1-10 points). The 2/3 of the total score evaluates the dance therefore it is very important that not only the elements, but also the dance parts should be emphasized in the creating of the choreography!
- **Evaluation of ACROBATIC SHOW:** technical points 1-10 points, difficult element and combinations 1-10 points, dance choreography and the presentations (1-10 points).
- **There are no poses, only fitness routines**

### Elements:

- **The performance of minimum 4 elements is obligatory, mixed in acrobatic, flexibility, power elements and jumps.**
- **In duo, trio and group choreographies the joint performance of minimum 4 elements is obligatory (4 elements which are performed by all of the competitors at the same time or in canon).**
- **Elements in row (combination):** the elements may be performed independently or connected in a row.
- **Elements must be correctly presented.**
- **Liftings** are allowed.
- Solo and standing parts in the dance are allowed but must not dominate.

### Stage decorations and props:

- **Usage of small hand props, which can be held in hand as a tool, are allowed.**
- Usage of stage decoration is prohibited - a chair or any other standing object is not allowed.

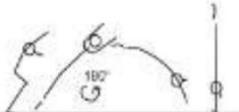
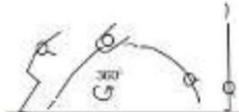
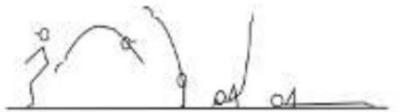
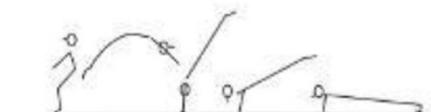
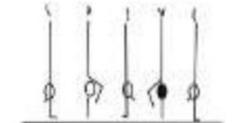
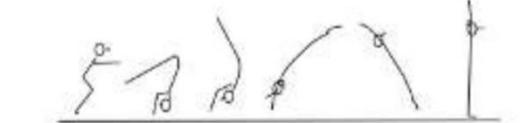
Category	difficulty of acrobatic elements	combination of acrobatic elements
Fitness Dance Solo <b>Mini</b>	<b>ONLY acrobatic elements with hand support</b> (cartwheel, walk-over)	maximum 2 elements combined
Fitness Dance Solo other age categories	without hand support only free-cartwheel and flic-flac	maximum 2 elements combined
Fitness Show Solo <b>Mini</b>	without hand support only free-cartwheel and flic-flac	maximum 3 elements combined
Fitness Show Solo other age categories	all acrobatic elements can be used	maximum 3 elements combined
Acrobatic Show Solo in <b>all age categories</b>	all acrobatic elements can be used	no limit
Duo, Trio, Group, Formation all age categories	all acrobatic elements can be used	no limit
<b>All categories:</b> the performance of minimum 4 elements is obligatory, mixed in acrobatic, flexibility, power elements and jumps.		
<b>Duo, Trio, Group, Formation:</b> 4 elements presented by all competitors together is obligatory.		

**Prohibitions:**

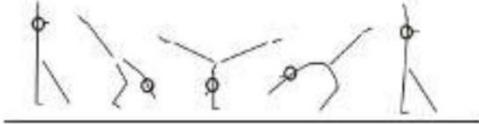
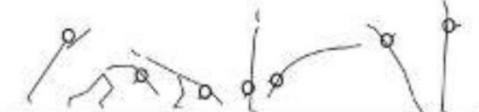
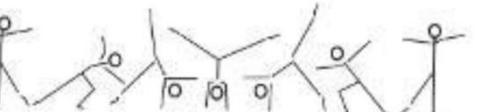
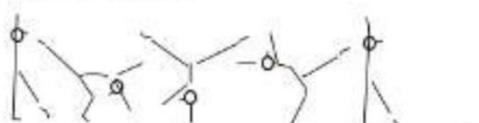
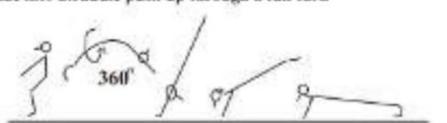
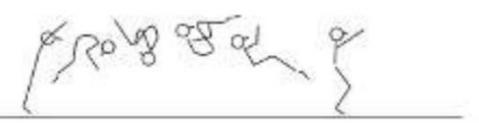
- **Usage of element prohibited - punishment: classification to the last place.**
- No continuous lip-synch (mouth movement for music, singing). Punishment: point deduction.
- Usage of stage decoration is prohibited - a chair or any other standing object is not allowed.

List of elements ( any other variation of elements can be used in fitness categories):

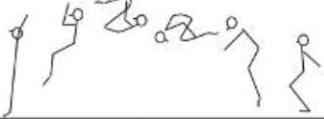
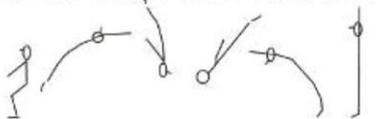
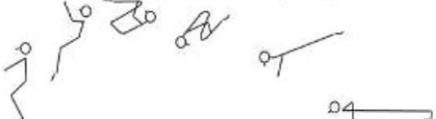
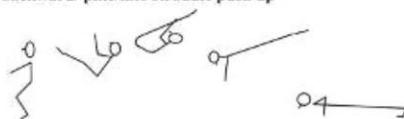
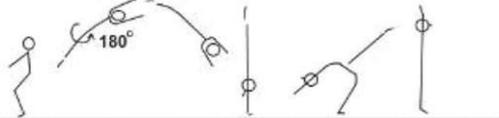
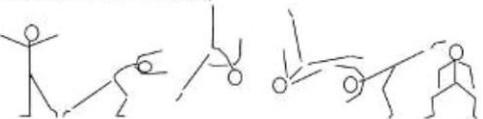
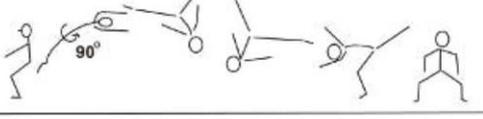
## ACROBATIC ELEMENTS

A	B	C	D
<p>Forward to backward roll</p> 		<p>Handstand on one hand</p> 	<p>Handstand on one hand, legs are in stag position, with help</p> 
<p>Handstand</p> 	<p>Jump into handstand</p> 	<p>Jump into handstand with a half turn</p> 	<p>Jump into handstand through a turn</p> 
<p>Handstand to forward roll</p> 	<p>Flic flac dolphin</p> 		
<p>Backward roll into handstand</p> 	<p>Flic flac into straddle push up</p> 		
<p>Half turn in handstand</p> 	<p>Full turn in handstand</p> 		
<p>Headspring</p> 			
<p>Dive forward roll</p> 			
<p>Runcl</p> 			

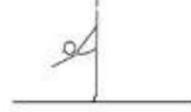
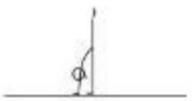
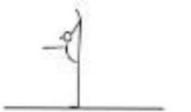
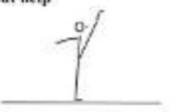
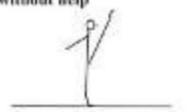
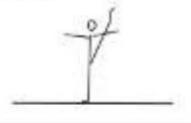
ACROBATIC ELEMENTS

A	B
<p>Front and back walkover/all variations/</p> 	<p>Flic-flac</p> 
<p>Handsprin/folder</p> 	<p>Danish folder</p> 
<p>Cartwheel</p> 	<p>Aerbach flic-flac</p> 
<p>Cinzas forward and backward</p> 	<p>Araber/fress turnover to the front, with a half turn</p> 
C	D
<p>Forverc</p> 	<p>Forvere/without stepping</p> 
<p>Free turnover to the front with quarter turn</p> 	<p>Flic flac into atraddle push up through a full turn</p> 
<p>Araber/ without stepping/</p> 	<p>Flic flac into dolphin through a full turn</p> 
<p>Front somersault/tucked</p> 	

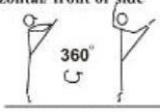
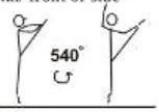
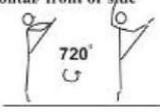
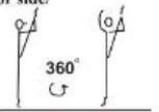
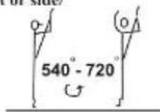
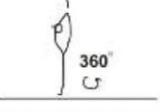
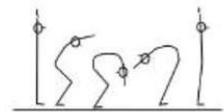
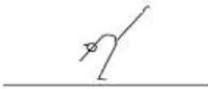
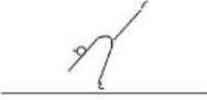
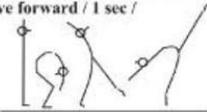
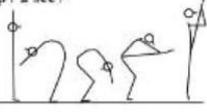
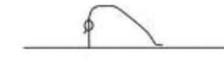
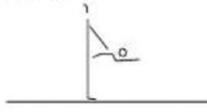
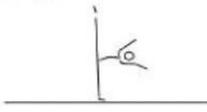
## ACROBATIC ELEMENTS

C	D
<p>Somersault backward/tucked</p> 	<p>Salto forward or backward / piked</p> 
<p>Salto backward stretched with opened legs</p> 	<p>Salto backward or forward stretched / legs are together</p> 
<p>Backward somersault/tucked/into straddle push up</p> 	<p>Salto backward/ pike/into straddle push up</p> 
	<p>Mostepanova</p> 
	<p>Salto sideward from one leg</p> 
	<p>Salto sideward / after rundel</p> 

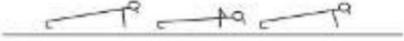
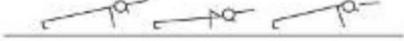
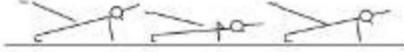
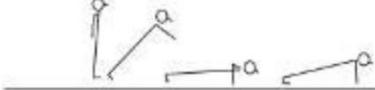
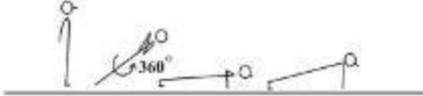
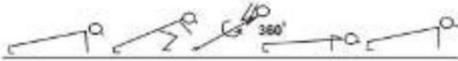
**FLEXIBILITY ELEMENTS**

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
<p>High leg lifting forward / 45° above horizontal</p> 	<p>Leg lifting forward to split with help</p> 	<p>Leg lifting forward to split on toe with help</p> 	
<p>High lifting sideward / 45° above horizontal</p> 	<p>Leg lifting sideward to split with help</p> 	<p>Leg lifting sideward to split on toe with help</p> 	
<p>Sagittal scale/RG: front scale</p> 	<p>Front scale split with help</p> 	<p>Front scale split on toe with help</p> 	
	<p>Front scale split with support on the floor</p> 	<p>Front scale split without help</p> 	<p>Front scale split on toe without help</p> 
<p>Split</p> 		<p>Back split with help</p> 	<p>Back split on toe with help</p> 
<p>Side split</p> 		<p>Leg lifting forward to split without help</p> 	<p>Leg lifting forward to split on toe without help</p> 
<p>Laying cross split</p> 		<p>Leg lifting sideward to split without help</p> 	<p>Leg lifting sideward to split on toe without help</p> 
<p>Laying side split</p> 			

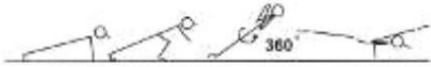
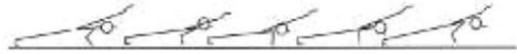
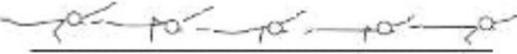
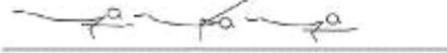
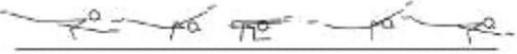
FLEXIBILITY ELEMENTS

A	B	C	D
	<p>360° Pivot on one leg, free leg lifted with help, 45° above horizontal/ front or side</p> 	<p>540° Pivot on one leg, free leg lifted with help, 45° above horizontal/ front or side</p> 	<p>720° Pivot on one leg, free leg lifted with help, 45° above horizontal/ front or side</p> 
		<p>360° Pivot on one leg, free leg lifted to split with help / front or side/</p> 	<p>540° - 720° Pivot on one leg, free leg lifted to split with help / front or side/</p> 
			<p>360° Pivot on one leg, free leg lifted to back split with help</p> 
<p>Full body wave forward</p> 	<p>Front split with bending the trunk backward</p> 	<p>Front split on toe with bending the trunk backward</p> 	<p>Front split on toe with bending the trunk backward from body wave forward / 1 sec /</p> 
<p>Full body wave backward</p> 			<p>Body wave backward with leg lifting forward on toe with help / 2 sec /</p> 
<p>Bridges</p> 		<p>Side split with help / trunk horizontal /</p> 	<p>Side split without help / trunk horizontal /</p> 

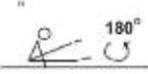
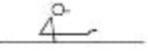
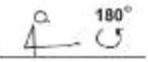
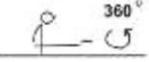
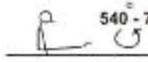
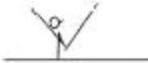
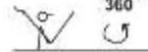
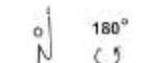
POWER ELEMENTS

A	B	C	D
<p>Straddle push up</p> 		<p>One arm push up</p> 	
		<p>One arm one leg push up</p> 	
		<p>Hinge push up</p> 	
		<p>One arm hinge push up</p> 	
<p>From standing leaning forward into push up position</p> 		<p>One arm one leg hinge push up</p> 	
		<p>Full twist from standing to push up position</p> 	
		<p>Push up, full twist to push up</p> 	
		<p>Push up, double twist to push up</p> 	

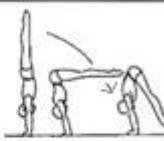
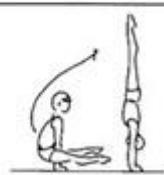
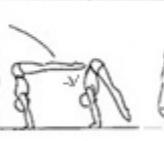
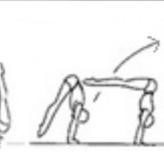
POWER ELEMENTS

A	B	C	D
		Push up, full twist to lifted Wenson	
			
Wenson push up	Free support Wenson hinge push up		
			
		Lifted Wenson hinge push up	
			
	Free support Wenson push up		
			
	Free support Wenson push up		
			
		Press support Wenson hinge push up	
			
	Double Wenson	Double free support Wenson	
			
	Side split Wenson with help		
			
	Wenson hinge push up		
			

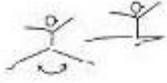
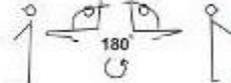
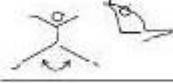
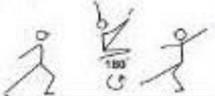
POWER ELEMENTS

A	B	C	D
<p>Straddle support</p> 	<p>Straddle support 180° turn</p> 	<p>Straddle support 360° turn</p> 	<p>Straddle support 540° - 720° turn</p> 
<p>L-support</p> 	<p>L-support 180° turn</p> 	<p>L-support 360° turn</p> 	<p>L-support 540° - 720° turn</p> 
	<p>Straddle V-support</p> 	<p>Straddle V-support 180° turn</p> 	<p>Straddle V-support 360° turn</p> 
		<p>V-support</p> 	<p>V-support 180° turn</p> 
		<p>Straddle V-support with back move away</p> 	<p>V-support with back move away</p> 
			<p>High straddle V-support or high V-support</p> 
		<p>Straddle V-support one leg to the side and change of legs</p> 	
			<p>V-support legs to one side then to other</p> 

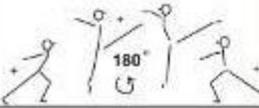
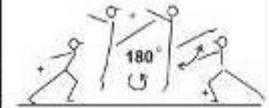
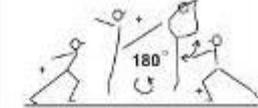
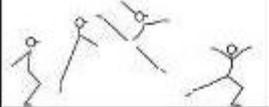
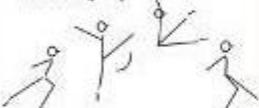
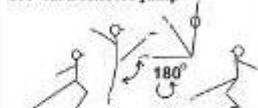
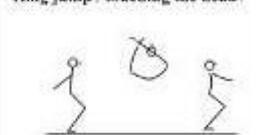
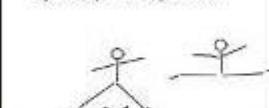
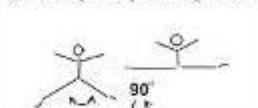
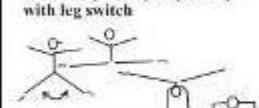
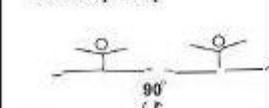
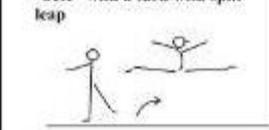
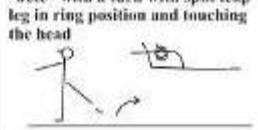
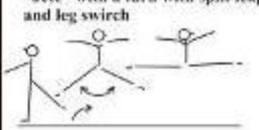
New power elements and combinations: difficulty D

<p>Planche with support on both arms, trunk supported on elbows.</p>	
<p>Planche with support on both arms (clear front support).</p>	
<p>Press to handstand with straight legs. Legs apart or together. Starting the hip over shoulder height.</p>	
<p>From handstand, lowering to clear straddle or clear pike support "pike sitting".</p>	
<p>From clear straddle or clear pike support "pike sitting" press up to handstand.</p>	
<p>From handstand, lowering to clear straddle or clear pike support "pike sitting".</p>	
<p>From handstand, lowering to clear front support (Planché). Legs apart or together.</p>	
<p>From clear front support (Planché) press up to handstand. Legs apart or together.</p>	
<p>From hand stand lowering to clear pike – "V".</p>	
<p>From clear pike – "V" press up to handstand.</p>	

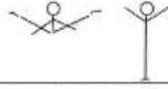
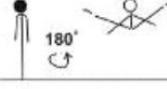
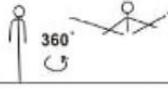
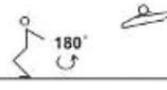
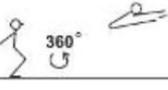
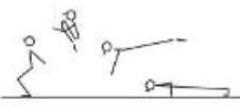
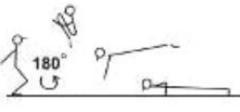
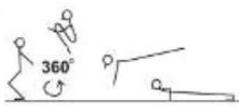
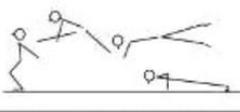
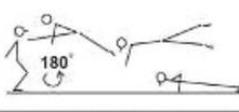
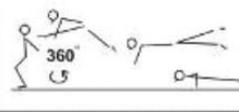
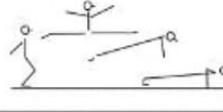
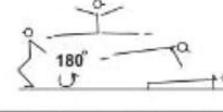
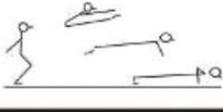
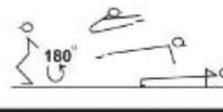
ELEMENTS OF JUMPS

A	B	C	D
<p>Stag leap</p> 	<p>"Jete" with turn, with stag leap</p> 		
	<p>Stag leap with leg switch</p> 		
	<p>Stag leap with deep trunk bending backwards</p> 		
<p>Ring leap/ one leg with ring /</p> 	<p>Stag leap or jump with ring, touching the head</p> 	<p>"Jete" with turn and stage leap with ring</p> 	<p>Stag jump with ring, and a half turn of the whole body in the air</p> 
		<p>Stag leap with switching legs and touching head</p> 	
	<p>Cossack leap</p> 	<p>180° turn Cossak leap</p> 	<p>360° turn Cossak leap</p> 
	<p>Cossack jump</p> 	<p>180° turn Cossak jump</p> 	<p>360° turn Cossak jump</p> 
		<p>Cossack leap one leg high up with help</p> 	<p>180° turn Cossack leap one leg high up with help</p> 

ELEMENTS OF JUMPS

A	B	C	D
<p>Fouette leap</p> 	<p>Entrelace leap</p> 	<p>Entrelace leap - leg in ring</p> 	
	<p>Sissone jump</p> 		
<p>Scissors jump</p> 		<p>180° turn scissors jump</p> 	
	<p>Ring jump</p> 	<p>Ring jump / touching the head /</p> 	
<p>Split leap</p> 	<p>Split leap with leg switch</p> 	<p>90° turn split leap with leg switch</p> 	<p>90° turn split leap to push up with leg switch</p> 
	<p>90° turn split leap</p> 		
		<p>Split leap with deep trunk bending backward</p> 	
	<p>"Jete" with a turn with split leap</p> 	<p>"Jete" with a turn with split leap leg in ring position and touching the head</p> 	<p>"Jete" with a turn with split leap and leg switch</p> 

ELEMENTS OF JUMPS

A	B	C	D
	<p>Straddle pike jump</p> 	<p>180° turn straddle pike jump</p> 	<p>360° turn straddle pike jump</p> 
	<p>Pike jump</p> 	<p>180° turn pike jump</p> 	<p>360° turn pike jump</p> 
<p>Tuck jump to push up</p> 	<p>180° turn tuck jump to push up</p> 	<p>360° turn tuck jump to push up</p> 	
	<p>Straddle jump to push up</p> 	<p>180° turn straddle jump to push up</p> 	<p>360° turn straddle jump to push up</p> 
		<p>Split jump to push up</p> 	<p>180° turn split jump to push up</p> 
		<p>Pike jump to push up</p> 	<p>180° turn pike jump to push up</p> 
			<p>Sagittal scale with full twist airborne to push up / Tamaro/</p> 