



# IDC FITNESS EUROPEAN CHAMPIONSHIP



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## Invitation Letter

**Place of the event: Blumenhalle  
Villacher Str. 15 St. Veit an der Glan Austria**

**Date of event: 03.05.2024  
Deadline: 15.04.2024**

## **RULES AND REGULATIONS OF FITNESS**

### **CATEGORIES:**

(male and female)

Fitness Dance Solo  
Fitness Show Solo  
Fitness Acrobatic Solo  
Duo, Trio, Group (4-10 people), Formation (+11 People)  
Fitness Performance Solo  
Fitness Performance: Duo, Trio, Group (4-10 people), Formation (+11 People)

### **AGE GROUPS:**

**The age of the dancer depends on the year of births** (not the exact date, just year) for example: SOLO: a dancer born in 2010 is 14 years old in the year 2024.

In Duos and Trio: Categories are created based on the average age of dancers. (For example duo with 2 competitors 12 and 14 years ( $12+14=26/2=13$  years = category duo in 13 years/ In Trio: 3 competitors 12 years + 13 years + 14 years =  $39/3=13$  = Category Trio in 13 years)

**A category is created if there are at least 3 competitors in one age category.**

***The Organizer reserves the right to combine two categories if there are less than 3 competitors in a category.*** (For example: Fitness Dance 8 years – 2 competitors, Fitness Dance 9 years – 2 competitors. We created one category 8-9 with 4 competitors)

## Specifications of SPORT FITNESS: DANCE, SHOW, ACROBATIC, PERFORMANCE

In FITNESS SOLO there are 3 different levels – TATAMI STAGE

- **FITNESS DANCE**
- **FITNESS SHOW**
- **FITNESS ACROBATIC**

*The difference is the number of the elements and the difficulty – please see the details below in the table.*

One competitor must decide in which category according to advancement he will compete (Fitness Dance, Fitness Show, Fitness Acrobatic, cannot compete in 2 or 3 levels)

Duo, Trio, Group, Formations - there is no division by level of advancement, only by age

### **FITNESS PERFORMANCE – without TATAMI , choreography on the floor**

- **Categories:** Solo, Duo, Trio, Group, Formation
- everyone can compete (it is another category than Fitness Dance, Show, Acrobatic)
- you can dance in various styles (ballet, hip, hop, modern, and others), you can dance in shoes, ballet flats, socks, barefoot, and other

## FITNESS RULES 2024

LP	category	difficulty of acrobatic elements	combination of acrobatic elements	DETAILS
1	<b><u>FITNESS DANCE</u></b> all age categories	without hand support only free-cartwell and flic-flac Obligatory dance elements - at least one movement per 8 bars in one sequence/	maximum 2 elements combined	<p>In every SOLO choreography, the following elements are obligatory in each category:</p> <p><b>1) STRENGTH</b> – minimum 2 strength elements (can be combined, which is scored higher on the difficulty scale)</p> <p><b>2) JUMPING</b> – minimum 2 jumps</p> <p><b>3) ACROBATIC</b> – in accordance with the category guidelines</p> <p><b>4) DANCE</b> - elements in building choreography should be combined with dance elements to emphasize the expression of the competitor's personality on stage (obligatory dance in Fitness DANCE). Any dance style is accepted (e.g. classical ballet, jazz, disco, aerobics, hip-hop, etc.)</p>
2	<b><u>FITNESS SHOW</u></b> all age categories	all acrobatic elements can be used	maximum 3 elements combined	
3	<b><u>FITNESS ACROBATIC</u></b> all age categories	all acrobatic elements can be used	no limit	
4	<b><u>FITNESS PERFORMANCE - NEW CATEGORY</u></b> all age categories	The routine is performed on the dance floor (without gymnastic mats). All dance styles are allowed	Only one ANY acrobatic element per sequence is allowed (max. 1 element)	
5	<b><u>DUO, TRIO, GROUP, FORMATION</u></b>	all acrobatic elements can be used. There must be at least 1 dynamic element (e.g. short-term contact with the partner, e.g. jumping,) and 1 static element lasting at least 3 seconds (e.g. pyramid, there should be physical contact)	no limit	<p>For Duo, Trio, Group and Formation, a minimum of 4 elements are required (one each from the categories of strength, jumping, acrobatics, dance) presented by all people from the duet, trio, group and formation. The layout should present, among others: two synchronizations of the players' movements.</p>

## DESCRIPTION

- SPORT FITNESS is a spectacular „acrobatic show dance“ which choreographies may use any kind of dance technics.
- There are no poses, only fitness routines

## ELEMENTS

- In The Fitness Routine of minimum 4 elements is obligatory, mixed in acrobatic, flexibility, force (POWER) elements and jumps.
- In duo/trio and group choreographies the joint performance of minimum 4 elements is obligatory (4 elements which are performed by all of the dancers at the same time or in canon). Liftings are allowed.
- Elements in row (combination): the elements may be performed independently or connected in a row.
- Set of elements must be correctly presented and smoothly involved in the dance steps.

## STAGE DECORATIONS AND PROPS

- Decoration on the stage should be submitted and approved by the organizer. (object which can harm the fitness floor is not allowed)
- Usage of small hand props, which can be held in hand as a tool, are allowed.

## SCORING TABLE

	%	AVERAGE JUDGE SCORE	POINTS
<b>MAXIMUM POINTS:</b>	<b>100</b>	<b>10</b>	<b>150</b>
<b>ELITE GOLD</b>	<b>91 -100</b>	<b>9,1</b>	<b>137- 150</b>
<b>GOLD</b>	<b>81 - 90</b>	<b>8,1</b>	<b>122 - 136</b>
<b>ELITE SILVER</b>	<b>71 - 80</b>	<b>7,1</b>	<b>107 - 121</b>
<b>SILVER</b>	<b>61 - 70</b>	<b>6,1</b>	<b>92 - 106</b>
<b>ELITE BRONZE</b>	<b>51 - 60</b>	<b>5,1</b>	<b>77 - 91</b>
<b>BRONZE</b>	<b>0 - 50</b>		<b>0 - 76</b>

Judges evaluate each routine using points from 1 – worst to 10 – best in the following parameters:

- **TECHNIQUE** (balance, poise, smoothness of movement, agility, body control, body stretch, body strength, power, use of shape and lines)
- **MUSIC, RHYTHM** (musical timing, musical phrasing, appropriate music, diversity of rhythm)
- **INTERPRETATION** (presentation, personality, emotional execution, energy, charisma, self-assuredness, interaction between dancers)
- **CHOREOGRAPHY** (creativity, originality, use of space/dimensions/levels, theatrical and visual effects, synchronization)
- **OVERALL IMPRESSION** (appropriate costume and make-up, grooming, ability to capture the audience, crowd appearance, would you like to see it again)

The final result is the arithmetic mean of the scores assigned by all the judges, where the best and worst scores for each evaluated parameter have been discarded. The winner in each category is the routine that has been evaluated with the highest number of points. If two or more routines reach the same number of points, the winner is the routine that has the highest number of points in the technique parameter. If it is impossible to determine the winner even after that, the deciding factor becomes the highest number of points in parameter music, rhythm, interpretation, choreography, and overall impression. If after the mentioned order of parameters, it is still not possible to determine a winner, the best

routines share the first place. Judges can also provide comments for each routine. Comments are anonymously presented at the FestIS web application after each festival. Dance club/school can see only comments for their routines

## MUSIC

Any music at your own discretion. Pay attention to the words in the song (appropriate language).

### Categories and time durations:

<b>SOLO</b> (Fitness Dance, Fitness Show, Fitness Acrobatic, Fitness Performance )	1 dancer (male or female)	1'30"-1'45"
<b>Fitness DUO</b>	2 dancers	1'45"-2'00"
<b>Fitness TRIO</b>	3 dancers	1'45"-2'00"
<b>Fitness GROUP</b>	4-10 dancers	2'30"-3'00"
<b>Fitness FORMATION</b>	over 10 dancers	2'30"-3'00"

## PROHIBITIONS

- getting behind the mat during a fitness routine
  - No continuous lip-synch (mouth movement for music, singing). Punishment: point deduction.
  - the costume reveals the buttocks (fitness costumes must cover the entire buttocks (shorts are allowed))
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### **START FEE**

- Solo: | 30 euro/ per dancer
- Duo-Trio: | 25 euro/ per dancer
- Group/Formation: | 20 euro / per dancer

### **JURY**

Jury members are high qualified international judges, there are 3-5 judges in each category.

Disclaimer:

All contestants participate in the contest at their own risk.

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