

CODE OF POINTS

2022



Approved by the International Fit Kid Division

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Introduction

At the fitness competitions, winners are selected by a point marking system. Yet even the most elaborate rules and regulations cannot fully eliminate the role of subjective views.

This rulebook is meant to help make judging as objective as possible, align rules with those of the world tournaments and help coaches and competitors in their preparatory work.



Chapter I.

THE STRUCTURE OF THE COMPETITION SYSTEM

INDIVIDUAL COMPETITORS:

- Age Group: I. 7-9 years old
II. 10 years old
III. 11 years old
IV. 12 years old
V. 13 years old
VI. 14 years old
VII. 15 years old
VIII. 16 years old
IX. 17-18 years old
X. 19 - ... (senior)

GROUP FORMAT:

For the group format the competition consists of one round, the Free Round.

Groups are divided into four categories; Duo, Small group, Big group and Big Free Group. Duo, Small group and Big group have three age groups.

- Age Group: I. 7-11 years old
II. 12-15 years old
III. 16 - ...

In the **Big Free Group** does not have age groups, there is only **one category with free age.**

Small group can consist 3-4 members, Big group 5-6 members and Big Free Group 7-15 members in which the ratio of the genders can be mixed as desired.

Competitors may compete in the next age group higher, but the number of these participants cannot exceed 50% of the group members (in small group: one competitor of three, in big group: two competitors of five members).

One of the duo's member is allowed to be one age group higher, thus the duo will be competing in that age group category.

Competitors who are competing in dance show category allowed to compete in II. class group format as well, but they cannot compete in II. class category individual nor in I. class competition.

Competitors who are competing in II. class individual category allowed to compete in II. class group format, and I. class group format as well, but they cannot compete in I. class individual, dance individual or dance show competition.

Competitors who are competing in I. class individual category allowed to compete in I. class group format as well, but they cannot compete in II. class individual, II. class group format, dance individual or dance show competition.

The Fit Kid competitions are organized through a qualifier system, broken down to regions, as desired according to the number of applicants.

Chapter II.

GENERAL INFORMATION

The official language of IFD competitions is English.

IFD competitions offer excellent opportunities for children to show their sportive talents and athletic build. The audience can see healthy and happy children, who live an active life style involved in sports, while having fun.

The purpose of the Rules and Regulations:

The purpose of the Rules and Regulations is to ensure objectivity in the evaluation system of the fitness competitions, to offer competitors and coaches a general guideline and judging criteria on which they can base their preparation for the competitions.

The purpose of competitions:

- to build the popularity of Fit Kid competitions
- to promote a healthy life style
- to aid young people in their physical development
- to discover, and display talents

Participants:

Individual:

Female: from age 7-...

Male: from age 7-...

In the Group Format: from age 7-...

Application:

To enter a Fit Kid competition, a parent or assigned coach must fill out and submit the application form according to the information given in the competition notice circulated by the organizer of the event.

Draw:

Competitors and groups receive their start number by a computer-assisted draw.

Registration:

Registration takes place at the scene of the competition, before the event starts. Competitors must verify themselves with a valid student card or passport, and need to show a valid medical certificate. Groups have to submit a name list that is approved by a sports physician.

Prizes of the Competition:

Prizes are determined by the organizers.

Competition area:

The size of the competition area is at least 8 x 8 m up to 10 x 10 m.

Competition area needs to be marked visibly with a painted line or adhesive tape, but by no means with any objects that might cause accidents. The floor of the competition area has to be covered by professional carpet.

The judge's panel is seated in front of the competition area facing the stage, separated from the audience and from each other.

Judges:

Prerequisites to become a member of the judge's panel:

Judges must be in contact with the fitness movement.

-have excellent knowledge of the IFD rules and regulations

-have participated in the judges training

-have successfully completed the judge's course and received the official judge's certificate

-have a successful and unbiased judging record

Both, the International Fit Kid Division and the Panel of Judges are striving for honesty and righteousness in the line of their work, committed to fairness in their conduct towards all members, participants of IFD competitions. If there is ever a problem, competitors should turn with confidence to the chief coordinator of the IFD.

Procedure of scoring:

Each judge records the number of executed A-H elements on her/his score sheet, thus competitors' routine quality can be easily compared and assessed impartially.

Judges mark the required elements in the assigned column and make deductions, if there is any missing.

The last column of the score sheet contains the deductions, for instance; interruption in the execution of a routine, etc.

Judges give a score from: 0-4.0 / 0-5.5 / 0-8.8 points for content of routine (it depends on the age group), 0-10 points for technical execution, 0-10 points for the Artistic effect, to the individual competitors (age groups I-IX and X (senior), Boy and Men categories)

Judges give points with a precision of one decimal.

Announcement of results:

Upon the closing of the competition, all nations shall receive a total score sheet.

At the end of the competition, we will hand out the printed result list to the head of the delegation, which contains both competition day's results.

In a week after the competition, we will send the same result list, what they have got at the end of the venue, by email.

Tie:

In case of a tie in the individual competition, the winner is, whose Technical execution score is higher in the exercise. If the Technical execution scores are the same, the Technical execution score of all judges will be added. The winner is, who gets more points from the judges. If the results of these scores are the same as well, the winner is who gets the higher Artistic effect score. (In case of a tie in Artistic effect score too, the calculating system for the higher score is the same, then detailed above at the Technical execution score calculation.)

If there are 9 judges in the judges' panel:

The winner is who gets the higher Technical execution score. If the Technical execution scores are the same, the 3 Technical execution scores of the 3 judges will be added. The winner is, who gets more points from the judges.

If the results of these scores are the same as well, the winner is, who gets the higher Artistic effect score. (In case of a tie in Artistic effect score too, the calculating system is the same as detailed above.) In that case, if these results are still the same, the Technical execution and Artistic effect judges' final ranking order is the standard to decide the winner.

In case of a tie occurs in the Group Format, the team with the highest score of Technical execution, is the winner. If the Technical execution scores are the same, the Technical execution scores of all judges will be added. The winner is who gets more points from the judges. If the results of these scores are the same as well, the winner is who gets the higher Artistic effect score. (In case of a tie in Artistic effect scores too, the calculating system for the higher score is the same, as detailed above.)

If there are 9 judges in the judges' panel, and a tie occurs in the Group Format, the calculating system is the same, as in case of the individual competition.

Musical back up:

Requirements of the musical back up of the fitness routine:

- it has to be uploaded to the online registration system
- competitors need to bring one copy of their music on a USB flash drive,
- the following information must be legible on the USB flash drive: the competitor's name, age group and the country,
- the following information must be appearing and legible in the file's title, when the music is sent for the competition: the name of the competitor / the group format (category of group format), age group and the country,
- the lyrics of the songs should not be indecent (the deduction is -0,5 points per judges), you can use greater mix of musical extract, if the overall effect is not disturbing,
- sound effects may be applied,
- recording must be in high quality.

Duration of the Routine:

Permissible time span: 90 sec. – 105 sec. (individual exercise), or 120 sec.- 135 sec. (group format) or 170-sec. -190 sec. (Big Free Group)

The routine should last from the first musical beat till the last one.

If the musical back up is either shorter or longer (+, - 1 sec.) than this time span, **-1.0** point will be deducted (head judge) by the advice of the time keeping judge.

Clothing:

The clothing worn during the competition should be neat, aesthetically pleasing, covering all critical body parts.

Girls cannot wear dresses made of transparent fabrics, and it should not have a low cut in the front or the back of the dress. **The clothes of boys and men have to be tasty and have to cover all critical part of the body.**

Shorts should reach mid- thigh and the upper body have to be covered.

The fitness routine must be performed bare foot.

The wear of improper clothing will result in point deduction, -1.0 point by head judge.

Interruption of the routine

If the competitor interrupts the routine for more than 2 x 8 beats, judges will have considered as a failed round. (0 point)

A routine may still earn a score if it is interrupted, but the competitor would not leave the competition area, and the length of the interruption cannot be longer than 2 x 8 beats.

In such a case, the deduction shall range between 0,1 – 0,5 points per judge, depending on the length of the interruption.

A competitor who does not heed the second warning (which is following the first warning in a few minutes) will be disqualified from the competition. (0 point)

During the routine no other person is allowed on stage. (0 point)

Step out from the competition area:

If the competitor steps out from the competition area with 1 or 2 legs (and one part of her/his body touches the floor outside the competition area), and at least more than half of the judges sign it to the head judge, the deduction is 0.2 points by the head judge in every case.

The rule is not valid in the case of Big Free Group.

In case of props using, props may leave the stage area if it is not in use.

Complaints:

A competitor may discontinue the routine at own responsibility in any of the following cases:

- (a) the wrong music has played (mistake of the staff who is handling the sound equipment)
- (b) malfunctioning of the stage equipment (for instance, stage lightning or anything else which happens on the stage and it threatens the competitor)

Disciplinary procedure

Each competitor has to abide by the rules and regulations of the competitions, as set by the IFD.

A competitor will be warned if she/he:

- misbehaves in the competition area or outside of it,
- exhibits poor sportsmanship,
- shows disrespect towards to the judges or other officials

A competitor can also be disqualified if her/his coach, a relative or friend, exhibits poor sportsmanship in the competition or outside of it. Improper behavior may even result the suspension of the membership for one year.

The Head Judge is entitled to make an official warning.

Chapter III.

FITNESS ROUTINE

General information:

Participants of all age groups of the Fit-Kid competition perform the fitness routine. It showcases the gymnastic and artistic talents of the competitors when they are performing a 90-105 seconds length routine to music. 8 optional required elements have to be executed during the performance of the routine, which can be selected from the element table found in Chapter VI.

Fitness routines generally feed from different branches of sports like gymnastics, rhythmic gymnastics, aerobics, acrobatics, and various types of dances.

The "borrowed" elements however may only be used to a limited extent, and that gives its uniqueness, the unmistakable character of this sport.

Wearing fitness outfits or costumes, the competitors appear on the stage one at a time to present their fitness routine.

Competitors may use props, as for instance, skipping rope, stick, hoop, etc., however the props shall not be used as an aid in the technical execution of the routines.

Prohibited to use a prop to aid the execution of an element. (-1.0 point deduction by content of routine/ technical execution judges)

Props which, due to their sizes, are easy to move by the hands can be used in maximum 20% of the length of the exercise. The competitor has to use the props continuously, at least once min. 1x8 beats above the floor. The number of props is not regulated.

Prohibited to throw costumes or props. They must be placed on the floor or can be dropped, but ONLY in that case, if it would not bounce forward. If it bounces there will be a deduction of -0.5 points from the artistic effect score.

(In case of using the costume or / and props too long or inappropriate, there will be a deduction of -0.5 points from the artistic effect score.)

In case of props using, the props may leave the stage area if it is not in use.

It is prohibited to use scenery. In case of using scenery, the deduction is -1.0 point (head judge)

1. Requirements concerning the Content of routine-technical execution

What the routine should contain in regards motor skills:

A fitness routine is expected to reflect strength, looseness of the joints, flexibility of muscles, suppleness of the body, stamina and an elaborate coordination of movement.

It is advisable to show the strength and flexibility of each muscle group with dynamic and static, strength or suppleness demonstrating elements.

For the average spectator, the demonstration of stamina is important proof of fitness.

No fitness routine may get a high score, if the competitor shows clear signs of exhaustion before the end of a routine.

To receive a high score, a routine has to be presented with top intensity from the beginning to the end of the routine.

Musical accompaniment should be fast-paced rather than medium, and the technical execution of the elements of the fitness routine should be consistent with the branch of sport or genre of dance from where it is borrowed.

The routine should be choreographed in such a way that the competitor's movement should cover as much of the available space as possible, including straight, diagonal and semicircular moves.

Competitors should move in three dimensions.

The choreography should enable the competitor to show the best of her/his physical capabilities and performing talent. It should conceal possible shortcomings and should be in harmony with the message of the routine, the competitor's attire and personality.

Most advantageous if the routine is composed of the valuable elements, and difficult element connections are applied, as long as they can technically be executed perfectly.

The value of elements: A-0,1; B-0,2; C-0,3; D-0,4; E-0,5; F-0,6; G-0,7; H-0,8 (points)

Competitors can performance these values of elements in the individual routine:

Age group: **I-II.: A-D**
 III-IV.: A-E
 V-IX.: A-H

 X. (senior): A-H

Boy: **"A" (I-II.): A-D**
 "B" (III-IV.): A-E
 "C" (V-VI-VII.): A-H
 "D" (VIII-IX.): A-H

 Men: A-H

The deduction is -0.5 points, if the choreography contains higher value element than describe above.

The starting and finishing position of the elements are regulated by the rules. However, there is a possibility to the performer, to continue the movement after the element without stopping, if the choreography requires it, or it keeps on to the next movement.

This is only an opportunity (not obligatory), which purposes to help the implementation of the choreography without break.

If the competitor presents two dynamic **acrobatic elements**, these have to be started in different directions. (forwards, backwards or sideways, or turns in the vertical axis / for example: turn in handstand/) Direction is defined on the basis of the starting direction of the shoulders.

In case of the **dynamic acrobatic row**, the second and third elements have to follow the first and the second elements without break and without changing the plane.

If the acrobatic row starts forward, the first element cannot be started from standing position. This kind of acrobatic row has to start with a few (2-3...) running steps, or chasse. There is a possibility to execute the **row with 3 elements**. (It is free decision. Presentation of the acrobatic row is optional, and may consist of 2 elements, same as before.)

IN THE GROUP FORMAT: from age group 2 (and in the Big Free Group, same as before)

If the acrobatic row (**in case of 3 elements**) starts forward, the first element can start without steps (from standing).

In case of **power elements** competitors have to choose from two different groups.

The groups of power elements:

1. PUSH UPS
2. LEANING FROM SAGITTAL SCALE
3. WENSONS
4. FULL TURNS FROM PUSH UP
5. ELBOW LEVERS
6. STRADDLE SUPPORT, L- SUPPORT, STRADDLE V-SUPPORT, V-SUPPORT AND VARIATIONS OF THESE
7. HALF TURNS FROM STRADDLE V OR V- SUPPORTS OR FROM MANNA
8. CAPOEIRA
9. LIFTING INTO HANDSTAND FROM DIFFERENT STARTING POSITIONS
10. INFERNAL
11. THOMAS CIRCLES
12. CUTS

Static poses should be held for two seconds.

In case of **elements that demonstrate flexibility of the body**, if both elements are performed with high leg lifts (no matter if static or dynamic) the leg lifts have to be performed in two different directions.

Static poses should be held for two seconds. That kind of elements which are related with back flexibility on the floor form a separate group. (For example, there is no possibility to perform a chest support and a chest lifting in the I. class exercise,) Also, the body waves form another separate group.

In case of **aerobic or gymnastic jumps and leaps**, one aerobic and one gymnastic jump and leap have to be presented.
(Aerobic jumps and leaps landing in push up; gymnastic jumps and leaps landing in standing.)

These rules, which are serving the purpose of variety and diversity, have reference to only the Fit kid individual performances I-IX. and Boy “A-D” but not in the X. (senior) and Men category.

Content of routine:

Two elements from each group of elements have to be and can be presented in the individual exercise. (2 acrobatic elements, 2 power elements, 2 flexibilities, 2 high gymnastic or aerobic jump or leap)

There is the possibility to perform 1 dynamic acrobatic row, which contains 2or 3 dynamic acrobatic elements.

There is the possibility to perform 1 dynamic acrobatic row which contains 2 (from age group 1) or 3 (from age group 3) dynamic acrobatic elements. (According by the execution of dynamic acrobatic row.)

(To perform the acrobatic row is not obligatory.)

Have to check the direction of the elements in the choreography, because the judges have to see clearly the execution of the elements. (This is the condition of acceptance of elements.)

The value of elements: A-0,1; B-0,2; C-0,3; D-0,4; E-0,5; F-0,6; G-0,7; H-0,8 (points)

BOYS AND MEN:

In case of boys and men categories, instead of flexibility elements, have to do plus 1 isolated acrobatic element and plus 1 isolated power element.

In relation with jumps and leaps, it is not obligatory to do gymnastic jump or leap. There is a possibility to do 2 aerobic jumps or leaps landing in push up.

Technical execution:

Evaluation of the level of the moving coordination and perfection to the technique, used by the presentation of the elements and connecting movements.

2. Requirements concerning the Artistic effect:

Routines should include a wide variety of elements, which should be mixed with dance steps. When a competitor selects transition steps of a certain dance style, she should consider the character of her music. It is allowed to mix various styles.

In the performance, the physical and coordinating abilities should be in harmony, so that neither of them dominates. Transition from one element into another should be smooth and logical. Elements that are performed close to, or high above the floor, should be selected in a good proportion. Movements should be spaced well and, in all directions, (forward, backward, laterally, diagonally and in a circle), so that the competition area is taken advantage of.

It is possible to use elements which can be linked to acrobatics, but they are not in the table of elements. But it is not permitted in that case, if it is excessively used and effects the connection of dance elements. For excessive use of the acrobatics as a linked element will affect the artistic score and it will be deducted by -1.0 point.

MAIN ASPECTS OF THE EVALUATION OF THE ARTISTIC EFFECT:

Choreography

The competitor may perform in 2 types of choreography. The choreography can build on a music style; in that case, it should show the typical dance steps and movements. Also, it can demonstrate a story or a feeling; where the gymnastics connection movements are telling that story or feeling.

It refers to the harmonious connections and coordination of movements.

The development of the choreography: impression of the choreography is completed, prologue, middle and final part.

Showmanship

It is an important criterion that the routine should be show-like. What does it mean? The competitor should win over the audience with her energy, zeal, skill, looks, facial expression and charisma.

Self-confidence in the competitor's movement, appearance and facial expression should transmit confidence.

Harmonizing with the music

The mood of the music has to be expressed in the performance of the routine **and** the attire matches with the exhibited style. Tempo changes should be followed.

Momentary pauses, speeding up and slowing down, the dynamics of the movements should reflect the style of the music well.

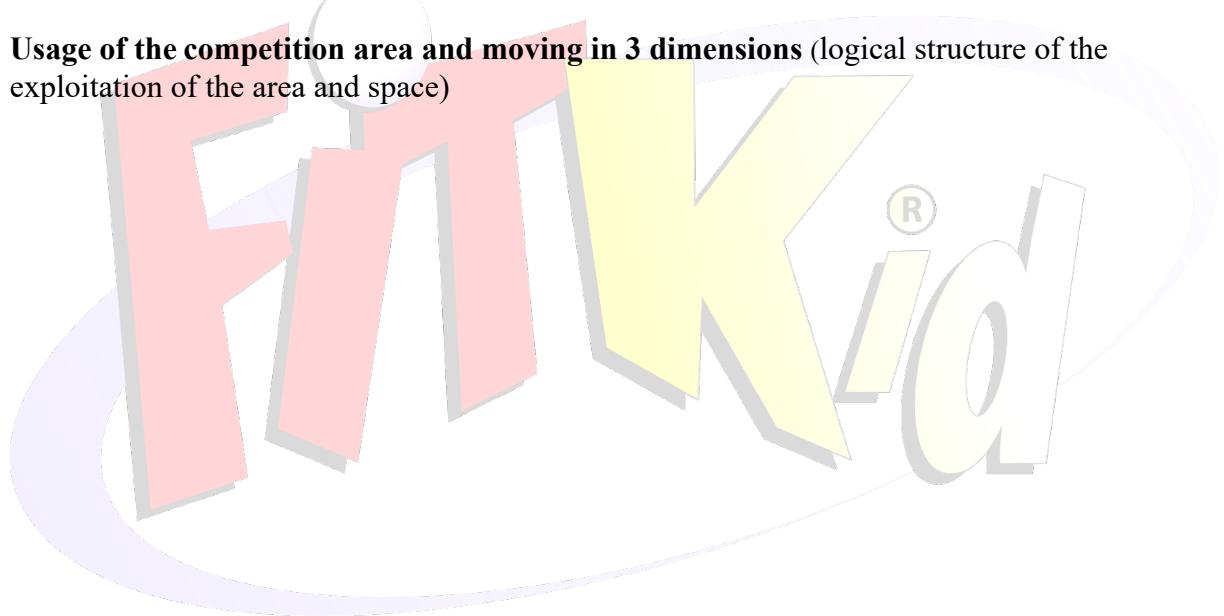
A sound effect should have a matching response, a suitable facial expression or movement. The first move should start on the first beat of the music, and the last one should coincide with the last beat. The provided routine contains excerpts from two (or more) musical works, the competitor's movement should follow both styles and rhythms. The competitor's movement should be entirely harmonized with the music.

Creativity

Each routine should be individualized and contain a wide variety of elements and an ingenious choreography. The choreography should fit the competitor's personality.

Successful use of props, hand accessories (props are used in order and they are connecting logically to the performance and the style) Using props are not obligatory, but if the competitor uses props, it has to be in connection with the theme or with the style of choreography.

Usage of the competition area and moving in 3 dimensions (logical structure of the exploitation of the area and space)



Chapter IV.

EVALUATION OF THE COMPETITION

Judges panel: The judge's panel of each I. class competition is made up of 6/8/9 certified judges, including the Head Judge who directs the work of the judge's panel.

One of the judges will act as a timekeeper. She / He warn the head judge, if a competitor goes over the time limit, or finishes too early (+- 1 second).
(-1.0 point will be deducted by head judge.)

SUMMARY OF THE POINTS:

Content of routine -Technical execution and Artistic effect

1. CONTENT OF ROUTINE / VALUE OF ELEMENTS:

Age Group: I-II. / Boy "A":maximum 4 points
III-IV. / Boy "B":maximum 5.5 points
V-IX. / X. (senior) / Boy "C" and "D" / Men: maximum 8.8 points

2. TECHNICAL EXECUTION: maximum 10 points in all age group, (senior), Boys and Men category.

<u>Age Group</u>	<u>1. Content of routine</u>	<u>2. Technical execution</u>	<u>TOTAL</u>
I-II. / Boy "A" (8 D elements+ row 2 D)	Maximum 4 points	Maximum 10 points	14 points
III-IV. / Boy "B" (8 E elements+ row 3 E)	Maximum 5.5 points	Maximum 10 points	15.5 points
V-IX / X. (senior) / Boy "C" and "D"/ Men (8 H elements+ row 3 H)	Maximum 8.8 points	Maximum 10 points	18.8 points

3. ARTISTIC EFFECT: maximum 10 points in all age group, (Boys and Men) category.

<u>Age Group</u>	<u>Choreography</u>	<u>Music usage</u>	<u>Expression</u>	<u>3 D, area, props</u>	<u>TOTAL</u>
I-IX. /X. (senior)/ Boys/ Men	Maximum 4 points	Maximum 3 points	Maximum 2 points	Maximum 1 point	10 points

TOTAL SCORE:

<u>AGE GROUP</u>	<u>Content of routine - Technical execution</u>	<u>Artistic effect</u>	<u>TOTAL</u>
I-II. / Boy "A"	Maximum 14 points	Maximum 10 points	24 points
III-IV. / Boy "B"	Maximum 15.5 points	Maximum 10 points	25.5 points
V-IX. X. (senior)/ Boy "C" and "D"/ Men	Maximum 18.8 points	Maximum 10 points	28.8 points

I. CLASS INDIVIDUAL:

In the event, if there are 9 judges in the judges' panel, 3 judges give Content of routine score, 3 judges give Technical execution score, and 3 judges give Artistic effect score.

In connection with Content of routine score:

The judges (3) give scores for each category (4) of the elements: acrobatic elements, power elements, flexibility, jumps and leaps (aerobics and gymnastics). In this case, in each category of the elements (acrobatic elements, power elements, flexibility, jumps and leaps), the highest and the lowest scores are dropped, and the remaining four scores are added up, and this result is the Content of routine score.

In connection with Technical execution score:

The judges (3) give scores for Technical execution, and the highest and the lowest scores are dropped for each competitor, and the remaining score is the Technical execution score.

In connection with Artistic effect score:

The judges (3) give scores for the Artistic effect, and the highest and the lowest scores are dropped for each competitor, and the remaining score is the Artistic effect score.

Final score:

The Content of routine score, the Technical execution score and Artistic effect score are added up, and this result is the final score. The competitor who gets the highest score, she/he is the winner.

In the event, if there are 8 judges in the judges' panel, 4 judges give Content of routine/ Technical execution score and 4 judges give Artistic effect score.

In this case, from the 4 scores, the highest and the lowest scores are dropped for each competitor, and the remaining two scores are added up and divided into 2. Then the results of Content of routine/Technical execution score and Artistic effect score are added up, and this result is the final score. The competitor who gets the highest score, she/he is the winner.

In the event, if there are 6 judges in the judges' panel, 6 judges give Content of routine/ Technical execution score and Artistic effect score, too.

In this case, the highest and the lowest scores are dropped (separately counting the Content of routine/Technical execution and Artistic effect score) for each competitor, and the remaining four scores are added up and divided into 4. Then the results of Content of routine/Technical execution score and Artistic effect score are added up, and this result is the final score. The competitor who gets the highest score, she/he is the winner.

SCORING KEY:

TECHNICAL EXECUTION AND ARTISTIC EFFECT

0,0 – 1,9	unsatisfactory
2,0 – 3,9	poor
4,0 – 5,9	satisfactory
6,0 – 7,9	good
8,0 – 9,9	excellent
10	perfect



Judges evaluate competitors' performance based on the following scoring guide:

Judging Criteria

1. Evaluation of the Content of routine:

Competitors are required to select two acrobatic elements, two power elements, two high gymnastic / aerobic jumps, and two elements that demonstrate the suppleness of their body. **(Boys and men: three isolated acrobatic elements and 3 isolated power elements. Two isolated aerobic/ gymnastic jumps or leaps from the detailed table of elements.)**

In that case, when the number of the required elements are less or more, -0.5 points shall be deducted for each element.

If the competitor performs higher value of element what is not allowed in the age category, the deduction is -0.5 points.

In relation with this, if the competitor is not keeping the rules regarding to the chosen of element, the second element would not be accepted either. (Apart from this, there will not be other penalty).

Repetition of element is prohibited (the deduction is -0.3 points per element)

The competitor should choose a higher difficulty level of element, only in that case, when an element type is already perfectly executed.

A competitor should consider her/his technical abilities when they are selecting the elements for the routine.

As for the degree of deductions for mistakes in execution and the selection of elements, see the details at the minor, medium and major mistakes.

Point deductions from technical execution score:

Unsatisfactory technical execution of an element also incurs deduction.

Minor mistakes (0.1 point for each mistake):

- minor deviation from the proper technique of leg, arm, trunk and head poise,
- minor mistake in the execution of elements,

Medium mistakes (0.2 points for each mistake):

- medium deviation from the required position of leg, arm, trunk and head,
- medium deviation from the proper technical execution of elements,

Major mistakes (0.3 points for each mistake):

- major deviation from the required position of leg, arm, trunk and head,
- major deviation from the proper technical execution of elements
- the competitor stumbles in the course of her/his routine or loses her/his balance,

Fall (0.5 points for each such mistake)

Deduction may be a maximum of:

- lack of cardiovascular endurance 1 point
- lack of power, stamina 1 point
- narrow, curtailed movements throughout the routine 1 point
- lack of speed desired for the dimension of movement 1 point

THE GUIDANCE TABLE OF THE TECHNICAL DEDUCTIONS

	SMALL MISTAKES 0.1	MEDIUM MISTAKES 0.2	BIG MISTAKES 0.3 / 0.5
	<ul style="list-style-type: none"> - slightly bent arm - slight shoulder angle - small extra step at landing - slightly bent knee - step to heel (heel touches the floor first instead of the toe) - pulled up shoulders - head is not continuation of the trunk -lack of full palm support - legs are separated / not together 	<ul style="list-style-type: none"> - medium arm bending - medium shoulder angle - big extra step at landing - the legs are not going through the vertical axis - wider hand support than shoulder width - breaking the continuity of the element/movement - non tensioned posture - curved back - legs are not parallel to the floor <p><u>Landing in push up</u></p> <ul style="list-style-type: none"> - arms and toes are not arriving at the same time to the floor 	<ul style="list-style-type: none"> - large arm bending - large extension of shoulder angle - more than one step at landing - weak push from the shoulders - lack of flight phase - inappropriate body position in the air - unsatisfactory height of flight phase - stop during lift <p><u>Landing in push up</u></p> <ul style="list-style-type: none"> - any other part of the body arrives to the floor in addition to the hands and feet

	<ul style="list-style-type: none"> - the foot of the support leg extremely turns inward or outward - unsatisfactory bending in the ankle and the knee joints - incoordinate arm moving and arm holding 	<ul style="list-style-type: none"> - inappropriate number of the hand grips/steps in turning - insufficient arm bending (e.g. push up, Wenson etc.) - inaccuracy in the vertical or horizontal axis - the lift is not continuous/fluid - hip angle - excessive arm bending (e.g. push up, Wenson etc.) - unfinished or less turns -the lifted leg turns out at the hip -the lifted leg is not in the correct plane 	<ul style="list-style-type: none"> - the body turns out from the vertical axis - small jump in balancing position - loss of balance - lose the balance with hand support on the floor -0.5 - fall -0.5
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EVALUATION OF ARTISTIC EFFECT:

1. CHOREOGRAPHY (4 points)

- the development of the choreography (prologue, main part, final part)
- originality, new idea / known things in new approach
- the choreography is in harmony with the age and individuality of the competitor and with the level of the competitor's knowledge
- connection between the choreography, costume and music
- the difficulty level of dance steps, movements and elements (It refers to the harmonious coordination of movements.)
- continuity, which is provided by smooth and logical connection of elements

2. MUSIC USAGE (3 points)

- the music must be built up (prologue, main part, final part)
- the choice of music should be appropriate
- dynamical and rhythm changes in the music (to avoid of monotony)
- moving on the music
- using the emphatic parts of the music in the choreography

3. EXPRESSION (SHOWMANSHIP) (2 points)

- the inner radiation; to show the personality and individuality
- to win the audience
- harmony between the music and the presentation
- elegance/ gracefulness

4. 3 D, USING OF AREA, USING OF PROPS (1 point)

- using of props (logical connection to the choreography)
- using of competition area (logically structured directional changes)
- moving in 3 dimensions (elements and movements on standing, on the floor and with flying phase)

CHAPTER V.

GROUP FORMAT

Required element:

The criterion for constructing a routine is the same as in the individual competition, but the appearance of a group demands certain new requirements.

As in the individual routines in the Group format as well, 8 required elements have to be performed: two elements from each group of elements have to be and can be presented in the group format. (2 acrobatic elements, 2 power elements, 2 flexibilities, 2 high gymnastic or aerobic jumps or leaps)

There is the possibility to perform 1 dynamic acrobatic row which contains 2 or 3 dynamic acrobatic elements. (according by the execution of dynamic acrobatic row)

Acrobatic row with 3 elements from age group 2 (and in the Big Free same as before)

(To perform the acrobatic row is not obligatory.)

The rules, which are serving the purpose of variety and diversity of the chosen elements of -IX. age groups performances, HAVE NO reference to the group format.

BIG FREE GROUP:

- Have to present one isolated element from each (4) group of elements (it is obligatory)
- Every group member has to do the same elements from the group of the elements and at least 2 elements have to be presented in the same time.
- Value of elements up to E
- Possibility: to present maximum 2 acrobatic rows (one of the acrobatic rows can contain 3 acrobatic elements.) (Not every member' of the group have to do the acrobatic row)
- There is a possibility to repeat all acrobatic elements, but only one more time.

Competitors can performance these values of elements **in the group format:**

Age group: I.: A-C
 II.: A-E
 III.: A-H

Big Free Group: A-E

The deduction is -0.5 points, if the choreography contains higher value element than described above.

The following aspects are scored:

Each member of the group format is required to perform the same elements, but it can be executed in the following ways:

- a) in the same time (at least 4 times)
- b) following each other in unison
- c) in different directions

2 elements from each group of elements have to be and can be presented, and from these, each member of the group has to present the same elements at least 4 times at the same time!

-0.5 points will be deducted, if the routine does not contain 4 elements at the same time. (Artistic effect judges)

The starting and finishing position of the elements are regulated by the rules. However, there is a possibility to the performer, to continue the movement after the element without stopping, if the choreography requires it, or it keeps on to the next movement.

This is only an opportunity (not obligatory!!), which purposes to help the implementation of the choreography without break.

An element is only acceptable if every member of the team performs the element at the same level (where the technical execution is a professional standard). If any required elements are omitted, -0.5 points will be deducted, as in the individual competition.

Apart from the required elements, it is also possible to add extra elements, as long as this element is not in the table of elements.

In that case, if one competitor makes one isolated element from the table of elements, according to the rules, this is plus element, and the deduction is -0.5 points.

It is possible to use elements which can be linked to acrobatics, but they are not in the table of elements. But it is not permitted in that case, if it is excessively used and effects the connection of dance elements. For excessive use of the acrobatics as a linked element will affect the artistic score, and it will be deducted by -1.0 point.

It is essential to check the direction of elements in the choreography, because the judges have to see the execution of elements clearly. (This is the condition of correct acceptance of elements.)

Have to check the direction of the elements in the choreography, because the judges have to see clearly the execution of the elements! (This is the condition of acceptance of elements.)

Props which, due to their sizes, are easy to move by the hands can be used in a maximum 20% of the length of the exercise. The competitors (every member of the team who uses props) have to use the props continuously, at least once min. 1x8 beats above the floor. The number of props is not regulated.

Long or inappropriate use: -0.5 points (from the artistic effect score.)

Prohibited to use a prop to aid the execution of an element. (-1.0 point deduction from technical execution score)

Prohibited to throw costumes or props. They must be placed on the floor or can be dropped, but ONLY in that case, if it would not bounce forward. If it bounces there will be a deduction of -0.5 points from the artistic effect score.

In case of using the costume or /and props too long or inappropriate, there will be a deduction of -0.5 points from the artistic score.

It is prohibited to use scenery. In case of using scenery, the deduction is -1.0 point by the head judge.

Step out from the competition area:

If the competitor steps out from the stage with 1 or 2 legs (and one part of her /his body touches the floor outside of the competition area), and at least more than half of the judges sign it to the head judge, the deduction is 0.2 points by the head judge in every case.

In case of props using, the props may leave the stage area if it is not in use.

Transformations:

By transformation, we mean the position of the group members in space changes, relative to one another. The exercise must include at least 5 transformations. (The Big free group exercise must include at least 8 transformations) Transformations may be executed with e.g. dance steps, turns, and acrobatic elements. Each time for the omitted transformation, -0.3 points will be deducted. -0.1 point will be deducted for each inaccurately executed transformation. (Artistic effect judges)

Lifts:

The lift is when both legs and arms leave the ground with a partner's assistance. The lift is regular, if the supporting partner, apart from the legs, is in contact with the ground through another part of the body (kneeling, sitting, lying etc.) or if standing, the lift should not be above shoulder height (this applies to the point where the competitors are in body contact with each other).

There is possibility raising the level of lifts above the head. Only in I. class in age group 2 and 3 and only in the small and big group formats. (In the Big Free Group, too.)

The lift may last for 4-8 beats (dynamic lift). If lifts are static and last for longer than this, -0.2 points will be deducted. During the exercise routine, a maximum of 3 lifts may be executed. Further lifts will result in -0.3 points being deducted. Lifts are not compulsory in the exercise routine. (Technical judges)

The maximum number of the lifts in the Big free group are 5. There is a possibility to lift above head.

Standing on the stage in the group format:

In all cases when one or more competitors "just standing and waiting" on the stage without any movements, the judges give 0.3 points deduction. This deduction does not depend on the number of the competitors.

The deduction occurs from the artistic effect point, within that, from the choreography partial point.

In a team routine, great emphasis is given to uniform quality execution and to synchronized team movement. An important factor is that, the contribution of every team member should be clearly visible in each part of the routine.

Interruption of the routine:

If any team member interrupts the routine and the interruption is no longer than 2x8 beats, the artistic effect judges shall deduct between 0.1-0.3 points each time when it happens.

If the interruption is longer than 2x8 beats, artistic effect judges shall deduct between 0.5-1.0 points.

Scoring procedure for Group Format:

In the event, if there are 9 judges in the judges' panel, 3 judges give Content of routine score, 3 judges give Technical execution score, and 3 judges give Artistic effect score.

In connection with Content of routine score:

The judges (3) give scores for each category (4) of the elements: acrobatic elements, power elements, flexibility, jumps and leaps (aerobics and gymnastics). In this case, in each category of the elements (acrobatic elements, power elements, flexibility, jumps and leaps), the highest and the lowest scores are dropped, and the remaining four scores are added up, and this result is the Content of routine score.

In connection with Technical execution score:

The judges (3) give points for Technical execution, and the highest and the lowest scores are dropped for each group, and the remaining score is the Technical execution score.

In connection with Artistic effect score:

The judges (3) give points for the Artistic effect, and the highest and the lowest scores are dropped for each group, and the remaining score is the Artistic effect score.

Final score:

The Content of routine score, the Technical execution score and Artistic effect score are added up, and this result is the final score. The group, who gets the highest score, is the winner group.

In the event, if there are 8 judges in the judges' panel, 4 judges give Content of routine/Technical execution score, and 4 judges give Artistic effects score.

In this case, from the 4 scores, the highest and the lowest scores are dropped for each group, and the remaining two scores are added up and divided into 2. Then the results of Content of routine/Technical execution score and Artistic effect score are added up, and this is the final score. The group who gets the highest score, is the winner group.

In the event, if there are 6 judges in the judge's panel, 3 judges give Content of routine/Technical execution score, and 3 judges give Artistic effect score.

In this case, from the 3 scores, the highest and the lowest scores are dropped for each group. Then the results of Content of routine/Technical execution score and Artistic effect score are added up, and this is the final score. The group who gets the highest score, is the winner group.

Task of the judges of technique:

- evaluation of the level of difficulty and the execution of the elements in the routine,
- evaluation of the coordination of movement,
- evaluation of the lifts.

Task of the judges of artistic effect:

EVALUATION OF CHOREOGRAPHY (4 points / 6 points in the Big Free Group)

- development of the choreography
- connection between the age group, music, style, costume
- take advantage of the number of the team members
- cooperation between the team members
- 4 elements in the same time (2 in Big free group)
- using of area, 3d, props

USING OF THE MUSIC, SYNCHRONISATION (2 points)

- the music must be built up (prologue, main part, final part)
- moving together on the music
- following the dynamical and rhythm changes in the music
- the choice of music should be appropriate to the team members

EVALUATION OF THE EXPRESSION (2 points)

- appropriate of the style of music, and the age of the team members
- commonality in the presentation
- expression

EVALUATION OF THE TRANSFORMATIONS (1 point)

- minimum 5 transformations (minimum 8 in the Big Free Group)
- logically transfer from one formation to the next formation
- variety and diversity in the different formations
- exact formations

EVALUATION OF THE COORDINATION OF MOVEMENT (1 point)

- technically unified, uniform technical execution of the choreography

Scoring key:

Judges evaluate competitors' performance based on the following scoring guide:

0,0 – 1,9	unsatisfactory
2,0 – 3,9	poor
4,0 – 5,9	satisfactory
6,0 – 7,9	good
8,0 – 9,9	excellent
10	perfect

Scoring key:

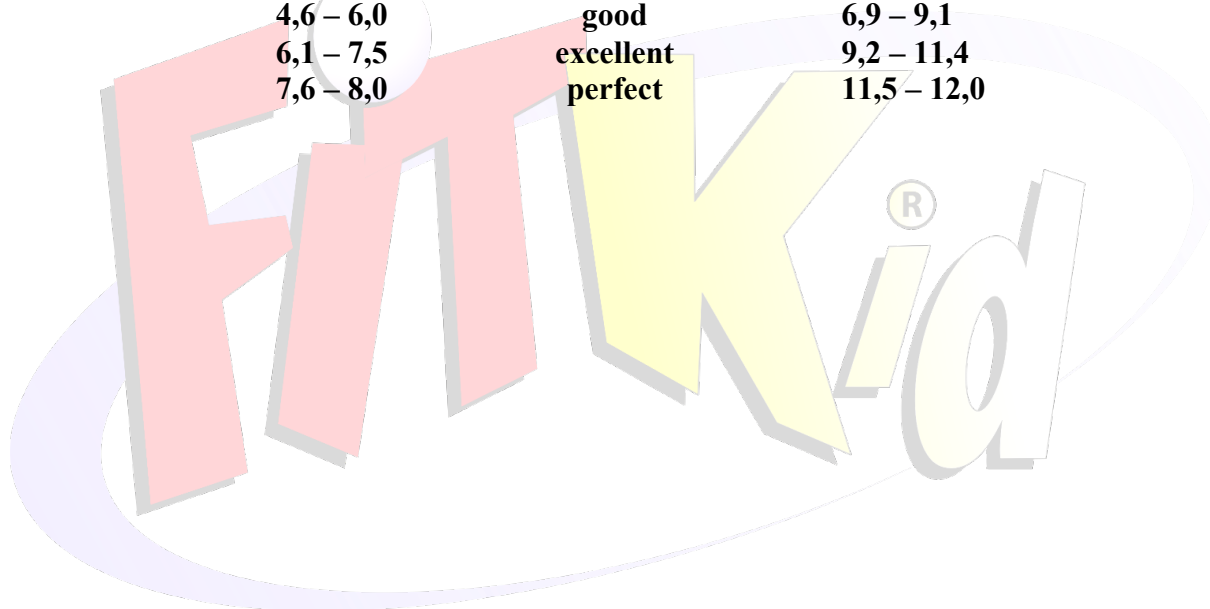
Judges evaluate competitors' performance in the Big Free Group based on the following scoring guide:

Technical execution

0,0 – 1,5	unsatisfactory
1,6 – 3,0	poor
3,1 – 4,5	satisfactory
4,6 – 6,0	good
6,1 – 7,5	excellent
7,6 – 8,0	perfect

Artistic effect

0,0 – 2,2
2,3 – 4,5
4,6 – 6,8
6,9 – 9,1
9,2 – 11,4
11,5 – 12,0



Content of routine-Technical execution:

<u>Age Group</u>	<u>Content of routine</u>	<u>Technical execution</u>	<u>TOTAL</u>
I. (8 C elements+ row 2C)	Maximum 3 points	Maximum 10 points	13 points
II. (8 E elements+ row 2/3E)	Maximum 5.5 points	Maximum 10 points	15.5 points
III. (8 H elements+ row 2/3H)	Maximum 8.8 points	Maximum 10 points	18.8 points
BIG FREE GROUP (4E elements+row2E+row 3E)	Maximum 4,5 points	Maximum 3,5 points	8 points

Artistic effect:

<u>Age group</u>	<u>Choreography</u>	<u>Music usage/ Synchroniza- tion</u>	<u>Expression</u>	<u>Transform ations</u>	<u>Coordination of movement</u>	<u>TOTAL</u>
I.	Maximum 4 points	Maximum 2 points	Maximum 2 points	Maximum 1 point	Maximum 1 point	10 points
II.	Maximum 4 points	Maximum 2 points	Maximum 2 points	Maximum 1 point	Maximum 1 point	10 points
III.	Maximum 4 points	Maximum 2 points	Maximum 2 points	Maximum 1 point	Maximum 1 point	10 points
BIG FREE	Maximum 6 points	Maximum 2 points	Maximum 2 points	Maximum 1 point	Maximum 1 point	12 points

Total score:

AGE GROUP	Content of routine- Technical execution	Artistic effect	TOTAL
I.	Maximum 13 points	Maximum 10 points	23 points
II.	Maximum 15.5 points	Maximum 10 points	25.5 points
III.	Maximum 18.8 points	Maximum 10 points	28.8 points
BIG FREE GROUP	Maximum 8 points	Maximum 12 points	20 points

Summary of penalty deduction:


Deduction by the Head Judge:

- 1 point: problems with the clothing
- 1 point: back up music of the routine 1 second longer/shorter, than time span
- 1 point: for scenery
- 0.2 points: step out from the stage

The competitor scores zero if:

- interrupts the routine longer than 2x8 beats,
- if another person is onstage while the competitor is performing the routine
- if the competitor is not appearing on the stage after the second call.



 2022- MUSIC	<u>FIT KID I. CLASS</u> <u>INDIVIDUAL</u>	<u>FIT KID I. CLASS</u> <u>GROUP FORMAT</u> Duo, Small group (3-4 people) Big group (5-6 people), Big Free group (7-15 people)																																	
	90-105 sec.	120-135 sec. Big Free group: 170-190 sec																																	
<u>JUDGES, AND POINTS</u>	<p>6,8,9 JUDGES</p> <p>Judges give points with a precision of one decimal. AGE GROUP I-X. / Boys A,B,C,D / Men (X. age group is the senior)</p> <p><u>Content of routine in different age groups:</u> I-II. / Boy ‘A’: maximum 4.0 points III-IV. / Boy ‘B’: maximum 5.5 points V-X./ Boy ‘C’, ‘D’ / Men: maximum 8.8 points</p> <p><u>Technical execution:</u> 0-10 points <u>Artistic effect:</u> 0-10 points</p> <p><u>SCORING KEY:</u> TECHNICAL EXECUTION / ARTISTIC EFFECT</p> <table><tr><td>0,0 – 1.9</td><td>unsatisfactory</td></tr><tr><td>1.0 – 3.9</td><td>poor</td></tr><tr><td>4.0 – 5.9</td><td>satisfactory</td></tr><tr><td>6.0 – 7.9</td><td>good</td></tr><tr><td>8.0 – 9.9</td><td>excellent</td></tr><tr><td>10</td><td>perfect</td></tr></table> <p><u>TOTAL SCORE:</u> I-II / Boy ‘A’: maximum 24.0 points III-IV / Boy ‘B’: maximum 25.5 points V-X / Boy ‘C’ ‘D’ / Men: maximum 28.8 points</p>	0,0 – 1.9	unsatisfactory	1.0 – 3.9	poor	4.0 – 5.9	satisfactory	6.0 – 7.9	good	8.0 – 9.9	excellent	10	perfect	<p>6,8,9 JUDGES</p> <p>Judges give points with a precision of one decimal</p> <p><u>Content of routine in different age groups:</u> I: maximum 3.0 points II: maximum 5.5 points III: maximum 8.8 points</p> <p><u>Technical execution:</u> 0-10 points <u>Artistic effect:</u> 0-10 points</p> <p><u>Big Free group:</u> Content of routine: maximum 4.5 points Technical execution: maximum 3.5 points Artistic effect: maximum 12.0 points</p> <p><u>SCORING KEY IN BIG FREE GROUP:</u></p> <table><tr><th colspan="2">TECHNICAL EXECUTION</th><th>ARTISTIC EFFECT</th></tr><tr><td>0.0 – 1.5</td><td>unsatisfactory</td><td>0.0 – 2.2</td></tr><tr><td>1.6 – 3.0</td><td>poor</td><td>2.3 – 4.5</td></tr><tr><td>3.1 – 4.5</td><td>satisfactory</td><td>4.6 – 6.8</td></tr><tr><td>4.6 – 6.0</td><td>good</td><td>6.9 – 9.1</td></tr><tr><td>6.1 – 7.5</td><td>excellent</td><td>9.2 – 11.4</td></tr><tr><td>7.6 – 8.0</td><td>perfect</td><td>11.5 - 12</td></tr></table>	TECHNICAL EXECUTION		ARTISTIC EFFECT	0.0 – 1.5	unsatisfactory	0.0 – 2.2	1.6 – 3.0	poor	2.3 – 4.5	3.1 – 4.5	satisfactory	4.6 – 6.8	4.6 – 6.0	good	6.9 – 9.1	6.1 – 7.5	excellent	9.2 – 11.4	7.6 – 8.0	perfect	11.5 - 12
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ELEMENTS

I-II age group: A-D elements
III-IV age group: A-E elements
V-IX age group: A-H elements
X (Senior) age group: A-H elements
Men: A-H elements
Boy 'A' I-II age group: A-D elements
Boy 'B' III-IV age group: A-E elements
Boy 'C' V-VI-VII age group: A-H elements
Boy 'D' VIII-IX age group: A-H elements

The deduction is -0.5 points if the choreography contains higher value element than described above.

I. age group: A-C elements
II. age group: A-E elements
III. age group: A-H elements

Big Free Group: Value of elements up to 'E'

The deduction is -0.5 points if the choreography contains higher value element than described above.

REQUIREMENTS

Two elements from each group of elements have to be and can be presented in the individual exercise. (2 acrobatic elements, 2 power elements, 2 flexibilities, 2 jumps or leaps (1 high gymnastic jump or leap and 1 aerobic jump or leap)
There is the possibility to perform 1 dynamic acrobatic row, which contains 2 or 3 dynamic acrobatic elements.

Acrobatic row with 3 elements:

Individual: from III age group. Boys from 'B' age group (To perform the acrobatic row is not obligatory.)

In case of **BOYS AND MEN** categories, instead of flexibility elements, have to do **plus 1 isolated acrobatic element** and **plus 1 isolated power element**.

In relation with jumps and leaps, it is not obligatory to do gymnastic jump or leap. There is a possibility to do 2 aerobic jumps or leaps landing in push up.

The deduction is -0.5 points, if the choreography contains less/more or higher value element than described above.
Repetition of element: -0.3

Two elements from each group of elements have to be and can be presented in the group format. (2 acrobatic elements, 2 power elements, 2 flexibilities, 2 high gymnastic or aerobic jumps or leaps)

There is the possibility to perform 1 dynamic acrobatic row, which contains 2 or 3 dynamic acrobatic elements.

Acrobatic row with 3 elements:

Group formats: from II age group. Big free group same as before. (To perform the acrobatic row is not obligatory.)

Each member of the group format is required to perform the same elements (at least 4 times in the same time)

The deduction is -0.5 points, if the choreography contains less/more or higher value element than described above. Repetition of element: -0.3

THE RULES, WHICH ARE SERVING THE PURPOSE OF VARIETY AND DIVERSITY OF THE CHOSEN ELEMENTS OF INDIVIDUAL I-IX. AGE GROUPS PERFORMANCES, HAVE NO REFERENCE TO THE GROUP FORMAT.

ARTISTIC EFFECT

1. CHOREOGRAPHY: 4 POINTS

- the development of the choreography (prologue, main part, final part)
- originality, new idea / known things in new approach
- the choreography is in harmony with the age and individuality of the competitor, and with the level of the competitor's knowledge
- connection between the choreography, costume, and music
- the difficulty level of dance steps, movements, and elements
- continuity, which is provided by smooth and logical connection of elements.

2. MUSIC USAGE: 3 POINTS

- the music must be built up (prologue, main part, final part)
- the choice of music should be appropriate
- dynamical and rhythm changes in the music (to avoid of monotony)
- moving on the music
- using the emphatic parts of the music in the choreography

3. EXPRESSION (showmanship): 2 POINTS

- the inner radiation; to show the personality and individuality
- to win the audience
- harmony between the music and the presentation
- elegance/ gracefulness

4. 3 D. USING OF AREA. USING OF PROPS: 1 POINT

- using of props (logical connection to the choreography)
- using of competition area (logically structured directions)
- moving in 3 dimensions (elements and movements on standing, on the floor and with flying phase)

If the interruption is no longer than 2x8 beats, the artistic effect judges shall deduct between 0.1-0.5 points.

If the interruption is longer, the final score of the routine: 0 point

INTERRUPTION OF THE ROUTINE

1. EVALUATION OF THE CHOREOGRAPHY: 4 POINTS (6 points in Big Free Group)

- development of the choreography
- connection between the age group, music, style, costume
- take advantage of the number of the team members
- cooperation between the team members
- 4 elements in the same time (2 in Big Free Group)
- using of area, 3d, props

2. USING OF THE MUSIC. SYNCHRONISATION: 2 POINTS

- the music must be built up (prologue, main part, final part)
- moving together on the music
- following the dynamical and rhythm changes in the music
- the choice of music should be appropriate to the team members

3. EVALUATION OF THE EXPRESSION: 2 POINTS

- appropriate of the style of music, and the age of the team members
- commonality in the presentation
- expression

4. EVALUATION OF THE TRANSFORMATIONS: 1 POINT

- minimum 5 transformations (minimum 8 in the Big Free Group)
- logically transfer from one formation to the next formation
- variety and diversity in the different formations
- exact formations

5. EVALUATION OF THE COORDINATION OF MOVEMENT: 1 POINT

- technically unified, uniform technical execution of the choreography.

If any team member interrupts the routine and the interruption is no longer than 2x8 beats, the artistic effect judges shall deduct between 0.1-0.3 points each time when it happens.

If the interruption is longer than 2x8 beats, the artistic effect judges shall deduct between 0.5-1.0 point.

CRITERIAS OF THE CHOSEN ELEMENTS

ACROBATIC ELEMENTS:

If the competitor presents two dynamic **acrobatic elements**, these have to be started in different directions.

In case of the **dynamic acrobatic row**, the second and third elements have to follow the first and the second elements without break and without changing the plane.

If the acrobatic row starts to forward direction, the first element cannot be started from standing position. This kind of acrobatic row has to start with a few (2-3...) running steps, or chasse. If the acrobatic row starts forward with 3 elements the first element can start without steps (from standing).

Acrobatic rows starting sideways or backwards can be started from standing position.

POWER ELEMENTS:

In case of **power elements**, competitors have to choose from two different groups.

FLEXIBILITIES:

In case of **elements that demonstrate flexibility of the body**, if both elements are performed with high leg lifts (no matter if static or dynamic) the leg lifts have to be performed in two different directions. (That kind of elements which are related with back flexibility on the floor form a separate group.) Also, the body waves form another separate group.

JUMPS/LEAPS:

In case of **aerobic or gymnastic jumps and leaps**, one aerobic and one gymnastic jump and leap have to be presented.

(Aerobic jumps and leaps landing in push up; gymnastic jumps and leaps landing in standing.)

If the competitor is not keeping the rules regarding to the chosen elements, the second element would not be accepted.

(Apart from this, there will not be other penalty.)

EVALUATION OF THE TECHNICAL EXECUTION:

The technical execution (0-10 points) Big free group (8 points)

- evaluation of the execution of the elements in the exercise
- evaluation of the coordination of the movement
- evaluation of the lifts :(max 3; more -0.3); (4-8 beats; longer -0.2); (inaccurately -0.5)
- In Big free group: max. 5 lifts, and there is a possibility to lift above head.
- Only in the Small group (in II and III age groups), Big group (in II and III age groups) and Big Free group format is a possibility to lift above head.

BIG FREE GROUP: -Have to present one isolated element from each (4) group of elements (it is obligatory)

-Every group member has to do the same elements from the group of the elements, and at least 2 elements have to be presented in the same time.


-Value of elements up to E

-Possibility: to present maximum 2 acrobatic rows (one of the acrobatic rows can contain 3 acrobatic elements (Not every member' of the group have to do the acrobatic row)

-There is a possibility to repeat all acrobatic elements, but only one more time

	<p><u>These rules, which are serving the purpose of variety and diversity, have reference to only the FIT KID individual I-IX AGE GROUPS performances.</u></p> <p><u>THESE RULES ARE NOT REFERENCE FOR X AGE GROUP, BOY AND MEN CATEGORIES.</u></p> <p><u>The starting and finishing positions of the elements are regulated by the rules. However, there is a possibility to the performer, to continue the movement after the element without stopping, if the choreography requires it, or it keeps on to the next movement.</u></p> <p>This is only an opportunity, which purposes to help the implementation of the choreography without break.</p>	<p><u>The starting and finishing positions of the elements are regulated by the rules. However, there is a possibility to the performer, to continue the movement after the element without stopping, if the choreography requires it, or it keeps on to the next movement.</u></p> <p>This is only an opportunity, which purposes to help the implementation of the choreography without break.</p>
<u>PROPS</u>	<p>Props which, due to their sizes, are easy to move by the hands can be used in maximum 20% of the length of the exercise. The competitor has to use the props continuously, at least once min. 1x8 beats above the floor. The number of props is not regulated.</p> <p>Long or inappropriate use: -0.5 points (from the artistic effect score)</p> <p>Prohibited to throw costumes or props They must be placed on the floor or can be dropped, but ONLY in that case, if it would not bounce forward. (otherwise: -0.5 points deduction from the artistic effect score)</p> <p>Prohibited to use a prop to aid the execution of an element. (-1.0 point from the technical execution score.)</p>	<p>Props which, due to their sizes, are easy to move by the hands can be used in maximum 20% of the length of the exercise. The competitors (every member of the team, who uses props) have to use the props continuously, at least once min. 1x8 beats above the floor. The number of props is not regulated.</p> <p>Long or inappropriate use: -0.5 points (from the artistic effect score)</p> <p>Prohibited to throw costumes or props. They must be placed on the floor or can be dropped, but ONLY in that case, if it would not bounce forward. (otherwise: -0.5 points deduction from the artistic effect score)</p> <p>Prohibited to use a prop to aid the execution of an element. (-1.0 point from the technical execution score.)</p>
<u>SCENERY</u>	<p>It is <u>prohibited to use scenery</u>. In case of using scenery, the deduction is -1.0 point by head judge.</p>	<p>It is <u>prohibited to use scenery</u>. In case of using scenery, the deduction is -1.0 point by head judge.</p>
<u>CLOTHING</u>	<p>According to the rules, (tasteful, the critical part of the body is covered) Accessories are allowed as part of the costume.</p>	<p>According to the rules, (tasteful, the critical part of the body is covered) All members of the group format can wear different costumes. (style, color) Accessories are allowed as part of the costume.</p>

<u>“STANDING STILL”</u>		In all cases, when one or more competitors “just standing and waiting” on the stage without any movements, the judges give 0.3 points deduction from the Choreography partial point.
<u>STEP OUT FROM THE COMPETITION AREA</u>	<p>If the competitor steps out from the stage with one or two legs, or one part of her/his body touches the floor outside of the competition area and at least more than half of the judges sign it to the head judge, the deduction is -0.2 points by the head judge in every case.</p> <p>In case of props using, the props may leave the stage area if it is not in use.</p>	<p>If the competitor steps out from the stage with one or two legs, or one part of her/his body touches the floor outside of the competition area and at least more than half of the judges sign it to the head judge, the deduction is -0.2 points by the head judge in every case.</p> <p>This rule is not valid in the case of Big Free Group!</p> <p>In case of props using, the props may leave the stage area or if it is not in use.</p>
<u>AGE GROUPS</u>	<p>I.: 2015-2013</p> <p>II.: 2012</p> <p>III.: 2011</p> <p>IV. 2010</p> <p>V.: 2009</p> <p>VI.: 2008</p> <p>VII.: 2007</p> <p>VIII.: 2006</p> <p>IX.: 2005-2004</p> <p>X.: 2003-</p> <p>BOYS:</p> <p>A.: 2015-2012</p> <p>B.: 2011-2010</p> <p>C.: 2009-2007</p> <p>D.: 2006-2004</p> <p>MEN: 2003-</p>	<p>I. 2015-2011</p> <p>II. 2010-2007</p> <p>III. 2006-</p> <p>Big Free Group: free age (2015-</p>

 2022-	<u>FIT KID II. CLASS INDIVIDUAL</u>		<u>FIT KID II. CLASS GROUP FORMAT</u>
<u>MUSIC</u>	Fit Kid II. Class /A cat.	Fit Kid II. Class /B cat.	Duo, Small group (3-4 people) Big group (5-6 people)
<u>JUDGES, AND POINTS</u>	75-90 sec.	75-90 sec.	75-90 sec.
			75-90 sec.
<u>JUDGES, AND POINTS</u>	4-6 JUDGES Judges give points with a precision of one decimal. <u>Content of routine:</u> I-II.: maximum 2.2 points III-IX.: maximum 3.0 points <u>Technical execution:</u> 0-10 points <u>Artistic effect:</u> 0-10 points <u>SCORING KEY:</u> 0,0 – 1,9 unsatisfactory 2,0 – 3,9 poor 4,0 – 5,9 satisfactory 6,0 – 7,9 good 8,0 – 9,9 excellent 10 perfect	4-6 JUDGES Judges give points with a precision of one decimal. <u>Content of routine:</u> I-II.: maximum 1.8 points III-IX.: maximum 2.6 points <u>Technical execution:</u> 0-10 points <u>Artistic effect:</u> 0-10 points <u>SCORING KEY:</u> 0,0 – 1,9 unsatisfactory 2,0 – 3,9 poor 4,0 – 5,9 satisfactory 6,0 – 7,9 good 8,0 – 9,9 excellent 10 perfect	4-6 JUDGES Judges give points with a precision of one decimal. <u>Content of routine:</u> I.: maximum 0,8 points II.: maximum 0.9 points III.: maximum 1.1 points <u>Technical execution:</u> 0-10 points <u>Artistic effect:</u> 0-10 points <u>SCORING KEY:</u> 0,0 – 1,9 unsatisfactory 2,0 – 3,9 poor 4,0 – 5,9 satisfactory 6,0 – 7,9 good 8,0 – 9,9 excellent 10 perfect

<p><u>ELEMENTS</u></p>	<p>Age group I-II.: A, B, max. 2 C and 2D (max. 4 B, 2 C and 2 D elements)</p> <p>Age group III-X.: A, B, C, max. 2D and 2E (max.4 C, 2 D and 2 E elements)</p> <p>Boy 'A': A, B, C, D (max. 4 B, 2 C and 2 D elements) Boy 'B', 'C', 'D', Men: A, B, C, D, E (max. 4 C, 2 D, and 2 E elements)</p>	<p>Age group I-II.: A, B, max. 2 C (max. 6 B and 2 C elements)</p> <p>Age group III-X.: A, B, C, max. 2 D (max.6 C and 2 D elements)</p> <p>Boy 'A' : A, B, max. 2C (max. 6 B and 2 C elements) Boy 'B', 'C', 'D', Men: A, B, C, max. 2 D (max. 6 C and 2 D elements)</p>	<p><u>Each member of the group format is required to perform the same elements.</u></p> <p>Two elements have to be presented in the same time.</p> <p>Age group I: A, B (max.4 B elements)</p> <p>Age group II: A, B, max. 1 C (max. 3 B and 1 C elements)</p> <p>Age group III: A, B, max. 1 C and 1 D (max. 2 B, 1 C and 1 D elements)</p>
<p><u>REQUIREMENTS</u></p>	<p>Two elements from each group of elements have to be and can be presented. (8 elements) The acrobatic row is prohibited.</p>		<p>One element from each group of elements have to be and can be presented. (4 elements) The acrobatic row is prohibited.</p>
<p><u>ARTISTIC EFFECT AND TECHNICAL EXECUTION</u></p>	<p><u>EVALUATION OF ARTISTIC EFFECT (0-10 POINTS)</u></p> <ol style="list-style-type: none"> 1. <u>Choreography:</u> 4 points 2. <u>Music usage:</u> 3 points 3. <u>Expression / (showmanship):</u> 2 points 4. <u>3 D, using of area, using of props:</u> 1 point 		<p><u>EVALUATION OF ARTISTIC EFFECT (0-10 points)</u></p> <ol style="list-style-type: none"> 1. <u>Evaluation of the choreography:</u> 4 points 2. <u>Using of the music, synchronisation:</u> 2 points 3. <u>Evaluation of the expression:</u> 2 points 4. <u>Evaluation of the transformations:</u> 1 point 5. <u>Evaluation of the coordination of movement:</u> 1 point <p><u>EVALUATION OF THE TECHNICAL EXECUTION: (0-10 points)</u></p> <p>-evaluation of the execution of the elements in the exercise -evaluation of the coordination of the movement -evaluation of the lifts :(max 3; more -0.3); (4-8 beats- longer -0.2); (inaccurately -0.5)</p>

DEDUCTIONS

The deduction is -0.5 points, if the choreography contains less/more or higher value element than described above. Repetition of element: -0.3

Interruption of the routine:

If the interruption is no longer than 2x8 beats, the deduction is between 0.1-0.5 points per judge (artistic effect judges)

If the interruption is longer, the final score of the routine: 0 point

The deduction is -0.5 points, if the choreography contains less/more or higher value element than described above.

Repetition of element: -0.3

Interruption of the routine:

If any team member interrupts the routine, then continues less than 2x8 beats later, each judge (artistic effect judges) shall deduct between 0.1-0.3 points each time when it happens.

If the interruption is longer than 2x8 beats, artistic effect judges shall deduct between 0.5-1,0 point

In all cases, when one or more competitors "just standing and waiting" on the stage without any movements, the judges give 0.3 points deduction from the choreography partial point.

PROPS

Props which, due to their sizes, are easy to move by the hands can be used in maximum 3x8 beats.


The competitor has to use the props continuously, at least once min. 1x8 beats above the floor. The number of props is not regulated. (otherwise: -0.5 points deduction from the artistic effect score) Prohibited to use a prop to aid the execution of an element. (-1.0 point from the technical execution score.)

Prohibited to throw costumes or props. They must be placed on the floor or can be dropped, but ONLY in that case, if it would not bounce forward.

Props which, due to their sizes, are easy to move by the hands can be used in maximum 3x8 beats.

The competitors (every member of the team who uses props) have to use the props continuously, at least once min. 1x8 beats above the floor. The number of props is not regulated. (otherwise: -0.5 points deduction from the artistic effect score) Prohibited to use a prop to aid the execution of an element. (-1.0 point from the technical execution score.) Prohibited to throw costumes or props. They must be placed on the floor or can be dropped, but ONLY in that case, if it would not bounce forward.

<u>SCENERY</u>	It is <u>prohibited to use scenery</u> . In case of using scenery, the deduction is -1.0 point by head judge.		
<u>CLOTHING</u>	According to the rules, (tasteful, the critical part of the body is covered) Accessories are allowed as part of the costume.	According to the rules, (tasteful, the critical part of the body is covered) All members of the group format can wear different costumes. (style, color) Accessories are allowed as part of the costume.	
<u>STEP OUT FROM THE COMPETITION AREA</u>	If the competitor steps out from the stage with one or two legs (or one part of her/his body touches the floor outside of the competition area and at least more than half of the judges sign it to the head judge, the deduction is -0.2 points by the head judge in every case. In case of props using, the props may leave the stage area if it is not in use.		
<u>AGE GROUPS</u>	I.: 2016-2014 II.: 2013-2012 III.: 2011 IV. 2010 V.: 2009 VI.: 2008 VII.: 2007 VIII.: 2006 IX.: 2005-2004 X.: 2003-	BOYS: A.: 2015-2012 B.: 2011-2010 C.: 2009-2007 D.: 2006-2004 MEN: 2003-	I. 2016-2011 II. 2010-2007 III. 2006-

 2022-	<u>FIT KID III. CLASS (DANCE)</u> <u>INDIVIDUAL</u>		<u>FIT KID DANCE SHOW</u>
	Fit Kid III. Class /A cat.	Fit Kid III. Class /B cat.	4-8 people
<u>MUSIC</u>	65-75 sec.	60 sec. (+ - 2 sec)	60-75 sec.
<u>JUDGES, AND POINTS</u>	4-6 JUDGES Judges give points with a precision of one decimal. <u>Content of routine:</u> I-II.: maximum 1.3 points III-IX.: maximum 1.6 points <u>Technical execution:</u> 0-10 points <u>Artistic effect:</u> 0-10 points <u>SCORING KEY:</u> 0,0 – 1,9 unsatisfactory 2,0 – 3,9 poor 4,0 – 5,9 satisfactory 6,0 – 7,9 good 8,0 – 9,9 excellent 10 perfect	4-6 JUDGES Judges give points with a precision of one decimal. <u>Content of routine:</u> I-IX.: maximum 0.8 points <u>Technical execution:</u> 0-10 points <u>Artistic effect:</u> 0-10 points <u>SCORING KEY:</u> 0,0 – 1,9 unsatisfactory 2,0 – 3,9 poor 4,0 – 5,9 satisfactory 6,0 – 7,9 good 8,0 – 9,9 excellent 10 perfect	4-6 JUDGES Judges give points with a precision of one decimal. <u>Final score:</u> 0 – 10 points <u>SCORING KEY:</u> 0,0 – 1,9 unsatisfactory 2,0 – 3,9 poor 4,0 – 5,9 satisfactory 6,0 – 7,9 good 8,0 – 9,9 excellent 10 perfect

<p><u>ELEMENTS</u></p>	<p>Age group I-II.: A, B, max. 1 C (max. 5 B, 1 C elements) Age group III-IX.: A, B, max. 2 C and 1 D (max.3 B, 2 C and 1 D elements) Boy 'A': A, B, C, D (max. 5 B, 1 C elements) Boy 'B', 'C', 'D': A, B, max 2 C and 1 D (max. 3 B, 2 C, and 1 D elements)</p> <p>Number of the elements: 6</p>	<p>Age group I-IX.: A, B (max. 4 B elements)</p> <p>Boy 'A', 'B', 'C', 'D': A, B (max. 4 B elements)</p> <p>Number of the elements: 4</p>	<p>Maximum 2 A or B elements (not obligatory !!!!)</p>
<p><u>REQUIREMENTS</u></p>	<p>One element from each group of elements has to be and can be presented in the individual exercise. (1 acrobatic element, 1 power element, 1 flexibility, 1 high gymnastic or aerobic jump or leap), and 2 free choices from 2 different group of elements.</p> <p>The acrobatic row is prohibited.</p>	<p>One element from each group of elements has to be and can be presented in the individual exercise. (1 acrobatic element, 1 power element, 1 flexibility, 1 high gymnastic or aerobic jump or leap)</p> <p>The acrobatic row is prohibited.</p>	<p>It is allowed to present 2 elements (A or B) from 2 different groups of elements, but it is NOT OBLIGATORY.</p> <p>The acrobatic row is prohibited.</p>
<p><u>ARTISTIC EFFECT AND TECHNICAL EXECUTION</u></p>	<p><u>EVALUATION OF ARTISTIC EFFECT (A and B categories) (0-10 POINTS)</u></p> <ol style="list-style-type: none"> 1. <u>Choreography</u>: 4 points 2. <u>Music usage</u>: 3 points 3. <u>Expression / (showmanship)</u>: 2 points 4. <u>3 Dimension, using of area, using of props</u>: 1 point <p>For excessive use of the acrobatics as a linked element will affect the artistic score, and it will be deducted by -1.0 point.</p> <p><u>TECHNICAL DEDUCTIONS (A and B categories):</u></p> <p><u>minor mistakes</u>: -0.1 point for each mistake <u>medium mistakes</u>: -0.2 points for each mistake <u>major mistakes</u>: -0.3 points for each mistake <u>fall</u>: -0.5 points for each such a fall</p> <p>For excessive use of the acrobatics as a linked element will affect the artistic score, and it will be deducted by -1.0 point.</p>		<p>For excessive use of the acrobatics as a linked element will affect the score, and it will be deducted by -1.0 point.</p>

<p><u>DEDUCTIONS</u></p>	<p>The deduction is -0.5 points, if the choreography contains less/more or higher value element than described above.</p> <p>Repetition of element: -0.3</p> <p><u>Interruption of the routine</u></p> <p>If the interruption is no longer than 2x8 beats, the deduction is between 0.1-0.5 (from artistic effect score)</p> <p>If the interruption is longer, the final score of the routine: 0 point</p>	<p>The deduction is -0.5 points, if the choreography contains less/more or higher value element than described above.</p> <p>Repetition of element: -0.3</p> <p><u>Interruption of the routine</u></p> <p>If the interruption is no longer than 2x8 beats, the deduction is between 0.1-0.3 points per judge</p> <p>If the interruption is longer, the deduction is between 0.5-1.0 point per judge.</p>
<p><u>PROPS</u></p>	<p>Props which, due to their sizes, are easy to move by the hands can be used in maximum 3x8 beats.</p> <p>The competitor has to use the props continuously, at least once min. 1x8 beats above the floor. The number of props is not regulated.</p> <p>(otherwise: -0.5 points deduction from the artistic effect score)</p> <p>Prohibited to throw costumes or props. They must be placed on the floor or can be dropped, but ONLY in that case, if it would not bounce forward.</p>	<p>Props which, due to their sizes, are easy to move by the hands can be used in maximum 3x8 beats.</p> <p>The competitors (every member of the team who uses props) have to use the props continuously, at least once min. 1x8 beats above the floor. The number of props is not regulated.</p> <p>(otherwise: -0.5 points deduction from the final score)</p> <p>Prohibited to throw costumes or props. They must be placed on the floor or can be dropped, but ONLY in that case, if it would not bounce forward.</p>

<u>SCENERY</u>	It is <u>prohibited to use scenery</u> . In case of using scenery, the deduction is -1.0 point by head judge.	
<u>CLOTHING</u>	According to the rules, (tasteful, the critical part of the body is covered) Accessories are allowed as part of the costume.	<p>According to the rules, (tasteful, the critical part of the body is covered)</p> <p>All members of the group format can wear different costumes. (style, color)</p> <p>Accessories are allowed as part of the costume.</p>
<u>“STANDING STILL”</u>		In all cases, when one or more competitors “just standing and waiting” on the stage without any movements, the judges give 0.3 points deduction from the choreography partial point.
<u>STEP OUT FROM THE COMPETITION AREA</u>	<p>If the competitor steps out from the stage with one or two legs (or one part of her/his body touches the floor outside of the stage (competition area) and at least more than half of the judges sign it to the head judge, the deduction is -0.2 points by the head judge in every case.</p> <p>In case of props using, the props may leave the stage area if it is not in use.</p>	
<u>AGE GROUPS</u>	<p>I. 2016-2014</p> <p>II. 2013-2012</p> <p>III. 2011</p> <p>IV. 2010</p> <p>V. 2009</p> <p>VI. 2008</p> <p>VII. 2007</p> <p>VIII. 2006</p> <p>IX. 2005-2003</p>	<p>Boys 'A' : 2016-2012</p> <p>'B': 2011-2010</p> <p>'C': 2009-2007</p> <p>'D': 2006-2003</p>
		<p>I. 2016 - 2014</p> <p>II. 2013 - 2011</p> <p>III. 2010 - 2008</p> <p>IV. 2006 - 2003</p> <p>V. 2002 -</p>



INFORMATION ABOUT THE FIT KID I. CLASS COMPETITION

/Evaluation of the competition in 2022-/

INDIVIDUAL ROUTINE I-IX., X. (SENIOR), BOY AND MEN:

MUSIC:

Duration of the routine: 90-105 sec.

If the musical back up is either shorter or longer (+, - 1 sec) than this time span, **-1.0** point will be deducted (head judge) by the advice of the time keeping judge.

The lyrics of the songs should not be indecent (the deduction is -0.5 points per judge).

You can use greater mix of musical extract, if the overall effect is not disturbing

Two elements from each group of elements have to be and can be presented in the individual exercise, and in the group format as well. (2 acrobatic elements, 2 power elements, 2 flexibilities, 2 high gymnastic or aerobic jump or leap)

There is the possibility to perform 1 dynamic acrobatic row, which contains 2-3 dynamic acrobatic elements. (To perform the acrobatic row is not obligatory.)

If the routine contains less or more elements than described above, -0.5 points will be deducted from the content of routine score.

Repetition of element is prohibited (the deduction is -0.3 points per element).

In case of boys and men categories, instead of flexibility elements, have to do plus 1 isolated acrobatic element and plus 1 isolated power element.

In relation with jumps and leaps, it is not obligatory to do gymnastic jump or leap. There is a possibility to do 2 aerobic jumps or leaps landing in push up.

The clothes of boys and men competitors must be tasty, and have to cover all critical parts of the body.

Shorts should reach mid- thigh and the upper body has to be covered.

The value of elements: A-0,1; B-0,2; C-0,3; D-0,4; E-0,5; F-0,6; G-0,7; H-0,8 (points)

Have to check the direction of the elements in the choreography, because the judges have to see clearly the execution of the elements! (This is the condition of acceptance of elements.)

Competitors can perform these values of elements in the individual routine:

Age group I-II.: A-D

Age group III-IV.: A-E

Age group V-IX.: A-H

X. (senior): A-H

Boy "A" (I-II.) A-D

Boy "B" (III-IV.) A-E

Boy "C" (V-VI-VII.) A-H

Boy "D" (VIII-IX.) A-H

Men: A-H

The deduction is -0.5 points, if the choreography contains higher value element than described above.

If the competitor presents two dynamic **acrobatic elements**, these have to be started in different directions (forward, backwards or sideways, or turns in the vertical axis / for example: turn in handstand/). Direction is defined on the basis of the starting direction of the shoulders.

In case of the **dynamic acrobatic row**, the second and third elements have to follow the first and the second elements without break and without changing the plane.

If the acrobatic row (**in case of 2 elements**) starts forward, the first element cannot be started from standing position. This kind of acrobatic row has to start with a few (2-3...) running steps, or chasse.

If the acrobatic row (**in case of 3 elements**) starts forward, the first element can start without steps (from standing).

Acrobatic rows starting sideways or backwards can be started from standing position.

There is a possibility to execute the **row with 3 elements**. (It is free decision. Presentation of the acrobatic row is optional, and may consist of 2 elements, same as before.)

IN THE INDIVIDUAL EXERCISE: from age group 3 (Boy "B")

IN THE GROUP FORMAT: from age group 2 (and in the Big Free Group, same as before)

In case of **power elements**, competitors have to choose from two different groups.

The groups of power elements:

1. PUSH UPS
2. LEANING FROM SAGITTAL SCALE
3. WENSONS
4. FULL TURNS FROM PUSH UP
5. ELBOW LEVERS
6. STRADDLE SUPPORT, L- SUPPORT, STRADDLE V-SUPPORT, V-SUPPORT AND VARIATIONS OF THESE
7. HALF TURNS FROM STRADDLE V OR V- SUPPORTS OR FROM MANNA
8. CAPOEIRA
9. LIFTING INTO HANDSTAND FROM DIFFERENT STARTING POSITIONS
10. INFERNAL
11. THOMAS CIRCLES
12. CUTS

Static poses should be held for two seconds

In case of **elements that demonstrate flexibility of the body**, if both elements are performed with high leg lifts (no matter if static or dynamic) the leg lifts have to be performed in two different directions. That kind of elements which are related with back flexibility on the floor form a separate group (For example there is no possibility to perform a chest support and a chest lifting in the I. class exercise). Also, the body waves form another separate group.

In case of **aerobic or gymnastic jumps and leaps**, one aerobic and one gymnastic jump and leap have to be presented.

(Aerobic jumps and leaps landing in push up; gymnastic jumps and leaps landing in standing.)

If the competitor is not keeping the rules regarding to the chosen of element, the second element would not be accepted. (Apart from this, there will not be other penalty.)

These rules, which are serving the purpose of variety and diversity, have reference to only the FIT KID individual performances I-IX. and Boy “A-D” but not in the X. (senior) and Men category.

The starting and finishing position of the elements are regulated by the rules. However, there is a possibility to the performer to continue the movement after the element without stopping, if the choreography requires it, or it keeps on to the next movement.

This is only an opportunity (not obligatory), which purposes to help the implementation of the choreography without break.

It is possible to use elements which can be linked to acrobatics, but they are not in the table of elements. But it is not permitted in that case, if it is excessively used and effects the connection of dance elements. For excessive use of the acrobatics as a linked element will affect the artistic score, and it will be deducted by -1.0 point.

It is prohibited to use scenery. In case of using scenery, the deduction is -1.0 point (head judge)

Props which, due to their sizes, are easy to move by the hands can be used in maximum 20% of the length of the exercise. The competitor has to use the props continuously, at least once min. 1x8 beats above the floor. The number of props is not regulated.

Long or inappropriate use: -0.5 points (from the artistic effect score.)

Prohibited to use a prop to aid the execution of an element. (-1.0 point deduction from technical execution score.)

Prohibited to throw costumes or props. They must be placed on the floor or can be dropped, but ONLY in that case, if it would not bounce forward. If it bounces there will be a deduction of -0.5 points from the artistic effect score.

Step out from the competition area:

If the competitor steps out from the stage with 1 or 2 legs (and one part of her /his body touches the floor outside of the competition area), and at least more than half of the judges sign it to the head judge, the deduction is 0.2 points by the head judge in every case.

This rule is not valid in the case of Big Free Group.

In case of props using, the props may leave the stage area if it is not in use.

Interruption of the routine:

If the interruption is no longer than 2x8 beats, the artistic effect judges shall deduct between 0.1-0.5 points.

If the interruption is longer, the final score of the routine: 0 point.

Technical execution:

Evaluation of the level of the moving coordination and perfection to the technique, used by the presentation of the elements and connecting movements.

POINTS OF TECHNICAL DEDUCTIONS:

- minor mistakes: -0.1 point for each mistake
- medium mistakes: -0.2 points for each mistake
- major mistakes: -0.3 points for each mistake
- fall: -0.5 points for each such a fall



MAIN ASPECTS OF THE EVALUATION OF THE ARTISTIC EFFECT:

Choreography

The competitor may perform in 2 types of choreography. The choreography can build on a music style; in that case, it should show the typical dance steps and movements. Also, it can demonstrate a story or a feeling; where the gymnastics connection movements are telling that story or feeling.

It refers to the harmonious connections and coordination of movements.

The development of the choreography: impression of the choreography is completed, prologue, middle and final part.

Showmanship

It is an important criterion that the routine should be show-like. What does it mean? The competitor should win over the audience with her energy, zeal, skill, looks, facial expression and charisma.

Self-confidence in the competitor's movement, appearance and facial expression should transmit confidence.

Harmonizing with the music

The mood of the music has to be expressed in the performance of the routine and the attire matches with the exhibited style. Tempo changes should be followed.

Momentary pauses, speeding up and slowing down, the dynamics of the movements should reflect the style of the music well.

A sound effect should have a matching response, a suitable facial expression or movement. The first move should start on the first beat of the music and the last one should coincide with the last beat. The provided routine contains excerpts from two (or more) musical works, the competitor's movement should follow both styles and rhythms. The competitor's movement should be entirely harmonized with the music.

Creativity

Each routine should be individualized and contain a wide variety of elements and an ingenious choreography. The choreography should fit the competitor's personality.

Successful use of props, hand accessories (props are used in order and they are connecting logically to the performance and the style) Using props are not obligatory, but if the competitor uses props, it has to be in connection with the theme or with the style of choreography.

Usage of the competition area and moving in 3 dimensions (logical structure of the exploitation of the area and space)

The content of routine:

I-II. / Boy "A": maximum 4.0 points

III-IV. / Boy "B": maximum 5.5 points

V-IX. / X. (senior)/ Boy "C"- "D"/ Men: maximum 8.8 points

Technical execution: 0-10 points

Artistic effect: 0-10 points

Judges give points with a precision of one decimal.

GROUP FORMAT / DUO. SMALL GROUP. BIG GROUP./

GENERAL INFORMATION:

DUO (2 PEOPLE), SMALL GROUP (3-4 PEOPLE), BIG GROUP (5-6 PEOPLE)

The ratio of the genders can be mixed as desired.

Members of the Group Format can wear costume. The clothing can be different in all categories.

Duration of the group format: 120 sec.-135 sec.

If the musical back up is either shorter or longer (+, - 1 sec) than this time span, **-1.0** point will be deducted (head judge) by the advice of the time keeping judge.

The lyrics of the songs should not be indecent (the deduction is -0.5 points per judge).

You can use greater mix of musical extract, if the overall effect is not disturbing

Two elements from each group of elements have to be and can be presented in the group format. (2 acrobatic elements, 2 power elements, 2 flexibilities, 2 high gymnastic or aerobic jumps or leaps)

There is the possibility to perform 1 dynamic acrobatic row which contains 2 (from age group 1) or 3 (from age group 2) dynamic acrobatic elements. (According by the execution of dynamic acrobatic row.)

If the routine contains less or more elements than described above, -0.5 points will be deducted from the content of routine score.

Repetition of element is prohibited (the deduction is -0.3 points per element)

Competitors can perform these values of elements in the group format:

Age group I.: A-C

Age group II.: A-E

Age group III.: A-H

The deduction is -0.5 points if the choreography contains higher value element than described above.

Each member of the group format is required to perform the same elements, but it can be executed in the following ways:

- a) in the same time (at least 4 times)
- b) following each other in unison
- c) in different directions

2 elements from each group of elements have to be and can be presented, and from these, each member of the group has to present the same elements at least 4 times at the same time
-0.5 points will be deducted, if the routine does not contain 4 elements at the same time. (Artistic effect score)

In case of the **dynamic acrobatic row**, the second and third elements have to follow the first and the second elements without break and without changing the plane.

If the acrobatic row (**in case of 2 elements**) starts in the forward direction, the first element cannot be started from standing position. This kind of acrobatic row has to start with a few (2-3...) running steps, or chasse.

If the acrobatic row (**in case of 3 elements**) starts forward, the first element can start without steps (from standing).

Acrobatic rows starting sideways or backwards can be started from standing position.

An element is only acceptable if every member of the team performs the element at the same level (where the technical execution is a professional standard). The rules, which are serving the purpose of variety and diversity of the chosen elements of individual I-IX. age groups performances, have no reference to the group format.

Have to check the direction of the elements in the choreography, because the judges have to see clearly the execution of the elements! (This is the condition of acceptance of elements.)

The starting and finishing position of the elements are regulated by the rules. However, there is a possibility to the performer, to continue the movement after the element without stopping, if the choreography requires it, or it keeps on to the next movement.

This is only an opportunity (not obligatory), which purposes to help the implementation of the choreography without break.

It is possible to use elements which can be linked to acrobatics, but they are not in the table of elements. But it is not permitted in that case, if it is excessively used and effects the connection of dance elements. For excessive use of the acrobatics as a linked element will affect the artistic score and it will be deducted by -1.0 point.

It is prohibited to use scenery. In case of using scenery, the deduction is -1.0 point by the head judge.

Props which, due to their sizes, are easy to move by the hands can be used in maximum 20% of the length of the exercise. The competitors (every member of the team who uses props) have to use the props continuously, at least once min. 1x8 beats above the floor. The number of props is not regulated.

Long or inappropriate use: -0.5 points (from the artistic effect score.)

Prohibited to use a prop to aid the execution of an element. (-1.0 point from the technical execution score.)

Prohibited to throw costumes or props. They must be placed on the floor or can be dropped, but **ONLY** in that case, if it would not bounce forward. If it bounces there will be a deduction of -0.5 points from the artistic effect score.

Step out from the competition area:

If the competitor steps out from the stage with 1 or 2 legs (and one part of her /his body touches the floor outside of the competition area), and at least more than half of the judges sign it to the head judge, the deduction is 0.2 points by the head judge in every case.

In case of props using, the props may leave the stage area if it is not in use.

Transformations:

By transformation, we mean the position of the group members in space changes, relative to one another. The exercise must include at least 5 transformations. Transformations may be executed with e.g., dance steps, turns, and acrobatic elements. Each time for the omitted transformation, -0.3 points will be deducted. -0.1 point will be deducted for each inaccurately executed transformation. (Artistic effect judges)

Lifts:

The lift is when both legs and arms leave the ground with a partner's assistance.

The lift is regular, if the supporting partner, apart from the legs, is in contact with the ground through another part of the body (kneeling, sitting, lying etc.) or if standing, the lift should not be above shoulder height (this applies to the point where the competitors are in body contact with each other).

There is possibility RISING THE LEVEL OF LIFTS ABOVE THE HEAD. Only in I. class in age group 2 and 3 and only in the small and big group formats.

The lift may last for 4-8 beats (dynamic lift). If lifts are static and last for longer than this, -0.2 points will be deducted. During the exercise routine a maximum of 3 lifts may be executed. Further lifts will result in -0.3 points being deducted. Lifts are not compulsory in the exercise routine. (From technical execution score.)

Standing on the stage in the group format:

In all cases when one or more competitors "just standing and waiting" on the stage without any movements, the judges give 0.3 points deduction. This deduction does not depend on the number of the competitors.

The deduction occurs from the artistic effect point, within that, from the choreography partial point

Interruption of the routine:

If any team member interrupts the routine and the interruption is no longer than 2x8 beats, the artistic effect judges shall deduct between 0.1-0.3 points each time when it happens.

If the interruption is longer than 2x8 beats, the artistic effect judges shall deduct between 0.5-1.0 point.

The content of routine:

Age group I.: A-C maximum 3.0 points

Age group II.: A-E maximum 5.5 points

Age group III.: A-H maximum 8.8 points

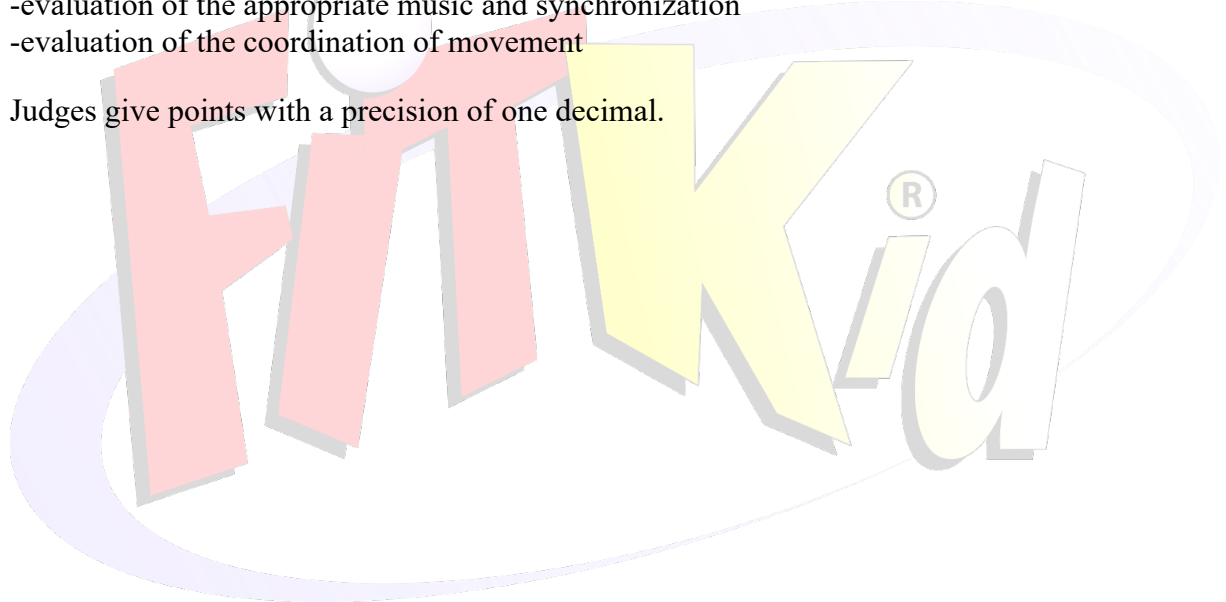
The technical execution score (0-10 points)

- evaluation of the execution of the elements in exercise
- evaluation of the coordination of movement
- evaluation of the lifts

The artistic effect score (0-10 points)

- evaluation of the choreography
- evaluation of the transformations (the exercise must include at least 5 transformations); -0.3 points will be deducted (each time) for the omitted transformation
- evaluation of the style of performance, showmanship
- evaluation of the appropriate music and synchronization
- evaluation of the coordination of movement

Judges give points with a precision of one decimal.



BIG FREE GROUP:

BIG FREE GROUP (7-15 PEOPLE)

The ratio of the genders can be mixed as desired.

Members of the Group Format can wear costume. The clothing can be different in all categories.

Duration of the Big Free Group: 170 sec.-190 sec.

If the musical back up is either shorter or longer (+, - 1 sec) than this time span, **-1.0** point will be deducted (head judge) by the advice of the time keeping judge.

The lyrics of the songs should not be indecent (the deduction is -0.5 points per judge).
You can use greater mix of musical extract, if the overall effect is not disturbing

- Have to present one isolated element from each (4) group of elements (it is obligatory)
- Every group member has to do the same elements from the group of the elements and at least 2 elements have to be presented in the same time
- Value of elements up to E
- Possibility: to present maximum 2 acrobatic rows (one of the acrobatic rows can contain 3 acrobatic elements. **Not every member of the group has to do the acrobatic row.**)
- There is a possibility to repeat all acrobatic elements, but only one more time.

Competitors can perform these values of elements in the Big Free group format: A-E

The deduction is -0.5 point if the choreography contains higher value element than described above.

It is possible to use elements which can be linked to acrobatics, but they are not in the table of elements. But it is not permitted in that case, if it is excessively used and effects the connection of dance elements. For excessive use of the acrobatics as a linked element will affect the artistic score and it will be deducted by -1.0 point.

The starting and finishing position of the elements are regulated by the rules. However, there is a possibility to the performer, to continue the movement after the element without stopping, if the choreography requires it, or it keeps on to the next movement.

This is only an opportunity (not obligatory), which purposes to help the implementation of the choreography without break.

In case of the **dynamic acrobatic row**, the second and third elements have to follow the first and the second elements without break and without changing the plane.

If the acrobatic row (**in case of 2 elements**) starts in the forward direction, the first element cannot be started from standing position. This kind of acrobatic row has to start with a few (2-3...) running steps, or chasse.

If the acrobatic row (**in case of 3 elements**) starts forward, the first element can start without steps (from standing).

Acrobatic rows started sideways or backwards can be started from standing position.

It is prohibited to use scenery. In case of using scenery, the deduction is -1.0 point by the head judge.

Props which, due to their sizes, are easy to move by the hands can be used in maximum 20% of the length of the exercise. The competitors (every member of the team who uses props) have to use the props continuously, at least once min. 1x8 beats above the floor. The number of props is not regulated.

Long or inappropriate use: -0.5 points (from the artistic effect score.)

Prohibited to use a prop to aid the execution of an element. (-1.0 point from the technical execution score.)

Prohibited to throw costumes or props. They must be placed on the floor or can be dropped, but ONLY in that case, if it would not bounce forward. If it bounces there will be a deduction of -0.5 points from the artistic effect score.

Step out from the competition area:

There is no deduction of leaving the competition area and props may leave the stage area if it is not in use.

Transformations:

By transformation, we mean the position of the group members in space changes, relative to one another. The exercise must include at least 5 transformations. (The Big free group exercise must include at least 8 transformations) Transformations may be executed with e.g. dance steps, turns, and acrobatic elements. Each time for the omitted transformation, -0.3 points will be deducted. -0.1 point will be deducted for each inaccurately executed transformation. (Artistic effect judges)

Lifts:

The lift is when both legs and arms leave the ground with a partner's assistance.

The lift is regular, if the supporting partner, apart from the legs, is in contact with the ground through another part of the body (kneeling, sitting, lying etc.) or if standing, the lift should not be above shoulder height (this applies to the point where the competitors are in body contact with each other).

There is possibility RISING THE LEVEL OF LIFTS ABOVE THE HEAD. Only in I. class in age group 2 and 3 and only in the small and big group formats. (In the Big Free Group, as same as before.)

The lift may last for 4-8 beats (dynamic lift). If lifts are static and last for longer than this, -0.2 points will be deducted. During the exercise routine a maximum of 3 lifts may be executed. Further lifts will result in -0.3 points being deducted. Lifts are not compulsory in the exercise routine. (From technical execution score.)

The maximum number of the lifts in the Big Free Group are 5. There is a possibility to lift above head.

Standing on the stage in the group format:

In all cases when one or more competitors “just standing and waiting” on the stage without any movements, the judges give 0.3 points deduction. This deduction does not depend on the number of the competitors.

The deduction occurs from the artistic effect point, within that, from the choreography partial point.

Interruption of the routine:

If any team member interrupts the routine and the interruption is no longer than 2x8 beats, the artistic effect judges shall deduct between 0.1-0.3 points each time when it happens.

If the interruption is longer than 2x8 beats, the artistic effect judges shall deduct between 0.5-1.0 point.

The content of routine: maximum 4.5 points

The technical execution score: 0-3.5 points

The artistic effect score: 0-12 points

Judges give points with a precision of one decimal.

Every other rule in connection with individual and group exercise follows the International Fit Kid rules.



INFORMATION ABOUT THE FIT KID II. CLASS COMPETITION

/Evaluation of the competition in 2022-/

INDIVIDUAL ROUTINE II. CLASS "B" AND "A" CATEGORIES:

MUSIC:

Duration of the routine: 75-90 sec.

If the musical back up is either shorter or longer (+, - 1 sec) than this time span, **-1.0** point will be deducted (head judge) by the advice of the time keeping judge.

The lyrics of the songs should not be indecent (the deduction is -0.5 points per judge).

You can use greater mix of musical extract, if the overall effect is not disturbing.

Two elements from each group of elements have to be and can be presented in the individual exercise. (2 acrobatic elements, 2 power elements, 2 flexibilities, 2 high gymnastic or aerobic jumps or leaps)

The acrobatic row is prohibited.

If the routine contains less or more elements than described above, -0.5 points will be deducted from the content of routine score.

Repetition of element is prohibited (the deduction is -0.3 points per element)

In case of boys and men categories, instead of flexibility elements, have to do plus 1 isolated acrobatic element and plus 1 isolated power element.

In relation with jumps and leaps, it is not obligatory to do gymnastic jump or leap. There is a possibility to do 2 aerobic jumps or leaps landing in push up.

The clothes of boys and men competitors must be tasty, and have to cover all critical parts of the body.

Shorts should reach mid- thigh and the upper body has to be covered.

The value of elements: A-0,1; B-0,2; C-0,3; D-0,4 E-0.5 (points)

Have to check the direction of the elements in the choreography, because the judges have to see clearly the execution of the elements! (This is the condition of acceptance of elements.)

"B" Category:

In the age group I-II. and Boy "A", the value of the chosen elements are A, B, and C, but from the C elements, only 2 can be presented. Which means that: maximum two C elements can be presented from the 4-element groups. ("D" elements are prohibited.)

In the age group III-IX., X. (senior) and Boy "B"- "D" and Men, the value of the chosen elements are A, B, C, and D, but from the D elements, maximum 2 can be presented. (it is the same as described above)

"A" Category:

In the age group I-II. and Boy "A", the value of the chosen elements are A, B, C, and D, but from the C and D elements only 2-2 can be presented. Which means that: maximum two C and two D elements can be presented from the 4-element groups. ("E" elements are prohibited).

In the age group III-IX., X. (senior) and Boy "B"- "D" and Men the value of the chosen elements are A, B, C, D, and E elements, but from the D and E elements, maximum 2-2 can be presented. (it is the same as described above)

The deduction is -0.5 points, if the choreography contains higher value element than described above.

The starting and finishing position of the elements are regulated by the rules. However, there is a possibility to the performer, to continue the movement after the element without stopping, if the choreography requires it, or it keeps on to the next movement.

This is only an opportunity (not obligatory), which purposes to help the implementation of the choreography without break.

It is possible to use elements which can be linked to acrobatics, but they are not in the table of elements. But it is not permitted in that case, if it is excessively used and effects the connection of dance elements. For excessive use of the acrobatics as a linked element will affect the artistic score, and it will be deducted by -1.0 point.

It is prohibited to use scenery. In case of using scenery, the deduction is -1.0 point (head judge)

Props which, due to their sizes, are easy to move by the hands can be used in maximum 3x8 beats. The competitor has to use the props continuously, at least once min. 1x8 beats above the floor. The number of props is not regulated.

Long or inappropriate use: -0.5 points (from the artistic effect score.)

Prohibited to use a prop to aid the execution of an element. (-1.0 point from the technical execution score.)

Prohibited to throw costumes or props. They must be placed on the floor or can be dropped, but **ONLY** in that case, if it would not bounce forward. If it bounces there will be a deduction of -0.5 points from the artistic effect score.

Step out from the competition area:

If the competitor steps out from the stage with 1 or 2 legs (and one part of her /his body touches the floor outside of the competition area), and at least more than half of the judges sign it to the head judge, the deduction is 0.2 points by the head judge in every case.

In case of props using, the props may leave the stage area if it is not in use.

Interruption of the routine:

If the interruption is no longer than 2x8 beats, the artistic effect judges shall deduct between 0.1-0.5 points.

If the interruption is longer, the final score of the routine: 0 point.

Technical execution:

Evaluation of the level of the moving coordination and perfection to the technique, used by the presentation of the elements and connecting movements.

POINTS OF TECHNICAL DEDUCTIONS:

- minor mistakes: -0.1 point for each mistake
- medium mistakes: -0.2 points for each mistake
- major mistakes: -0.3 points for each mistake
- fall: -0.5 points for each such a fall



MAIN ASPECTS OF THE EVALUATION OF THE ARTISTIC EFFECT:

Choreography

The competitor may perform in 2 types of choreography. The choreography can build on a music style; in that case, it should show the typical dance steps and movements. Also, it can demonstrate a story or a feeling; where the gymnastics connection movements are telling that story or feeling.

It refers to the harmonious connections and coordination of movements.

The development of the choreography: impression of the choreography is completed, prologue, middle and final part.

Showmanship

It is an important criterion that the routine should be show-like. What does it mean? The competitor should win over the audience with her energy, zeal, skill, looks, facial expression and charisma.

Self-confidence in the competitor's movement, appearance and facial expression should transmit confidence.

Harmonizing with the music

The mood of the music has to be expressed in the performance of the routine, and the attire matches with the exhibited style. Tempo changes should be followed.

Momentary pauses, speeding up and slowing down, the dynamics of the movements should reflect the style of the music well.

A sound effect should have a matching response, a suitable facial expression or movement. The first move should start on the first beat of the music and the last one should coincide with the last beat. The provided routine contains excerpts from two (or more) musical works, the competitor's movement should follow both styles and rhythms. The competitor's movement should be entirely harmonized with the music.

Creativity

Each routine should be individualized and contain a wide variety of elements and an ingenious choreography. The choreography should fit the competitor's personality.

Successful use of props, hand accessories (props are used in order and they are connecting logically to the performance and the style) Using props are not obligatory, but if the competitor uses props, it has to be in connection with the theme or with the style of choreography.

Usage of the competition area and moving in 3 dimensions (logical structure of the exploitation of the area and space)

The content of routine:

"B" Category:

I.-II. / Boy "A": maximum 1.8 points (*max. 6 B and 2 C elements*)

III-IX. / X. (senior) / Boy "B"- "D" / Men: maximum 2.6 points (*max. 6 C and 2 D elements*)

"A" Category:

I.-II. and Boy "A": maximum 2.2 points (*max. 4 B, 2 C and 2 D elements*)

III-IX. / X. (senior) / Boy "B"- "D" / Men: maximum 3.0 points (*max. 4 C, 2 D and 2 E elements*)

Technical execution: "B" and "A" Categories: 10 points

Artistic effect: "B" and "A" Categories: 10 points

Judges give points with a precision of one decimal.

GROUP FORMAT / DUO, SMALL GROUP, BIG GROUP/

GENERAL INFORMATION:

DUO (2 PEOPLE), SMALL GROUP (3-4 PEOPLE), BIG GROUP (5-6 PEOPLE)

The ratio of the genders can be mixed as desired.

Members of the Group Format can wear costume. The clothing can be different in all categories.

Duration of the routine: 75-90 sec.

If the musical back up is either shorter or longer (+, - 1 sec) than this time span, **-1.0** point will be deducted (head judge) by the advice of the time keeping judge.

The lyrics of the songs should not be indecent (the deduction is -0.5 points per judge).

You can use greater mix of musical extract, if the overall effect is not disturbing

One element from each group of elements has to be and can be presented in the group format. (1 acrobatic element, 1 power element, 1 flexibility, 1 high gymnastic or aerobic jump or leap)

The acrobatic row is prohibited.

If the routine contains less or more elements than described above, -0.5 points will be deducted from the content of routine score.

Repetition of element is prohibited (the deduction is -0.3 points per element)

Competitors can perform these values of elements in the group format:

Age group I.: A, B

Age group II.: A, B, maximum 1 C

Age group III.: A, B, maximum 1 C and 1 D

The deduction is -0.5 point if the choreography contains higher value element than described above.

Each member of the group format is required to perform the same elements, but it can be executed in the following ways:

- a) in the same time (at least 2 times)
- b) following each other in unison
- c) in different directions

1 element from each group of elements has to be and can be presented, and from these, each member of the group has to present the same elements at least 2 times at the same time. -0.5 points will be deducted, if the routine does not contain 2 elements at the same time. (Artistic effect score)

An element is only acceptable if every member of the team performs the element at the same level (where the technical execution is a professional standard).

Have to check the direction of the elements in the choreography, because the judges have to see clearly the execution of the elements! (This is the condition of acceptance of elements.)

The starting and finishing position of the elements are regulated by the rules. However, there is a possibility to the performer, to continue the movement after the element without stopping, if the choreography requires it, or it keeps on to the next movement.

This is only an opportunity (not obligatory), which purposes to help the implementation of the choreography without break.

It is possible to use elements which can be linked to acrobatics, but they are not in the table of elements. But it is not permitted in that case, if it is excessively used and effects the connection of dance elements. For excessive use of the acrobatics as a linked element will affect the artistic score and it will be deducted by -1.0 point.

It is prohibited to use scenery. In case of using of scenery the deduction is -1.0 point (head judge)

Props which, due to their sizes, are easy to move by the hands can be used in maximum 3x8 beats. The competitors (every member of the team who uses props) have to use the props continuously, at least once, min. 1x8 beats above the floor. The number of props is not regulated.

Long or inappropriate use: -0.5 points (from the artistic effect score.)

Prohibited to use a prop to aid the execution of an element. (-1.0 point from the technical execution score.)

Prohibited to throw costumes or props. They must be placed on the floor or can be dropped, but ONLY in that case, if it would not bounce forward. If it bounces there will be a deduction of -0.5 points from the artistic effect score.

Step out from the competition area:

If the competitor steps out from the stage with 1 or 2 legs (and one part of her /his body touches the floor outside of the competition area), and at least more than half of the judges sign it to the head judge, the deduction is 0.2 points by the head judge in every case.

In case of props using, the props may leave the stage area if it is not in use.

Transformations:

By transformation we mean the position of the group members in space changes, relative to one another. The exercise must include at least 5 transformations. Transformations may be executed with e.g., dance steps, turns, and acrobatic elements. Each time for the omitted transformation, -0.3 points will be deducted. -0.1 point will be deducted for each inaccurately executed transformation. (Artistic effect judges)

Lifts:

The lift is when both legs and arms leave the ground with a partner's assistance.

The lift is regular, if the supporting partner, apart from the legs, is in contact with the ground through another part of the body (kneeling, sitting, lying etc.) or if standing, the lift should not be above shoulder height (this applies to the point where the competitors are in body contact with each other). The lift may last for 4-8 beats (dynamic lift). If lifts are static and last for longer than this, -0.2 points will be deducted. During the exercise routine a maximum of 3 lifts may be executed. Further lifts will result in -0.3 points being deducted. Lifts are not compulsory in the exercise routine. (From technical execution score.)

Standing on the stage in the group format:

In all cases when one or more competitors “just standing and waiting” on the stage without any movements, the judges give 0.3 points deduction. This deduction does not depend on the number of the competitors.

The deduction occurs from the artistic effect point, within that, from the choreography partial point.

Interruption of the routine:

If any team member interrupts the routine and the interruption is no longer than 2x8 beats, the artistic effect judges shall deduct between 0.1-0.3 points each time when it happens.

If the interruption is longer than 2x8 beats, the artistic effect judges shall deduct between 0.5-1.0 point.

The content of routine

Age group I.: maximum 0.8 points

Age group II.: maximum 0.9 points

Age group III.: maximum 1.1 points

The technical execution score (0-10 points)

- evaluation of the execution of the elements in exercise
- evaluation of the coordination of movement
- evaluation of the lifts

The artistic effect score (0-10 points)

- evaluation of the choreography
- evaluation of the transformations (the exercise must include at least 5 transformations); -0.3 points will be deducted (each time) for the omitted transformation
- evaluation of the style of performance, showmanship
- evaluation of the appropriate music and synchronization
- evaluation of the coordination of movement

Judges give points with a precision of one decimal.

Every other rule in connection with individual and group exercise follows the International Fit Kid rules.



INFORMATION ABOUT THE FIT KID

III. CLASS (DANCE) COMPETITION

/Evaluation of the competition in 2022-/

INDIVIDUAL ROUTINE III. CLASS "B" AND "A" CATEGORIES:

MUSIC:

Duration of the routine:

“B” Category: 60 sec. (+ / - 2 sec.)

“A” Category: 65-75 sec.

If the musical back up is either shorter or longer (+, - 1 sec) than this time span, **-1.0** point will be deducted (head judge) by the advice of the time keeping judge.

The lyrics of the songs should not be indecent (the deduction is -0.5 points per judge).

You can use greater mix of musical extract, if the overall effect is not disturbing

“B” Category:

One element from each group of elements has to be and can be presented in the individual exercise. (1 acrobatic element, 1 power element, 1 flexibility, 1 high gymnastic or aerobic jump or leap)

Number of the elements: 4

The acrobatic row is prohibited.

In case of boy categories, 1 acrobatic 1 power 1 jump plus 1 acrobatic or power have to be presented.

Have to check the direction of the elements in the choreography, because the judges have to see clearly the execution of the elements! (This is the condition of acceptance of elements.)

The value of elements: A-0,1; B-0,2 (points)

“A” Category:

One element from each group of elements has to be and can be presented in the individual exercise. (1 acrobatic element, 1 power element, 1 flexibility, 1 high gymnastic or aerobic jump or leap), and 2 free choices from 2 different group of elements.

Number of the elements: 6

The acrobatic row is prohibited.

In case of boy categories, 2 acrobatic 2 power and 2 jumps have to be presented.

Have to check the direction of the elements in the choreography, because the judges have to see clearly the execution of the elements! (This is the condition of acceptance of elements.)

The value of elements: A-0,1; B-0,2; C-0,3; D-0,4 (points)

In the age group I-II. and Boy “A”, the value of the chosen elements are A, B, and C, but from the C elements, maximum 1 can be presented. (max: 5B and 1C elements)

In the age group III-IX. and Boy “B”- “D” the value of the chosen elements are A, B, C, and D, but from the C elements maximum 2, and from the D elements maximum 1, can be presented. (max: 3B, 2C and 1 D elements)

The deduction is -0.5 points, if the choreography contains higher value element than described above.

If the routine contains less or more elements than described above, -0.5 points will be deducted from the content of routine score.

Repetition of element is prohibited (the deduction is -0.3 points per element)

The starting and finishing position of the elements are regulated by the rules. However, there is a possibility to the performer, to continue the movement after the element without stopping, if the choreography requires it, or it keeps on to the next movement.

This is only an opportunity (not obligatory), which purposes to help the implementation of the choreography without break.

It is possible to use elements which can be linked to acrobatics, but they are not in the table of elements. But it is not permitted in that case, if it is excessively used and effects the connection of dance elements. For excessive use of the acrobatics as a linked element will affect the artistic score, and it will be deducted by -1.0 point.

The technical execution of the elements of the fitness routine should be consistent with the branch of sport or genre of dance from where is borrowed.

It is prohibited to use scenery. In case of using scenery, the deduction is -1.0 point (head judge)

Props which, due to their sizes, are easy to move by the hands can be used in maximum 3x8 beats. The competitor has to use the props continuously, at least once min. 1x8 beats above the floor. The number of props is not regulated.

Long or inappropriate use: -0.5 points (from the artistic effect score.)

Prohibited to use a prop to aid the execution of an element. (-1.0 point from technical execution score.)

Prohibited to throw costumes or props. They must be placed on the floor or can be dropped, but ONLY in that case, if it would not bounce forward. (In case of using the costume or / and props too long or inappropriate, there will be a deduction of -0.5 points from the artistic effect score.)

Step out from the competition area:

If the competitor steps out from the stage with 1 or 2 legs (and one part of her /his body touches the floor outside of the competition area), and at least more than half of the judges sign it to the head judge, the deduction is 0.2 points by the head judge in every case.

In case of props using, the props may leave the stage area if it is not in use.

Interruption of the routine:

If the interruption is no longer than 2x8 beats, the artistic effect judges shall deduct between 0.1-0.5 points.

If the interruption is longer, the final score of the routine: 0 point

POINTS OF TECHNICAL DEDUCTIONS:

- minor mistakes: -0.1 point for each mistake
- medium mistakes: -0.2 points for each mistake
- major mistakes: -0.3 points for each mistake
- fall: -0.5 points for each such a fall



MAIN ASPECTS OF THE EVALUATION OF ARTISTIC EFFECT:

Choreography

The competitor may perform in 2 types of choreography. The choreography can build on a music style; in that case, it should show the typical dance steps and movements. Also, it can demonstrate a story or a feeling; where the gymnastics connection movements are telling that story or feeling.

It refers to the harmonious connections and coordination of movements.

The development of the choreography: impression of the choreography is completed, prologue, middle and final part.

Showmanship

It is an important criterion that the routine should be show-like. What does it mean? The competitor should win over the audience with her energy, zeal, skill, looks, facial expression and charisma.

Self-confidence in the competitor's movement, appearance and facial expression should transmit confidence.

Harmonizing with the music

The mood of the music has to be expressed in the performance of the routine, and the attire matches with the exhibited style. Tempo changes should be followed.

Momentary pauses, speeding up and slowing down, the dynamics of the movements should reflect the style of the music well.

A sound effect should have a matching response, a suitable facial expression or movement. The first move should start on the first beat of the music and the last one should coincide with the last beat. The provided routine contains excerpts from two (or more) musical works, the competitor's movement should follow both styles and rhythms. The competitor's movement should be entirely harmonized with the music.

Creativity

Each routine should be individualized and contain a wide variety of elements and an ingenious choreography. The choreography should fit the competitor's personality.

Successful use of props, hand accessories (props are used in order and they are connecting logically to the performance and the style) Using props are not obligatory, but if the competitor uses props, it has to be in connection with the theme or with the style of choreography.

Usage of the competition area and moving in 3 dimensions (logical structure of the exploitation of the area and space)

The content of routine:

"B" Category:

I-IX.: max. 0.8 points

"A" Category:

I-II.: max. 1.3 points

III-IX.: max. 1.6 points

Technical execution: "B" and "A" Categories: 10 points

Artistic effect "B" and "A" Categories: 10 points

Judges give points with a precision of one decimal.

DANCE SHOW

GENERAL INFORMATION:

4-8 PEOPLE

The ratio of the genders can be mixed as desired.

Members of the Group Format can wear costume. The clothing is free choice.

Duration of the routine: 60-75 sec.

2 elements from two different group of elements can be presented but it is not obligatory.

Choreography

The competitors may perform in different types of choreography.

The choreography has to be built on dance movements.

SCORING PROCEDURE III. CLASS:

INDIVIDUAL:

In the event, if there are 4 judges in the judge's panel 4 judges give Content of routine- technical effect score and Artistic effect score, too.

The lowest and highest scores are taken out (separately counting the Content of routine/ Technical execution and Artistic effect score for each competitor and the remaining four scores are added up and divided into 2. The competitor who gets the highest score is the winner.

In the event, if there are 5 judges in the judges' panel, 5 judges give Content of routine- Technical execution score and Artistic effect score, too.

In this case the 2 lowest and the 2 highest scores are dropped, (separately counting in the Content of routine/ Technical execution, and in Artistic effect score) for each competitor, and the remaining score is the final score.

When the Content of routine-technical execution score and Artistic effect score are added up, who gets the highest score, she/he is the winner.

In the event, if there are 6 judges in the judge's panel 3 judges give Content of routine-technical execution score and 3 judges give Artistic effect score.

In this case from the 3 score the highest and the lowest scores are taken out for each competitor and the remaining score will be the final score. When the content of routine-technical execution score and Artistic effect score are added up who gets the highest score is the winner

DANCE SHOW

In the event, if there are 4 judges in the judges' panel 4 judges give score (maximum 10 points). The lowest and the highest scores are dropped, for each group, and the remaining score is the final score. Who gets the highest score, is the winner group.

In the event, if there are 5 judges in the judges' panel, 5 judges give score (maximum 10 points). In this case the 2 lowest and the 2 highest scores are dropped, for each group, and the remaining score is the final score. Who gets the highest score, is the winner group.

In the event, if there are 6 judges in the judges' panel, 6 judges give score (maximum 10 points). In this case the 2 lowest and the 2 highest scores are dropped, for each group, and the remaining two scores are added up and divided into 2 and the remaining score is the final score. Who gets the highest score is the winner group.

Every other rule in connection with individual exercise follows the International Fit Kid rules.





SUMMARY OF THE CHANGES FOR 2022

ACROBATIC ELEMENTS

NEW ELEMENTS:

- *MOSTEPANOVA WITH LEG SWING „H” (video 1, in row 1.1)
- *ROUND-OFF WITHOUT HANDS WITH LEG SWING „E” (video 2)
- *FRONT PIKE WITH LEG SWING „H” (video 3)
- *SIDE AERIAL TO PUSH UP- TURN TOWARDS THE LEAP FOOT „C”
(video 4)
- *SIDE AERIAL WITH LEG SWING TO PUSH UP- TURN TOWARDS THE LEAP LEG „D”
(video 6)

NEW VARIATIONS AND VALUE OF ELEMENTS REGARDING THE SOMERSAULTS FORWARD

1. FRONT TUCK FROM A STEP OR FROM A MOMENTUM (NEW VARIATION): FROM 1 LEG TO 2 FEET “F” (VIDEO 7, 7.1)
2. FRONT TUCK FROM STANDING OR FROM A MOMENTUM (NEW VARIATION): FROM 2 LEGS TO 2 FEET “G” (VIDEO 8, 8.1)

THESE 2 VERSIONS (1. 2.) CAN ONLY BE USED ONCE IN THE EXERCISE. THE VALUE OF THESE ELEMENTS ARE THE SAME IN THE ISOLATED VARIATION AND IN THE ROW, TOO.

3. FRONT TUCK WITH LEG SWING “H” (VIDEO 9, 9.1)
4. FRONT TUCK FROM 360° ILLUSION “H” (NEW VARIATION, VIDEO 10)

NEW POSSIBILITY: ACROBATIC ROW WITH 3 ELEMENTS

- THERE IS A POSSIBILITY TO EXECUTE THE ACROBATIC ROW WITH 3 ELEMENTS. (IT IS FREE DECISION. PRESENTATION OF THE ACROBATIC ROW IS OPTIONAL AND MAY CONSIST OF 2 ELEMENTS, SAME AS BEFORE.)

INDIVIDUAL: FROM AGE GROUP 3

GROUP FORMATS: FROM AGE GROUP 2 (and in the Big Free group, same as before)

THAT ROW (IN CASE OF 3 ELEMENTS) WHICH STARTING FORWARD, CAN START WITHOUT STEPS (FROM STANDING) IN ALL GROUP FORMATS AND IN THE BIG FREE GROUP, TOO.

(ALWAYS THE FIRST ELEMENT’S STARTING DIRECTION DEFINES THE DIRECTION OF THE ROW.)

(some example videos: 11, 11.1, 11.2)

THE OTHER RULES REGARDING THE ACROBATIC ROWS ARE UNCHANGED.



POWER ELEMENTS

NEW ELEMENTS:

*FULL SUPPORT LEVER, LEGS ARE IN STAG LEAP POSITION WITH LEG CHANGING „F” (video 13)

* FULL SUPPORT LEVER, LEGS ARE IN STAG LEAP POSITION, WITH LEG CLOSING IN THE VERTICAL AXIS, THEN LEG CHANGING „G” (video 13.1)

In this variation we will not require the holding of the two stag leap positions until 2 seconds. The fixed, motionless position will be enough. Also, in case of variations of Tic-tacs and Wensons with leg changing, the requirements of acceptance of the elements are similar to this.

*HELICOPTER, TWIST AIRBORNE TO PUSH UP „H” (video 14, 14.1)

EXPANDING THE NAME OF THE ELEMENTS:

- STRADDLE V SUPPORT OR MANNA, HALF TURN TO PUSH UP „F”
- STRADDLE V SUPPORT OR MANNA, HALF TURN TO WENSON „G”
- STRADDLE V SUPPORT OR MANNA, HALF TURN TO WENSON, BACK LEG IN THE AIR „H”
- V SUPPORT OR MANNA, HALF TURN TO PUSH UP „G” (video 15, 15.1)
- V SUPPORT OR MANNA, HALF TURN TO WENSON „H



FLEXIBILITIES

NEW ELEMENT:

*SPLIT WITH DEEP TRUNK BENDING BACKWARD, ANKLE CATCH „C” (THE POSITION HAS TO BE HELD FOR AT LEAST 2 SECONDS) (video 16)

The correct way is to catch the ankle with 2 hands in the same time, or with opposite hand. If the same hand as the back leg touches the ankle first the element will be accepted, but the deduction is 0.1 (small mistake) (video 16.1)

This rule also applies to elements executed with same technical execution in standing.

THE NEW VALUES OF FLEXIBILITIES WITH 180 ° TURN INSTEAD OF 360 ° TURN:

- Side split with 180° slow turn: „B” (video 17)
- Side split without help, with 180° slow turn: „E”
- Front split with 180° slow turn: „C” (video 18)
- Front split without help, with 180° turn: „F”
- Split back with 180° slow turn: „F”
- Split back with 180° slow turn: „G” (video 19)
- Ring with help, with 180° slow turn: „C” (video 20)
- Front scale split with 180° slow turn: „E” (video 21)
- Ring with help (heel at head) with 180° slow turn: „F” (video 22)
- Split back with 180° slow turn: „G” (video 23)



LEAPS AND JUMPS

NEW ELEMENTS:

- *FULL TURN STRADDLE LEAP TO PUSH UP „G” (video 24)
- *SWITCH SPLIT LEAP WITH FULL TURN „H” (video 25)
- *THE VALUE OF SPLIT JUMP (FROM 2 FEET) „D” (video 26)

THE NEW VALUES OF FOUETTE AND ENTRELACE:

Fouette “B” and Entrelace “C” do not change and stay in the table of elements.

Regarding the other variations:

- Fouette with stag leap C=> D
- Fouette with ring D=> E
- Fouette with stag leap with ring E=>F
- Entrelace with stag leap D=>E
- Entrelace with ring E=>F
- Entrelace with stag leap with ring F=>G
- Entrelace with 360° turn G=>H

DELETED ELEMENTS FROM THE TABLE OF ELEMENTS (FROM 2022)

ACROBATIC ELEMENTS:

- all kinds of jump into handstand D, F, H

POWER ELEMENTS:

- one arm hinge push-up E
- one arm one leg hinge push-up G

LEAPS AND JUMPS:

- stag leap with ring with leg switch, 180° turn H
- fouette with both leg with ring F



NEW RULES REGARDING THE GROUP FORMAT

RISING THE LEVEL OF LIFTS ABOVE THE HEAD:

*THIS IS POSSIBLE ONLY IN FIRST CLASS, IN AGE GROUP 2. AND 3. AND ONLY IN SMALL AND BIG GROUP FORMATS.

(IN THE BIG FREE GROUP, SAME AS BEFORE.)

(THE OTHER RULES APPLICABLE TO LIFTS WILL NOT CHANGE.)

STANDING STILL ON THE STAGE IN GROUP FORMATS:

IN ALL CASES, WHEN ONE OR MORE COMPETITORS „JUST STANDING AND WAITING“ ON THE STAGE WITHOUT ANY MOVEMENTS, THE JUDGES GIVE 0.3 POINTS DEDUCTION. THIS DEDUCTION DOES NOT DEPEND ON THE NUMBER OF THE COMPETITORS. THE DEDUCTION OCCURS FROM THE ARTISTIC EFFECT POINT, WITHIN THAT, FROM THE CHOREOGRAPHY PARTIAL POINT.

NEW NAMES OF ACROBATIC ELEMENTS

Front handspring with opened legs (A) – Front walkover with flying phase
Front handspring (B) – Foder (handspring)
Front handspring from two feet (C) – Danish foder
Front aerial (D) - Forverc
Front aerial from a step (E) – Forverc from a step
Front aerial with leg swing (F) – Forverc without stepping
Front aerial from 360° illusion (H) – Forverc from 360 ° Illuison
Round-off (B) - Rundel
Round-off without hands (E) – Rundel without hands
Round-off without hands with leg swing (E)
Back handspring with opened legs (C) – Flick Flack with opened legs
Back handspring (D) – Flick Flack
Back handspring with leg swing (E) – Auerbach Flick Flack
Side aerial (C) – Araber
Side aerial from a step (D) – Araber from a step
Side aerial with leg swing (E) – Araber without stepping
Side aerial from a 360° illusion (G) – Araber from 360 ° Illusion
Side aerial with leg changing (D) - Araber with leg changing
Side aerial with leg changing from a step (E) – Araber with leg changing from a step
Side aerial with leg changing with leg swing (F) – Araber with leg changing without stepping
Aerial cartwheel without hands (E)-Salto sideward
Side aerial with 180° turn into push up (C) – (Araber into push up)
Back pike into push up (E) – Salto backward (pike) into push up
Back tuck (in a row) (E) – Somersault backward (in row)
Back tuck from standing (F) – Somersault backward from standing
Back tuck with leg swing (G) – Somersault backward from one leg
Back lay-out with opened legs (in a row) (E) – Salto backward stretched with open legs in row
Back lay-out with opened legs (from standing (F) – Salto backward stretched with open legs from standing
Back lay-out with opened legs (with leg swing) (G) – Salto backward stretched with opened legs from one leg
Back pike in row (F) – Salto backward (pike) in row
Back pike from standing (G) – Salto backward (pike) from standing
Back pike with a leg swing (H) – Salto backward (pike) from one leg
Front tuck from one leg to two feet (F) – Somersault forward from one leg
Front tuck (from two feet to two feet) (G) – Somersault forward
Front tuck with a leg swing (H) – Somersault forward from one leg
Back lay-out in a row (H) – Salto backward stretched in row