

IBFF FIT KIDS SLOVAKIA

KOŠICE 2026

| 20 JUNE

WWW.IBFFFITKIDS.COM



Location

Hotelová Akademia, Južná trieda 10, Košice

Participation Fee

Solo 30€*

Duo/Trio 25€*

Groups|Formations|Productions 15€*

*Per dancer, per performance!

*additional 10€ for those who haven't paid for the membership fee.

Bank account for fee : do 15.6.2026

IBAN: SK 83 8330 0000 0029 0208 5436

Notice : name of club/CHAMPIONSHIP

SLOVAKIA 2026

If you need invoice – please send email on fitkids.slovakia@gmail.com with data until 13.6.2026. after that we will not accepted.

Registration

Registrate on

internationaldanceopenregister.com

Registration deadline is on 9 June or until full capacity!

INFORMATION

fitkids.slovakia@gmail.com

www.ibfff.itkids.com

Fit Kids Solo A&B Categories

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
SOLO JUNIOR 3	18+

Fit Kids

DUO (2)
TRIO (3)
GROUP (4-10)
FORMATION (11-15)
PRODUCTION (16+)
AGE CATEGORIES
BABY (3-5 Y)
MINI KIDS (5-8Y)
KIDS (9-11Y)
JUNIOR (12-14Y)
YOUTH (15-17Y)
SENIOR (18+Y)

Other Disciplines

ACRO DANCE

POLE DANCE

KIDS MISS FITNESS

FITNESS DANCE (A and B)

KIDS FITNESS STAMINA (SOLO)

Categories

SOLO (1)

DUO (2)

TRIO (3)

GROUP (4-10)

FORMATION (11-15)

PRODUCTION (16+)

Age Categories

BABY (3-5 Y)

MINI KIDS (5-8Y)

KIDS (9-11Y)

JUNIOR (12-14Y)

YOUTH (15-17Y)

SENIOR (18+Y)

Pole Dance - propositions

1. The competition will take place on two X- POLE STAGE LITE poles. One will be set to static mode (on the left, from the audience's perspective) and the other to spinning mode (on the right, from the audience's perspective). The pole diameter is 45 mm, with a chrome finish, and the distance between the poles will be approx. 3–3.5 m.
2. Music can be instrumental or with vocals. All music must be free of vulgar language and violent themes. Song length – see the general competition rules.
3. Costumes must meet the standard competition rules of pole dance/pole art and must be athletic in nature (one- or two-piece outfit). Hair must be tied back and styled upwards. Make-up may reflect the performance. Costumes must be sport-appropriate and securely fastened. At least 3/4 of the gluteal area must be covered (thongs or thong-like bottoms are not allowed), as well as the entire chest and front torso with non-transparent material. Costumes must not be see-through, erotic, offensive, or adjusted during the routine. Accessories and props are allowed.
4. The use of grip products is not permitted on the pole itself, only on the body. Oils, creams, or sticky substances are prohibited.
5. Choreography should be balanced between both poles. Evaluation areas: technical execution, composition, required elements, dance and artistic movement, artistic performance, use of pole and stage. All movements must be controlled, fluid, and safe. Competitors must use the poles for at least 70% of the total performance time. Routines must include a balanced mix of strength elements, flexibility elements, spins, dynamic movements (including compulsory elements depending on the category).
6. The compulsory elements with code and name must be listed in the official protocol in the exact order in which they appear in the choreography and sent to polediva.ke@gmail.com by June 7th 2026.

The elements must be chosen from the provided list in the range 0.1 to 1.0. The compulsory elements apply to all age categories and group types. The higher the value of the element, the higher the score awarded for that element.

Each competitor must choose 5 elements:

- 2 elements from category S (strength elements)
- 1 element from category F (flexibility elements)
- 1 element from category SP (spins on spinning pole)
- 1 element from category DL/ADL (dead lift / aerial dead lift)

Each competing pair in the double or group category must choose 5 elements:

- 1 element from category SYN (synchronized elements)
- 1 element from category BLN (balance)
- 1 element from category FLY (flying partner elements)
- 1 element from category PSE (partner support elements)
- 1 element from category DL/ADL (dead lift / aerial dead lift)

Music Time Limits

Solo 2.30 min

Duo | Trio 3.00 min

Group 5.00 min

Formation 6.00 min

Production 8.00 min

Music is uploaded on the registration website.

Awards

Medals and certificates for all of the contestants.

Trophies, medals and certificates for the first three places.

Tickets

10,- Eur/day/person a 3,- Eur/day/children up 6 years old

Accomodation

Hotelová Akademia, Južná trieda 10, Košice - Garni
Hotel Akademia **
<https://adminwebu.wixsite.com/mysite>
fitkids.slovakia@gmail.com

Area: 10x10 tatami, warm-up area

Each club leader is responsible for their competitors and their health. The competitor must have an insurance card/responsible club leader/. Competitors compete at their own risk. The organizer is not responsible for any injuries.

During this event, VIDEO and PHOTO will be taken, which will be used to promote the event, the municipality, in the press, newspapers, municipal television, etc.

If you do not agree with your "capture" (photographing, video recording), please inform the organizer.