


**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**

<b>Fitness Dance Solo</b>	<b>Fitness Show Solo</b>	<b>Acrobatic Show Solo</b>
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.

**START FEE**

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

**PRICES:**

- diploma with title of Fitness competition, date, and category
- Gold medal goes to 1<sup>st</sup> place, Silver medal to 2<sup>nd</sup> place, Brown medal to 3<sup>rd</sup> place
- a smaller brown medal to the other competitors for participation
- trophies to the 1st-3rd places.
- a short part of national anthem during the award ceremony

**JURY:** Jury members are high qualified international judges, there are 5 judges in each category. Correct and impartial judging is very important. The competition director has the right to replace the unfair judge .

**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 nomination.

**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.

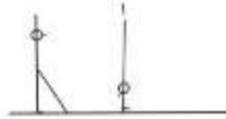
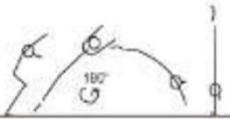
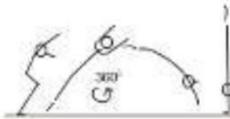
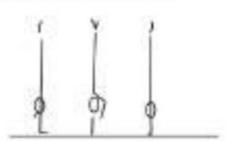
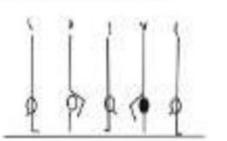
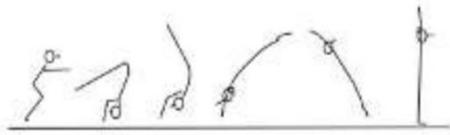
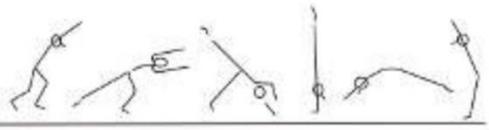
Category	difficulty of acrobatic elements	combination of acrobatic elements
Fitness Dance Solo <b>Mini</b>	<b>ONLY acrobatic elements with hand support</b> (cartwheel, walk-over)	maximum 2 elements combined
Fitness Dance Solo other age categories	without hand support only free-cartwheel and flic-flac	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 <b>in 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:

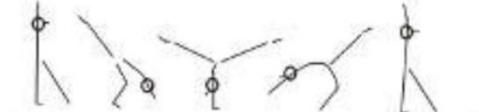
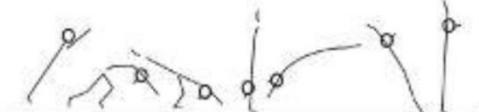
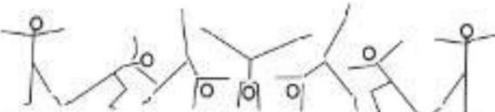
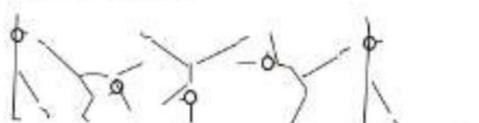
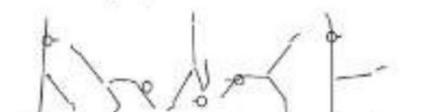
- **Usage of element prohibited - punishment: classification to the last place.**
- No continuous lip-synch (mouth movement for music, singing). Punishment: point deduction.
- Usage of stage decoration is prohibited - a chair or any other standing object is not allowed.

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

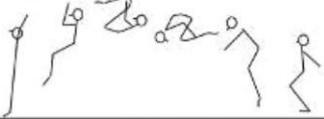
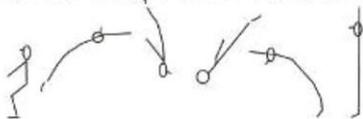
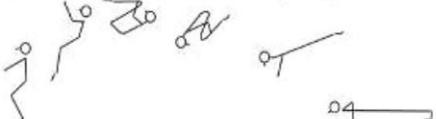
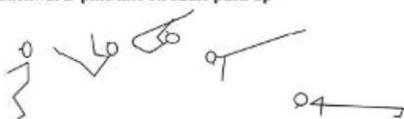
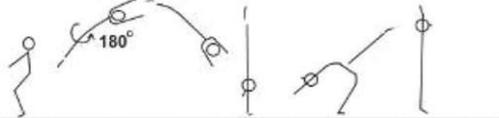
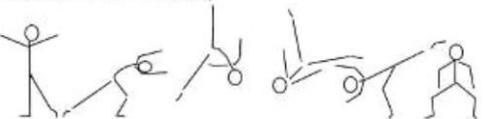
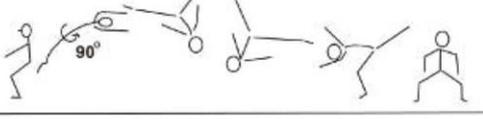
## ACROBATIC ELEMENTS

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> 			

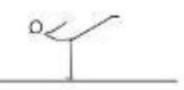
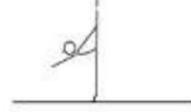
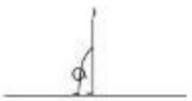
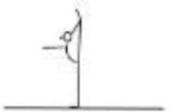
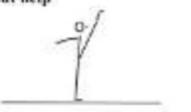
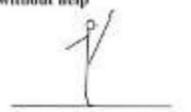
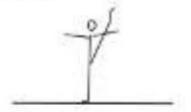
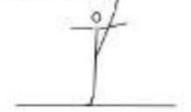
## ACROBATIC ELEMENTS

A	B
<p>Front and back walkover/all variations/</p> 	<p>Flic-flac</p> 
<p>Handspring/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> 	

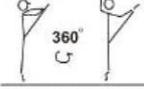
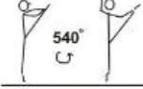
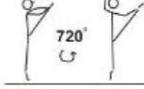
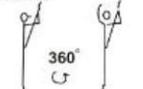
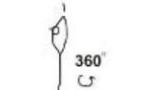
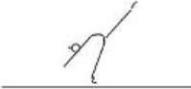
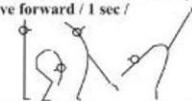
## ACROBATIC ELEMENTS

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> 

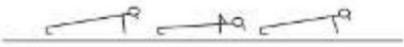
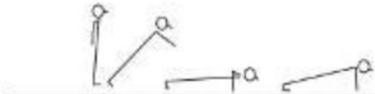
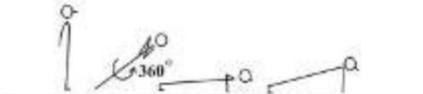
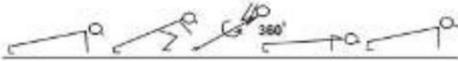
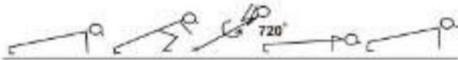
## FLEXIBILITY ELEMENTS

A	B	C	D
<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> 

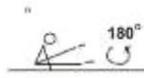
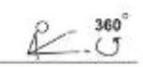
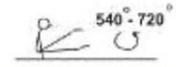
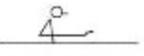
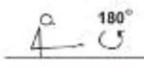
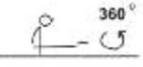
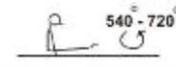
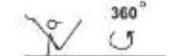
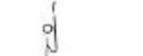
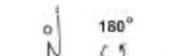
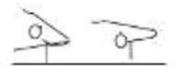
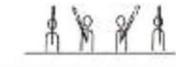
POWER ELEMENTS

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<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> 	

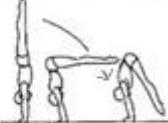
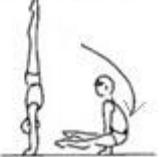
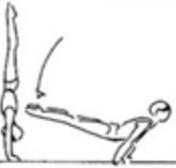
POWER ELEMENTS

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		

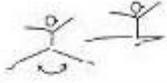
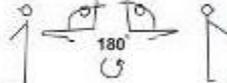
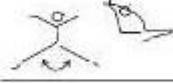
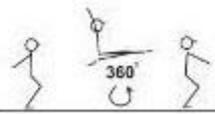
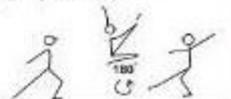
POWER ELEMENTS

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> 

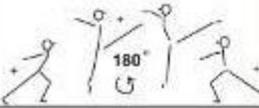
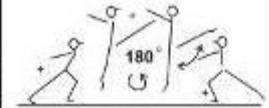
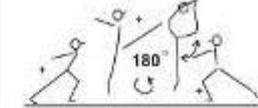
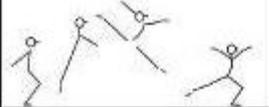
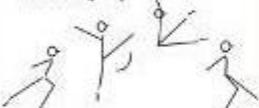
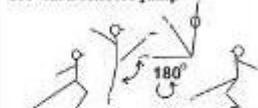
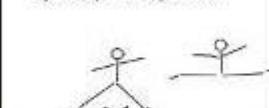
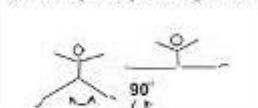
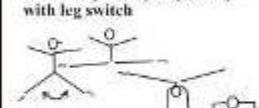
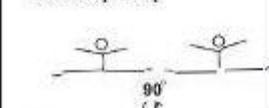
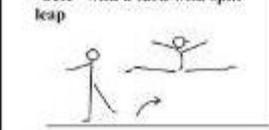
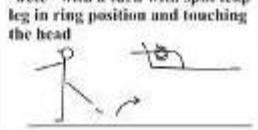
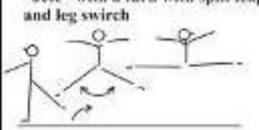
## New power elements and combinations: difficulty D

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

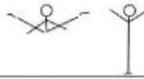
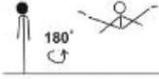
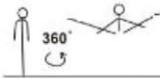
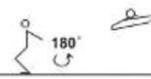
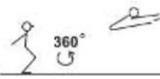
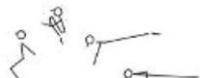
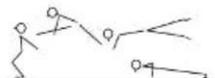
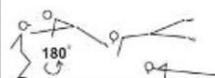
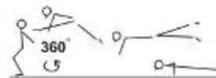
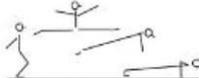
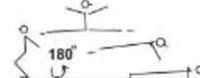
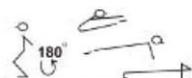
## ELEMENTS OF JUMPS

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

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> 