



Rules for Fit Kids/Aerobic Fitness and Acrobatic Fitness

Each solo competitor will present a 90 second routine choreographed to music, demonstrating all aspects of fitness. The judges will be looking for strength and elegance, flexibility and poise. Above all the routine should be entertaining, props may be used.

Demonstrations of athletic ability, gymnastics and fitness endurance are preferred.

The personal theme and entertainment factor will be a major consideration.

Technical elements include: acrobatic elements, power elements, flexibility elements and jumping elements.

Competitors must do at least 1 (one) items from each group of elements.

The elements may be performed independently or connected in a row. A combination counts as much as many elements are connected together in the row.

There are 3 level in solos:

category „B” is a low level category,

- with maximum of 16 elements, and
- acrobatic elements without support only flik-flak and free-cartwheel can be used.
- not World Champion diploma – only **World Cup**.

category „A” is for better competitors,

- with maximum of 20 elements, and
- all acrobatic elements can be used (all kind of summersault, ect.)
- but maximum of 3 acrobatic elements may be combined in a row.

category „A+” called Acrobatic Fitness

- for the best competitors with the most number of elements, and
- with more difficult elements also in strenght and acrobatic.
- there is no limit in the number of elements, either in acrobatic combination.

Categories:

**the age of a competitor is depending on the current year –
a girl born in 2010 is 9 years old in the year 2019**

Categories Solo Girls		
Category "B"	Category "A"	Category "A+"
Fit Kids Solo Girls up to 7 years	Fit Kids Solo Girls up to 7 years	Acrobatic Fitness Solo Girls up to 7 years
Fit Kids Solo Girls 8 years	Fit Kids Solo Girls 8 years	Acrobatic Fitness Solo Girls 8 years
Fit Kids Solo Girls 9 years	Fit Kids Solo Girls 9 years	Acrobatic Fitness Solo Girls 9 years
Fit Kids Solo Girls 10 years	Fit Kids Solo Girls 10 years	Acrobatic Fitness Solo Girls 10 years
Fit Kids Solo Girls 11 years	Fit Kids Solo Girls 11 years	Acrobatic Fitness Solo Girls 11 years
Fit Kids Solo Girls 12 years	Fit Kids Solo Girls 12 years	Acrobatic Fitness Solo Girls 12 years
Fit Kids Solo Girls 13 years	Fit Kids Solo Girls 13 years	Acrobatic Fitness Solo Girls 13 years
Aerobic Fitness Solo Girls 14 years	Aerobic Fitness Solo Girls 14 years	Acrobatic Fitness Solo Girls 14 years
Aerobic Fitness Solo Girls 15 years	Aerobic Fitness Solo Girls 15 years	Acrobatic Fitness Solo Girls 15 years
Aerobic Fitness Solo Girls 16-17 years	Aerobic Fitness Solo Girls 16-17 years	Acrobatic Fitness Solo Girls 16-17 years
Aerobic Fitness Solo Junior 18-22 years	Aerobic Fitness Solo Junior 18-22 years	Acrobatic Fitness Solo Junior 18-22 years
maximum of 16 elements, acrobatic combination max. of 2 elements in a row , only flik-flak and free cartwheel are allowed	maximum of 20 elements, acrobatic combination max. of 3 elements in a row , all acrobatic elements can be used	no limits
60-90 sec	90 sec (+-5 sec)	90 sec (+-5 sec)

Solo Boys Category „A” 90 sec (+-5 sec)	Solo Boys Category „B” 60-90 sec
Fit Kids Solo Boys up to 10 years	Fit Kids Solo Boys up to 10 years
Fit Kids Solo Boys 11-12 years	Fit Kids Solo Boys 11-12 years
Fit Kids Solo Boys 13-14 years	Fit Kids Solo Boys 13-14 years
Aerobic Fitness Solo Boys 15-16 years	Aerobic Fitness Solo Boys 15-16 years
Aerobic Fitness Solo Boys Junior (17-22 years)	Aerobic Fitness Solo Boys Junior (17-22 years)
no limits, all acrobatic elements can be used	maximum 16 elements, in acrobatic without hand support only flik-flak and free-cartwheel can be used

Duo-Trio 2-3 girls (60-120 sec)
the age category depends on the age of the older competitor, but there can be younger competitor also
Fit Kids Duo-Trio up to 7 years
Fit Kids Duo-Trio 8-9 years
Fit Kids Duo-Trio 10-11 years
Fit Kids Duo-Trio 12-13 years
Aerobic Fitness Duo-Trio 14-15 years
Aerobic Fitness Duo-Trio 16-17 years
Aerobic Fitness Duo-Trio Juniors (18-22 years)
no limits in elements

Groups and Formations: 60-240 sec (age category depends on the age of the older competitor, but there can be younger competitor also)		
Small Group (4-7 person)	Group (8-10 person)	Formation (over 10 person)
Fit Kids Small Group Baby up to 7 years	Fit Kids Group Baby up to 7 years	Fit Kids Formation Baby up to 7 years
Fit Kids Small Group Mini 8-10 years	Fit Kids Group Mini 8-10 years	Fit Kids Formation Mini 8-10 years
Fit Kids Small Group Kids 11-13 years	Fit Kids Group Kids 11-13 years	Fit Kids Formation Group Kids 11-13 years
Aerobic Fitness Small Group Juniors I. (14-16 years)	Aerobic Fitness Group Juniors I. (14-16 years)	Aerobic Fitness Formation Juniors I. (14-16 years)
Aerobic Fitness Small Group Juniors II. (17-22 years)	Aerobic Fitness Group Juniors II. (17-22 years)	Aerobic Fitness Formation Juniors II. (17-22 years)

Note:

The organiser keep the right to combine two categories if there are less than 3 competitors in each.

Technical elements

The present description is made as a guide for trainers to show the possibly applicable elements in the routines.

Naturally, this is not a complete listing of all the versions, positions, combinations, series and theoretically possible figures.


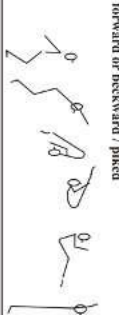
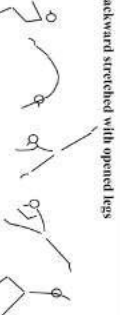
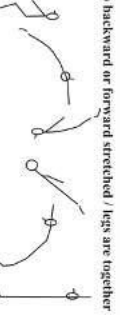
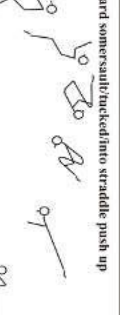
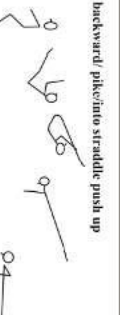
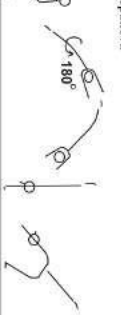
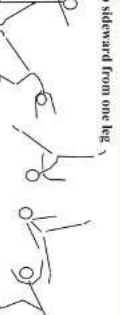

ACROBATIC ELEMENTS

A	B	C	D
Forward to backward roll 		Handstand on one hand 	Handstand on one hand, legs are in stag position, with help
Handstand 	Jump into handstand 	Jump into handstand with a half turn 	Jump into handstand through a turn
Handstand to forward roll 	Pic the dolphin 		
Backward roll into handstand 	Pic the stag straddle push up 		
Half turn in handstand 	Full turn in handstand 		
Handspring 			
One forward roll 			
Roll 			



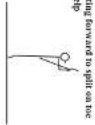
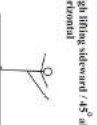
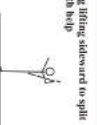
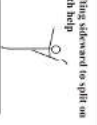

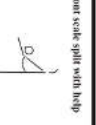
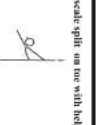
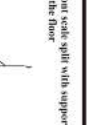

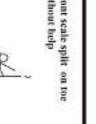



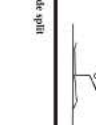

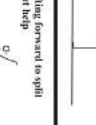
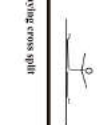



ACROBATIC ELEMENTS

A	B
Front and back walkover all variations 	The-flie
Handspring rider 	Drash holder
Cartwheel 	Averched the-flie
Change forward and backward 	A half front turnover to the front, with a half turn
Front 	Front without stepping
Three turnover to the front with quarter turn 	The flie into dolphin through a full turn
Archer without stepping 	360°
Front somersault tucked 	

ACROBATIC ELEMENTS

C	D
<p>Somersault backward/trucked</p> 	<p>Salto forward or backward / piked</p> 
<p>Salto backward stretched with opened legs</p> 	<p>Salto backward or forward stretched / legs are together</p> 
<p>Backward somersault/trucked into straddle push up</p> 	<p>Salto backward/ pike/into straddle push up</p> 
	<p>Mostepanos</p> 
	<p>Salto sideward from one leg,</p> 
	<p>Salto sideward / after round</p> 

FLEXIBILITY ELEMENTS

A	B	C	D
<p>High leg lifting forward / 45° above horizontal</p> 	<p>Leg lifting forward to split with help</p> 	<p>Leg lifting forward to split on toe with help</p> 	
<p>High lifting sideward / 45° above horizontal</p> 	<p>Leg lifting sideward to split with help</p> 	<p>Leg lifting sideward to split on toe with help</p> 	
<p>Sagittal scale/KC: front scale</p> 	<p>Front scale split with help</p> 	<p>Front scale split: on toe with help</p> 	
	<p>Front scale split with support on the floor</p> 	<p>Front scale split: without help</p> 	<p>Front scale split: on toe without help</p> 
<p>Split</p> 	<p>Back split with help</p> 	<p>Back split: on toe with help</p> 	
<p>Side split</p> 	<p>Leg lifting forward to split without help</p> 	<p>Leg lifting forward to split on toe without help</p> 	
<p>Laying cross split</p> 	<p>Leg lifting sideward to split without help</p> 	<p>Leg lifting sideward to split on toe without help</p> 	
<p>Laying side split</p> 			




FLEXIBILITY ELEMENTS

A	B	C	D
	<p>360° Pivotal split on one leg, free leg lifted with help, 45° above horizontal/ front or side</p>	<p>540° Pivotal split on one leg, free leg lifted with help, 45° above horizontal/ front or side</p>	<p>720° Pivotal split on one leg, free leg lifted with help, 45° above horizontal/ front or side</p>
	<p>360° Pivotal split on one leg, free leg lifted to split with help / front or side</p>	<p>540° Pivotal split on one leg, free leg lifted to split with help / front or side</p>	<p>540° - 720° Pivotal split on one leg, free leg lifted to split with help / front or side</p>
	<p>360° Pivotal split on one leg, free leg lifted to back split with help</p>		
<p>Full body wave forward</p>	<p>Front split with bending the trunk backward</p>	<p>Front split on toe with bending the trunk backward</p>	<p>Front split on toe with bending the trunk backward from body wave forward / 1 sec</p>
<p>Full body wave backward</p>			<p>Body wave backward with leg lifting forward on toe with help / 2 sec</p>
<p>Bridges</p>		<p>Side split with help / trunk horizontal</p>	<p>Side split without help / trunk horizontal</p>




















POWER ELEMENTS

A	B	C	D
<p>Straddle push up</p>		<p>One arm push up</p>	
	<p>Hinge push up</p>	<p>One arm one leg push up</p>	
			<p>One arm hinge push up</p>
<p>From standing leaning forward into push up position</p>			<p>One arm one leg hinge push up</p>
	<p>Full twist frontstanding to push up position</p>		
		<p>Push up, full twist to push up</p>	
			<p>Push up, double twist to push up</p>


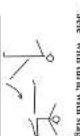
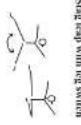




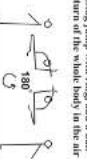
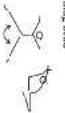
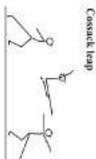

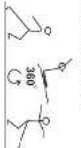

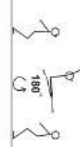
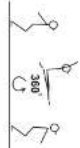


POWER ELEMENTS

A	B	C	D
		Push up, full circle in fixed Woman	
Woman push up		Free support Woman hinge push up	
		Lifted Woman hinge push up	
	Free support Woman push up		
	Free support Woman push up		
	Free support Woman hinge push up		
		Double Woman	Double free support Woman
	Side split Woman with help		
	Woman hinge push up		

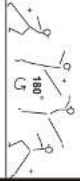
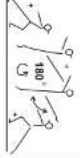
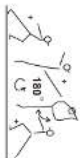



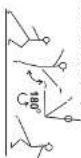


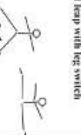
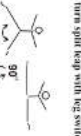



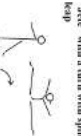

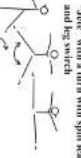
POWER ELEMENTS

A	B	C	D
Straddle support	Straddle support 180° turn	Straddle support 360° turn	Straddle support 540° - 720° turn
			
L-support	L-support 180° turn	L-support 360° turn	L-support 540° - 720° turn
			
	Straddle V-support	Straddle V-support 180° turn	Straddle V-support 360° turn
			
	V-support	V-support	V-support 180° turn
			
	Straddle V-support with back move away		V-support with back move away
			
		High straddle V-support or high V-support	
			
	Straddle V-support one leg to the side and change of legs		
			
		V-support legs to one side then to other	
			


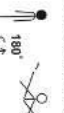
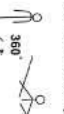







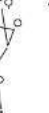

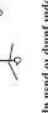


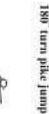
ELEMENTS OF JUMPS

A	B	C	D
<p>Sing leap</p> 	<p>"Jete" with turn, with sag leap</p> 		
	<p>Sag leap with leg switch</p> 		
	<p>Sag leap with deep trunk bending backwards</p> 		
<p>Ring leap, one leg with ring /</p> 	<p>Sag leap or jump with ring, touching the head</p> 	<p>"Jete" with turn and sag leap with ring</p> 	<p>Sag jump with ring, and a half turn of the whole body in the air</p> 
		<p>Sag leap with switching leg and touching head</p> 	
	<p>Cossack leap</p> 	<p>180° turn Cossack leap</p> 	<p>360° turn Cossack leap</p> 
	<p>Cossack jump</p> 	<p>180° turn Cossack jump</p> 	<p>360° turn Cossack jump</p> 
		<p>Cossack leap one leg high up with sag</p> 	<p>180° turn Cossack leap one leg high up with sag</p> 

ELEMENTS OF JUMPS

A	B	C	D
<p>Fourte leap</p> 	<p>Entredec leap</p> 	<p>Fourte leap - leg in ring</p> 	
<p>Sixteen's jump</p> 	<p>Sixteen's jump</p> 		
	<p>Ring jump</p> 	<p>180° turn sixteen's jump</p> 	
		<p>Ring jump / touching the head /</p> 	
<p>Spilt leap</p> 	<p>Spilt leap with leg switch</p> 	<p>90° turn spilt leap with leg switch</p> 	<p>90° turn spilt leap to push up with leg switch</p> 
	<p>90° turn spilt leap</p> 	<p>Spilt leap with deep trunk bending backward</p> 	
	<p>"Jete" with a turn with spilt leap</p> 	<p>"Jete" with a turn with spilt leap leg in ring position and touching the head</p> 	<p>"Jete" with a turn with spilt leap and leg switch</p> 

ELEMENTS OF JUMPS

A	B	C	D
	Straddle pike jump 	180° turn straddle pike jump 	360° turn straddle pike jump 
	Pike jump 	180° turn pike jump 	360° turn pike jump 
Tuck jump to push up 	180° turn tuck jump to push up 	360° turn tuck jump to push up 	
	Straddle jump to push up 	180° turn straddle jump to push up 	360° turn straddle jump to push up 
		Split jump to push up 	180° turn split jump to push up 
		Pike jump to push up 	180° turn pike jump to push up 
			Sagittal scule with full twist adhoorne to push up / 'Tanana' 