



# **RULES AND REGULATIONS**

*January 2023*

# 1 GENERAL INFORMATION

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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, voting 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 DISCIPLINES AND CATEGORIES

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- 2.1 Fit Kids
- 2.2 Acro Dance
- 2.3 Fitness Dance
- 2.4 Kids Fitness Stamina
- 2.5 Pole Dance
- 2.6 Kids Miss Fitness

### 2.1 FIT KIDS

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#### 2.1.0 AGE 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

#### **DUO (2), TRIO (3), GROUP (4-10), FORMATION (11-15), PRODUCTION (16+)**

CATEGORY	AGE
<b>Baby</b>	3-5
<b>Mini Kids</b>	5-8
<b>Kids</b>	9-11
<b>Junior</b>	12-14
<b>Youth</b>	15-17
<b>Senior</b>	18+

#### Judging system

Technical elements 80%

- Elements of strength - straddle hold, leg extension hold, hand stands, planche and/or one-arm pushups, etc. The number of strength moves, their degree of difficulty, and the overall creativity of the moves will be considered in the judging of the routine.
- Elements of flexibility – high kicks, bridges, nuts, front and back walkovers, side splits, and front splits. The number of flexibility moves, their degree of difficulty, and the overall creativity of the moves will be considered in the judging of the routine.
- Acrobatic elements – dynamic elements like high jumps, front and back flips, handsprings, aerial cartwheels, aerial walkovers, round offs, split leaps. These moves require perfect technique and will be taking into account assessing the difficulty of the routine.

Artistic elements 20% (intensity, creativity, presentation, music, costume)

## 2.2 ACRO DANCE

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### 2.2.0 AGE CATEGORIES

CATEGORY	AGE
Baby	3-5
Mini Kids	5-8
Kids	9-11
Junior	12-14
Youth	15-17
Senior	18+

To determine the average age of an entry (groups), add together the ages of all the dancers in the routine and divide by the total number of dancers in the entry. All averages are to be rounded down to the nearest whole number. The average age of each entry may not drop more than one age division below the age of the oldest dancer in the entry regardless of the actual average age.

### 2.2.1 DANCE CATEGORIES

GROUP STRUCTURE	NUMBER OF PARTICIPANTS
Solo	1
Duo	2
Trio	3
Group	4-10
Formation	11-15
Production	16+

### 2.2.2 CHARACTERISTICS AND MOVEMENT / JUDGING SYSTEM

Acrobatic dance shall include many techniques, such as tumbling, balancing, contortions, and aerial tricks without hands and controlled movement, as well as acrobatic elements, static elements, jumps, hand support elements, turns, rolls, walkovers and saltos, all of which should be connected with dance movement and dance combinations. The emphasis is on strength, stretch, control and ease of movement, no matter what technique is being used. The main character is the smooth transition between acrobatic and dance parts. There must be 40% of dance elements and 60% acrobatic elements. Musicality, variety of acrobatic elements and dance itself, originality of composition as well as harmony of concept, music, choreography and acrobatic elements will be highly evaluated.

## 2.3 FITNESS DANCE

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### 2.3.0 AGE CATEGORIES

CATEGORY	AGE
Baby	3-5
Mini Kids	5-8
Kids	9-11
Junior	12-14
Youth	15-17
Senior	18+

To determine the average age of an entry (groups), add together the ages of all the dancers in the routine and divide by the total number of dancers in the entry. All averages are to be rounded down to the nearest whole number. The average age of each entry may not drop more than one age division below the age of the oldest dancer in the entry regardless of the actual average age.

### 2.3.1 DANCE CATEGORIES

GROUP STRUCTURE	NUMBER OF PARTICIPANTS
Solo	1
Duo	2
Trio	3
Group	4-10
Formation	11-15
Production	16+

### 2.3.2 CHARACTERISTICS AND MOVEMENT

Fitness Dance discipline is a combination of dance, fitness and aerobic exercises and it is a beginners/novice discipline. It is performed to the athlete's music. Dynamic, flexibility and stability are evaluated.

Choreography can be made of:

Flexibility elements – for example, high kicks, bridges, front and back walkovers, side splits, and/or front splits. The number of flexibility moves, their degree of difficulty, and the overall creativity of the moves should be considered in the judging of the routine.,

Strength elements - for example, straddle hold, leg extension hold, hand stands, planche and/or one-arm pushups. The number of strength moves, their degree of difficulty, and the overall creativity of the moves should be considered in the judging of the routine.

Acrobatic elements and lifts are **forbidden** (any element where hands and feet are not touching the floor). The judges must consider the entire performance and overall impression rather than the sum of the individual movements. Athlete's personality and stage presence, as well as a natural rhythm play the big part in scoring.

The routine's tempo demonstrates a level of cardiovascular fitness, stamina, and endurance. For example, if two routines contain the same type and number of strength and flexibility movements, the faster-paced routine is the more difficult to complete, and will get higher scores as long as the movements are performed correctly.

## 2.3 FITNESS DANCE

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### 2.3.0 AGE CATEGORIES

CATEGORY	AGE
Baby	3-5
Mini Kids	5-8
Kids	9-11
Junior	12-14
Youth	15-17
Senior	18+

To determine the average age of an entry (groups), add together the ages of all the dancers in the routine and divide by the total number of dancers in the entry. All averages are to be rounded down to the nearest whole number. The average age of each entry may not drop more than one age division below the age of the oldest dancer in the entry regardless of the actual average age.

### 2.4.1 ELEMENTS

HOW MANY OF THE BELOW CAN A CONTESTANT DO IN 30 SECONDS:

1. PUSH-UPS
2. CRUNCHES
3. SQUATS

## 2.5 POLE DANCE

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### 2.5.0 AGE CATEGORIES

CATEGORY	AGE
Baby	3-5
Mini Kids	5-8
Kids	9-11
Junior	12-14
Youth	15-17
Senior	18+

To determine the average age of an entry (groups), add together the ages of all the dancers in the routine and divide by the total number of dancers in the entry. All averages are to be rounded down to the nearest whole number. The average age of each entry may not drop more than one age division below the age of the oldest dancer in the entry regardless of the actual average age.

### 2.5.1 DANCE CATEGORIES

GROUP STRUCTURE	NUMBER OF PARTICIPANTS
Solo	1
Duo	2
Trio	3
Group	4-10
Formation	11-15
Production	16+

### 2.5.2 CHARACTERISTICS AND JUDGING SYSTEM

Judges will judge the competitors on the basis of:

Performance (choreography, entertainment, showmanship... 50%)

Pole work (technical, tricks, combos.... 30%)

Presentation (execution, extensions, transitions... 20%)

The judges will also look for originality in choreography and musicality, creativity, smooth transitions, flawless technique, strength, flexibility and extensions, versatility and floor work, grace, posture and stage presence, showmanship.

## 2.6 KIDS MISS FITNESS (SOLO GIRLS)

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### 2.6.0 AGE CATEGORIES

CATEGORY	AGE
Baby	3-5
Mini Kids	5-8
Kids	9-11
Junior	12-14
Youth	15-17

### 2.6.1 POSING

#### 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:

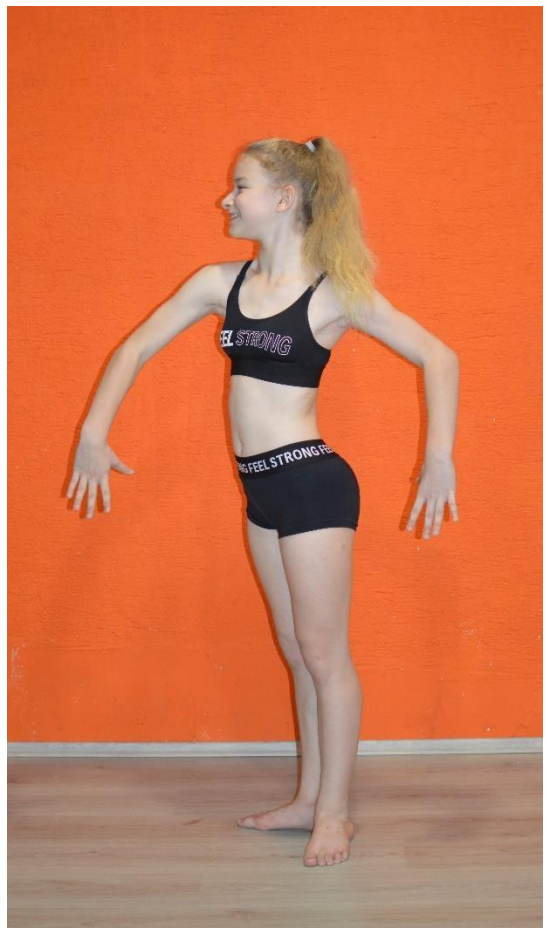
Erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, back muscles slightly contracted to show the shape of the upper body, both arms kept at the side along the centerline 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.

Contestants pose on stage two times. First round in black shorts and top, and second time in costume or dress. Contestants must be barefoot.





## **3 COSTUME, PROPS AND MUSIC**

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### **3.1 COSTUME**

Costumes must cover the intimate parts of the dancer's body during the whole performance. Intimate parts: buttocks, bust and pubic areas. Make-up and costume have to be age and gender appropriate, and they must suit the discipline in which they are used. Make-up and costume may never be offensive to the public or other competitors.

### **3.2 PROPS**

Props are allowed if used as part of the routine. The maximum prop height allowed depends on the venue. There is a total of 2 minutes maximum for set up/break down of all props on the stage. The studio is responsible for cleaning the stage after the performance in less than 1 minute. No dangerous props may be used such as fire or knives. Live animals are strictly prohibited. Props or objects of any kind mustn't leave any residue on the stage such as liquids, gels, aerosols, glitters, confetti, paint, sand, powders etc. Personal jewelry should not be worn unless it is a part of the costume.

### **3.3 MUSIC**

#### **3.3.0 TIME LIMITS**

Solo 2.00 min

Duo/Trio 3.00 min

Group 5.00 min

Formation 6.00 min

Production 8.00 min

**Music must also be appropriate for the age division of the dancer/s.**

## **4 COMPETITIONS AND ORGANIZATION**

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### **4.1 WORLD / EUROPEAN CHAMPIONSHIP**

#### **4.1.0 VENUE**

The hall must be appropriate for big competitions and it must be located in the capital or another larger city of the hosting country. The organizer must use tatami floor; size: 10x10 metres, and separate smaller tatami for warm up in the backstage. The organizer must use IBFF Fit Kids logo on the promo material and at the event.

#### **4.1.1 JUDGES**

Judges must be separated from the viewers. There must be at least 5 judges.

The dress code:

Men: black trousers, white shirt and IBFF Fit Kids tie

Women: black trousers, white shirt, or black dress

Judges mustn't comment choreography during the performance, use mobile phone, disturb other judges. For any questions or problems, they must talk to the Head Judge. The competition must be judged on the federation programme and tablets, so it is transparent. Judges must be focused and fair.

Only judges with IBFF Fit Kids license are allowed to be the judge at the competition. The organizer is responsible to agree with the judges for their expenses (judging, accommodation, travel).

### **4.2 REGIONAL / LOCAL CHAMPIONSHIP**

The organizer should follow the IBFF Fit Kids Rules and Regulations, but it is allowed to adjust to the regional / local rules. The organizer should send the date and promo material of the event to IBFF Fit Kids President so it could be published online. The organizer must use IBFF Fit Kids logo on the promo material and at the event.

## **5 IBFF FIT KIDS MEMBERS**

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Starting with January, 2020, IBFF Fit Kids members\* are obligated to pay the annual fee (10 EUR). Members are going to be registered and visible on the official website. Country representatives pay annual fee (100 EUR).

\*Members are dancers who compete regularly and they are obligated to compete at the World/European Championship.

Only country representatives can register the contestants for European and World Championships under their country team (eg. Team Slovenia, Team Italy..)

Judges can be only from IBFF Fit Kids member country.

## **6 IBFF FIT KIDS LICENCES FOR COACHES AND JUDGES**

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### **JUDGE LICENSE:**

Candidates take one day class and seminar, and do the exam at the end. It will take place twice a year and everyone interested will be informed through the official email.

### **COACH LICENSE:**

Candidates take one day class and seminar, theoretical and practical parts. Everyone interested will be informed through the official email about the date and place of the seminar.