



CATEGORIES

Solo: naturally danced by only one dancer (male or female)

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

Group: danced by minimum 4, maximum 10 dancers

Formation: danced by minimum 11 dancers.

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

AGE GROUPS

The age of the dancer depends on the year of births (not the exact date, just year)
for example: a dancer born in 2010 is 10 years old in the year 2020.

AGE CATEGORIES for SOLO and DUO-TRIO:

MINI: 9 years old or younger.

KID: 10-11 years old

CHILDREN (JUVENILE): 12-13 years old

TEEN: 14-15 years old

JUNIOR: 16-17 years old

ADULT: from 18 years old.

AGE GROUPS for GROUP and FORMATION categories:

MINI: 10 years old or younger

KID: 11-13 years old

JUNIOR: 14-16 years old

ADULT: from 17 years old

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

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: 20 Euro / dancer
- Group/Formation: 15 Euro / dancer

PRICES:

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

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

SEMI-FINALS AND FINALS

- **Semi-finals** if in category will be more than 12 person judges give places only 1-12

ADJUDICATION, EVALUATION

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

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

Specification of FITNESS DANCE

The stage is covered by Fitness floor (tatami) – at least 10 x 10 m

Music: any music at own discretion.

Categories and time durations:

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

Description:

- **FITNESS DANCE is a spectacular acrobatic show dance which performance may use any kind of dance technics.**
- **Fitness routines may be entered to FITNESS DANCE category taking into account the followings:** 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!

Elements:

- **The performance of minimum 4 elements is obligatory, mixed in acrobatic, flexibility, force 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).**
- In duo/trio and group choreography the elements presented by only one or several dancers.
- **Elements in row (combination):** the elements may be performed independently or connected in a row.
- Acrobatic elements must be correctly presented and smoothly involved in the dance steps.
- **Liftings** are allowed.
- Solo and standing parts in the dance are allowed but must not dominate.
- **Turns** are part of the dance, they do not count in the elements.

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 object, which can harm the fitness carpet is not allowed.

In SOLO there are 3 different levels:

1. **FITNESS DANCE (level 1) – like category “B”**
2. **FITNESS SHOW (level 2) – like category “A”**
3. **ACROBATIC SHOW (level 3) – like category A+**

The difference is the number of elements and the difficulty level of elements
– please see the details below.

EACH CATEGORY HAS DIFFERENT APPLICATION FORM!!

Please download in your computer:

1. **Fitness Dance [B] – Application Form ME, 23.11.2019**
2. **FITNESS SHOW [A] - Application Form ME, 23.11.2019**
3. **ACROBATIC SHOW [A+] - Application Form ME, 23.11.2019**

DUO-TRIO/ GROUP/ FORMATION – is one level (NOT Fitness dance, fitness show and acrobatic show.) – APPLICATION FORM duo-trio/group/formation – you find in every application form.
After sending, the organizer combines entries from each registration form with the division into DUO-TRIO, GROUP, FORMATION **only by age.**

Category	number of elements	difficulty of acrobatic elements	combination of acrobatic elements
Fitness Dance Solo Mini	4 - 16	ONLY acrobatic elements with hand support (cartweel, walk-over)	maximum 2 elements combined
Fitness Dance Solo other age categories	4 - 16	all acrobatic elements can be used	maximum 3 elements combined
Fitness Show Solo Mini	4 - 20	without hand support only free-cartweel and flic-flac	maximum 3 elements combined
Fitness Show Solo other age categories	4 - 20	all acrobatic elements can be used	maximum 3 elements combined
Acrobatic Show Solo in all age categories	min. 4 no limit	all acrobatic elements can be used	no limit
Duo/Trio, Group, Formation	min. 4	only in Mini age category elements without hand support are prohibited	no limit
Duo-Trio, Group, Formation 4 elements presented by all dancers are obligatory			

Prohibitions:

- **One extra element results point deduction, more extra elements results classification to the last place.**
- **Usage of element prohibited - punishment: classification to the last place.**
- No continuous lip-synch (mouth movement for music, singing). Punishment: point deduction.

Attention:

if the dancer presents an element twice, this counts 2 elements



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