

**INFORMATION ON THE DIFFERENT ROUNDS OF THE
FIT-KID COMPETITION / evaluation of the competition /**

AGE GROUP JUNIOR - INTRODUCTION ROUND- BEAUTY ROUND

/ follows the Fitness Woman rules /

- girls are wearing evening gowns or cocktail dresses, and classic high heel shoes
- the wear of platform shoes is forbidden / deduction by the head judge: -0.5 points
- problem with the dress- deduction by the head judge:-1 point
- they introduce themselves in a 10 second speech
- the competitor has to have a harmonious well groomed look, show confidence in her speech, and radiate her inner beauty.

-beauty of the face: 1-10 points

-overall impression: 1-10 points

AGE GROUP JUNIOR - PHYSIQUE ROUND

/ follows the Fitness Woman rules /

- competitors have to wear swimsuits and classic high heel shoes
- the wear of platform shoes is forbidden / deduction by the head judge: 0.5 points /
- the swimsuit top should cover the entire breast area ; the bottom front has to provide coverage from hip bone to hipbone, and the bottom back has to cover at least three quarter of the buttocks
- problems with the top part of the attire-deduction by the head judge: 1 point
- problems with the bottom part of the attire- deduction by the head judge: 1 point
- the wear of improper clothing result in point deductions-per sections of top and bottom: 1 point each / deduction by head judge /
- this round is designed for judges to evaluate competitors on their body proportion and muscle development, that has to be acquired through proper training and a balanced healthy diet
- flexing of the muscles – deduction by the head judge: 1 point
- use of any type of oils is absolutely forbidden / deduction by the head judge: -1 point /

-symmetry: 1-10 points

-muscle definition: 1-10 points

AGE GROUP I-IV. AND JUNIOR - INDIVIDUAL ROUTINE

-from each element group / acrobatic elements, power elements, high gymnastic jump and elements that demonstrate flexibility of the body (static poses should be held for 2 seconds) / the minimum of 2 elements or maximum of 3 elements may be performed, plus 1 acrobatic row containing 2 elements

-0.3 points will be deducted, if the routine contains less or more elements than described above

-repetition of elements is prohibited / the deduction is 0,3 points per elements /

-the technical execution of the elements of the fitness routine should be consistent with the branch of sport or genre of dance from where is borrowed

POINT DEDUCTIONS:

-minor mistakes: 0.1 point for each mistake

-mistakes of medium seriousness: 0.2 points for each mistakes

-major mistakes: 0.3 points for each mistakes

-fall: 0.5 points for each such a fall

SHOWMANSHIP:

-dance technique; theme of choreography; relation of choreography to music; ability to express; ability to win the audience; facial expression and self-confidence...

TIME:

-duration of the routine: 90 seconds / permissible time span: 85-95 seconds /

-if the musical back up is either shorter or longer than this time span, by the advice of the time keeping judge a 0,5 point per judge will be deducted

MUSIC:

-the lyrics of songs used should not be indecent / the deduction is 0,5 points per judges /

INTERRUPTION OF THE ROUTINE:

-if it more than 2x8 beats, judges will considered it as a failed round: 0 point

-if it is not longer 2x8 beats, the deduction shall range between 0.1-0.5 points per judge,

depending on the length of interruption / if the competitor does not leave the competition area/

-AGE GROUP I-IV.

-technical execution: 1-10 points

-showman's ship: 1-8 points

-AGE GROUP V.

-technical execution: 1-10

-showman's ship: 1-10

JUDGES GIVE POINTS IN ALL ROUND WITH A PRECISION OF ONE DECIMAL.

GROUP FORMAT /DUO, SMALL GROUPS , BIG GROUPS /

- members of the Group Format can wear costume, but the clothing have to be uniformed as to design, and fabric, but the color can be different
- the use of apparatus is only allowed, if its use does not exceed 20% of the routine's time period
- from each element group the minimum of 2, the maximum of 3 elements may be performed, plus 1 acrobatic row, containing 2 elements / as in the individual routines /
- 0.3 points will be deducted, if the routine contains less or more elements than described above
- each member of the group format is required to perform the same element, but it can be executed in the following ways:
 - in the same time
 - following each other in unison
 - in different directions
- an element is only acceptable if every member of the team performs the element at the same level/ where the technical execution is of a professional standard

TRANSFORMATIONS:

- the exercise must include at least 5 transformation

LIFTS:

- a lift is when, with the partner's assistance, both of legs and arms leave the ground
- if the partner standing, the lift should not be above shoulder height
- the lift may last for 4-8 bars- if lift is static and last for longer than this: 0.2 points will be deducted
- during the exercise routine a maximum of 3 lift may be executed / plus lift: 0.3 points will be deducted /

INTERRUPTION OF THE ROUTINE

- if any team member interrupts the routine then continuous 2x8 bars later, artistic effects judges shall deduct 0.1- 0.3 points each time this happens
- if the interruption is longer than 2x8 bars, artistic effects judges shall deduct 0.5-1 points

Scoring procedure:

- the technique judges give points from 0-10 to an accuracy of one decimal point**
- evaluation of the level of difficulty and the execution of the elements in exercise
- evaluation of the compulsory elements
- evaluation of the coordination of movement
- evaluation of the lifts

-the judges for artistic effect give points from 0-10 to an accuracy of one decimal point

-the judges may give a bonus point of 0.2 for originality

-evaluation of the choreography

-evaluation of the transformations / the exercise must include at least 5 transformation;

each time a transformation is omitted 0.3 points will be deducted /

-evaluation of the style of performance, showmanship

-evaluation of musical appropriacy and synchronization

-evaluation of coordination of movement