



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-cartweel 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 strength 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 cartweel 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
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

Ages in groups and formations: (age category depends on the age of the older competitor)					
60-240 sec	Baby up to 7 years	Mini 8-10 years	Kids 11-13 years	Juniors I. 14-16 years	Juniors II. 17 and over
Small Group (4-7 person)	✓	✓	✓	✓	✓
Group (8-10 person)	✓	✓	✓	✓	✓
Formation (over 10 person)	✓	✓	✓	✓	✓





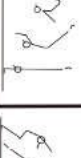






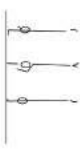
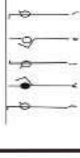


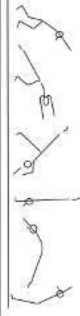
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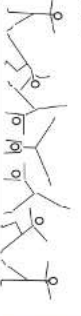




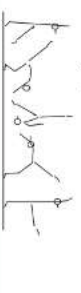

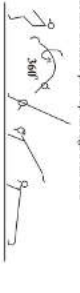



The organiser keep the right to combine two categories if there are less than 3 competitors in each.

Technical elements

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

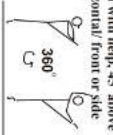
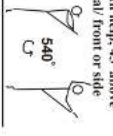
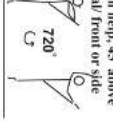
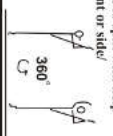
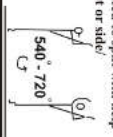
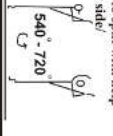
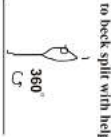
Naturally, this is not a complete listing of all the versions, positions, combinations, series and theoretically possible figures.










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	Flic flec dolphin		
			
Backward roll into handstand	Flic flec into straddle, push up		
			
Half turn in handstand	Full turn in handstand		
			
Headspring			
			
Dis's forward roll			
			
Round			
			

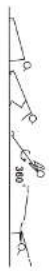










ACROBATIC ELEMENTS	
A	B
Front and back walkover all variations	Flic-fluc
	
Handspring/roller	Drainch roller
	
Cartwheel	Aswback flic-fluc
	
Clinges forward and backward	Asides/feet turnover to the front, with a half turn
	
C	D
Forever	Forever without stopping
	
Free turnover to the front with quarter turn	Flic fluc into straddle, push up through a full turn
	
Aswback without stopping	Flic fluc into dolphin through a full turn
	
Front somersault/tricked	
	

ACROBATIC ELEMENTS	
C	D
Somersault backward/tucked	Salto forward or backward / piked
Salto backward stretched with opened legs	Salto backward or forward stretched / legs are together
Backward somersault/tucked into straddle push up	Salto backward/ pike/into straddle push up
Mostepanosa	
Salto sideward from one leg, 90°	



















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

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









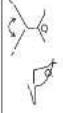




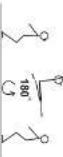

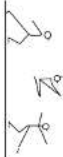
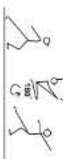
POWER ELEMENTS				
A	B	C	D	
<p>Serradic push up</p> 		<p>One arm push up</p> 		
		<p>One arm one leg push up</p> 		
	<p>Hinge push up</p> 			
		<p>One arm hinge push up</p> 		
From standing leaning forward into push up position		<p>One arm one leg hinge push up</p> 		
	<p>Full twist fromstanding to push 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 twist to lifted 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			
				












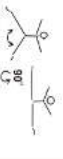




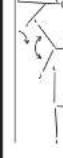
POWER ELEMENTS

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		
			

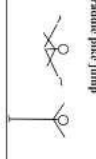
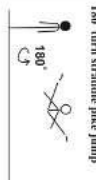
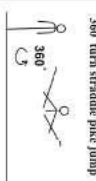
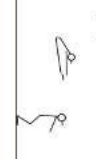
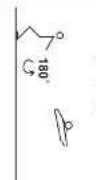
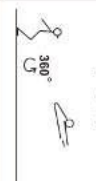
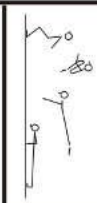
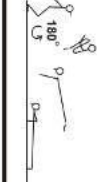
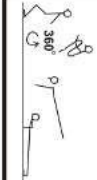
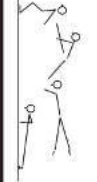
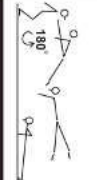
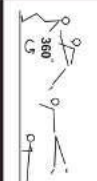
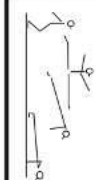
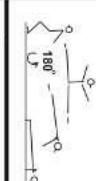
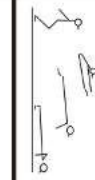

ELEMENTS OF JUMPS

A	B	C	D
Stag leap 	"Jace" with turn, with stag leap 		
	Stag leap with leg switch 		
	Stag leap with deep trunk bending backwards 		
Ring leap, one leg with ring / 	Stag leap or jump with ring, touching the head 	"Jace" with turn and stag leap with ring 	Stag jump with ring, and a half turn of the whole body in the air 
		Stag leap with switching leg and touching head 	
	Cossack leap 	180° turn Cossack leap 	360° turn Cossack leap 
	Cossack jump 	180° turn Cossack jump 	360° turn Cossack jump 
		Cossack leap one leg high up with ring 	180° turn Cossack leap one leg high up with ring 

ELEMENTS OF JUMPS

A	B	C	D
Fourface leap 	Entréface leap 	Fourface leap - leg in ring 	
	Sixsone jump 		
Seissors jump 		180° turn seissors jump 	
	Ring jump 	Ring jump / touching the head / 	
			90° turn split leap to push up with leg switch 
Split leap 	Split leap with leg switch 	90° turn split leap with leg switch 	
	90° turn split leap 		
		Split leap with deep trunk bending backward 	
	"Jace" with a turn with split leap 	"Jace" with a turn with split leap leg in ring position and touching the head 	"Jace" with a turn with split leap and leg switch 

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 scale with full twist airborne to push up / 'Tamaru' 