INTERNATIONAL FITNESS AND BODYBUILDING FEDERATION (IFBB)

IFBB RULES
SECTION 10:

CHILDREN ACROBATIC FITNESS

2023 EDITION

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Article 1 - Introduction

Children Fitness category was officially recognized as a new sport discipline by the IFBB Executive Council and IFBB International Congress on November 07, 2010 (Baku, Azerbaijan).

1.1 General:
The IFBB Rules for Children Fitness consist of regulations, policies, directives and decisions intended to guide the IFBB and its Members in the administration of the sport of Children Fitness.

1.2 Rules:
Certain administrative and technical rules that appear in the General Rules section are the same for Children Fitness and therefore, are not repeated in this section.

Article 2 – Responsibilities of Organizers to Athletes and Delegates

2.1 Responsibilities:
The Organizer of the World Children Fitness Championships will undertake to cover the cost of accommodations and meals (breakfast, lunch and dinner) for competitors and delegates as follows:

1. World Children Fitness Championships (included female and male categories):
For three days (two nights) according to the following scale:

a. Three or more competitors - Two delegates
b. One or two competitors - One delegate

Note 1: *A maximum allowable number of participating competitors per National Federation is unlimited.*
Note 2: *Delegates without athletes, extra delegates and supporters will have to pay for the Full Package Special Rate.*
Note 3: *Upon agreement between the IFBB and the Organizer, one additional category may be opened for competition.*

2.2 On the stage, the area, which is covered by tatami shall be at least 9x8 m in size.

Article 3 – Categories

3.1 Categories:
3.1.1 There are eight age categories in Female Children Fitness world-level competitions, currently as follows:
a. Class A: age up to & incl.7 years
b. Class B: 8 years of age
c. Class C: 9 years of age
d. Class D: 10 years of age
e. Class E: 11 years of age
f. Class F: 12 years of age
g. Class G: 13 years of age
h. Class H: 14 years of age
i. Class I: 15 years of age

3.1.2 There are five age categories in ale Children Fitness world-level competitions, currently as follows:
a. Class A: up to & incl. 7 years of age
b. Class B: 8 - 9 years of age
c. Class C: 10 - 11 years of age
d. Class D: 12 - 13 years of age
e. Class E: 14 - 15 years of age

Children participate in their age group through the whole year in which they reach their upper age limit.

3.2 A category can only be run if there are not less than 5 athletes in this category. If less than 5 athletes, the category will be combined with older class.

In case of categories with less than 5 competitors, no titles and medals will be awarded (*more details in* ***General Rules, Art. 11.41.2***).

Article 4 – Rounds

4.1 Rounds:
Children Fitness will consist of the following rounds:

4.1.1 **One-day competitions:**
1. Prejudging: Round 1 (90-second fitness routines)
2. Prejudging: Round 2 (quarter turns)
3. Finals: Round 3 (90-second fitness routines)

4.1.2 **Two-day competitions:**
1. Prejudging: Round 1 (90-second fitness routines)
2. Prejudging: Round 2 (quarter turns)
3. Finals: Round 3 (90-second fitness routines)
4. Finals: Round 4 (quarter turns)

Article 5 – Attire for Round 1 and Round 3 (Routine)

5.1 The attire for Round 1 will conform to the following criteria:

1. Competitors may dress as they deem appropriate in order to perform their routines, except asdetailed below.

Girls: G-strings or bikini-type pants are strictly prohibited. G-strings or bikini-type pants cannot be worn on top of leotards, fishnet stockings, or tights. Also, G-strings or bikini-type pants cannot be worn underneath a skirt or other type of outerwear so as to reveal the buttocks while the competitor is moving around onstage.

The minimum required attire: tank top and tight shorts (see Article 9).
The minimum required attire: tank top and tight shorts.
- Tank top: The belly/abdomen must be covered by tank top, but the back can be open or free.
- Tight shorts: The shorts will cover the whole gluteus maximus, ¼ of thighs and all of the frontal area. Their lower edge should be parallel to the floor, when standing straight. G-strings and classic two-piece bikini are strictly prohibited.

- Boys: Bodybuilding-style trunks are strictly prohibited. The minimum required attire: tight shorts (see Article 9).

The minimum required attire: (see Article 9).
- Tank top: The belly/abdomen must be covered by tank top, but the back can be open or free.
- Tight shorts: The shorts will cover the whole gluteus maximus, ¼ of thighs and all of the frontal area. Their lower edge should be parallel to the floor, when standing straight.

2. The routine attire will be inspected backstage before the competitor is allowed onstage. If the routine attire does not meet IFBB standards for children, the competitor will be given five (5) minutes to comply, failing which the competitor will be disqualified.

3. The competitor may compete barefoot or in athletic footwear (gymnastic, ballet and dance

shoes) that does not endanger the competitor and does not damage the competition floor.

4. Provided Point 1 is respected, a competitor may remove an article of clothing (e.g. coat, jacket, shirt, pants) if the removal of said article is performed in a tasteful manner.

5. National Federations and head delegates are responsible for making sure that their children athletes are fully aware of the IFBB Rules as detailed in this Section.

6. Any questions concerning posing attire must be brought to the attention of the IFBB Chief Official or IFBB Chief Judge during the Official Children Registration.

Article 6 – Prejudging: Presentation of Round 1 (Routine)

6.1 Round 1 procedure:

Round 1 will proceed as follows:

1. Each competitor will be called onstage in numerical order to perform a fitness routine to music of her/his own choice.

The length of the music and the fitness routines shall be 90 sec +/- 5 sec. The music must be edited (meaning the cut), this must fade out at the end. (It should not be the task of the sound technician to silence the music.)

2. Each competitor will be introduced by number, name and country.

3. The use of props is limited.

Note: A competitor shall be allowed a small item (maximum dimensions are 40cm x 20cm x 25cm), either worn or handheld (the competitors have to bring the props on the competition floor by themselves without the help of third party,). Any item that is discarded during the routine must be removed by the competitor as he/she exits the stage without causing any delay in the competition. Competitors must declare all props at the Official Children Registration.

4. No competitor will use any device that would leave material on the stage platform that would 1) presented a safety hazard to other competitors, and/or 2) require that the stage platform be cleaned or repaired before further use.

5. A competitor must enter and exit the stage to perform the routine without the assistance of any other person or persons e.g. cannot be carried onstage.

6. The use of body oil is strictly prohibited.

7. It is forbidden to touch the competitor on the stage to help during the presentation of the practice, which, in turn, can result in disqualification.

Article 7 – Prejudging: Scoring of Round 1 (Routine)

7.1 Scoring of Round 1:

The scoring for Round 1 will proceed as follows:

1. Using Form 3, entitled “Judge’s Individual Placings (Prejudging)”, each judge will place the athlete from 1st to last, giving no two athletes the same placing.

2. The judges may use Form 4, entitled “Judge’s Personal Notes”, to write notes about the athletes.

3. The statisticians will gather Form 3 from the judges and will transcribe their placings onto Form 5, entitled “Score Sheet (Statisticians)”, under Round 1. They will then discard two highest and two lowest scores; add the remaining five scores, multiply the results by 2 (two) and write the total under the column marked “Round 1 Subscore”.

4. Should a tie occur in the “Round 1 Subscore”, the tie need not be immediately broken since the “Round 1 Subscore” must be added to the “Round 2 Subscore” to produce a “PREJUDGING SCORE”.

Article 8 – Prejudging: Assessing of Round 1 (Routine)
8.1 Assessing of Round 1:
Round 1 will be assessed using the following criteria:

1. Each judge will assess the routine with a view towards style, personality, athletic coordination and overall performance. Judges will also look for competitors who perform strength and flexibility elements, as well as gymnastic elements. The routine may include aerobics, dance, gymnastics or other demonstrations of athletic talent with harmonized costume, music and choreography. There are no required elements.

2. The judges are reminded that, during this round, they are judging ONLY the fitness routine and NOT the physique. More details in **Appendix 2** to this Section.

Article 9 – Attire for Round 2 and Round 4 (Quarter Turns)
9.1 The attire for Round 2 and Round 4 will conform to the following criteria:

- **Girls:** Top bra and tight shorts, should be plain, opaque and black in colour.
  The shorts will cover the whole gluteus maximus and all of the frontal area. Their lower edge should be parallel to the floor, when standing straight. G-strings and classic two-piece bikini are strictly prohibited.

- **Boys:** Tight shorts, like in Men's Fitness:
  1. Plain opaque in style.
  2. Solid black in colour.
  3. Cloth fabric in material (no plastic, rubberized, or similar material).
  4. Matt in texture (no shiny material).
  5. No ornamentation, frills, lacework edges and/or borders.
  6. The trunks should cover the whole gluteus maximus. Their lower edge should be parallel to the floor, when standing straight.

Bodybuilding-style trunks are strictly prohibited.

1. The costume will be plain opaque in style.
2. The colour of the attire should be black.
3. Competitors will perform barefoot.

9.2 Competitors will not wear jewellery, glasses, watches, pendants, necklaces or wigs.

The IFBB has banned all tans and bronzers that can be wiped off. If the tan comes off by simply wiping, the athlete will not be allowed to enter the stage. Self-tanning products may be used at the latest the day before the competition. Application on the day of competition is not allowed. Sparkles, glitter, shiny metallic pearls or gold coloring are prohibited whether applied as part of a tanning lotion and/or cream or applied separately.

9.1 The use of body oil is strictly prohibited.

9.2 If the attire does not meet IFBB standards, the competitor will be given five (5) minutes to comply, failing which the competitor will be disqualified.

9.3 The IFBB Chief Official, or a delegated representative, will have the right to determine if a competitor's attire meets an acceptable standard and, eventually, recommend the athlete to change the attire, if it does not meet the IFBB standards.

Article 10 – Prejudging: Presentation of Round 2 (Quarter turns)
10.1 Presentation of Round 2:
The procedures for Round 2 will be as follows:

1. The entire category will be called onstage, in a single line and in numerical order.

2. The line-up will be divided into two equal-size groups and will be positioned onstage so that one group is to the left of the stage; the other group is to the right of the stage. The center portion of the stage will be left open for comparison purposes.

3. In numerical order, and in groups of no more than eight competitors at a time, each group will be directed to center-stage area to perform the four quarter turns.

4. The IFBB Chief Judge or Stage Director will direct the competitors through the four positions connected with the 4 quarter turns:

a. Front Position
b. Quarter Turn Right- Left Side Position - Left side to the judges
c. Quarter Turn Right- Rear Position- Back to the judges
d. Quarter Turn Right- Right Side Position – Right side to the judges
e. Quarter Turn Right- Front Position

Note 1: *Detailed description of the Children Fitness quarter turns provided in* ***Appendix 1*** *to this Section.*
Note 2: *Competitors will not chew gum or candy while onstage.*
Note 3: *Competitors will not drink water or any other liquids while onstage.*

f. This initial grouping of competitors and performance of the quarter turns is intended to assist the judges in determining which competitors will take part in the key comparisons that follow.

g. All judges will be asked now to submit individual propositions for the first comparison of the top five athletes to the IFBB Chief Judge. Chief Judge will analyze propositions submitted by all of the panel judges and, based on them, he will form the first comparison with competitors most often proposed by the panel judges, what means that these competitors are the best in the line-up. The number of athletes to be compared will be determined by the Chief Judge but no less than three and no more than eight competitors will be compared at any one time. Then the judges may be asked to submit individual propositions for the second comparison of the next five athletes, included competitors placing in the middle of the group. Then the third comparison will be formed by the IFBB Chief Judge, with competitors to be placed in the rearmost part of the group of semifinalists. All competitors will be called out one time at least. The total number of comparisons will be decided by the IFBB Chief Judge.

6. All individual comparisons will be carried out center-stage.

7. Upon completion of the last comparison, all competitors will return to a single lineup, in numerical order, before exiting the stage.

Article 11 – Prejudging: Scoring of Round 2 (Quarter Turns)
11.1 The scoring for Round 2 is carried out as follows:

1. Using Form 3, entitled “Judge’s Individual Placings (Prejudging)”, each judge will award each competitor an individual placing from 1st to the last, ensuring that no two or more competitors receive the same placing. The judges may use Form 4, entitled “Judge’s Personal Notes ” to record their assessment about each competitor.

2. The statisticians will collect Form 3 from the judges and will then transcribe the judge’s placings onto Form 5, entitled “Score Sheet (Statisticians)”. They will then discard two highest and two lowest scores (if nine judges) or one highest and one lowest (if less than nine judges) for each competitor, will add up the remaining five scores to produce a “Round 2 Subscore” and a “Round 2 Place”. The competitor with the lowest subscore is awarded 1st place while the competitor with the highest subscore is awarded the last place.

3. Ties in the “Round 2 Subscore” need not be immediately broken as the “Round 2 Subscore” will be added to the “Round 1 Subscore” to produce a “PREJUDGING SCORE” and “PREJUDGING PLACE”.

4. Should a tie occur in the “PREJUDGING SCORE”, the tie will be broken using the “Round 1 Subscore” first. If a tie still exists, it will be broken using the “Relative Placement Method” and the athlete’s Round 1 Subscores.

Note 1: *The Relative Placement Method procedure:*
Each individual judge’s scores for the tied athletes will be compared on a column-by column basis with a dot being placed on top of the number for the athlete with better placing. All nine regular panel judge’s scores will be included in the tie breaking calculations. The number of dots will be tallied for each of the tied athletes. The athlete with the greater number of dots will be declared the winner of the tie and will then receive the better placing.
5. The scores for the Prejudging will be used to place the competitors from 1st place to the last place. The top 6 competitors from the Prejudging will advance to the Finals and will start the Finals with zero points.

Article 12 – Prejudging: Assessing of Round 2 (Quarter Turns)
12.1 Round 2 is assessed using the following criteria:

1. The judge should first assess the overall appearance of the physique. This assessment should begin at the head and extend downwards, take the whole physique into account. The assessment, beginning with the general impression of the physique, should take into consideration the overall development of the body; the presentation of a balanced, symmetrically developed physique; the condition of the skin and the skin tone.

2. The judge’s assessment of the athlete’s physique should include the athlete’s entire presentation, from the moment he/she walks onstage until the moment he/she walks offstage. At all times the children competitor must be viewed with the emphasis on a “healthy, fit, good-looking physique” (More details in **Appendix 1).**

Article 13 – Finals: General remarks
13.1 Procedures:

13.1.1 : One-day competition:
The top six athletes from the Prejudging advance to the Finals, which consists of one round:
Round 3: Fitness Routine.

Statisticians will transcribe **Round 1 Subscore** of the competitors advancing to the finals but as a single score, **not multiplied by 2 (two).** Then will add single Round 3 Subscores to single Round 1 Subscores to achieve Round 3 Scores.
Then they will transcribe the Round 2 Subscores, add them to round 3 scores to get the final scores and places.

13.1.2 : Two-day competition:
The top six athletes from the Prejudging advance to the Finals, which consists of two rounds:
Round 3: Fitness Routine.
Round 4: Quarter Turns.

Both rounds will be scored. Round 3 Subscores will be **multiplied by 2 (two)** and added to Round 4 Subscores to produce the final scores.

Article 14 - Finals: Attire for Round 3 (Routine)
14.1 The attire for Round 3 must conform to the same criteria as described in Article 5.
Note: *Competitors may use a different costume that in Round 1; however, it must still conform to the standards of taste and decency as described in Article 5*.

Article 15 - Finals: Presentation of Round 3 (Routine)
15.1 The procedures for conducting Round 3 are as follows:

1. The top 6 finalists, wearing their fitness routine attire, will be called onstage individually and

in numerical order, to perform their individual fitness routines to their own choice of music, the length of the music and the fitness routines shall be 90 sec +/- 5 sec.

2. Each competitor is to be introduced by number, name and country.

3. The use of props is limited (see Article 6.1).

4. The use of body oil is strictly prohibited.

Article 16 – Finals: Scoring of Round 3 (Routine)
16.1 Scoring of Round 3:
The scoring for Round 3 will proceed as follows:

1. The judges, using Form 6, entitled "Judge's Individual Placings (Finals)", and using the same criteria for judging as used during the Prejudging Round 1, will place the competitors from 1st to 6th, giving no two athletes the same placing.

16.1.1 One-day competition
Statisticians will transcribe "Round 1 Subscores" of the competitors advancing to the finals but as a single score, **not multiplied by 2 (two).** Then will add single "Round 3 Subscores" to single "Round 1 Subscores" achieve Round 3 Scores.

16.1.2 Two-day competition
Round 3 Subscores will be multiplied by 2 (two) to produce Round 3 Scores.

2. Should a tie occur in the "Round 3 Scores", the tie need not be immediately broken since the "Round 3 Scores" must be added to the "Round 4 Subscore" to produce a "FINAL SCORE".

Article 17 – Finals: Assessing of Round 3 (Routine)
17.1 Assessing of Round 3:
Round 3 will be assessed using the same criteria like in Round 1 (Article 8). More details in **Appendix 2.**

Article 18 – Finals: Round 4 (performed at two-day contests only)
18.1 Attire for Round 4 (Quarter Turns):
The attire for Round 4 must conform to the same criteria as described in Article 9.

Article 19 - Finals: Presentation of Round 4 (Quarter Turns)
19.1 The procedures for conducting Round 4 are as follows:

1. The top 6 finalists will be directed to the center of the stage, in a single line and in numerical order.

2. The IFBB Chief Judge or Stage Director may, at his/her discretion, have the group perform the quarter turns at center-stage in numerical order and then in the reverse order. These quarter turns will be done in the same way like in the semifinal comparisons (Round 2).

3. The entire line-up will be asked to exit the stage.

Article 20 - Finals: Scoring of Round 4 (Quarter Turns)

20.1 The scoring of Round 4 is carried out as follows:

1. The judges, using Form 6, entitled “Judge’s Individual Placings (Finals)”, and using the same criteria for judging as used during the Prejudging, will place the competitors from 1st to 6th, giving no two athletes the same placing.

2. The statisticians will collect Form 6 from the judges and will then transcribe the judge’s placings onto Form 5, entitled “Score Sheet (Statisticians)”. They will discard two highest and two lowest scores; will add the remaining five scores, and will write the total under the column marked “Round 4 Subscore”.

3. The statisticians will then add the “Round 3 Subscore” to Round 4 Subscore” to produce a “FINAL SCORE” and “FINAL PLACE”.

4. Should a tie occur in the “Round 4 Subscore”, the tie need not be immediately broken as the “Round 4 Subscore” must be added to the “Round 3 Subscore” to produce a “FINAL SCORE”.

5. Should a tie occur in the “FINAL SCORE”, the tie will be broken using the “Round 3 Subscore” first. If a tie still exists, the “Relative Placement Method” and the athlete’s “Round 3 Subscore” will be used.

Article 21 – Finals: Assessing of Round 4

21.1 Round 4 is assessed using the same criteria as detailed in Article 12 (Quarter Turns). More details in **Appendix 1.**

Article 22 – Finals: The Awarding Ceremony

22.1 The Awarding Ceremony

The top 6 finalists will be called onstage to take part in the award ceremony. The Master of Ceremonies will announce the number, name and country of the competitor in 6th place and will continue to the competitor in the 1st place.

The President of the IFBB, or the top IFBB official at the contests, accompanied by the other official(s) invited by him to take part in this Ceremony, will present the IFBB Medals, Certificates of Excellence and/or trophies to the winners.

The national anthem (short version) of the country of the 1st place winner will be played immediately following his/her receipt of the 1st place award(s).

After the national anthem, the finalists are obliged to remain onstage for a brief period of time for photographic purposes, and to follow the IFBB Chief Judge or Stage Director commands.

During the Awarding Ceremony, competitors are not allowed to display their country’s flag.

Competitors are expected to accept their places, medals and/or awards and to take part in the Awarding Ceremony to its end (photo session). Competitor, who ostentatiously manifests his/her disapproval and/or leave the stage prior to the end of the Awarding Ceremony, may be disqualified.

Detailed description of the Awarding Ceremony is available in Section 1: **General Rules, Article 16.**

Article 23 – Teams Classification Results and Award

23.1 Best National Teams:

The Best National Teams scoring includes the top 5 girls and top 2 boys from each National Federation.

If categories are combined, the best teams scoring includes as many top competitors as the number of categories.

Detailed procedure of the Teams Classification calculations is available in Section 1: **General**

Rules, Article 18.

The chief delegates or team managers of the top 3 countries will accept the awards on behalf of their countries.
Publication of the Final Results – according to Section 1: **General Rules, Article 19.**

APPENDIX 1:
QURTER TURNS
Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.

Front Position (face to the judges):
Erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, both arms kept at the side along the centerline of the body, elbows slightly bent, thumbs and fingers together, palms facing the body and hold about 10 cm out of the body, hands slightly cupped.

Qurter turn Right- Left Side Position (left side to the judges):
Erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, left arm kept slightly back from the center-line of the body with a slight bend at the elbow, thumb and fingers together, palm facing the direction of the body, hand slightly cupped, right arm kept slightly front of the center-line of the body with a slight bend at the elbow, thumb and fingers together, palm facing the body, hand slightly cupped. The positioning of the arms will cause the upper body to twist slightly to the left, with the left shoulder lowered and the right shoulder raised. This is normal and must not be exaggerated.

Quarter Turn Back- Rear Position (rear to the judges):
Erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, back muscles slightly contracted to show the shape of the upper body, both arms kept at the side along the centerline of the body, elbows slightly bent, thumbs and fingers together, palms facing the body and hold about 10 cm out of the body, hands slightly cupped.

Quarter Turn Right- Right Side Position (right side to the judges):
Erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, right arm kept slightly back from the centerline of the body with a slight bend at the elbow, thumb and fingers together, palm facing the direction of the body, hand slightly cupped, left arm kept slightly front of the center-line of the body with a slight bend at the elbow, thumb and fingers together, palm facing the body, hand slightly cupped. The positioning of the arms will cause the upper body to twist slightly to the right, with the right shoulder lowered and the left shoulder raised. This is normal and must not be exaggerated.

APPENDIX 2
ASSESSMENT OF THE FITNESS ROUTINES
In these rounds, athletes perform a fitness routine to music selected by the competitor, the length of which shall be 90 sec +/- 5 sec.
The judge should consider the OVERALL IMPRESSION, that is, the entire routine from the moment the athlete presents herself/himself onstage until the moment the athlete walks offstage. The judges are reminded that, during these Rounds, they are judging ONLY

the fitness routine and NOT the physique. The judge should look for a well-choreographed and creative routine performed at a different tempo/speed.

The criteria for evaluating a fitness routine should include:

I. DIFFICULTY:

1.ACROBATIC ELEMENTS

a. acrobatic without flight elements (always in contact with floor., for example: forward or backward roll., forward walkover, backward walkover, handstand, turns in handstand, backward stretch step out)
b. acrobatic flight elements (elements without contact with floor., for example: free aerial cartwheel, round off, flic-flac, salto backward, salto forward, free aerial walkover forward)
c. GYM ACRO SERIES- It is possible to combine acrobatic elements to the gym acro series for example Round-off, Flic-flac, salto backward.

Routines based contain many acrobatic elements should be marked down.

2. STRENGTH ELEMENTS (for example press handstand, press-up, push-up, hold in stand hands, hold in L-sit, hold in straddle L-sit, hold in some position). The number of strength moves, their degree of difficulty, and the overall creativity of the moves should be considered in the judging of the routine.

3. FLEXIBILITY ELEMENTS – (for example high kicks, bridges, standing scale, front needle, lunch).
The number of flexibility moves, their degree of difficulty, and the overall creativity of the moves should be considered in the judging of the routine.

4. DANCE ELEMENTS
- dance movements (various types of body movements: rotations, waves, isolations,
- dance steps: for example chassé, shuffle, moonwalk and various of basic steps
- dance jumps: for example jeté, tuck jump, axel jump, split jump, wolf jumps, pike jump…

II. ARTISTIC REQUIREMENTS

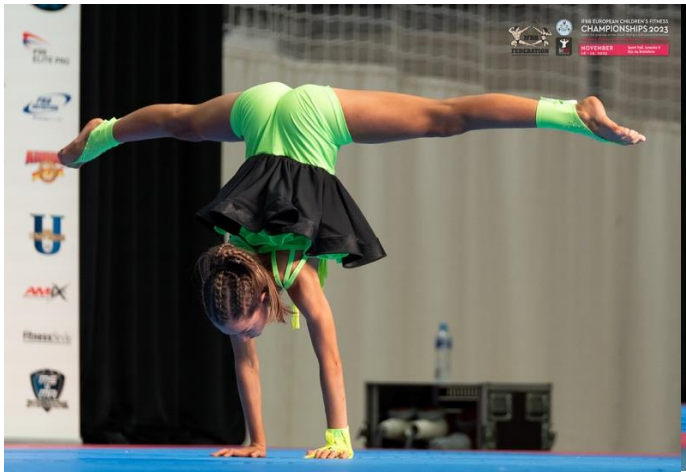
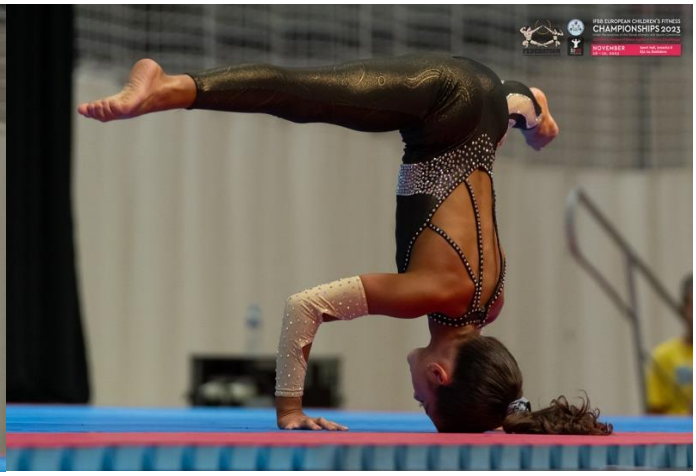
- story, motive and theme expressed by dance means harmonizes with the individual and spatial choreography of the performance
- music, dance, choreography, aligned with costume
- showmanship (contact with audience, competitor's ability to present fitness assembly attractive and entertaining for the audience);
- originality and individual choreography;
- a unique and distinctive way of interpretation;
- rhythm (harmony of exercise and music);
- pace of music;
- harmonized costume, music, dance, choreography
- cleanliness, demonstration technique;
- general impression.

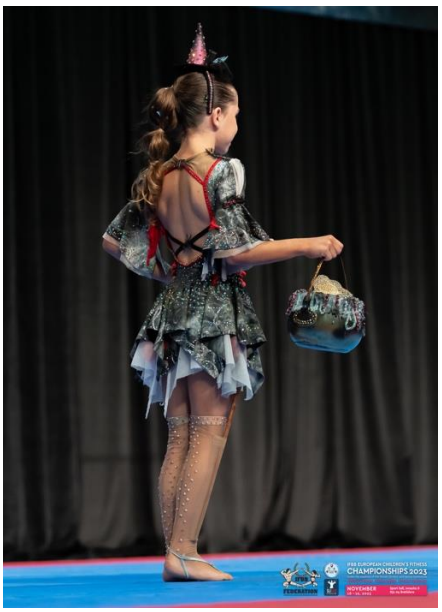
Routines based on the gymnastics moves only should be marked down. Scoring judges with excessive, missing, or uneven scores representation of various exercises from the category of difficulty (strength exercises, acrobatic exercises, dance and flexibility elements) and lack of artistic requirement, or in case of mismatch requirements (e.g., missing theme, showmanship, out of rhythm exercise), higher number of gymnastic elements typical for sports gymnastics ...) will assign the fitness set below location.
The routine judge´s evaluation includes a comprehensive evaluation of the difficulty and the artistic requirements (choreography, choreography theme, showmanship, suit of costume, props and story of fitness routine, harmony of exercise, music, dance and purity and elegance).

During the fitness routines, the competitor who finishes sooner (because of some injury, forgetting some exercises etc.) and leaves the stage, has to be put in last place by the judges.

APPENDIX 3: PHOTOGRAPHS

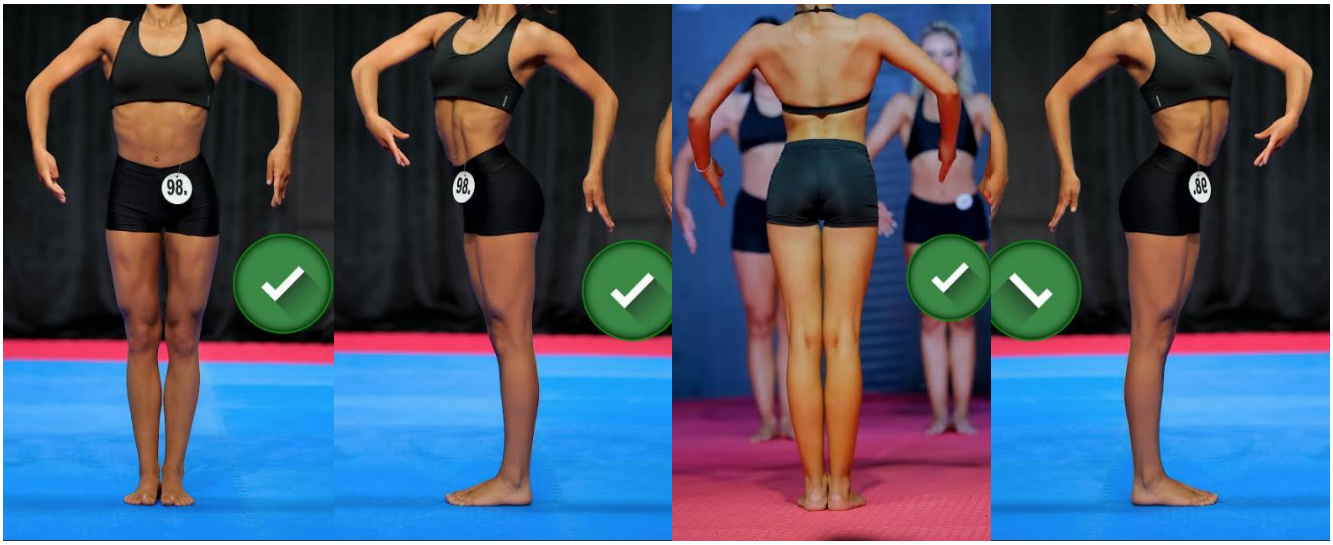
STANDART FOR ROUTINE´S ATTIRE



QUARTERS TURNS (GIRLS)



QUARTER TURNS (BOYS)

