



Copyright Statement Regarding the Competition Regulations

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SPORT FITNESS REGULATIONS – POLISH SPORT FITNESS FEDERATION

DIVISION INTO AGE CATEGORIES AND SKILL LEVELS

- **FIT KIDS** (1 athlete, UP TO 8 years old)
- **Fitness Dance SOLO** (1 athlete, FROM 9 years up to 18+ years)
- **Fitness Show SOLO** (1 athlete, FROM 9 years up to 18+ years)
- **Fitness Acrobatic SOLO** (1 athlete, FROM 9 years up to 18+ years)
- **Fitness Performance SOLO** (1 athlete, FROM 9 years up to 18+ years)
- **Fitness DUO** (2 athletes, age average is calculated, e.g. $8 + 12 = 20/2 = 10$ years)
- **Performance DUO** (2 athletes, age average calculated similarly)
- **Fitness Show TRIO** (3 athletes, age average calculated, e.g. $8 + 12 + 13 = 33/3 = 11$ years)
- **Fitness Performance TRIO** (3 athletes, same age calculation)
- **Fitness Groups** (4–10 athletes)
- **Fitness Formations** (more than 10 athletes)

1.1 Categories are divided into female and male.

1.2 Athletes are classified only by year of birth (day and month do not matter).

1.3 Age must be confirmed by a school ID or another ID, or by a Polish Fitness Federation licence.

1.4 A competitor may choose multiple categories provided that each category features different choreography, background music, and a costume that complies with the regulations.

1.5 Categories may be changed by the head judge depending on the number of competitors.

1.6 The official categories will be published no later than one week before each competition, based on all submitted registration forms.

NOTE:

The division into categories Fitness Performance, Dance, Show, Acrobatic applies to:

National School Championships, Polish Championships, Grand Prix by Aleksandra Kobiela, European Championships, and World Championships.





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CATEGORY DESCRIPTIONS

FITNESS DANCE SOLO *Routine is performed on the tatami*

1. ACROBATIC ELEMENTS

- All elements with hand support allowed – back handspring permitted.
- Without hand support, ONLY the side aerial (cartwheel) is allowed.
- Any salto (flip) and front aerials **are not allowed**.

A maximum of 2 acrobatic elements per acrobatic run.

Minimum 2 acrobatic runs required, each with 2 elements.

2. STRENGTH ELEMENTS (calisthenics)

Minimum 2 strength elements (combinations are scored higher).

3. JUMPING ELEMENTS

Minimum 2 jumps.

4. DANCE

At least one dance sequence of 8 counts in one musical section is required.

Fitness elements should be combined with dance to highlight the athlete's stage personality.

All dance styles are accepted.

FITNESS SHOW SOLO *Routine is performed on the tatami*

1. ACROBATIC ELEMENTS

All acrobatic elements are allowed.

Maximum 3 acrobatic elements per run.

Minimum 2 acrobatic runs required, each with 3 elements.





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2. STRENGTH ELEMENTS

Minimum 2 elements (combinations score higher).

3. JUMPING ELEMENTS

Minimum 2 jumps.

4. DANCE

Fitness elements should be integrated with dance to emphasize personality and expressiveness.

All dance styles accepted.

FITNESS ACROBATIC SOLO *Routine is performed on the tatami*

1. ACROBATIC ELEMENTS

All acrobatic elements allowed.

No limit on the number of elements per run.

Minimum 2 acrobatic runs, each with at least 4 elements.

2. STRENGTH ELEMENTS

Minimum 2 elements.

3. JUMPING ELEMENTS

Minimum 2 jumps.

4. DANCE

Dance elements must be included to support stage expression.

All styles accepted.

FIT KIDS *Routine is performed on the tatami*

1. Category "FIT KIDS" applies only to SOLO routines for athletes up to 8 years old (year of birth).
2. Organizers may divide age groups depending on the number of competitors.
3. The routine must include at least one strength, jumping, acrobatic, and flexibility element (free choice of specific skills).





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FITNESS PERFORMANCE *Routine is performed on the floor (no gymnastics mats)*

1. ACROBATIC ELEMENTS

All acrobatic elements allowed.

Maximum of 3 acrobatic elements in the entire routine; only 1 acrobatic element per sequence.

Each acrobatic element must be clearly separated by another movement or dance

2. STRENGTH ELEMENTS

Minimum 1 element

3. JUMPING ELEMENTS

Minimum 1 jump.

4. DANCE

Dance elements must be included to support stage expression.

All styles accepted.

DUO, TRIO, GROUPS, FORMATIONS – PERFORMANCE

Routine is performed on the floor (no gymnastics mats)

1. Minimum 1 required elements of each section - strength, jump, acrobatic, dance - performed in full synchronization by all athletes.
2. Minimum 2 synchronized dance sections.
3. Pyramids allowed up to shoulder height.
4. Routine must include at least 1 dynamic partner element and 1 static element held for 3 seconds (eg. pyramid).





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FITNESS– DUO, TRIO, GROUPS, FORMATIONS

1. Minimum 2 required elements of each section - strength, jump, acrobatic, dance - performed in full synchronization by all athletes.
2. Minimum 2 acrobatic runs with at least 3 elements each, synchronized.
3. Minimum 2 synchronized dance sections.
4. Pyramids allowed **above shoulder height**.
5. At least 2 dynamic partner elements and 2 static elements (3 seconds hold, eg. pyramid).

MUSIC AND CHOREOGRAPHY

Music must be sent electronically in MP3 format by the deadline set by organizers.

File name must include athlete's full name and category.

Music Duration

- FIT KIDS: **1:30–1:40**
- Fitness SOLO Dance/Show/Acrobatic: **1:30–1:45**
- Fitness SOLO Performance **1:30–2:00**
- Fitness DUO: **1:30–2:00**
- Fitness TRIO: **1:30–2:00**
- Fitness Group: **2:00–3:00**
- Fitness Formation: **3:00–5:00**
- Performance DUO: **1:30–2:00**
- Performance TRIO: **1:30–2:00**
- Performance GROUP: **2:00–3:00**
- Performance FORMATION: **3:00–5:00**





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Artistic freedom of choreography and music is emphasized.

Music must not contain profanity (risk of disqualification).

The tatami area is 12×12 m.

Leaving the mat is prohibited.

The entire space should be utilized (front-back, diagonals, all corners).

Entrance and exit are part of artistic evaluation.

COSTUME AND PROPS

(FIT KIDS, Performance, Dance, Show, Acrobatic, DUO, TRIO, Groups, Formations)

Costume must be comfortable and elastic.

Shorts with short legs (e.g. boxer-type) are required; buttocks must be fully covered.

Underwear-style costumes are prohibited.

Protective gear (knee pads, ankle supports, hygiene protections) must be checked before entering the stage.

Props (hats, gloves, ribbons, costume decorations) are allowed but require prior approval for safety.

All items must be removed from the stage immediately after performance.

Make-up, hairstyle, and costume should match the style and personality of the performance.

JUDGING CRITERIA

Judges evaluate 3 categories:

- **Technique** (execution quality)
- **Difficulty level**
- **Charisma** (personality, rhythm, choreography)

Strength elements include dynamic and static; static elements must be held for 3 seconds.

Connecting strength skills increases scoring.

Jump evaluation includes technique and amplitude.

Choreographic creativity, musicality, coordination, and artistic expression are evaluated.

Repeating the same element does not affect the score.

Synchronization is crucial in group routines.





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Negative scoring for:

- Leaving the stage area
- Costume malfunction
- Adjusting costume or hair during routine
- Excessive singing during routine

Disqualification

An athlete participating in the competition is required to complete their routine. If the athlete leaves the stage during the performance, they may not be evaluated by the judging panel.

If a problem is caused by organizers (e.g. music issue), a repeat performance may be permitted by the Head Judge.

ADDITIONAL INFORMATION

1. Every competitor must submit a registration form and required documents (e.g. GDPR consent, parental permission).
 2. Withdrawal and refund of the entry fee is possible only in justified cases evaluated by the Organizer and Head Judge.
 3. Only athletes, coaches, and event staff may be backstage.
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