INTERNATIONAL FITNESS & BODYBUILDING FEDERATION

IFBB FEDERATION

RULES CHILDREN'S

ARTISTIC FITNESS 2025

EDITION

IFBB FEDERATION
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Article 1 - Introduction

Children's Artistic Fitness category was officially recognized as a new sport discipline by the IFBB Executive Council and IFBB International Congress on September 23, 2024 (Kish Island, Iran).

1.1 General:

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

1.2 Rules:

Certain administrative and technical rules that appear in the General Rules section are the same for Children's Artistic 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 four days (three 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 five age categories in Children's Artistic Fitness world-level competitions, currently as follows:
Girls categories:
a. Class A: age up to & incl.7 years
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 3 athletes in this category. If less than 3 athletes, the category will be combined with older class.

Article 4 – Rounds

4.1 Rounds:

Children's Artistic Fitness will consist of the following rounds:

1. Round 1 (90-second fitness routines)
2. Round 2 (quarter turns)

Article 5 – Attire for Round 1 (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 as detailed 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.

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 – 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 an artistic fitness routine to music of her own choice, the length of which will be 90 seconds +/-5 sec.
2. Each competitor will be introduced by number, name and country.

3. For safety reasons, the use of body oil in the routine round is strictly prohibited.
4. Only small props are allowed during the fitness routine, as long as they are part of the outfit and their use must not require a delay in the progress of the competition (e.g., scarf, cap, hat...). Props such as chairs, bars, handstands, weapons, umbrellas, sticks, etc. are prohibited.
5. 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.

6. 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.

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 – 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 – Assessing of Round 1 (Routine)
8.1 Assessing of Round 1:
Round 1 will be assessed using the following criteria:
Each judge will assess the routine focusing on artistic expression in dance-like choreography with diversified tempo, some strength and flexibility elements, personality, athletic coordination and overall performance. The routine may include aerobics, dance, gymnastics or other demonstrations of athletic talent with harmonized costume, music and choreography.

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

Article 9 – Attire for Round 2 (Quarter Turns)

9.1 The attire for Round 2 to the following criteria:

- Girls: Top bra and tight shorts, should be plain, opaque an black in colour.
The shorts will cover the whole gluteus maximus, 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.

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.

9.3 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.

9.4 The use of body oil is strictly prohibited.

9.5 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.

9.6 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 doesn't meet the IFBB standards.

Article 10 – 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 Back- Rear Position-Back to the judges
d. Quarter Turn Right- Right Side Position – Right side to the judges
e. Quarter Turn Front-. Front Position

Note 1: *Detailed description of the Children's Artistic 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.*

5. 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.

6. 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.

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

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

Article 11 – 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.

Article 12 – 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 she walks onstage until the moment 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 – General remarks

13.1 Procedures:

It consists of two rounds:
Round 1: Fitness acrobatic routine
Round 2: Quarter Turns

Both rounds will be scored. Round 1 Subscores will be **multiplied by 2 (two)** and added to Round 2 Subscores to produce the final scores.

Article 14 – Finals: The Awarding Ceremony

14.1 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 15 – Teams Classification Results and Award

15.1 Best National Teams:
The Best National Teams scoring includes the top 3 girls from each National Federation.
If categories are combined, the best teams scoring includes as many top competitors as

the number of categories.

The chief delegates or team managers of the top 3 countries will accept the awards on behalf of their countries.

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.

QUARTER TURNS
An athlete, who despite being pre-warned by the IFBB Chief Judge, performs quarter turns or stands in the line-up incorrectly, will be given a Yellow Card. If continues to do so, she will be moved one place down in the results of that round.
Performing each quarter turn, competitors will stand motionless. Latissimus dorsi muscles should be exposed in a natural way, without maximum contraction presented by bodybuilders.
Performing each quarter turn, competitors will stand motionless.

Front Position: (face to the judges):
Competitors will stand erect, head and eyes facing the same direction as the body, with one hand resting on the hip and one leg slightly moved to the side. Second hand hanging down along the body, slightly out of to the side, with open palm and straight, aesthetically configured fingers. Knees unbent, stomach in, chest out, shoulders back. Standing in a symmetrical straddle position is incorrect. Competitor standing in such position may be placed down by the judges or even expelled from the stage.

Quarter turn right Left Side Position (left side to the judges):
Competitors will perform the first quarter turn to the right. They will stand left side to the judges, with upper body slightly turned toward the judges and face looking at the judges. Right hand resting on the right hip, left arm hold down and slightly back from the centerline of the body, with open palm and straight, aesthetically configured fingers. Left hip slightly raised, left leg (nearest the judges) slightly bent in the knee, left foot resting on the toes near to the centerline of the body, right leg straight.

Quarter turn back: Rear Position (back to the judges):
Competitors will perform the next quarter turn to the right and will stand back to the judges. They will stand straight, not leaning the upper body forward. with one hand resting on the hip and one leg slightly moved to the side. Second hand hanging down along the body, slightly out of to the side, with open palm and straight, aesthetically configured fingers. Knees unbent, stomach in, chest out, shoulders back. Lower back curvature natural or with slight lordosis, upper back straight, head up. Competitors are not allowed to turn their upper body towards the judges and should face the back of the stage at all time during the comparison. Standing in a symmetrical straddle position is incorrect. Competitor standing in such position may be placed down by the judges or even expelled from the stage.

Quarter turn right -Right Side Position (right side to the judges):
Competitors will do the next quarter turn to the right and will stand their right side to the judges, with upper body slightly turned toward the judges and face looking at the

judges. Left hand resting on the left hip, right arm hold down and slightly back from the centerline of the body, with open palm and straight, aesthetically configured fingers. Right hip slightly raised, right leg (nearest the judges) slightly bent in the knee, right foot resting on the toes near to the centerline of the body, left leg straight.

APPENDIX 2

ASSESSMENT OF THE ARTISTIC FITNESS ROUTINES

In this round, athletes perform a fitness routine to music selected by the competitor, the length of which shall be 90 +/-5 seconds.

The judge should consider the OVERALL IMPRESSION, that is, the entire routine from the moment the athlete presents herself 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. Although compulsory movements are not a requirement, the routine should include:

1. **STRENGTH ELEMENTS**

Artistic fitness routine must contain **at least 1 strength element always contact with both hands with the floor** (for example hold in L-sit, hold in straddle L-sit, hold in different positions, L-position swiss press to handstand...).

- Strength elements on 1 hand are prohibited, strength holds on 1 upper limb are prohibited.

The number of strengths moves, their degree of difficulty, and the overall creativity of the moves should be considered in the judging of the routine.

2. **FLEXIBILITY ELEMENTS** –

Artistic fitness routine must include **at least 1 element of flexibility** (for example side split, straight split, front needle, split jump, kicks and swings in various positions, standing scale, back scale, needle stand…).

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.

3. **ACROBATIC ELEMENTS**

Artistic fitness routine must contain **at least 1 acrobatic element without flight** (always in contact with the floor., for example: forward or backward roll., walkover forward, walkover backward, mill wheel, handstand, backward roll into a handstand, backward lunge...).

Routines based contain more acrobatic elements should be marked down. Flight acrobatic elements are prohibited.

- Artistic fitness routine **must contain at least 1 acrobatic element without flight** (always in contact with the floor).
- Flight Acrobatic elements are prohibited (elements without contact with floor., for example: any type of salto, handsprings, free aerial cartwheel, round off, flic-flac, free aerial walkover forward, any combinations of the above mentioned elements)
- In the handstand, spins, turnovers and walking are prohibited (Always both hands in contact with the mat).

4. **DANCE ELEMENTS**

Artistic fitness routine **must contain at least 1 dance element**

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.

The judge must always consider the “Total Package” and not just the sum of the individual movements. There is a component - an element of “showmanship”, which competitors bring to a fitness routine that is unique to them and creates the overall impression. This is their personality, charisma, stage presence and charm, as well as a natural rhythm that should play a part in the final placing of each competitor.

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

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




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