



POLISH FITNESS FEDERATION

President: Aleksandra Kobielaak
Mobile: +48 501 19 44 66
e-mail: fitnesspolandteam@gmail.com
www.fitnessfederation.eu
www.akademiafitness.eu



RULES AND REGULATIONS OF FITNESS

CATEGORIES: (male and female)

- Fitness Dance Solo
- Fitness Show Solo
- Fitness Acrobatic Solo
- Duo, Trio, Group (4-10 people), Formation (+11 People)
- Fitness Performance Solo
- Fitness Performance: Duo, Trio, Group (4-10 people), Formation (+11 People)

AGE GROUPS

The age of the dancer depends on the year of births (not the exact date, just year)
for example: SOLO: a dancer born in 2010 is 14 years old in the year 2024.

In Duos and Trio: Categories are created based on the average age of players
(For Example: duo with 2 competitors 12 and 14 years ($12+14=26/2= 13$ years = category duo in 13 years/ In Trio: 3 competitors 12 years + 13 years + 14 years = $39/3= 13$ = Category Trio in 13 years)

A category is created if there are at least 3 competitors in one age category.

The Organizer reserves the right to combine two categories, if there are less than 3 competitors in a category. (For example: Fitness Dance 8 years – 2 competitors, Fitness Dance 9 years – 2 competitors. We created one category 8-9 with 4 competitors)

Specification of **SPORT FITNESS: DANCE, SHOW, ACROBATIC, PERFORMANCE**

In FITNESS SOLO there are 3 different levels – TATAMI STAGE

- **FITNESS DANCE**
- **FITNESS SHOW**
- **FITNESS ACROBATIC**

The difference is the number of the elements and the difficulty – please see the details below in the table

One competitor must decide in which category according to advancement he will compete (Fitness Dance, Fitness Show, Fitness Acrobatic, cannot compete in 2 or 3 levels)

Duo, Trio, Group, Formations - there is no division by level of advancement, only by age

FITNESS PERFORMANCE – without TATAMI, choreography on the floor

- **Categories:** Solo, Duo, Trio, Group, Formation
- everyone can compete (it is another category than Fitness Dance, Show, Acrobatic)
- you can dance in various styles (ballet, hip, hop, modern, others), you can dance in shoes, ballet flats, socks, barefoot, other

FITNESS RULES 2024

LP	category	difficulty of acrobatic elements	combination of acrobatic elements	DETAILS
1	<u>FITNESS DANCE</u> all age categories	without hand support only free-cartwell and flic-flac Obligatory dance elements - at least one movement per 8 bars in one sequence/	maximum 2 elements combined	In every SOLO choreography, the following elements are obligatory in each category: 1) STRENGTH – minimum 2 strength elements (can be combined, which is scored higher on the difficulty scale) 2) JUMPING – minimum 2 jumps 3) ACROBATIC – in accordance with the category guidelines 4) DANCE - elements in building choreography should be combined with dance elements to emphasize the expression of the competitor's personality on stage (obligatory dance in Fitness DANCE). Any dance style is accepted (e.g. classical ballet, jazz, disco, aerobics, hip-hop, etc.)
2	<u>FITNESS SHOW</u> all age categories	all acrobatic elements can be used	maximum 3 elements combined	
3	<u>FITNESS ACROBATIC</u> all age categories	all acrobatic elements can be used	no limit	
4	<u>FITNESS PERFORMANCE - NEW CATEGORY</u> all age categories	The routine is performed on the dance floor (without gymnastic mats). All dance styles are allowed	Only one ANY acrobatic element per sequence is allowed (max. 1 element)	
5	<u>DUO, TRIO, GROUP, FORMATION</u>	all acrobatic elements can be used. There must be at least 1 dynamic element (e.g. short-term contact with the partner, e.g. jumping,) and 1 static element lasting at least 3 seconds (e.g. pyramid, there should be physical contact)	no limit	For Duo, Trio, Group and Formation, a minimum of 4 elements are required (one each from the categories of strength, jumping, acrobatics, dance) presented by all people from the duet, trio, group and formation. The layout should present, among others: two synchronizations of the players' movements.

DESCRIPTION:

- SPORT FITNESS is a spectacular „acrobatic show dance“ which choreographies may use any kind of dance technics.
- There are no poses, only fitness routines

ELEMENTS:

- In The Fitness Routine of minimum 4 elements is obligatory, mixed in acrobatic, flexibility, force (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 dancers at the same time or in canon). Liftings are allowed.
- Elements in row (combination): the elements may be performed independently or connected in a row.
- Set of elements must be correctly presented and smoothly involved in the dance steps.

Stage decorations and props:

- Decoration on the stage should be submitted and approved by the organizer. (object which can harm the fitness floor is not allowed)
- Usage of small hand props, which can be held in hand as a tool, are allowed.

MUSIC:

any music at own discretion. Pay attention to the words in the song (no swear words)

Categories and time durations:

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

Prohibitions (point deduction.)

- getting behind the mat during a fitness routine
- No continuous lip-synch (mouth movement for music, singing). Punishment: point deduction.
- the costume reveals the buttocks (fitness costumes must cover the entire buttocks (shorts are allowed)

FOR ORGANIZERS:

STAGE:

- The stage is covered by Fitness Floor TATAMI minimum 11 x 11m (target dimension 12 x 12 m)

PRICES:

- diploma for every dancers (with: name of competitions, date, name and surname competitor, name of category, place)
- small medal for participation for every dancers
- trophies to the 1st-3rd places
- Medals to the 1st-3rd places should be gold, silver and brown. Medal for participation should be in bronze.
- The all medals, trophies and diploma must have the Title of Fitness competition, date, and category of fitness
- European and World Championship - Athem in international competitions for the decoration of finalists
- In the Name of competition must have word "FITNESS"
- Baner of the stage must have also title with "Fitness"

START FEE

- Solo: 180 PLN/ per dancer | 40 euro/ per dancer
- Duo-Trio: 150 PLN / per dancer | 33 euro/ per dancer
- Group/Formation: 80 PLN / per dancer | 18 euro / per dancer

JURY

Jury members are high qualified international judges, there are 5 judges in each category.

ADJUDICATION, EVALUATION

The Judging system is a combined system. These principles of the adjudication are the followings:

- **Technical content** 1-10 point
- **Difficult of elements** : 1-10 points
- **Choreography + presentation:** 1-10 points
- judges will judge the places (First place = 1, second place = 2, third place = 3)
- places on the podium (1, 2, 3) cannot be ex aequo. Ex aequo can be over 4 place

- if there are 5 judges in the panel and the two extreme scores are deleted, 3 notes are taken into account for the point. The best mark may be awarded to the competitor in this case for 3 points (1 point (1 place) from each judge).
- If there are 3 judges in the judging panel, the extreme scores are not crossed out. the points (places) of 3 judges are counted