

# IFBB FITNESS AGILITY RULES

# Introduction

- FITNESS AGILITY arises in response to the declining physical condition of young people and is a means of developing not only dexterity and explosiveness. The balanced and balanced development of an individual's physical abilities is important not only for increasing performance in various IFBB sports and categories, but also for increasing overall resistance to sports injuries.

## II. General rules

- a. The Fitness Agility, The Children's Fitness Category, is an obstacle course, composed of individual simple exercises that must be completed in a precisely determined order for time according to these rules.
- b. Both boys and girls take part in the competitions.
- c. The result of the discipline is the time that determines the order of the competition.
- d. Competitions are organized as a part of the IFBB European and World Children Fitness Championship. The condition is the membership of the club and competitors in IFBB National Federation.

# III. Age categories

a.

Girls up to 8 years,

Girls from 9 to 10 years,

Girls from 11 to 12 years,

b.

Boys up to 8 years,

Boys from 9 to 10 years,

Boys from 11 to 12 years,

# IV. Technical and personal equipment

a. mat, cones or balls, skipping ropes, area 7x7m,

b. The personal equipment of the competitor is any sports device.

# V. Description of Fitness Agility and Execution Rules

The competitor will stand at the starting line.

At the instruction, a timer will start.

The timer will stop, when the competitor crosses the finish line after completing the exact order of all exercises.

## Description and order of individual exercises:

- from the standing joint forward, immediately backward,
- 2x jump from squat to upright on the spot,
- forward - slalom between the poles,
- 4x jump on the right leg,
- 4x jump on the left leg,
- forward run around the rod between 4 cones,
- jump from the bottom right and back,
- jump left and back,
- jump with a turn of 180 degrees,
- sprint backwards with a reversal around the pole by 360 degrees,
- sprint forward to the goal.

- The judge records the time of a technically correct course.
- The judge shall record and warn the athlete of the penalty seconds for an incorrect or incomplete exercise,
- If the athlete performs a single exercise incorrectly during the completion of the course, the judge shall add a penalty for each one exercise performed incorrectly 2 penalty seconds to the total time for each incorrect or incomplete exercise (i.e. if a competitor technically performs 3 exercises incorrectly, then 6 penalty seconds will be added to the time taken to complete the course).



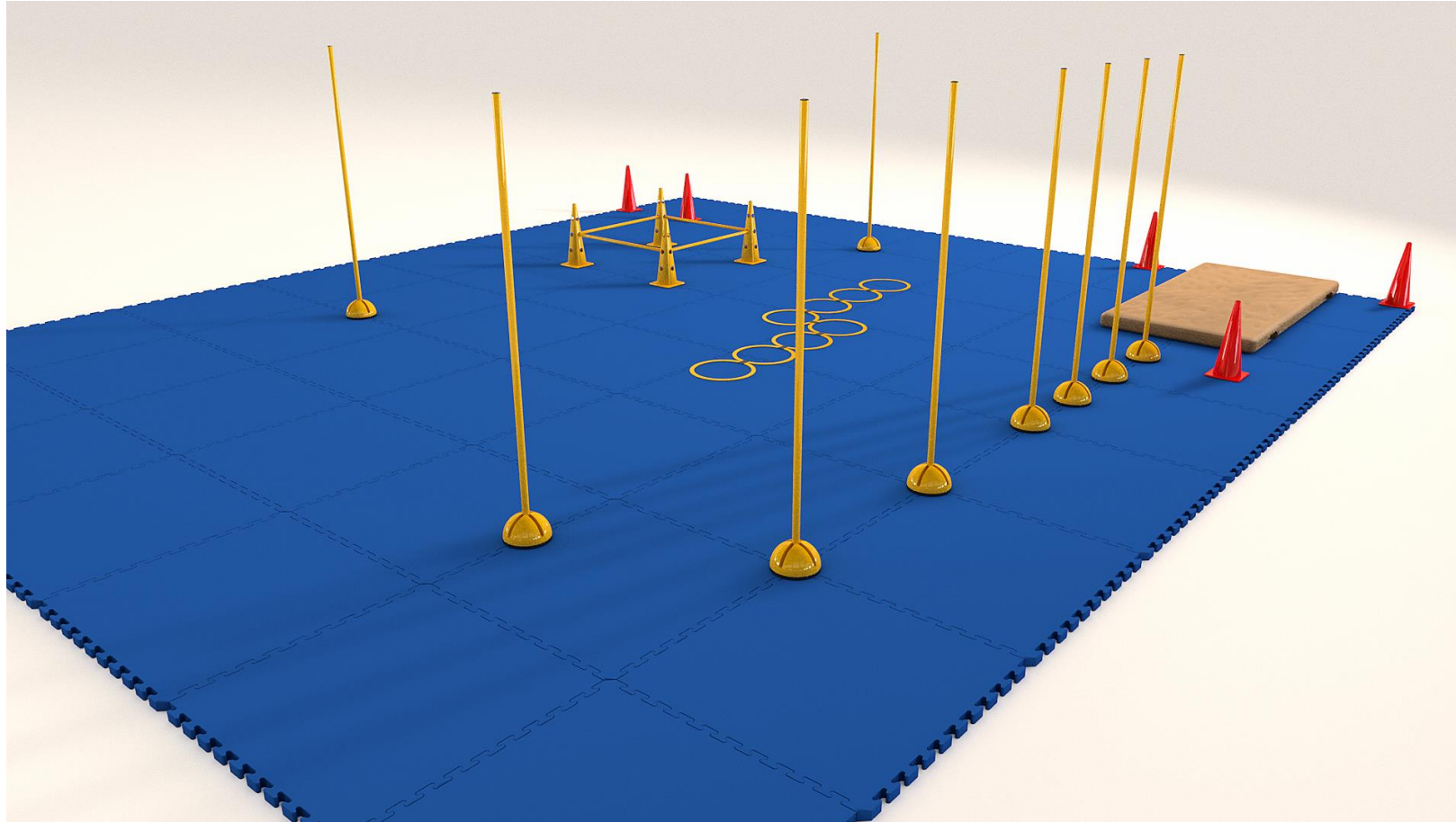
# VI. The course of the competition

- a. An athlete compete in the order in which the athletes are entered on the starting list.
- b. An athlete compete in a precisely determined order of disciplines, see point II. a.
- c. Performances are recorded in the result list.
- d. The winner of the competition is the competitor with the best time achieved.

## VII. Judges

a. The competition is judged by 1 Headjudge, 1 Secretary and 4 judges.

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