

11 APRIL

GALANTA, SLOVAKIA

IBFF FIT KIDS

GALA CUP 2026

WWW.IBFFFITKIDS.COM



Location

Sport hall Arkadia Club and Sportcentrum,
Kpt. Nálepku 1575/37
GALANTA

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: Deadline - 5.4.2026
IBAN: SK 83 8330 0000 0029 0208 5436
Notice : name of club/ GALA CUP SLOVAKIA 2026

If you need invoice – please send email at
fitkids.slovakia@gmail.com with data until
5.4.2024. After that we will not accepted.

Registration

Registrate on internationaldanceopenregister.com

Registration deadline is on March 30 or until the capacity is full!

INFORMATION
fitkids.slovakia@gmail.com
ibffffitkids.com

B category only competitor less than 3 years registered members

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 (A&B category)
POLE DANCE
KIDS MISS FITNESS
FITNESS DANCE
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)

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 for the first three places.

Tickets

1 Day Ticket 10€

1 Day Ticket 3€ Children up to 6yo.

Floor

Area: 10x10 tatami

Information

fitkids.slovakia@gmail.com,

Milada Hajči – +421 911 292 234

Pole Dance/Pole Art

PROPOSITIONS – category POLE DANCE / POLE ART

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 March 31st 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)