



**INTERNATIONAL  
DANCE  
FEDERATION  
TECHNICAL RULES  
DISCIPLINE:  
FITKID**

**TYOPOLOGY:**

- **FITKID SOLO:** Individual category male or female
- **FITKID COUPLE:** Two (2) dancers: one (1) male and one (1) female
- **FITKID DUO:** Two (2) dancers: both males or both females
- **FITKID SMALL GROUP:** Between three (3) and seven (7) dancers
- **FITKID FORMATION:** Between eight (8) and twenty four (24) dancers
- **FITKID PRODUCTION:** More than twenty four (24) dancers

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## COMMON RULES

- ✚ For all the situations not mentioned in these regulations, decisions will be made by the RESTRICTED TECHNICAL COMMITTEE and the IDF GENERAL SECRETARY.
- ✚ Dancer's age is considered with referral to the calendar year (1st January - 31st December). Dancers who participate in Ranking Competitions that start in October will be considered with referral to the following calendar year (which means one (1) year older). Age categories are divided as follows:
  - ✓ **MINI:** All dancers from the age of six (6) to the age of nine (9) (Solo – Duo – Couple – Small Group – Formation - Production).
  - ✓ **YOUTH:** All dancers from the age of ten (10) to the age of thirteen (13) (Solo – Duo – Couple – Small Group – Formation - Production).
  - ✓ **JUNIOR:** All dancers from the age of fourteen (14) to the age of sixteen (16) (Solo – Duo – Couple – Small Group – Formation - Production).
  - ✓ **ADULT:** All dancers from the age of seventeen (17) (Solo – Duo – Couple – Small Group – Formation - Production).
- ✚ Having reached the age limit for each category, dancers pass to the older category automatically.
- ✚ Dancers use their own music piece which must be in accordance with the following requirements:
  - ✓ Duration and pace limits respected for each category;
  - ✓ Visibly exposing dancers' / group: Start Number, Nationality, Name of a Club/School, Title of the Presentation, Duration, Name and Surname, Discipline as well as Age and Dance Category;
- ✚ The choreographed piece may be composed of any of the existing dance techniques **excluding:**
  - ✓ **DISCO DANCE**
  - ✓ **TECHNO**
  - ✓ **HIP HOP**
  - ✓ **JAZZ FUNK**
  - ✓ **DANCE POP**
  - ✓ **HOUSE**
  - ✓ **DISCO FREESTYLE**
- ✓ Dancers / Groups who fail to respect the rules will be subject to the following penalties:
  - ✓ **Dancers/groups performing without a start number**
  - ✓ **Dancer's fall**  
Will be given 5 (five) points penalty.
  - ✓ **Any competitor/group whose music duration is over/under the permitted time limit**  
Will be given 10 (ten) points penalty.  
Dancers/groups who commit the following:
    - ✓ **Use set (stage decorations)**
    - ✓ **Use accessories and props**
    - ✓ **Use dance technique not allowed in this discipline**
    - ✓ **Execute Acrobatic Elements not allowed**
    - ✓ **Fail to appear on stage after being called for the third time**  
Will be given 'the last place' classification penalty.
- ✓ Dancers **are obliged** to perform **Acrobatic Elements, which might be individual or combined. There is no limits with regards to the number of acrobatic elements allowed.**  
When executing combinations there can be no steps put between the acrobatic elements of which the combination is composed. The combination where acrobatic elements are divided by other steps is not considered a combination. As far as evaluation of combinations is concerned Adjudicators assign points for the most difficult element of the combination and then add one (1) point for each of the remaining elements in the combination; eg.: a combination of Somersault, Handstand and Kippe (head spring) should be evaluated as follows:

- ✓ An adjudicator assigns points for the Somersault (which is the most difficult element of this combination) and then adds one (1) point for the Handstand and one (1) point for Kippe (head spring).
- ✎ There are no restrictions regarding the acrobatic elements executed by Youth, Junior or Adult dancers; all acrobatic elements may be performed. **Dancers who participate in Mini age category are allowed to perform only the gymnastic and acrobatic elements described in the IDF Technical Booklet “Safety Level MINI”. Any irregularity in this respect will result in the dancers/group being classified in the last place.**
- ✎ Overall mark given by the Adjudicators is calculated as the sum of marks for each parameter. The parameters, in order of importance, are as follows:

**SOLO:**

- ✓ The parameter **Acrobatic Elements** is expressed by: difficulty level of acrobatic elements performed, execution technique, height and speed, dancer's flexibility and dynamics, smooth and fluid movements of arms and legs as well as precision in execution of technical elements.
- ✓ The parameter **Technique** is expressed by: execution of dance figures (difficulty level, precision, type of movements, balance, tempo and timing, use of space, dancers' posture and body control).
- ✓ The parameter **Choreography** is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music, elegance, accordance with musical piece, dancer's facial expression and focus, arms' movements; entry and exit, bow and general impression.

**DUO/COUPLE:**

- ✓ The parameter **Acrobatic Elements + Synchronism** is expressed by: difficulty level of acrobatic elements performed, execution technique, height and speed, dancers' flexibility and dynamics, smooth and fluid movements of arms and legs, speed and precision in execution of technical elements as well as dance movements and figures, similarity of figures and body movements of both dancers (legs, shoulders and upper body) and similarity of movements in all phases of an acrobatic element (preparation, execution and landing) performed simultaneously.
- ✓ The parameter **Technique** is expressed by: execution of dance figures (difficulty level, precision, type of movements, balance, tempo and timing, use of space, dancers' posture and body control).
- ✓ The parameter **Choreography + Presentation** is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music, elegance, accordance with musical piece, dancers' facial expressions and focus, arms' movements; entry and exit, bow and general impression.

**SMALL GROUP/FORMATION/PRODUCTION**

- ✓ The parameter **Acrobatic Elements + Synchronism** is expressed by: difficulty level of acrobatic elements performed, execution technique, height and speed, dancers' flexibility and dynamics, smooth and fluid movements of arms and legs, similarity of movements in all phases of an acrobatic element (preparation, execution and landing) performed simultaneously.
  - ✓ The parameter **Technique** is expressed by: execution of dance figures (difficulty level, precision, type of movements, balance, tempo and timing, use of space, dancers' posture and body control).
  - ✓ The parameter **Choreography + Presentation** is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music, dancers' costume and accessories, elegance, accordance with musical piece, dancers' facial expression and focus, arms' movements; entry and exit, bow and general impression.
- ✎ All dancers wearing vulgar and/or provocative costumes will be penalised. This rule applies to all categories with minor tolerance to the inferior ones.

- During Competition teachers, group leaders and team/club leaders **are strictly prohibited** to ask any explanations from the **Adjudicators**. All explanations, information or complaints may be discussed with the **Competition Director**, in accordance with the appropriate Competition Execution regulations.





## **FITKID SOLO** **(Male – Female)**

- FitKid Solo is an individual presentation by either a male or a female dancer.
- In categories where there are less than three (3) dancers registered to perform female categories will be joined with male categories within the same age group, and vice versa, for example Mini Male --> Mini Female, Youth Male --> Youth Female etc.
- Duration of music pieces must be as follows:

### **Preliminaries – Semi-final - Final (Own Music)**

- ✓ **MINI – YOUTH – JUNIOR – ADULT:** Track duration from **1':15"** to **1':30"**

### **EXECUTION OF COMPETITION**

- Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively.
- Preliminaries, semi-finals and finals are held with only one (1) solo performing on a dance floor at a time.
- **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

### **CHARACTERISTICS AND MOVEMENTS**

- It is expected that dancers build their choreography focusing on execution technique of acrobatic elements, dance technique, choreography, presentation and gymnastic skills.
- In order to present their dance technique and choreography, each dancer is expected to use the whole available space.

### **EVALUATION**

- ✓ **ACROBATIC ELEMENTS** **From Three (3) to Thirty (30) points**
- ✓ **TECHNIQUE** **From Two (2) to Twenty (20) points**
- ✓ **CHOREOGRAPHY** **From One (1) to Ten (10) points**

### **PENALTIES**

- ✓ **FALL** **Five (5) points**

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## **FITKID COUPLE** **(Male and Female)**

- FitKid Couple is composed of two (2) dancers where one (1) is a male and the other one is a female.
- If dancers represent mixed age categories (eg. one is Youth and the other one is Junior), the couple must participate in the older category.
- In categories where there are less than three (3) couples registered to perform couple categories will be joined with duo categories within the same age group, and vice versa, for example Mini Couple --> Mini Duo, Youth Couple --> Youth Duo etc.
- Mini dancers are allowed to partner up and dance with Youths, Youth dancers may partner up with either Minis or Juniors, Juniors may partner up with Youths or Adults and Adults may partner up with Juniors.
- Dancers may participate in several dance categories (eg. couples/duos etc).
- Duration of music pieces must be as follows:

### **Preliminaries – Semi-final - Final (Own Music)**

- ✓ **MINI – YOUTH – JUNIOR – ADULT: Track duration from 1':30" to 1':45"**

### **EXECUTION OF COMPETITION**

- Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively.
- Preliminaries, semi-finals and finals are held with only one (1) couple performing on a dance floor at time.
- **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

### **CHARACTERISTICS AND MOVEMENTS**

- It is expected that dancers build their choreography focusing on synchronism and execution technique of acrobatic elements, execution of dance technique, choreography, presentation and gymnastic skills.
- In order to present their dance technique and choreography, each couple is expected to use the whole available space.
- Supports and lifts are not considered acrobatic and gymnastic elements and can be performed. **In Mini category dancers are not allowed to execute lifts and supports where the centre of body mass of one of the partners is above the other partner's head. Any irregularity in this respect will result in the couple being classified in the last place.**

### **EVALUATION**

- ✓ **ACROBATIC ELEMENTS + SYNCHRONISM** **From Three (3) to Thirty (30) points**
- ✓ **TECHNIQUE** **From Two (2) to Twenty (20) points**
- ✓ **CHOREOGRAPHY + PRESENTATION** **From One (1) to Ten (10) points**

### **PENALTIES**

- ✓ **FALL** **Five (5) points**



## **FITKID DUO**

**(Both Males or Both Females)**

- FitKid Duo is composed of two (2) dancers where both of them are males or both are females.
- If dancers represent mixed age categories (eg. one is Youth and the other one is Junior), the duo must participate in the older category.
- In categories where there are less than three (3) duos registered to perform duo categories will be joined with couple categories within the same age group, and vice versa, for example Mini Duo --> Mini Couple, Youth Duo --> Youth Couple etc.
- Mini dancers are allowed to partner up and dance with Youths, Youth dancers may partner up with either Minis or Juniors, Juniors may partner up with Youths or Adults and Adults may partner up with Juniors.
- Dancers may participate in several dance categories (eg. couples/duos etc).
- Duration of music pieces must be as follows:

### **Preliminaries – Semi-final – Final (Own Music)**

- ✓ **MINI – YOUTH – JUNIOR – ADULT:** Track duration from **1':30"** to **1':45"**

### **EXECUTION OF COMPETITION**

- Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively.
- Preliminaries, semi-finals and finals are held with only one (1) duo performing on a dance floor at a time.
- **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

### **CHARACTERISTICS AND MOVEMENTS**

- It is expected that dancers build their choreography focusing on synchronism and execution technique of acrobatic elements, execution of dance technique, choreography, presentation and gymnastic skills.
- In order to present their dance technique and choreography, each duo is expected to use the whole available space.
- Supports and lifts are not considered acrobatic and gymnastic elements and can be performed. **In Mini category dancers are not allowed to execute lifts and supports where the centre of body mass of one of the partners is above the other partner's head. Any irregularity in this respect will result in the duo being classified in the last place.**

### **EVALUATION**

- |   |   |
|---|---|
| ✓ <b>ACROBATIC ELEMENTS + SYNCHRONISM</b> | <b>From Three (3) to Thirty (30) points</b> |
| ✓ <b>TECHNIQUE</b>                        | <b>From Two (2) to Twenty (20) points</b>   |
| ✓ <b>CHOREOGRAPHY + PRESENTATION</b>      | <b>From One (1) to Ten (10) points</b>      |

### **PENALTIES**

- |               |                        |
|---------------|------------------------|
| ✓ <b>FALL</b> | <b>Five (5) points</b> |
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## **FITKID SMALL GROUP** **(Between three (3) and seven (7) dancers)**

- Small Group is composed of a minimum number of **three (3)** and a maximum number of **seven (7)** dancers.
- Small Groups registered in Youth – Junior – Adult categories may include dancers from younger age groups.
- In the age category Mini there can be one (1) dancer who is ten (10) years old.
- All clubs are allowed to nominate more than one (1) choreographed piece.
- One or more dancers may be nominated and perform both in small groups and formations.
- **Two (2) dancers are allowed to be nominated and perform in two (2) or more small groups.**
- **Four (4) dancers are allowed to be nominated and perform in two (2) or more formations.**
- **Eight (8) dancers are allowed to be nominated and perform in two (2) or more productions.**
- Duration of music pieces must be as follows:

### **Preliminaries, Semi-finals and Final (Own Music)**

- ✓ **MINI – YOUTH – JUNIOR – ADULT:** Track duration from **2':00"** to **2':30"**

### **EXECUTION OF COMPETITION**

- Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively.
- Preliminaries, semi-finals and finals are held with only one (1) small group performing on a dance floor at a time.
- **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

### **CHARACTERISTICS AND MOVEMENTS**

- It is expected that groups build their choreography focusing on synchronism and execution technique of acrobatic elements, execution of dance technique, choreography, presentation and gymnastic skills.
- In order to present their dance technique and choreography, each small group is expected to use the whole available space.
- Supports and lifts are not considered acrobatic and gymnastic elements and can be performed. **In Mini category dancers are not allowed to execute lifts and supports where the centre of body mass of one of the partners is above the other partner's head. Any irregularity in this respect will result in the small group being classified in the last place.**

### **EVALUATION**

- ✓ **ACROBATIC ELEMENTS + SYNCHRONISM** **From Three (3) to Thirty (30) points**
- ✓ **TECHNIQUE** **From Two (2) to Twenty (20) points**
- ✓ **CHOREOGRAPHY + PRESENTATION** **From One (1) to Ten (10) points**

### **PENALTIES**

- ✓ **FALL** **Five (5) points**





## FITKID FORMATION

(Between eight (8) and twenty four (24) dancers)

- Formation is composed of a minimum number of **eight (8)** and a maximum number of **twenty four (24)** dancers.
- Formation registered in Youth – Junior – Adult categories may include dancers from younger age groups.
- In the age category Mini there can be one (1) dancer who is ten (10) years old.
- All clubs are allowed to nominate more than one (1) choreographed piece.
- One or more dancers may be nominated and perform both in small groups and formations.
- **Two (2) dancers are allowed to be nominated and perform in two (2) or more small groups.**
- **Four (4) dancers are allowed to be nominated and perform in two (2) or more formations.**
- **Eight (8) dancers are allowed to be nominated and perform in two (2) or more productions.**
- Duration of music pieces must be as follows:

### Preliminaries, Semi-finals and Final (Own Music)

- ✓ **MINI – YOUTH – JUNIOR – ADULT:** Track duration from **2':30"** to **4':00"**

### EXECUTION OF COMPETITION

- Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively.
- Preliminaries, semi-finals and finals are held with only one (1) formation performing on a dance floor at a time.
- **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

### CHARACTERISTICS AND MOVEMENTS

- It is expected that groups build their choreography focusing on synchronism and execution technique of acrobatic elements, execution of dance technique, choreography, presentation and gymnastic skills.
- In order to present their dance technique and choreography, each formation is expected to use the whole available space.
- Supports and lifts are not considered acrobatic and gymnastic elements and can be performed. **In Mini category dancers are not allowed to execute lifts and supports where the centre of body mass of one of the partners is above the other partner's head. Any irregularity in this respect will result in the formation being classified in the last place.**

### EVALUATION

- ✓ **ACROBATIC ELEMENTS + SYNCHRONISM** *From Three (3) to Thirty (30) points*
- ✓ **TECHNIQUE** *From Two (2) to Twenty (20) points*
- ✓ **CHOREOGRAPHY + PRESENTATION** *From One (1) to Ten (10) points*

### PENALTIES

- ✓ **FALL** *Five (5) points*

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## **FITKID PRODUCTION**

**(More than twenty four (24) dancers)**

- Production is composed of more than **twenty four (24)** dancers.
- Production registered in Youth – Junior – Adult categories may include dancers from younger age groups.
- In the age category Mini there can be one (1) dancer who is ten (10) years old.
- All clubs are allowed to nominate more than one (1) choreographed piece.
- One or more dancers may be nominated and perform both in small groups and formations.
- **Two (2) dancers are allowed to be nominated and perform in two (2) or more small groups.**
- **Four (4) dancers are allowed to be nominated and perform in two (2) or more formations.**
- **Eight (8) dancers are allowed to be nominated and perform in two (2) or more productions.**
- Duration of music pieces must be as follows:

### **Preliminaries, Semi-finals and Final (Own Music)**

- ✓ **MINI – YOUTH – JUNIOR – ADULT:** Track duration from **3':00"** to **5':00"**

### **EXECUTION OF COMPETITION**

- Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively.
- Preliminaries, semi-finals and finals are held with only one (1) production performing on a dance floor at a time.
- **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

### **CHARACTERISTICS AND MOVEMENTS**

- It is expected that groups build their choreography focusing on synchronism and execution technique of acrobatic elements, execution of dance technique, choreography, presentation and gymnastic skills.
- In order to present their dance technique and choreography, each production is expected to use the whole available space.
- Supports and lifts are not considered acrobatic and gymnastic elements and can be performed. **In Mini category dancers are not allowed to execute lifts and supports where the centre of body mass of one of the partners is above the other partner's head. Any irregularity in this respect will result in the production being classified in the last place.**

### **EVALUATION**

- |   |   |
|---|---|
| ✓ <b>ACROBATIC ELEMENTS + SYNCHRONISM</b> | <b>From Three (3) to Thirty (30) points</b> |
| ✓ <b>TECHNIQUE</b>                        | <b>From Two (2) to Twenty (20) points</b>   |
| ✓ <b>CHOREOGRAPHY + PRESENTATION</b>      | <b>From One (1) to Ten (10) points</b>      |

### **PENALTIES**

- |               |                        |
|---------------|------------------------|
| ✓ <b>FALL</b> | <b>Five (5) points</b> |
|---------------|------------------------|

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