



RULES AND REGULATIONS

July 2026

1 GENERAL INFORMATION

IBFF FIT KIDS was officially recognized as a IBFF subunit by the IBFF Executive Council in 2019 (Koper, Slovenia). The IBFF Fit Kids President is Slobodanka Tintor, Croatia.

By registering for the IBFF Fit Kids event, participants agree to the Rules and Regulations of IBFF Fit Kids. In becoming a member of the IBFF, country representative and/or other members accept that the Rules and Regulations exist for the good of the sports of Children's Fitness. Constitutionally, the IBFF Fit Kids President has authority to prescribe and amend the Rules and Regulations. Should the Constitution and Rules be contravened by any member, the IBFF has authority to impose disciplinary measures against that member or canceling the country representative license.

Each member country has its own president and representative at the annual IBFF Fit Kids meeting. The meeting is held during the World Championship. The presidents discuss about the upcoming events, candidating for the hosts of European and World Championship for the following year, improvements of IBFF Fit Kids, etc.

In consideration of being allowed to participate in any way in IBFF Fit Kids, related events and activities, the participants acknowledges, appreciates, and agrees that:

1. *The risk of injury from the activities involved any IBFF Fit Kids events is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist,*
2. *I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the releasees or others, and assume full responsibility for my participants,*
3. *I willingly agree to comply with the stated and customary terms and conditions for participation.*
4. *for myself and on behalf of my heirs, assigns, personal representatives and next of kin, hereby release and hold harmless „IBFF Fit Kids“ their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the events, with respect to any and all injury, disability, death, or loss or damage to person or property, whether arising from the negligence of the releasees or otherwise, to the fullest extent permitted by law.*
5. *I certify that my athletes are physically fit, have sufficiently trained for participation in IBFF Fit Kids events and have not been advised otherwise by a qualified medical person.*
6. *I understand that at IBFF Fit Kids or related activities team may be photographed. I agree to allow photo, video, or film likeness to be used for any legitimate purpose by the event holders, producers, sponsors, organizers, and/or assigns.*

2 MEMBERSHIP

2.1 IBFF Fit Kids Presidents

Each President of IBFF Fit Kids serves as the intermediary entity between the IBFF Fit Kids and any groups, associations, schools, clubs, judges, or other individuals within their respective countries who desire to partake in IBFF Fit Kids Events. You can find the list and their contact information on our official website.

The president's license will be revoked if they fail to develop the federation in their country and limit membership to athletes from only one club.

IBFF Fit Kids Presidents must:

- Adhere to all regulations outlined in the IBFF Fit Kids Statutes and Rules & Regulations.
- Consistently endeavor to ensure equitable representation for all their members in all interactions with the IBFF Fit Kids, without bias or favoritism.
- Make every effort to offer equal opportunities to all their members who express a desire to take part in IBFF Fit Kids and develop the federation in their countries.
- Distribute all relevant information available on the IBFF Fit Kids website to any individuals keen on engaging in IBFF Fit Kids Events in their countries
- Obligated to pay the annual fee (150€)
- Register the contestants for Balkan, European and World Championships and Cups under their country team (eg. Team Slovenia, Team Austria)
- Register athletes from their countries by the deadline for the current year by submitting:
- Table of athletes (full name, year of birth, photograph – professional-style headshot with a white background)
- Register the judges and coaches from their country for licensing seminars
- Decide who can organize IBFF Fit Kids events in their country
- The only person responsible for all the communication, discussions and complaints to the IBFF Fit Kids President (none of these will be accepted from coaches and/or parents)
- Attend the Annual General Assembly. Attendance is mandatory for all national presidents.

2.2 IBFF Fit Kids Members

- Starting with January, 2020, IBFF Fit Kids members (athletes) are obligated to pay the annual fee (10 EUR).
- Starting with January, 2026, IBFF Fit Kids members (coaches) are obligated to pay the annual fee (10 EUR).
- Members are athletes who compete regularly and they are obligated to compete at the World/European Championships.
- All members must have an official ID card issued upon their first registration which they must present at every competition. This ID also serves as accreditation for coaches, and without it, they are not permitted to access the backstage area.
- Presidents must register the members and pay for the fee by January 31 each year. Instructions are sent every year to the Presidents.

2.3 IBFF Fit Kids Judges and Coaches

- Judges may be only from IBFF Fit Kids member country.

Judge license:

- All IBFF Fit Kids judges must renew their judging license once per calendar year by attending the official IBFF Fit Kids Judges Licensing Seminar.
- Annual licensing is mandatory for all judges wishing to officiate at IBFF Fit Kids competitions.
- Attendance at the annual licensing seminar is free of charge for Presidents of National Federations.
- All other participants are required to pay the licensing seminar fee determined by the Federation.
- Each National Federation President has the right to nominate candidates from their country to attend the seminar and obtain an IBFF Fit Kids judging license.
- Only judges holding a valid annual IBFF Fit Kids license are permitted to judge at official IBFF Fit Kids competitions.
- Candidates take one day class and seminar, and do the exam at the end. The seminar takes place once or twice a year during the major IBFF Fit Kids Events.
- The President determines who is eligible to take the judge's exam (it is mandatory to provide proof of at least 10 years of experience in the sport).
- Judges may be national or international.

Coach license:

- Candidates take one day class and seminar, theoretical and practical parts.
- The President registers candidates for the coaching seminar (they must also have experience as athletes in that sport).

2.4 Disciplinary Regulations

To preserve fair competition, ensure equal conditions for all competitors, and protect the reputation of IBFF FIT KIDS, the following regulations shall apply:

- Every competitor, coach, club, and official is required to comply with the Federation's rules, the principles of good sportsmanship, and all decisions made by the event organizer.
- A competitor who qualifies for the European Championship or the World Championship/World Final through an official IBFF FIT KIDS qualifying event must compete with the same registered choreography that earned the qualification, unless an official exception has been approved by the Federation.
- A qualification obtained in a competitor's home country is valid exclusively for the corresponding IBFF FIT KIDS European Championship, World Championship, or World Cup, and may not be transferred to other competitions or other federations.
- A competitor who performs the same choreography at qualifying events organized by another federation for the same championship or the same competitive season may lose the right to participate in the IBFF FIT KIDS European Championship, World Championship, or World Cup.

- Providing false information, submitting forged documents, violating age category regulations, failing to comply with competition rules, or displaying unsportsmanlike conduct shall result in disqualification.
- Any conduct that damages the reputation of the IBFF FIT KIDS Federation, the event organizer, judges, or other participants may result in disqualification, suspension, or a ban from future IBFF FIT KIDS events.
- All disciplinary matters shall be decided by the IBFF FIT KIDS Disciplinary Committee. The Committee's decision shall be final.
- Coaches are responsible for reading these Regulations in full and ensuring they are familiar with all rules and requirements.
- Entries for the European Championship, World Championship, or World Cup may only be submitted by the National President or a person officially authorized by the National President.
- Any violation of these Regulations or any inappropriate, offensive, or unsportsmanlike conduct by a coach, parent, or competitor during an event shall result in the suspension of the entire club for a minimum period of one (1) year. Any decision regarding continued membership in the Federation shall be made exclusively by the Federation Presidents.
- Demonstrating, prompting, or coaching a choreography while the athlete is performing on stage is strictly prohibited and shall result in the immediate disqualification of the competitor.
- Any verbal abuse, insults, or offensive behaviour directed at judges by a coach shall result in permanent expulsion from the IBFF FIT KIDS Federation.

3 ORGANIZATION OF IBFF FIT KIDS EVENTS

See document ‘ORGANIZATION OF IBFF FIT KIDS EVENTS’

4 COSTUMES, PROPS & MUSIC

4.1 COSTUMES

Costumes must ensure full coverage of intimate areas and reflect age, gender, and discipline-appropriateness.

4.1.1 General Costume Rules

- Costumes must cover buttocks, bust, and pubic areas with non-transparent fabric. Skin-tone fabrics must also be lined.
- Abbreviated bikini tops, tube tops, and thong-style bottoms are prohibited.
- Male dancers must wear supportive dance undergarments. A dance belt is recommended. A dance belt alone is not a valid costume.
- Religious or political symbols may only be used when thematically appropriate and must not offend the public.
- Jewelry should be avoided unless it is clearly part of the costume.

4.1.2 Costume Coverage Requirements

- The buttock area is defined from the crease between the leg and buttocks up to the hip line. This area must be fully covered.
- The panty line must cover the entire buttocks and follow the natural line between the torso and thigh. The vertical distance between the panty line and hip line should be at least 5 cm (2 inches).
- Thongs, thong appliqués, and similar cuts or imitations are strictly prohibited.
- For female dancers, the breasts must be covered at all times.
- Male dancers may perform shirtless, provided the rest of the costume complies with rules.
- No bikini tops or tube tops allowed in any category or age division.

4.1.3 Makeup, Music, and Theme Guidelines

- Makeup and themes must be age-appropriate.
- Explicit lyrics, sexually suggestive choreography, or violent themes are not allowed.
- Head Judges may issue warnings for inappropriate costuming or music. If not corrected in the next round, deductions or disqualification may follow.

4.2 PROPS

4.2.1 General Rules

Props are allowed as part of a performance but must be:

- Carried on and off stage by dancers and/or coach in one trip
- Set up and removed within a time limit:
 - Solo/Duo/Trio: 10 seconds
 - Group: 25 seconds
 - Formation: 30 seconds

Timing starts when the first piece touches the stage and ends when the last item is removed.

4.2.2 Safety and Cleanliness

Dangerous props are strictly prohibited, including:

- Large props that might be dangerous while doing aerial/acrobatic elements
- Fire, weapons, sharp objects, glass, or live animals
- Props or substances that leave residue on the stage are forbidden, including:
- Glitter, confetti, paint, sand, powder, liquid, gels, aerosols

Studios are responsible for cleaning the stage within 1 minute after their performance if required.

Violations may lead to warnings, deductions, or disqualification.

Battery-powered devices (e.g., personal lights) are allowed.

Props requiring electrical sockets are not allowed.

4.3 MUSIC

4.3.1 Time Limits

Solo	2:30 min
Duo/Trio	3:00 min
Group	5:00 min
Formation	6:00 min
Production	8:00 min

There is no minimum time limit.

Routines exceeding the time limit by more than 10 seconds will receive a 0.5 point deduction. More than 30 seconds results in disqualification.

4.3.2 Music Guidelines

- Music must be appropriate for the age division and category.
- Music with explicit content, sexual references, or guttural vocal sounds is strictly prohibited.
- Teachers must select music that supports positive, expressive, and artistic performance.
- Any inappropriate lyrics or sound content may result in penalties or disqualification.

5 DISCIPLINES

5.1 FIT KIDS

5.1.1 Age Categories and structure

Category	Age
SOLO 1	3–5 years
SOLO 2	6 years
SOLO 3	7 years
SOLO 4	8 years
SOLO 5	9 years
SOLO 6	10 years
SOLO 7	11 years
SOLO 8	12 years
SOLO 9	13 years
SOLO JUNIOR 1	14–15 years
SOLO JUNIOR 2	16–17 years
BOYS 1	Under 10 years
BOYS 2	Over 10 years
SENIOR	+18y

Duo 2 / Trio 3 / Group 4-10
Formation 11-15 / Production 16+*
(number of participants)

Duo/Trio/G/F/P	Age
Baby	3–5 years
Mini Kids	5–8 years
Kids	9–11 years
Junior	12–14 years
Youth	15–17 years
Senior	18+

Note:

- Age is calculated as of **January 1st** of the competition year.
- For group entries, the average age is calculated by adding the ages of all dancers and dividing by the number of dancers. Round down to the nearest whole number.
- The average age may not fall more than one full age category below the oldest member of the group.

5.1.2 Competition Categories

Fit Kids athletes are divided into two levels based on skill, experience, and training duration:

Category A – Advanced (Category A athletes cannot compete in Category B!)

Category B – Basic (Category B athletes cannot compete in Category A!)

5.1.3 Element Guidelines

Element Type	Category A	Category B
Strength	Planche, straddle hold, handstand press, one-arm push- up	Straddle hold, basic handstand, plank, leg lifts
Flexibility	Oversplits, bridges, standing backbends	Front/side splits, bridges, bridge kickover
Acrobatics	Somersault, Layout, Twisting flip, Aerial cartwheel, Flick- flack, walkover, back handspring	Aerial cartwheel, Flick-flack, walkover, back handspring
Static elements	Must be held minimum 2 second	Held under 2 second

5.1.4 Judging Criteria

Technical Elements – 80%

Strength Elements (30%) – Planche, handstands, press holds, push-ups

Flexibility Elements (25%) – Splits, bridges, walkovers, high kicks

Acrobatic Elements (25%) – Jumps, aerials, flips, handsprings

Judges will assess:

- Number and complexity of elements
- Precision, amplitude, and control
- Execution within athlete's age and category limits
- Presentation and stage presence
- Musical interpretation
- Choreographic creativity
- Energy, expression, and synchronization

5.1.5 Scoring System

4 - 5: Poor – signifies inappropriate category, bad form.

6: Not bad, but needs more work.

7: Average – Additional practice is needed; some elements are executed poorly.

8: Very good.

9: Excellent.

10: Outstanding: without any errors and excellent synchronization of dancers.

5.1.6 Execution Deductions

Error	Deduction
Bent arms or knees, extended toes	0.3 – 0.5
Element not held 2 seconds	0.3 – 0.5
Poor posture / low amplitude	0.3 – 0.5
Stepping outside the floor area	0.3
Loss of balance or fall	1.0 – 1.5
Incomplete or unsafe execution	1.0
Wrong category entry	1.0

5.1.7 Prohibited Movements

The following elements are not allowed in Fit Kids routines in any category:

- Double flips, neck drops, or uncontrolled landings
- Headspins or head-supported balances
- Movements deemed unsafe for the athlete's age or experience

Category B routines must not contain any somersault, aerial flips or advanced acrobatic combinations!

5.1.8 Tie-Breaking Procedure

In the event of a tied final score:

- The athlete/team with the higher technical score will be ranked higher.
- If still tied, the artistic score will determine placement.
- If both remain equal, the judging panel will deliberate and make a final decision.
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5.1.9 Coach and Team Conduct

- Coaches are prohibited from approaching judges or commenting during performances.
- Disrespectful behavior from coaches, team members, or supporters may result in point deductions or disqualification.
- All choreography must reflect positive sportsmanship, respect, and appropriate artistic values.

5.1.10 Protests and Video Review

- Video reviews are not permitted unless the footage comes from the official event recording team.
- All judging decisions are final and not open to discussion or challenge.
- Protests must be submitted by the team leader within 30 minutes of the category ending, in writing.

5.1.11 Re-Start Rules

Allowed Re-Start (without penalty):

- Music error caused by the organizer
- Technical issue outside of the athlete's control

Penalty Re-Start:

- If an athlete forgets the choreography or stops the routine without external cause, they may restart at the end of the same category, but will receive a 30% score deduction

Re-starts must be requested by the team leader or coach, not the athlete.

5.1.12 Large Categories and Qualification

To ensure fairness in large categories (e.g., over 50 athletes):

- Preliminary rounds may be split into groups
- A maximum of three rounds may be used (qualifying/qualifier – semifinal – final)
- The number of finalists is determined by the Head Judge based on performance quality and time availability
- Judging must remain consistent: same panel judges all rounds of a single category
- After rounds with a minimum of 15 athletes, all athletes must come to the stage together at the end of the category so the judges can review them once more.

5.2 ACRO DANCE

5.2.1 Age categories and structure

Category	Age
SOLO 1	3–5 years
SOLO 2	6 years
SOLO 3	7 years
SOLO 4	8 years
SOLO 5	9 years
SOLO 6	10 years
SOLO 7	11 years
SOLO 8	12 years
SOLO 9	13 years
SOLO JUNIOR 1	14–15 years
SOLO JUNIOR 2	16–17 years
BOYS 1	Under 10 years
BOYS 2	Over 10 years
SENIOR	+18y

Duo 2 / Trio 3 / Group 4-10

Formation 11-15 / Production 16+*

(number of participants)

Duo/Trio/G/F/P	Age
Baby	3–5 years
Mini Kids	5–8 years
Kids	9–11 years
Junior	12–14 years
Youth	15–17 years
Senior	18+

Group Age Calculation:

- The average age is calculated by adding the ages of all dancers and dividing by the total number of dancers.
- Round up to the nearest whole number.
- The average age may not fall more than one full age division below the oldest dancer in the entry.

5.2.2 Competition Categories

Acro Dance athletes are divided into two levels based on skill, experience, and training duration:

Category A – Advanced (Category A athletes cannot compete in Category B!)

Category B – Basic (Category B athletes cannot compete in Category A!)

5.2.3 Discipline Characteristics

Acro Dance is a combination of dance technique and acrobatic elements. It must contain fluid transitions between dance and acrobatics, with emphasis on:

- Strength, flexibility, control, and balance
- Clean, controlled tumbling, walkovers, saltos, aerial tricks
- Artistic musicality and choreographic originality
- 60% Acrobatic Elements and 40% Dance Elements

The choreography must demonstrate a harmonious fusion of acrobatics and dance, not separate parts. Abrupt transitions or disjointed routines will result in deductions.

5.2.4 Judging Criteria

Technical Execution	60%
Acrobatic Elements	30%
Dance Technique	30%
Artistic Performance	40%
Musical Interpretation	15%
Choreographic Structure	15%
Stage Presence & Energy	10%

Judges will assess:

- Precision and control in both dance and acrobatic elements
- Variety and complexity of movements
- Creativity, musical connection, and transitions
- Appropriateness for the dancer's age and division

5.2.5 Element Guidelines

Acrobatic Elements May Include:

- Walkovers (front/back), aerial cartwheel, back handspring, side aerial
- Rolls, handstands, elbow stands, headstands
- Saltos and layouts (for older age groups only)

Dance Elements Must Include:

- Turns, leaps, kicks, footwork, extensions
- Floor transitions, group patterns, partner work

Element Type	Category A	Category B
Strength	Planche, straddle hold, handstand press, one-arm push- up	Straddle hold, basic handstand, plank, leg lifts
Flexibility	Oversplits, bridges, standing backbends	Front/side splits, bridges, bridge kickover
Acrobatics	Somersault, Layout, Twisting flip, Aerial cartwheel, Flick- flack, walkover, back handspring	Aerial cartwheel, Flick-flack, walkover, back handspring
Static elements	Must be held minimum 2 second	Held under 2 second
Dance Elements	Andvaced Turns, leaps, kicks, footwork, extensions	Basic Turns, leaps, kicks, footwork, extensions

5.2.6 Execution Deductions and score system

Error	Deduction
Bent arms or knees, extended toes	0.3 – 0.5
Element not held 2 seconds	0.3 – 0.5
Poor posture / low amplitude	0.3 – 0.5
Stepping outside the floor area	0.3
Loss of balance or fall	1.0 – 1.5
Incomplete or unsafe execution	1.0
Wrong category entry	1.0

5.2.7 Scoring System

4 - 5: Poor – signifies inappropriate category, bad form.

6: Not bad, but needs more work.

7: Average – Additional practice is needed; some elements are executed poorly.

8: Very good.

9: Excellent.

10: Outstanding: without any errors and excellent synchronization of dancers.

5.2.8 Prohibited Movements

- Double flips, neck drops, or any element with uncontrolled landing
- Dangerous head-supported acrobatics (e.g., headspins, headstands in younger divisions)
- Elements exceeding the athlete's safe capacity for their age and level
- Use of props or staging that interferes with acrobatic execution
- In the Acro Dance category, the choreography must not contain more than two acrobatic lines

5.2.9 Tie-Breaking Procedure

In the event of a tied final score:

- The athlete/team with the higher technical score will be ranked higher.
- If still tied, the artistic score will determine placement.
- If both remain equal, the judging panel will deliberate and make a final decision.

5.2.10 Coach and Team Conduct

- Coaches are prohibited from approaching judges or commenting during performances.
- Disrespectful behavior from coaches, team members, or supporters may result in point deductions or disqualification.
- All choreography must reflect positive sportsmanship, respect, and appropriate artistic values.

5.2.11 Protests and Video Review

- Video reviews are not permitted unless the footage comes from the official event recording team.
- All judging decisions are final and not open to discussion or challenge.
- Protests must be submitted by the team leader within 30 minutes of the category ending, in writing.

5.2.12 Re-Start Rules

Allowed Re-Start (without penalty):

- Music error caused by the organizer
- Technical issue outside of the athlete's control

Penalty Re-Start:

- If an athlete forgets the choreography or stops the routine without external cause, they may restart at the end of the same category, but will receive a 30% score deduction
- Re-starts must be requested by the team leader or coach, not the athlete.

5.2.13 Large Categories and Qualification

To ensure fairness in large categories (e.g., over 50 athletes):

- Preliminary rounds may be split into groups
- A maximum of three rounds may be used (qualifying/qf – semifinal – final)
- The number of finalists is determined by the Head Judge based on performance quality and time availability
- Judging must remain consistent: same panel judges all rounds of a single category
- After rounds with a minimum of 15 athletes, all athletes must come to the stage together at the end of the category so the judges can review them once more.

5.3 Fitness Dance

5.3.1 Age categories and structure

Category	Age
SOLO 1	3–5 years
SOLO 2	6 years
SOLO 3	7 years
SOLO 4	8 years
SOLO 5	9 years
SOLO 6	10 years
SOLO 7	11 years
SOLO 8	12 years
SOLO 9	13 years
SOLO JUNIOR 1	14–15 years
SOLO JUNIOR 2	16–17 years
BOYS 1	Under 10 years
BOYS 2	Over 10 years
SENIOR	+18y

Duo 2 / Trio 3 / Group 4-10
Formation 11-15 / Production 16+*
(number of participants)

Duo/Trio/G/F/P	Age
Baby	3–5 years
Mini Kids	5–8 years
Kids	9–11 years
Junior	12–14 years
Youth	15–17 years
Senior	18+

Age Calculation:

- Age is calculated from January 1 of the current year
- The average age is calculated by adding the ages of all dancers and dividing by the total number of dancers.
- Round up to the nearest whole number.
- The average age may not fall more than one full age division below the oldest dancer in the entry.

5.3.2 Discipline Characteristics

Fitness Dance is a novice-level discipline combining dance, fitness, and aerobic elements. It emphasizes

- Fitness and stamina
- Strength and flexibility
- Rhythmic precision and musical interpretation

This discipline is ideal for entry-level competitors or dancers in developmental stages. It is not acrobatic; routines are performed on all limbs or feet at all times.

Key Traits of Fitness Dance:

- Energetic and dynamic
- Clean and clear musical interpretation
- High-energy aerobic pace with consistent rhythm
- No transitions into acrobatics or flighted elements

5.3.3 Permitted Elements

Element Type	Example
Flexibility	High kicks, front/back walkovers, side/front splits, bridges
Strength	Straddle hold, leg extension hold, handstand, plank, one-arm push-up
Dance	Rhythmic movement, aerobic combinations
Transitions	Must remain grounded (hands or feet always touching the floor)

5.3.4 Prohibited Movements

- All acrobatic elements are strictly forbidden
- Lifts where both feet or hands leave the ground
- Unsupported hand balances (e.g., headstands, elbow stands)
- In the Fitness Dance category, the choreography must not contain more than two gymnastic lines

5.3.5 Judging Criteria

Technical Execution	75%
Flexibility	25%
Strenght	25%
Execution and form	25%
Artistic Performance	25%
Choreographic Structure	10%
Stage Presence & Energy	10%
Musical Interpretation	5%

Judges Consider:

- How well the athlete maintains aerobic tempo and energy throughout
- Proper form and technique in fitness elements
- Transitions that are clean and age-appropriate
- Smile, confidence, and natural stage presence
- Routines with higher tempo and clean execution are rewarded with higher scores
- The overall stamina and cardiovascular endurance demonstrated is part of the scoring
- Speed should never come at the cost of technical quality

5.4 Kids Fitness Stamina

5.4.1 Age categories

Category	Age
Baby	3–5 years
Mini Kids	5–8 years
Kids	9–11 years
Junior	12–14 years
Youth	15–17 years
Senior	18+

5.4.2 Discipline Description

Kids Fitness Stamina is a non-choreographic individual competition that evaluates the strength, endurance, and technique of young athletes through timed physical fitness exercises.

Each athlete performs the maximum number of correctly executed repetitions of the following exercises within 30 seconds per element:

- Push-Ups
- Crunches
- Squats

5.4.3 Judging and Execution

Each athlete is assigned a dedicated judge responsible for:

- Counting valid repetitions
- Identifying errors or incorrect form
- Deducting points for poor execution or disqualifying incorrect reps
- All exercises are judged on form, control, range of motion, and completeness of movement.

5.4.4 Exercise Standards

1. PUSH-UPS

- Hands shoulder-width apart on the floor, body in a straight line from head to heels
- Full range of motion: lower chest to within 5–10 cm of the floor
- Elbows must bend at least 90°
- Full extension on the way up; no sagging hips or bent knees
- Invalid reps: Partial range, hips touching floor, incorrect posture

2. CRUNCHES

- Lying on back, knees bent, feet flat, hands behind head or across chest
- Shoulder blades must lift off the ground to count
- Lower back must remain in contact with the floor
- Invalid reps: Pulling neck, incomplete lift, use of momentum

3. SQUATS

- Feet shoulder-width apart, chest upright, arms forward or crossed
- Hips must go below the level of the knees (parallel)
- Full extension when standing up
- Invalid reps: Knees collapse inward, partial depth, bouncing, hands on thighs

5.4.3 Scoring & Results

The total number of valid repetitions across the three exercises is tallied for a final score. Results can be shown per exercise or as a combined score.

Tie-breaking is based on:

- Total valid push-ups
- Then squats
- Then crunches

If still tied, judges deliberate based on overall form and energy.

5.5 Kids Miss Fitness

5.5.1 Age categories

Category	Age
Baby	3–5 years
Mini Kids	5–8 years
Kids	9–11 years
Junior	12–14 years
Youth	15–17 years
Senior	18+

Note: Senior category is not used in Performance Show.

5.5.2 Discipline Description

Performance Show is a non-choreographic presentation discipline combining stage presence, body posture, control, and visual performance. It highlights each athlete's confidence, aesthetics, and posture in a standardized posing routine.

This category is not based on acrobatics or dance, but on how well athletes present themselves through controlled body positions, posture, facial expression, and uniformity in movement.

Athletes are evaluated on:

- Poise and confidence
- Correct posture and positioning
- Appearance (attire, presentation)
- Muscle tone and body shape (age-appropriate)
- Stage presence

5.5.3 Rounds and Attire

Athletes must perform two posing rounds:

First Round – Black Outfit

- Required attire: black shorts and a plain black top (tank or sports bra for girls, shirtless for boys)
- Athletes must be barefoot
- Hair must be neatly styled and away from the face

Second Round – Costume

- Costume or dress of the athlete's choice, age-appropriate and tasteful
- Barefoot (no shoes allowed)
- Light makeup allowed (especially for Juniors and Youth)
- Hair and accessories must suit the costume and not obstruct the face

5.5.4 Posing Instructions – Quarter Turns

Athletes will perform four quarter-turn poses, holding each for several seconds as instructed by the judge or moderator.

Front Position:

Erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, both arms kept at the side along the centerline of the body, elbows slightly bent, palms facing behind and hold about 10 cm out of the body, hands open.

Quarter Turn Right (left side to the judges):

Erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, left arm kept slightly back from the center-line of the body with a slight bend at the elbow, right arm kept slightly front of the center-line of the body with a slight bend at the elbow. The positioning of the arms will cause the upper body to twist slightly to the left, with the left shoulder lowered and the right shoulder raised. This is normal and must not be exaggerated.

Quarter Turn Back:

Erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, back muscles slightly contracted to show the shape of the upper body, both arms kept at the side along the centerline of the body, elbows slightly bent, palms facing behind and hold about 10 cm out of the body, hands open.

Quarter Turn Right (right side to the judges):

Erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, right arm kept slightly back from the centerline of the body with a slight bend at the elbow, left arm kept slightly front of the center-line of the body with a slight bend at the elbow. The positioning of the arms will cause the upper body to twist slightly to the right, with the right shoulder lowered and the left shoulder raised. This is normal and must not be exaggerated.



5.6. POLE DANCE

5.6.1 Age categories and structure

Category	Age
Baby	3–5 years
Mini Kids	5–8 years
Kids	9–11 years
Junior	12–14 years
Youth	15–17 years
Senior	18+

Group structure	Number of participants
Solo	1
Duo	2
Trio	3
Group	4-10
Formation	11-15
Production	16+

Category A – Advanced:

This category is intended for athletes with:

- developed technical ability,
- mastery of basic and intermediate acrobatic elements,
- the ability to perform combinations, transitions, and controlled inverted positions.

Category B – Beginner:

This category is intended for athletes:

- athletes who are developing foundational skills,
- athletes with limited strength, flexibility, or inversion control
- it is forbidden to perform any elements with a value of +0.6 or higher.

Coaches are responsible for placing athletes appropriately. The Head Judge may re-classify incorrectly placed athletes.

Age Calculation:

- Age is calculated from January 1 of the current year
- The average age is calculated by adding the ages of all dancers and dividing by the total number of dancers.
- Round up to the nearest whole number.
- The average age may not fall more than one full age division below the oldest dancer in the entry.

For group entries, average age is calculated and rounded up to the nearest whole number. The average age may not fall more than one full age category below the oldest member in the group.

5.6.2 Routine Requirements

- Athletes must use pole at least 70% of the total performance time.
 - Routines must contain a balanced combination of:
 - Strength elements
 - Flexibility elements
 - Spins
 - Dynamic movements
 - Floor transitions and dance elements
 - Required compulsory elements (per Appendix)
- All movements must be controlled, fluid, and safe. Erotic, suggestive, or adult-style movements are strictly prohibited.

5.6.3 Compulsory Elements

Each athlete must perform compulsory elements according to:

- age division
- performance category (A-advanced/B- beginner)
- Singles or Doubles structure

Compulsory elements must follow the definitions in Appendix P-1 and must be held visibly for the minimum required time.

Failure to perform a required element results in a deduction under "Required Elements" (see 5.6.5).

5.6.4 Judging Criteria (10 points total)

Judging Area	Poi nts	Description
Technical Execution	3	Control, technique, lines, body alignment
Composition	2	Structure, transitions, variety, originality
Required Elements	2	Correct execution of compulsory elements
Artistic Performance	2	Musicality, theme, expression, stage presence
Use of Pole and Stage	1	Spatial use, flow between pole and floor

Details:

- Technical Execution: precision, control, proper technique
- Composition: originality, use of levels, diversity of transitions
- Required Elements: presence and execution of compulsory moves appropriate to the age and level
- Artistic Performance: musicality, theme, costume, and emotional expression

5.6.5 Required Elements

Depending on age and category, routines must include at least one element from each of the following groups:

- Strength Elements – e.g., Iron X, Flag, Shoulder Mount Hold
- Flexibility Elements – e.g., Jade Split, Russian Split
- Spin Elements – e.g., Back Hook Spin, Front Split Spin
- Dynamic Elements – e.g., Dead Lifts/Aerial Dead Lifts
- Each element must be held for at least 2 seconds to be valid.

5.6.6 Deductions

Error Type	Deduction
Fall or uncontrolled dismount	1.0
Slips or loss of control	0.5 – 1.0
Holding element under 2 seconds	0.5
Costume adjustment on stage	0.5
Choreography exceeding time	1.0
Erotic or unsafe movements	Disqualification

5.6.7 Costume and Conduct Rules

Costumes must be sport-appropriate and securely fitted.

Coverage must include:

- At least $\frac{3}{4}$ of the gluteal area (no thongs or thong-like bottoms)
- Full chest and front coverage with opaque material

Costumes must not be:

- Transparent, erotic, or offensive
- Modified during the routine

Oil, lotion, or sticky substances are prohibited. All music must be free of explicit language or violent themes.

5.6.8 Equipment and Safety

- Pole must be installed by certified technicians provided by the contestant
- Each competitor/club use their own pole
- Use of grip products is allowed only on the body, not on the pole
- Performers must use bare feet or soft dance shoes only
- Any dangerous movement or malfunction may result in routine stoppage by the Head Judge

APPENDIX P-1 – COMPULSORY ELEMENTS –POLE DANCE

This Appendix standardizes the compulsory element structure for all Pole Dance entries at IBFF Fit Kids competitions. All elements must follow IBFF Fit Kids safety restrictions and age limitations.

A. SINGLES – category A (ADVANCED)

Athletes must choose and perform 5 elements from the List of Elements/Code of Points provided. Permitted range of the compulsory elements is between +0.4 and +1.0

A1 – S-Strength Elements (choose 2)

A2 – F-Flexibility Elements (choose 1)

A3 – SP-Spin Elements (choose 1)

A4 – DL/ADL - Dynamic Elements- Dead Lifts /Aerial Dead Lifts (choose 1)

B. SINGLES – category B (BEGINNER)

Athletes must choose and perform 5 elements from the List of Elements/Code of Points provided. Permitted range of the compulsory elements is between +0.1 and +0.5

B1 – S-Strength (choose 2)

B2 – F-Flexibility (choose 1)

B3 – SP-Spin Elements (choose 1)

B4- DL/ADL- Dynamic Elements- Dead Lifts /Aerial Dead Lifts (choose 1)

No drops, no high-risk acrobatics.

C. DOUBLES

Permitted range of the compulsory elements is between +0.1 and +0.5 for Category Beginner

Permitted range of the compulsory elements is between +0.4 and +1.0 for Category Advanced

All Doubles entries must perform 5 compulsory elements, exactly one from each group:

C1 – SYN - Synchronized Elements - (choose 1)

C2 – BLN - Balance Elements- (choose 1)

C3 – FLY - Flying Partner Elements-(choose 1)

C4 – PSE - Partner Support Elements -(choose 1)

C5 – DL/ADL - Deadlift / Aerial Deadlift- (choose 1)

Prohibited for all Doubles: Throws, Rotational flyers, Head-supported lifts, Any uncontrolled dynamic release.

5.7 Improvisation

5.7.1. General Definition

Improvisation is an individual competitive discipline in the IBFF Fit Kids program in which the athlete performs a spontaneous routine created in real time, without previously prepared choreography.

The purpose of this discipline is to evaluate the athlete's creativity, musicality, movement vocabulary, adaptability, and stage presence. Unlike standard routines, the athlete does not know the music in advance and must immediately interpret it through movement.

Improvisation highlights the athlete's ability to combine fitness, dance, acrobatic, and expressive elements in a natural and artistic way.

5.7.2. Age Categories and participation

Kids 9-11y

Junior 12-14y

Youth 15-17y

Senior 18+

Each athlete performs individually on stage.

5.7.3. Music Selection

The music for improvisation is selected by the organizer or the judging panel.

Rules for music:

The athlete does not know the music beforehand

Music may be from different styles (dance, pop, cinematic, instrumental, etc.)

Music is played immediately when the athlete enters the stage

Duration: 60 seconds

This ensures fairness and emphasizes the athlete's ability to respond creatively to the music.

5.7.4. Performance Requirements

During the improvisation performance, the athlete should demonstrate:

1. Musical Interpretation

- Ability to adapt movement to rhythm, tempo, and accents of the music
- Expression of mood and style

2. Movement Variety

The performance should include a variety of movements such as:

- Dance steps
- Fitness movements
- Turns and spins
- Jumps and leaps
- Flexibility elements
- Simple acrobatic or gymnastic elements (if appropriate)

3. Use of Stage

Athletes should use the performance area dynamically and confidently. Max. one diagonal or linear acrobatic sequence.

4. Creativity

Movements should appear spontaneous, natural, and expressive rather than repetitive.

5. Continuity

The performance must flow smoothly without long pauses or hesitation.

5.7.5. Costume and props

Athletes may wear standard Fit Kids competition costumes or simple training outfits.

The costume must:

- Be a black top and tights/shorts (baggy and wide costumes are prohibited)
- Be appropriate for sports performance
- Allow full freedom of movement
- Follow general IBFF Fit Kids costume rules

Props are not allowed in the improvisation discipline.

5.7.6. Judging Criteria

The judging panel evaluates the performance based on the following criteria:

1. Musicality (20%) - Ability to interpret rhythm, tempo, and accents of the music.
2. Creativity and Improvisation Skills (25%) - Originality and spontaneity of movement.

Ability to adapt instantly to the music.

3. Technical Ability (20%) - Quality of jumps, turns, flexibility, and fitness elements.
4. Stage Presence and Expression (20%) - Confidence, charisma, and communication with the audience.
5. Composition and Flow (15%) - Logical structure and smooth transitions between movements.

5.7.7. Prohibited Elements

The following are not permitted in the improvisation discipline:

- Pre-prepared choreography
- External coaching or signals during performance
- Use of props
- Dangerous acrobatic elements that exceed the athlete's capability

5.8 AERIAL DISCIPLINES

5.8.1 Age Categories and Structure

Category	Age
Mini Kids	6-8y
Kids	9-11y
Junior	12-14y
Youth	15-17y
Senior	18+

Group Structure	Number of Participants
Solo	1
Duo	2
Group	3+

Additional Rule

Duo and Group categories are permitted only from the Kids division (9 years and older).

Age Calculation

Age is calculated from January 1 of the current year.

For Duo and Group categories, the average age is calculated by adding the ages of all athletes and dividing by the total number of participants. The result is rounded up to the nearest whole number.

The average age may not fall more than one full age category below the oldest athlete in the entry.

For group entries, average age is calculated and rounded up to the nearest whole number. The average age may not fall more than one full age category below the oldest member of the group.

5.8.2 Competition Categories

Athletes compete in one of two performance levels:

Category A – Advanced

Category B – Basic

The appropriate level is determined according to the athlete's technical ability, experience and skill level.

5.8.3 Disciplines

The Aerial Disciplines division includes:

Aerial Hoop or Trapeze

Aerial Silks or Hammock or Net

Straps or Flying Pole or Rope/s

Other Aerial Apparatus approved by the Organizer (f.ex. cube, sphere, spiral...)

AerialInovation (creative / experimental aerial forms): a category allowing innovative apparatus or movement concepts focused on creativity, originality, and artistic development.

5.8.4 Discipline Characteristics

Aerial Disciplines combine strength, flexibility, balance, coordination, artistry and technical skill performed on an aerial apparatus.

Routines should demonstrate:

Strength and body control

Flexibility and mobility

Static and dynamic elements

Fluid transitions

Proper use of the apparatus

Musical interpretation

Artistic expression and stage presence

Safe and controlled execution

The choreography should present a complete artistic performance rather than a sequence of unrelated tricks.

5.8.5 Routine Requirements

All routines must:

Be performed on the apparatus for at least 70% of the routine

Demonstrate a balanced combination of technical and artistic elements.

Include transitions between elements.

Be appropriate to the athlete's age and category.

Be performed safely and under control.

5.6.6 Required Elements

5.8.6 Additional Requirements for aerial disciplines

CATEGORY B – BASIC

The routine must include:

2 Strength Elements

1 Flexibility Element

1 Dynamic Element

1 Static Element (minimum 2 seconds)

optional elements based on the competitor's skills

CATEGORY A – ADVANCED

The level of difficulty is OPEN, but Athletes must fulfill all requirements of Category B. Athletes may perform elements of any difficulty level appropriate to their abilities.

All elements must:

be executed with full control

match the athlete's technical level

Unsafe or uncontrolled elements will result in deductions.

Execution quality and safety have priority over difficulty.

5.8.7 Music and Time Limits

Music must comply with the General IBFF Fit Kids Music Regulations.

Group Structure	Maximum Time
Solo	2:30 min
Duo	3:00 min
Group	4:00 min

5.8.8 Judging Criteria (10 Points Total)

Criteria

Criteria	Points
Technique	4
Difficulty	2
Performance (Artistry)	3
Apparatus & Stage Use	1

Technique (4 points)

control

precision

alignment

stability

quality of execution

Difficulty (2 points)

level of elements

combinations

variety

risk factor

Performance (3 points)

choreography
musicality
expression
stage presence
overall impression

Apparatus & Stage Use (1 point)

use of height and levels
spatial awareness
creativity

5.8.9 Scoring System

Score Description

4–5 Poor – inappropriate category level or poor execution
6 Fair – requires additional development
7 Average – technical improvements needed
8 Very Good
9 Excellent
10 Outstanding – excellent execution with no visible mistakes

5.8.10 Deductions

Error Type	Deduction
Bent knees or arms	0.3–0.5
Unpointed feet	0.3–0.5
Poor body control	0.3–0.5
Missing required element	1.0
Holding required element under 2 seconds	0.5
Loss of balance	0.5
Slip on apparatus	0.5–1.0
Incomplete element	0.5
Fall or uncontrolled dismount	1.0
Unsafe execution	1.0
Exceeding choreography time limit	1.0

5.8.11 Costume and Conduct Rules

Costumes must be appropriate for sport performance and safely fitted.

Requirements

Costumes must allow unrestricted movement and safe grip.

Costumes must not damage the apparatus.

Coverage must include appropriate chest and gluteal coverage.

Transparent materials in intimate areas are prohibited.

Costumes must not be

Transparent

Erotic

Offensive

Prohibited

Oil

Body lotion

Sticky substances applied directly to the apparatus

Any substance affecting athlete safety or apparatus functionality

Grip aids may be applied only to the athlete's body.

All music must be free of explicit language or violent themes.

5.8.12 Equipment and Safety

All apparatus must be approved by the Organizer.

All apparatus must pass technical inspection before competition.

Safety mats are mandatory.

Grip products may be applied only to the athlete's body and never directly to the apparatus.

Athletes must leave the apparatus clean and safe for the next competitor.

The Organizer may refuse the use of equipment that does not meet safety standards.

Dangerous or uncontrolled elements may result in deductions or disqualification.

Any dangerous movement or equipment malfunction may result in the routine being stopped by the Head Judge.

5.8.13 Prohibited Elements

The following are prohibited:

Deliberately dangerous elements

Uncontrolled drops

Elements exceeding the athlete's demonstrated ability level

Intentional falls

Any movement creating a direct risk to health or life

5.8.14 Tie-Breaking Procedure

In the event of a tie:

Higher Technical Execution score.

Higher Artistic Performance score.

Final decision of the judging panel.

5.8.15 Re-Start Rules

Allowed Re-Start

Music failure caused by the Organizer.

Technical issues beyond the athlete's control.

Penalty Re-Start

Forgotten choreography.

Routine stopped without an external cause.

A restarted routine receives a 30% deduction from the final score.

Re-start requests may only be submitted by the Team Leader or Coach.