



IBFF
FIT
KIDS

MONEY
1.600 €
PRICE

20–21
November

Prague / Černošice



FITNESS CHAMPIONSHIP

Czech Republic



WWW.IBFF.CZ



INFORMATION

TIME, LOCATION & REGISTRATION

DATE AND VENUE

20–21 November 2026**Věra Čáslavská Sports Hall****Pod Školou 447, Prague–Černošice**

REGISTRATION

www.ibff.czRegistration deadline **9 Nov 2026**

Payment based on an issued invoice.

Participation in the competition is always approved by the president of the respective country.

[Sign in - www.ibff.cz/en/login](http://www.ibff.cz/en/login)

PARTICIPATION FEE / PER DANCER, PER PERFORMANCE

Solo

750 Kč / 30 €*

Duo / Trio

615 Kč / 25 €*

Group / Formation / Production

370 Kč / 15 €*

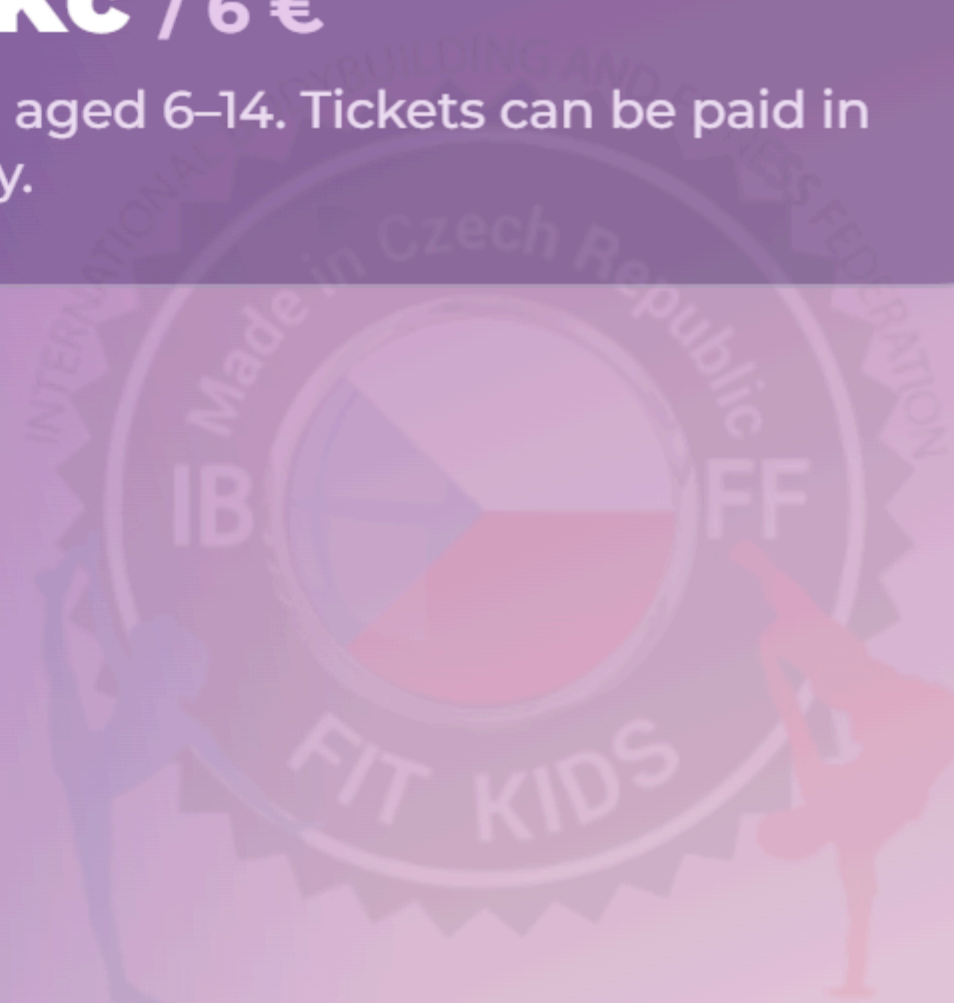
ALL-DAY SPECTATOR TICKET

250 Kč / 10 €

ALL-DAY CHILDREN'S TICKET

150 Kč / 6 €

Children aged 6–14. Tickets can be paid in cash only.



CATEGORIES

AGE CATEGORIES

SOLO detailed age categories (years)

3-5	6	7	8	9	10
11	12	13	14-15	16-17	18+

DUO • TRIO • GROUP • FORMATION • PRODUCTION

3-5	6-8	9-11	12-14	15-17	18+
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Placement is determined by the age the competitor reaches on the day of the competition. For routines, the average age is calculated according to IBFF Fit Kids rules. The organizer reserves the right to change the age brackets.

IBFF CATEGORIES

COMPETITION ROUTINES

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

MUSIC

TIME LIMITS

SOLO	DUO	TRIO	GROUP	FORMATION	PRODUCTION
2:30	3:00	3:00	5:00	6:00	8:00

Maximum track length in minutes • measured from the first to the last audible sound • music is uploaded on the registration website.



MONEY PRIZE

COMPETE FOR THE MONEY PRIZE

TOTAL PRIZE MONEY POOL

1600 €

SPLIT ACROSS IBFF&IDO DISCIPLINES
CULMINATING IN THE TOP GALA

TOP Gala — the best solo choreographies from Mini Stars and Gold Stars are going to perform again on Saturday evening, where the winners will win the Money Prize. The winning choreographies are selected by the judges.

MINI STARS

BABY · MINI KIDS · KIDS

Fit Kids · 1st place**100 €****Acrobatic Dance** · 1st place**100 €****Fitness Dance** · 1st place**100 €****GOLD STARS**

JUNIOR · YOUTH · SENIOR

Fit Kids · 1st place**100 €****Acrobatic Dance** · 1st place**100 €****Fitness Dance** · 1st place**100 €**

Plus: **medals and certificates** for all of the contestants · **trophies** for the first three places in all categories.





CLUB MANUAL

DISCIPLINES

The **performance / dance** ratio and permitted aerial elements by difficulty level.

FIT KIDS

80 % performance

20 % dance

High difficulty, 80 % acrobatic and gymnastic performance.

A

Everything is allowed.

B

Only selected aerial elements:
aerial cartwheel, dive roll, front/back flic-flac, kip-up, onodi, mochino to sit.

FITNESS DANCE

60 % performance

40 % dance

Novices and beginners, low difficulty. No somersault elements.

A

Only selected aerial elements:
dive roll, front/back flic-flac, kip-up.

B

All aerial elements without hand contact are forbidden.

FREESTYLE DANCE

40 % performance

60 % dance

Highest share of dance, intended primarily for dancers.

A

Everything is allowed.

B

Only selected:
dive roll, front/back flic-flac, kip-up, onodi, mochino to sit, aerial cartwheel.

C

Aerial elements without hand contact are forbidden.

ACROBATIC DANCE

60 % performance

40 % dance

Medium to higher difficulty. Elements of all groups allowed.

✓

Everything is allowed. No division into levels.

■ Performance (acrobatics & gymnastics) ■ Dance

FITNESS STAMINA

Sit-ups, squats and push-ups — 30 seconds per discipline.

POLE DANCE

Pole dancing — strength, flexibility, spins and dynamic elements.

IMPROVISATION

Duration 60s



ORGANIZATIONAL INSTRUCTIONS

IMPORTANT INFORMATION

GENERAL INFORMATION

- Competition floor size **12 × 12 TATAMI**.
- Warm-up area **TATAMI**.
- The timetable will be released following the registration deadline and e-mailed to you.
- Bistro at the hall entrance: coffee, sweet and savoury pastries and soft drinks.

PARKING AND TRANSPORT

Parking is **very limited** at the hall car park and in the adjacent streets — there are not enough spaces for everyone in front of the hall.

By train: Černošice-Mokropsy stop (20 minutes from Prague main station).

CHECK-IN

The representative person of your club is responsible for the check-in at the marked spot, where they will receive identification wristbands for the whole team. Check-in times will be specified.

Spectators are not allowed to enter the competition floor. Only female chaperones or a female coach may enter the ladies' changing rooms. It is **strictly forbidden** to consume food and drinks anywhere on the competition and warm-up area — the only exception is a drink in a resealable plastic bottle. Tickets are payable in **CASH** only and spectators will receive an identification wristband.

COMPETITION DIRECTOR

Mgr. Petra Dočekalová

President IBFF Fit Kids & International Dance
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ORGANIZER AND CHIEF REPRESENTATIVE

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We look forward to seeing you!