



WDA WORLD DANCE ASSOCIATION

Rules and regulations of Fitness Categories 2024

CATEGORIES and time durations:

SOLO (Fitness Dance, Fitness Show, Acrobatic Show)	1 competitor (male or female)	1'00"-1'45"
Fitness Dance DUO -TRIO	2-3 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 14 years old in the year 2024.

AGE CATEGORIES for SOLO

Fitness Dance Solo	Fitness Show Solo	Acrobatic Show Solo
6-7 years		
Mini 8 years		
Mini 9 years	Mini up to 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-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 Duo-Trio, 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.

AWARDS:

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

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 competitors 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
- It means 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!

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 (10-15 elements are recommended in a dance choreography)

FITNESS SHOW (Medium level) – more elements, more difficult elements (15-20 elements are recommended in a dance choreography)

ACROBATIC SHOW (Top level) – the routine should contain a large amount of difficult elements (more than 20 elements are recommended in a dance choreography)

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 12x10 m, covered by Fitness floor (tatami).**Description:**

- FITNESS is a spectacular acrobatic show dance which performance may use any kind of dance technique.
- 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, but **no Pyramide**.

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.**






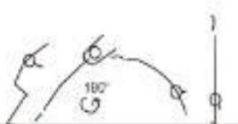
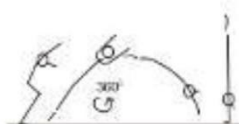

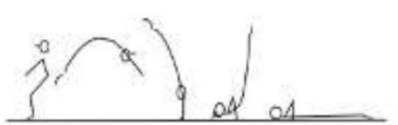

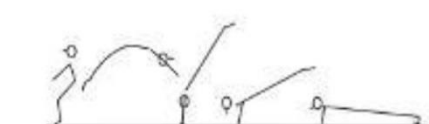
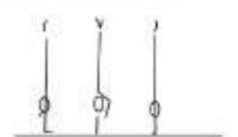
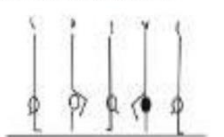



Category	difficulty of acrobatic elements	combination of acrobatic elements
Fitness Dance Solo Mini	ONLY acrobatic elements with hand support (cartwheel, walk-over)	maximum 2 elements combined
Fitness Dance Solo other age categories	without hand support only free-cartwheel and flic-flac	maximum 2 elements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

Prohibitions:

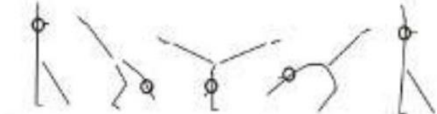



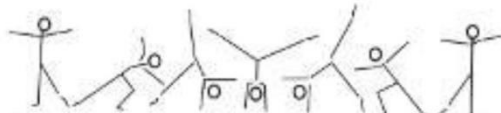

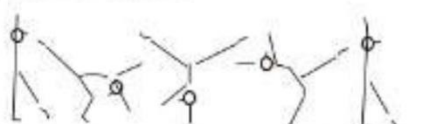


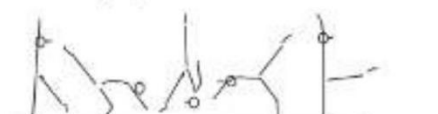

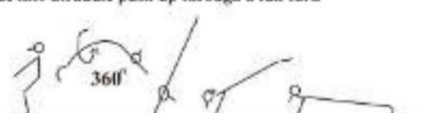



- **Usage of element prohibited - punishment: classification to the last place.**
- Usage of stage decoration is prohibited - a chair or any other standing object is not allowed.

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

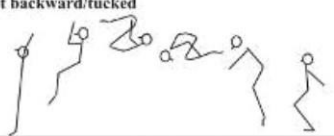
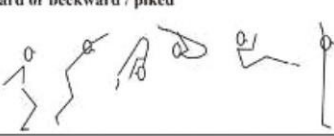
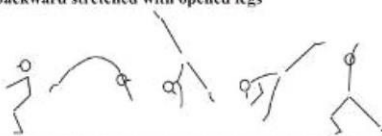
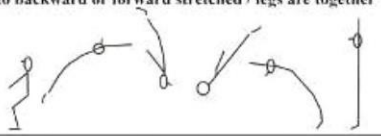
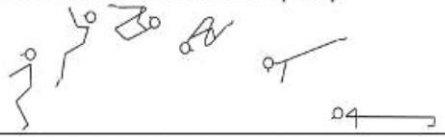
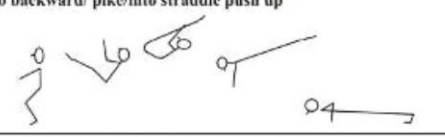
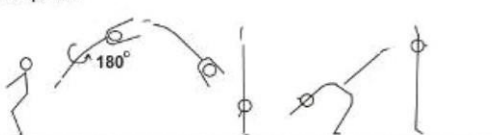
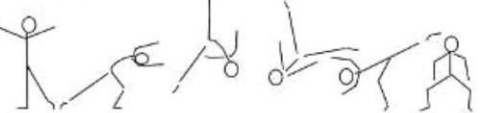
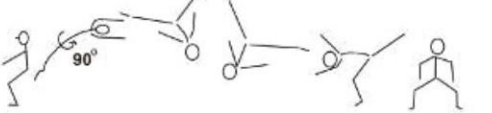
ACROBATIC ELEMENTS

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>Runcel</p> 			









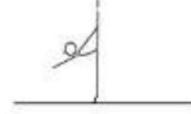
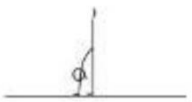



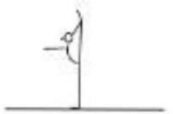


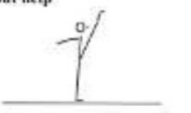
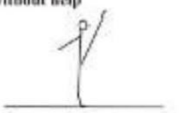

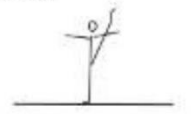
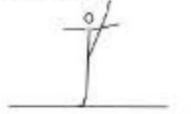

ACROBATIC ELEMENTS

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>Auerbach flic-flac</p> 
<p>Cinegas 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> 	

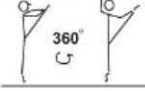
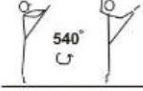
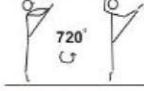
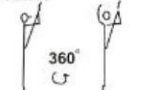

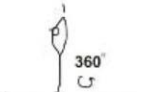


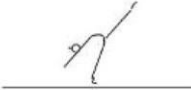




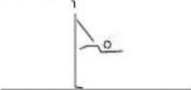

ACROBATIC ELEMENTS

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> 

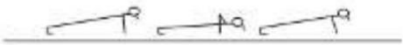






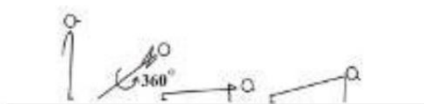


FLEXIBILITY ELEMENTS

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


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> 



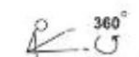
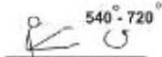

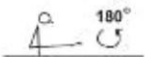
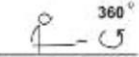
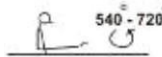
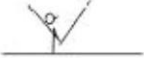
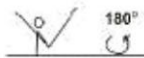
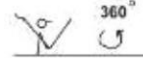

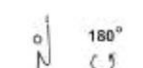





POWER ELEMENTS

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> 	

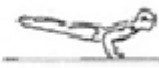

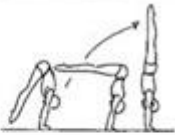
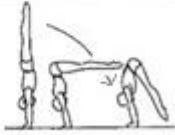




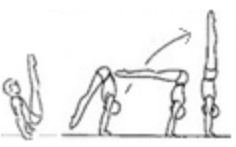
POWER ELEMENTS

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 		



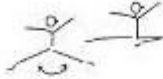



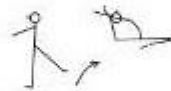
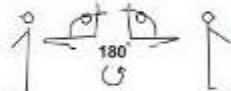
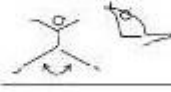

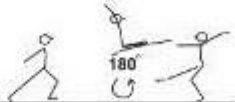
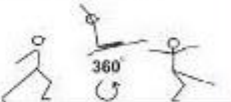

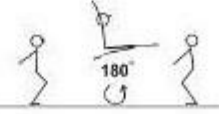
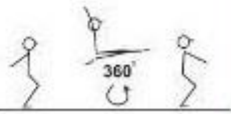
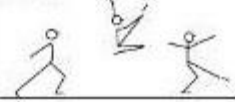

POWER ELEMENTS

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

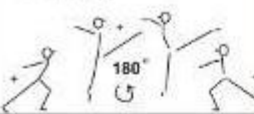
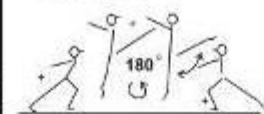
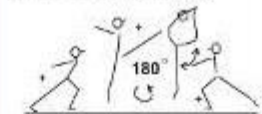
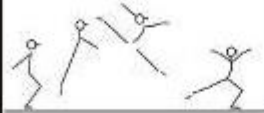
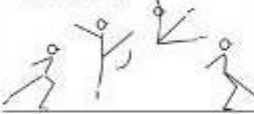
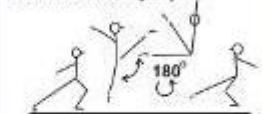


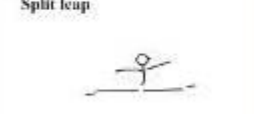

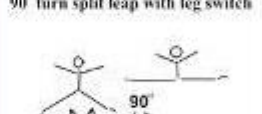
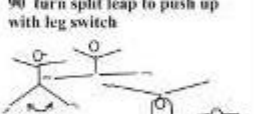
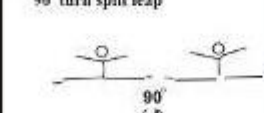
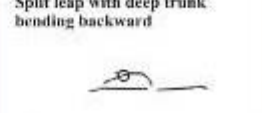
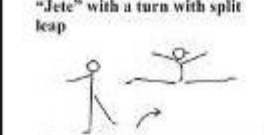
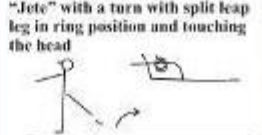
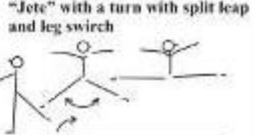
New power elements and combinations: difficulty D

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.	

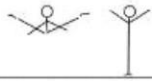
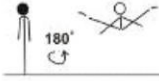
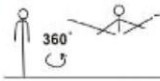

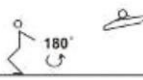
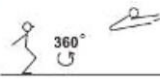
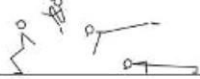
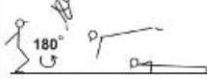
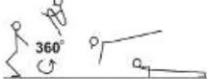
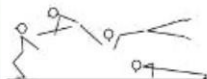
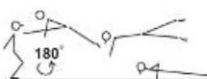
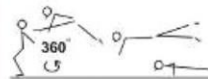
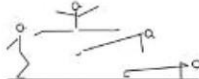
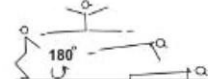


ELEMENTS OF JUMPS

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 Cossack leap 	360° turn Cossack leap 
	Cossack jump 	180° turn Cossack jump 	360° turn Cossack 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
Fouette leap 	Entrelace leap 	Entrelace leap - leg in ring 	
	Sissone jump 		
Scissors jump 		180° turn scissors jump 	
	Ring jump 	Ring jump / touching the head / 	
Split leap 	Split leap with leg switch 	90° turn split leap with leg switch 	90° turn split leap to push up with leg switch 
	90° turn split leap 		
		Split leap with deep trunk bending backward 	
	"Jete" with a turn with split leap 	"Jete" with a turn with split leap leg in ring position and touching the head 	"Jete" with a turn with split leap and leg switch 

ELEMENTS OF JUMPS

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