



**WDA WORLD DANCE
ASSOCIATION**

**Rules and regulations of
WDA World Dance Championship**
www.WDAdanceworld.com

FITNESS DANCE, Fitness Show, Acrobatic Show

CATEGORIES and time durations:

| | | |
|-------------------------------------------------------|-------------------------------------------------------|-------------|
| SOLO (Fitness Dance, Fitness Show, Acrobatic Show) | 1 competitor (male or female in the same category) | 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" |

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 16 years old in the year 2026.

| Fitness Dance Solo | Fitness Show Solo | Acrobatic Show Solo |
|---------------------------|--------------------------|----------------------------|
| 5-7 years | | |
| Mini 8 years | | |
| Mini 9 years | Mini up to 9 years | Mini up to 9 years |
| Kid 10 years | Kid 10 years | |
| Kid 11 years | Kid 11 years | Kid 10-11 years |
| Children 12 years | Children 12 years | |
| Children 13 years | Children 13 years | Children 12-13 years |
| Teen 14 years | Teen 14 years | |
| Teen 15 years | Teen 15 years | Teen 14-15 years |
| Junior 16-17 years | Junior 16-17 years | Junior 16-17 years |
| Adult | Adult | Adult |

Fitness DUO-TRIO:

MINI: up to 9 years old

KID: 10-11 years old

CHILDREN: 12-13 years old

JUNIOR: 14-15 years old

ADULT: from 16 years old.

In Duos-Trios the age group belongs to the oldest competitor.

Fitness GROUP (4-10 competitors) and FORMATION (over 10 competitors) regarding the average age in 2026:

MINI: up to 9 years old

KID: 10-13 years old

JUNIOR: 14-16 years old

ADULT: from 17 years old

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

SEMI-FINALS AND FINALS IN FITNESS AND ACROBATIC SHOW

- **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, Fitness Show, Acrobatic Show:

Technique: 1-10 points based on the difficulty of the elements presented,

Execution: 1-10 points for correct execution of elements, knees, spike, posture, etc.

Performance: 1-10 points for the show-like performance of the dance.

In the fitness exercise, the difficulty and execution of the elements performed will be given greater weight in the evaluation.

Avoid element repetition as it does not count as an additional technical point e.g. if there are three arabels in the routine, it should only be scored once, unless presented with different variations and element combinations, which can make the routine individual.

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 skill levels. The trainer must decide wick level his/her competitor competes at, each competitor can only compete at one level.

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

FITNESS SHOW (Medium level) – more elements, more difficult elements

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 12x10 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 technique.
- There are no poses, only fitness routines

Elements:

- The routine should contain at least 2 of each category of the elements: acrobatic, flexibility, jumps and power elements.
- **Elements must be correctly presented.** Faulty elements cause point deduction.
- In duo, trio and group routines 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.
- **Liftings** are allowed, but **no Pyramide.**
- **Power elements:** push-up is a basic element, Wensons, Straddel support, V support, L support, Press to handstand and lowering are more difficult elements, these are higher rates, please see the elements at the end of rules.



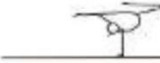


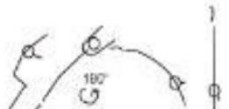






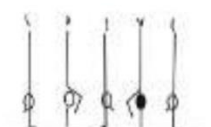


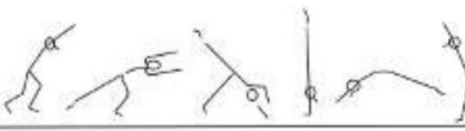
Stage decorations and props:

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

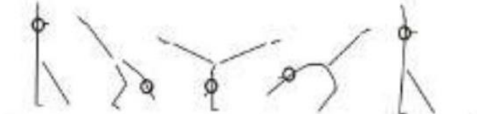



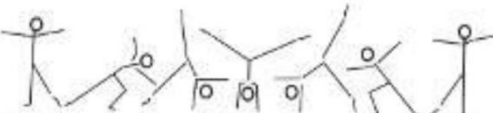

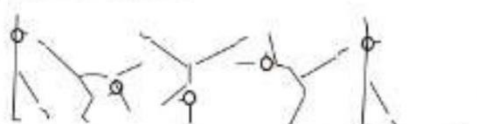


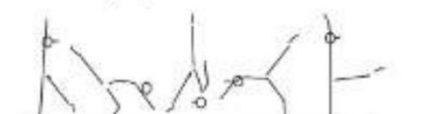





| Category | difficulty of acrobatic elements | combination of acrobatic elements |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|-----------------------------------|
| Fitness Dance Solo | without hand support only 1. free-cartwheel, 2. flic-flac and 3. front somersault into sitting position | maximum combination of 2 elements |
| Fitness Show Solo | all acrobatic elements can be used | maximum 3 elements combined |
| Acrobatic Show Solo | all acrobatic elements can be used | no limit |
| Duo, Trio, Group, Formation | all acrobatic elements can be used | no limit |
| Duo, Trio, Group, Formation: 4 elements presented by all competitors together is obligatory. | | |

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

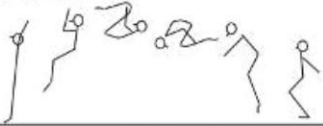

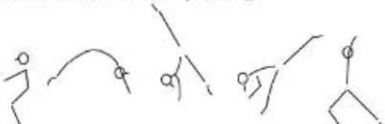
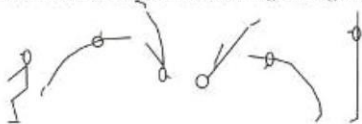
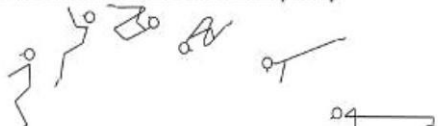
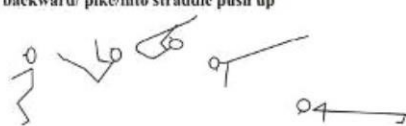
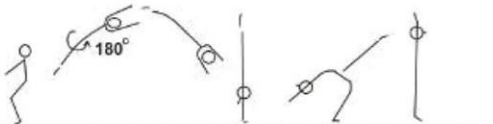


ACROBATIC ELEMENTS

| 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>  | | | |









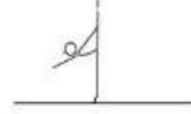
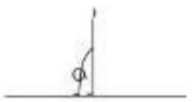



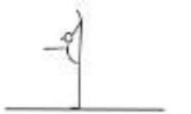


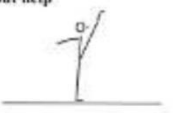
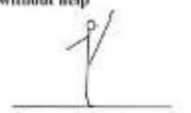

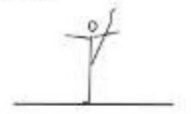
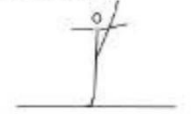

ACROBATIC ELEMENTS

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

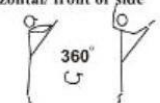
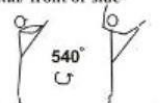
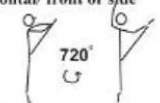
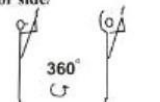
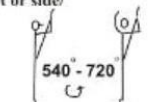

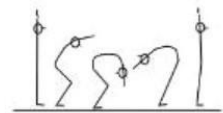
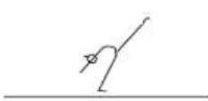
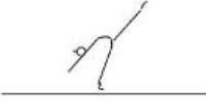
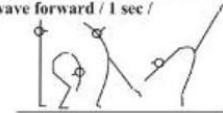

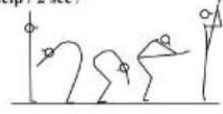
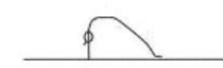


ACROBATIC ELEMENTS

| 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>  |

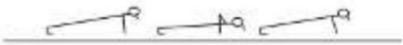






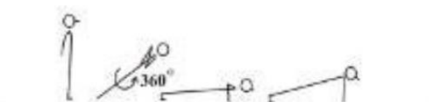
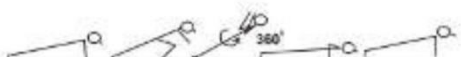
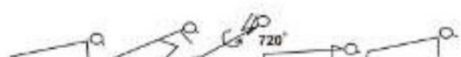
FLEXIBILITY ELEMENTS

| 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>  |


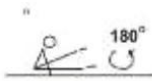

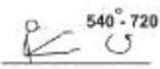
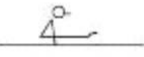
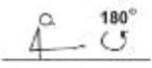

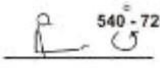

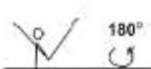
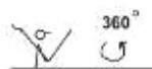

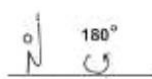


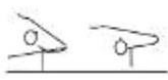


POWER ELEMENTS

| 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>  | |

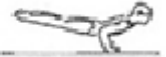





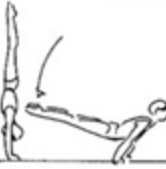


POWER ELEMENTS

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



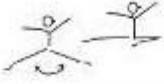



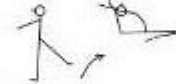
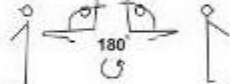


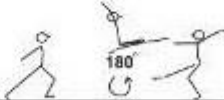


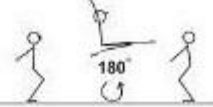

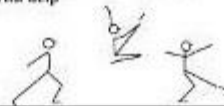
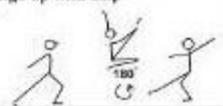
POWER ELEMENTS

| 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>  |

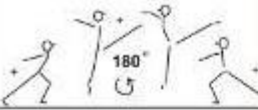
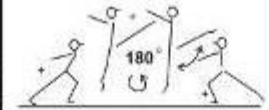
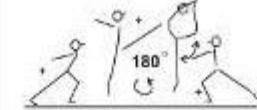
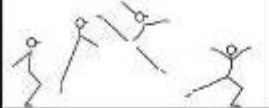
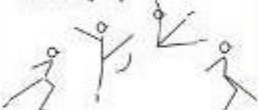
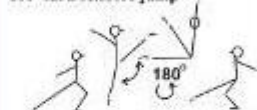

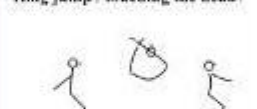

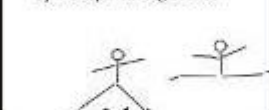
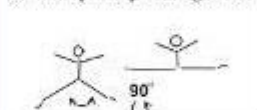
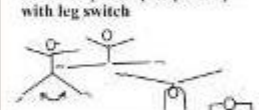
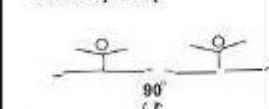


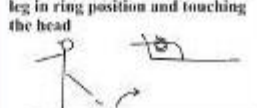
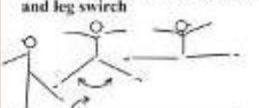
New power elements and combinations: difficulty „D”

| | |
|-------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| 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. |  |

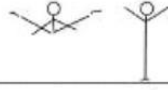
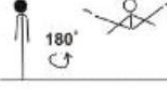
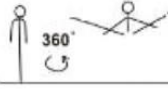

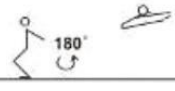
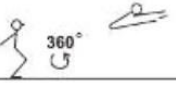
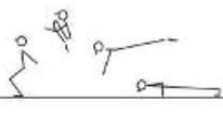
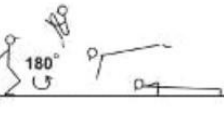
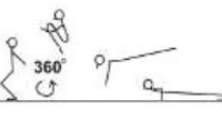
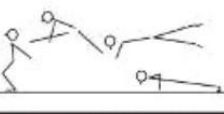
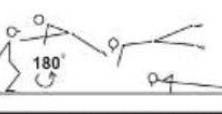
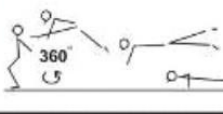
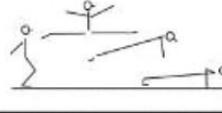
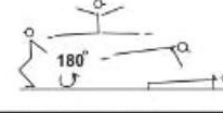
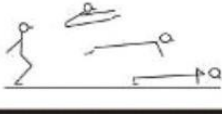
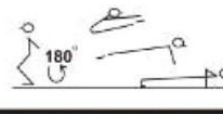
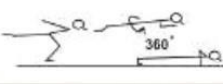
ELEMENTS OF JUMPS

| 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>  |