

FIT KIDS

WORLD GRAND PRIX

RZESZÓW, POLAND

22-24 MAY 2026

World Championships qualifications
Novalja, Croatia 13-17 September 2026



WWW.PZAF.PL

Fit Kids ○ *Acro Dance* ○ *Fitness Dance* ○ *Miss Fitness* ○ *Stamina* ○ *Aerial Acro*



WORLD GRAND PRIX 2026
REGISTRATION INFORMATION

PARTICIPATION FEE

Solo – **30 €** / 130 zł

Duo / Trio – **25 €** / 110 zł

Group / Formation / Production – **15 €** / 65 zł

*** Per dancer, per performance**

*** Additional 10 € membership fee** for participants who have not yet paid **the IBFF Fit Kids** annual membership.

PAYMENT DETAILS

Payment deadline: 26 April 2026

Bank account (IBAN):

PL 61 8642 1126 2012 1133 7843 0001

Beneficiary:

Towarzystwo Gimnastyczne "Sokół" w Rzeszowie,

ul. Lwowska 17, 35-301 Rzeszów

Country: Poland

Payment reference:

Name of COUNTRY / WORLD GRAND PRIX 2026

If you require an **invoice**, please send an email with the billing details to:

pzafpolska@gmail.com

Deadline for invoice requests: 30 April 2026

Requests sent after this date cannot be processed.

REGISTRATION

Registration is done by **National Presidents or Clubs**

<https://zapisy.pzaf.pl/rejestracja>

Registration deadline:

26 April 2026 or until the maximum capacity is reached.

LOCATION

Zespół Szkół Nr 1 (VI LO)

ul. Towarnickiego 4

Rzeszów, Poland

<https://maps.app.goo.gl/dp7E5Tn10Kr2cxsQA>

TRANSFER & LOCAL TRANSPORT

Bus Train

- **Rzeszów Główny** – 1.5 km from the gym (city center, a few minutes by taxi or public transport ride)

Airports

- **Rzeszów-Jasionka – 14 km**

How to get to the gym:

Bus: Line 51 – takes about 35 min to the city center (stop near Towarnickiego Street)

Train: POLREGIO train from the airport station to Rzeszów Główny – ~18 min, then taxi or bus to the gym

Taxi / Uber / Bolt: direct ride – approx. 20–30 min

other Airports:

- **Kraków (KRK)** – 165 km
- **Warsaw Chopin (WAW)** – 330 km
- **Warsaw Modlin (WMI)** – 405 km
- **Katowice (KTW)** – 243 km

Taxis, Uber/Bolt, and buses available. From farther airports, check buses/trains to Rzeszów in advance.

INFORMATION

Official websites:

pzaf.pl

ibfffitkids.com

TICKETS

Adults – **10 € / day** (45 zł)

Children under 6 years – **3 € / day** (15 zł)

Cash only

Tickets will be sold at the entrance to the venue.

DISCIPLINES

FIT KIDS – A & B Category

ACRO DANCE – A & B Category

FITNESS DANCE

AGE GROUP 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

SENIOR – 18+ years

GROUP STRUCTURE

Duo – 2 athletes

Trio – 3 athletes

Group – 4–10 athletes

Formation – 11–15 athletes

Production – 16+ athletes

AGE CATEGORIES

(for Duo, Trio, Group, Formation, Production)

Baby – **3–5 years**

Mini Kids – **5–8 years**

Kids – **9–11 years**

Junior – **12–14 years**

Youth – **15–17 years**

Senior – **18+**

OTHER DISCIPLINES

AERIAL ACROBATICS

(Pole Dance, Aerial Hoop, Silk, Straps and other common aerial apparatus are all welcome). Rules available at: <https://pzaf.pl/dyscypliny/> (english version coming soon)

KIDS FITNESS STAMINA

KIDS MISS FITNESS

MUSIC TIME LIMITS

Solo – max **2:30 min**

Duo / Trio – max **3:00 min**

Group – max **5:00 min**

Formation – max **6:00 min**

Production – max **8:00 min**

AERIAL TIME LIMITS

Solo Category B – max **2:30 min**

Solo Category A – max **3:30 min**

Duo / Trio / Group – max **3:30 min**

AWARDS

All participants will receive **certificates**.

The **top three places** in each category will receive **trophies**.

Special awards will also be presented for **outstanding athletes**.

COMPETITION FLOOR

Competition area:

10 × 10 m tatami (4 cm)

Warm-up area with tatami will also be available.

ACCOMMODATION & LIABILITY

Each club leader is responsible for their athletes and their health condition.

All competitors must have **valid insurance**.

Participation is **at the athlete's own risk**.

The organizer **is not responsible for injuries or accidents** during the event.

During the competition **photos and videos will be taken** and may be used for promotional purposes, including:

- social media
- press
- television
- promotional materials of the event and municipality.

If you do **not consent to photo or video recording**, please inform the organizer in advance.

DIRECT CONTACT TO ORGANIZERS

Vice President of the PZAF: Karolina Krupa; email: karolina.krupa.1987@gmail.com;
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President of IBFF Fit Kids Poland: Grzegorz Bielec; email: bielec71@gmail.com;
tel.: (+48) 696 999 000
