



RULES AND REGULATIONS

January 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.
- Distribute all relevant information available on the IBFF Fit Kids website to any individuals keen on engaging in IBFF Fit Kids Events.
- 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)

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.

2.3 IBFF Fit Kids Judges and Coaches

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

Judge license:

- 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).

3 ORGANIZATION OF IBFF FIT KIDS EVENTS

3.1 GENERAL EVENT REQUIREMENTS

To ensure the consistency, safety, and quality of all IBFF Fit Kids competitions, the following venue and event standards must be met by all organizers:

3.1.1 Venue Requirements

The competition venue must be suitable for large-scale sporting events, ideally located in the capital or a major city (near airport) of the host country to allow easy access for participants and spectators.

The main competition area must be equipped with tatami flooring sized 10 x 10 meters.

A separate warm-up area must be provided backstage, also equipped with a tatami floor of appropriate size. The warm-up area must be accessible for athletes throughout the entire competition day.

3.1.2 Branding and Visibility

The official IBFF Fit Kids logo must be visible on all promotional materials including posters, online advertisements, social media posts, LED screens, livestreams, and television coverage.

The logo must also be visibly placed within the competition hall, including near the stage and award area.

3.1.3 Safety and Environmental Conditions

- Smoke machines and other atmospheric effects (fog, haze, pyrotechnics) are strictly prohibited during performances, due to safety concerns.
- Organizers are responsible for maintaining high hygiene and safety standards, including regular cleaning of toilets, hallways, audience seating, backstage, and warm-up areas.
- Female changing rooms must be protected with a strict ban on entry for male coaches, male staff, or male parents. Male competitors must be assigned to separate changing rooms.

3.1.4 Public Enjoyment and Visibility

The awards ceremony must be clearly visible to the audience. If a raised podium is not available, the decoration of winners must take place facing the audience and must be conducted with proper ceremony and presentation.

3.2 EVENT ORGANIZATION GUIDELINES

To ensure a smooth, professional, and fair competition experience for all involved, organizers are required to follow these procedures:

3.2.1 Event Planning and Communication

- The event schedule must be carefully prepared and communicated to all registered participants.
- A preliminary time schedule (by day and discipline) must be shared at least 7 days before the competition, allowing teams 24–48 hours to submit any corrections or requests for changes.
- Once the final schedule is published, no further changes may be made, except in the case of medical emergencies or technical issues, and only with approval from the Head Judge.

3.2.2 Medical and Emergency Services

- Organizers must provide on-site medical personnel or a certified first aid team available during the entire competition.
- Emergency procedures and access routes must be clearly marked and communicated to staff and team leaders.

3.2.3 Participant Risk Disclaimer

- All participants, coaches, parents, and attendees acknowledge that participation in IBFF Fit Kids events is at their own risk.
- IBFF Fit Kids, its officers, staff, event partners, and the venue assume no responsibility for personal injury, loss, theft, or damage of any kind during the event.
- All participants must be physically fit and properly trained for their category and discipline.
- It is mandatory for the organizer to appoint a person in the backstage area who gives instructions to competitors and coaches and prepares the sequence of competitors.

3.2.4 Participation Fees

- The organizer has the right to determine the amount and structure of participation fees.
- These must be clearly communicated in the event announcement and official invitations.
- Once paid, fees are non-refundable, unless an exception is approved due to verified medical reasons or organizer error.
- Non-members pay €10 in addition to the regular registration fee to the organizer, which the organizer then pays to the federation.

3.3 JUDGING AND TECHNICAL REQUIREMENTS

A consistent, fair, and transparent judging process is essential to the credibility of IBFF Fit Kids competitions. The following rules apply:

3.3.1 Judging Panel Requirements

- Each competition must have a minimum of five (5) licensed judges. For large competitions such as World Championship and European Championship, this number is 10 in order to work in shifts (two panels of judges).
- All judges must hold a valid IBFF Fit Kids judging license.
- Judges must remain neutral, focused, and professional throughout the entire event.
- Judges must be seated separately from the audience in a designated judging area to maintain objectivity.
- During performances, judges are prohibited from:
 - Using mobile phones
 - Speaking with other judges
 - Commenting on performances
- Any issues or disputes must be addressed directly with the Head Judge.
- All scores must be entered using the official IBFF Fit Kids judging software and tablets.
- Manual scoring or alternative scoring systems are not permitted unless approved in advance by the federation.
- This ensures transparency, consistency, and accountability in all evaluations.
- No judge may be substituted or replaced in the middle of a category.
- A judge who begins scoring a category (including all rounds) must complete scoring for all athletes in that category, to ensure consistency and fairness.
- IBFF Fit Kids President, Slobodanka Tintor is the Head Judge on both World and European Championships.

3.3.2 Dress Code

Judges must adhere to the official dress code:

- Men: Black trousers, white shirt, and official IBFF Fit Kids tie
- Women: Black trousers/skirt and white/black shirt, or a plain black dress
- The federation provides shirts for the judges.
- A judge who is not in official uniform will be removed and dismissed from judging.

3.3.3 Expenses

The competition organizer is responsible for negotiating and agreeing to all judge-related expenses, including:

- Judging fees
- Accommodation (If they come only for judging.)
- Travel costs (If they come only for judging.)

These agreements must be made in advance of the event.

3.5 REGISTRATION AND PARTICIPATION

3.5.1 Registration Process

All registrations for IBFF Fit Kids competitions must be completed through the official IBFF Fit Kids online registration system.

Each entry must include:

- Full names and ages of all participants
- Category and discipline
- Music upload (if applicable)

Every registered entry will be assigned a starting number.

3.5.2 Deadlines and Changes

- Registration deadlines will be published with each event announcement.
- Changes (additions, withdrawals, corrections) are allowed only within the specified correction period before the event.
- The organizer may allow late entries only with approval from the IBFF Fit Kids President.

3.5.3 Entry Limitations

- Entries are processed on a first come, first served basis.
- Total entries may be limited based on available performance time.
- Participants may enter multiple categories, as long as time and age rules allow.

3.5.4 Team Leader Responsibilities

Each country must have a Team Leader. The Team Leader can be the country's President or a person appointed by the country's President. The Team Leader is responsible for:

- Reviewing enrollment lists and schedules.
- Managing any registration changes or cancellations (due to illness, injury, etc.).
- Paying all participation fees as a single transaction per team (no individual payments allowed).
- Collecting: Start numbers, wristbands/accreditations, any official documentation
- Ensuring team members are informed about: Performance order, schedules, changes and re-dances, disqualifications or warnings
- Verifying music uploads (if needed).
- Signing the official liability waiver on behalf of the team.
- Be present and available during the entire event.
- Monitor the time schedule and prepare dancers accordingly.
- Communicate effectively with organizers, judges, and their own team.
- Remain professional and respectful in all situations.
- Stay reachable in person or by mobile phone throughout the competition.

In case of urgent situations, Team Leader must act quickly in cases of:

- Re-dances (e.g., music error or technical problems)
- Timing changes
- Warnings or disqualifications
- Medical emergencies

They are responsible for informing team members and parents immediately.

If a Team Leader wishes to submit a formal complaint:

- The complaint must be presented in writing to the Head Judge.
- A fee of 50 EUR must be paid upon submission.
- If the complaint is accepted as valid, the fee will be refunded.
- Complaints must be made within 30 minutes of the incident or publication of results.
- The Head Judge's decision is final.

3.7 ORGANIZATION OF MAJOR EVENTS: WORLD, EUROPEAN & BALKAN CHAMPIONSHIPS AND CUPS

3.7.1 Hosting Requirements

The competition venue must:

- Be suitable for high-capacity attendance
- Include a 10x10m tatami competition area
- Include a designated warm-up area with appropriate flooring (e.g., tatami or sprung floor)
- Have clear zones for judges, staff, and spectators
- It is strictly forbidden to hold the competition on an elevated platform as a stage. A tatami must be placed on the floor.

3.7.2 Bidding and Approval

Organizers must submit a formal bid to the IBFF Fit Kids President and receive written approval.

Bids must include:

- Proposed dates and location
- Venue details
- Accommodation and logistics plan
- Marketing and promotion strategy
- Technical production details

The organizer must not judge during the competition but must be available to all competitors, visitors, and staff at the event.

3.7.3 Financial Responsibility

- Organizers determine participation fees, which must be published in advance
- All financial agreements with judges, staff, and suppliers are the responsibility of the organizer
- Cash prizes for competitors are encouraged and recommended for those who are able to provide them.
- The organizer must provide medals and certificates for all participants, as well as trophies for the top three places in all categories.
- The license fee for organizing a European, World, or Balkan competition is 1,000€ and must be paid fully 5 days before the event.

3.8 ORGANIZATION OF REGIONAL AND LOCAL CHAMPIONSHIPS

3.8.1 General Guidelines

- Follow the official IBFF Fit Kids Rules and Regulations
- Be adapted to local conditions if needed, but without compromising safety or competition integrity
- Be approved and announced by the IBFF Fit Kids President
- Use the IBFF Fit Kids logo on all promotional materials and event branding
- Final results must be delivered to the IBFF Fit Kids President in max. 7 days after the competition

3.8.2 Communication and Visibility

- The organizer must submit the event date and promotional material to the IBFF Fit Kids President at least 90 days before the event
- The event will then be published on official IBFF Fit Kids platforms (website, social media, calendar)

3.8.3 Judging and Technical Standards

- Regional and local competitions must be judged by licensed IBFF Fit Kids judges
- Judges must follow the same judging standards and rules as in international events
- The event should use the official judging software and tablets where available

3.8.4 Organizing Responsibilities

The organizer must ensure:

- Adequate venue capacity and safety
- A warm-up area with appropriate flooring
- Music system that supports athlete-prepared music tracks
- Check-in zone with accreditation management
- Clean changing areas with restricted access (as per IBFF Fit Kids gender and safety policies)
- Access to first aid or medical staff

3.8.5 Financial Responsibility

- Organizers determine participation fees, which must be published in advance
- All financial agreements with judges, staff, and suppliers are the responsibility of the organizer
- Cash prizes for competitors are encouraged and recommended for those who are able to provide them.
- The organizer must provide medals and certificates for all participants, as well as trophies for the top three places in all categories.

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 |

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 B – Basic

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
- Artistic Elements – 20%
- 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.
-

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 | Group structure | Number of participants |
|-----------|-------------|-----------------|------------------------|
| Baby | 3–5 years | Solo | 1 |
| Mini Kids | 5–8 years | Duo | 2 |
| Kids | 9–11 years | Trio | 3 |
| Junior | 12–14 years | Group | 4-10 |
| You th | 15–17 years | Formation | 11-15 |
| Senior | 18+ | Production | 16+ |

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 B – Basic

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 | Advanced 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.
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Allowed Re-Start (without penalty):

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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
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- 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 | Group structure | Number of participants |
|-----------|-------------|-----------------|------------------------|
| Baby | 3–5 years | Solo | 1 |
| Mini Kids | 5–8 years | Duo | 2 |
| Kids | 9–11 years | Trio | 3 |
| Junior | 12–14 years | Group | 4-10 |
| You th | 15–17 years | Formation | 11-15 |
| Senior | 18+ | Production | 16+ |

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 |
| Strenght | 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% |
| Strength | 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 1 minute 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 | Group structure | Number of participants |
|-----------|-------------|-----------------|------------------------|
| Baby | 3–5 years | Solo | 1 |
| Mini Kids | 5–8 years | Duo | 2 |
| Kids | 9–11 years | Trio | 3 |
| Ju n ior | 12–14 years | Group | 4-10 |
| You th | 15–17 years | Formation | 11-15 |
| Sen ior | 18+ | Production | 16+ |

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 60% of the total performance time.
- Routines must contain a balanced mix of strength, flexibility, spins, and dynamic moves, including:
- Compulsory elements (based on category)
- Floor transitions
- Dance and artistic movements

All movements must be controlled, fluid, and safe.

5.6.3 Judging Criteria (10 points total)

| Judging Area | Points |
|-----------------------|--------|
| Technical Execution | 3 |
| Composition | 2 |
| Required Elements | 2 |
| Artistic Performance | 2 |
| Use of Pole and Stage | 1 |

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., Cartwheel Mount, Deadlift
- Inversion Elements – e.g., Basic Invert, Gemini/Scorpio

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

- 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

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