



POLISH FITNESS FEDERATION

President: Aleksandra Kobielaak
Mobile: +48 501 19 44 66
e-mail: fitnesspolandteam@gmail.com
www.fitnessfederation.eu
www.akademiafitness.eu



RULES AND REGULATIONS OF FITNESS

CATEGORIES: (male and female)

- Fitness Dance Solo
- Fitness Show Solo
- Fitness Acrobatic Solo
- Duo, Trio, Group (4-10 people), Formation (+11 People)
- Fitness Performance Solo
- Fitness Performance: Duo, Trio, Group (4-10 people), Formation (+11 People)

AGE GROUPS

The age of the dancer depends on the year of births (not the exact date, just year)
for example: SOLO: a dancer born in 2010 is 14 years old in the year 2024.

In Duos and Trio: Categories are created based on the average age of players
(For Example: duo with 2 competitors 12 and 14 years ($12+14=26/2= 13$ years = category duo in 13 years/ In Trio: 3 competitors 12 years + 13 years + 14 years = $39/3= 13$ = Category Trio in 13 years)

A category is created if there are at least 3 competitors in one age category.

The Organizer reserves the right to combine two categories, if there are less than 3 competitors in a category. (For example: Fitness Dance 8 years – 2 competitors, Fitness Dance 9 years – 2 competitors. We created one category 8-9 with 4 competitors)

Specification of **SPORT FITNESS: DANCE, SHOW, ACROBATIC, PERFORMANCE**

In FITNESS SOLO there are 3 different levels – TATAMI STAGE

- **FITNESS DANCE**
- **FITNESS SHOW**
- **FITNESS ACROBATIC**

The difference is the number of the elements and the difficulty – please see the details below in the table

One competitor must decide in which category according to advancement he will compete (Fitness Dance, Fitness Show, Fitness Acrobatic, cannot compete in 2 or 3 levels)

Duo, Trio, Group, Formations - there is no division by level of advancement, only by age

FITNESS PERFORMANCE – without TATAMI, choreography on the floor

- **Categories:** Solo, Duo, Trio, Group, Formation
- everyone can compete (it is another category than Fitness Dance, Show, Acrobatic)
- you can dance in various styles (ballet, hip, hop, modern, others), you can dance in shoes, ballet flats, socks, barefoot, other

DESCRIPTION:

- SPORT FITNESS is a spectacular „acrobatic show dance“ which choreographies may use any kind of dance technics.
- There are no poses, only fitness routines

ELEMENTS:

- In The Fitness Routine of minimum 4 elements is obligatory, mixed in acrobatic, flexibility, force (POWER) elements and jumps.
- In duo/trio and group choreographies the joint performance of minimum 4 elements is obligatory (4 elements which are performed by all of the dancers at the same time or in canon). Liftings are allowed.
- Elements in row (combination): the elements may be performed independently or connected in a row.
- Set of elements must be correctly presented and smoothly involved in the dance steps.

Stage decorations and props:

- Decoration on the stage should be submitted and approved by the organizer. (object which can harm the fitness floor is not allowed)
- Usage of small hand props, which can be held in hand as a tool, are allowed.

MUSIC:

any music at own discretion. Pay attention to the words in the song (no swear words)

Categories and time durations:

SOLO (Fitness Dance, Fitness Show, Fitness Acrobatic, Fitness Performance)	1 dancer (male or female)	1'30"-1'45"
Fitness DUO	2 dancers	1'45"-2'00"
Fitness TRIO	3 dancers	1'45"-2'00"
Fitness GROUP	4-10 dancers	2'30"-3'00"
Fitness FORMATION	over 10 dancers	2'30"-3'00"

Prohibitions (point deduction.)

- getting behind the mat during a fitness routine
- No continuous lip-synch (mouth movement for music, singing). Punishment: point deduction.
- the costume reveals the buttocks (fitness costumes must cover the entire buttocks (shorts are allowed)

FOR ORGANIZERS:

STAGE:

- The stage is covered by Fitness Floor TATAMI minimum 11 x 11m (target dimension 12 x 12 m)

PRICES:

- diploma for every dancers (with: name of competitions, date, name and surname competitor, name of category, place)
- small medal for participation for every dancers
- trophies to the 1st-3rd places
- Medals to the 1st-3rd places should be gold, silver and brown. Medal for participation should be in bronze.
- The all medals, trophies and diploma must have the Title of Fitness competition, date, and category of fitness
- European and World Championship - Athem in international competitions for the

decoration of finalists

- In the Name of competition must have word "FITNESS"
- Baner of the stage must have also title with "Fitness"

START FEE

- Solo: 180 PLN/ per dancer | 40 euro/ per dancer
- Duo-Trio: 150 PLN / per dancer | 33 euro/ per dancer
- Group/Formation: 80 PLN / per dancer | 18 euro / per dancer

JURY

Jury members are high qualified international judges, there are 5 judges in each category.

ADJUDICATION, EVALUATION

The Judging system is a combined system. These principles of the adjudication are the followings:

- **Technical content** 1-10 point
- **Difficult of elements** : 1-10 points
- **Choreography + presentation:** 1-10 points
- judges will judge the places (Firts place = 1, second place = 2, third place = 3)
- places on the podium (1, 2, 3) cannot be ex aequo. Ex aequo can be over 4 place

- if there are 5 judges in the panel and the two extreme scores are deleted, 3 notes are taken into account for the point. The best mark may be awarded to the competitor in this case for 3 points (1 point (1 place) from each judge).
- If there are 3 judges in the judging panel, the extreme scores are not crossed out. the points (places) of 3 judges are counted

