

NATIONAL AEROBICS, DANCE & ARTISTIC PYRAMID SPORT CHAMPIONSHIP 2026

FADAPS INDIA



15-17 MAY 2026

Org By: FADAPS INDIA, Host by: FADAPS UP, Supported By: Uttar Pradesh Olympic Association
SPORTS AEROBICS, FITNESS AEROBICS, STEP AEROBICS, HIP HOP, DANCE, ARTISTIC PYRAMID SPORTS
SUB JUNIOR, CADET, JUNIOR, SENIOR, VETERANS, MALE & FEMALE



GHAZIABAD, UP

CHAMPIONSHIP DISCIPLINES & AGE, TIME INFORMATION

1. AGE GROUPS (Select by Birth Year)

- Kids I (U-7) → Born 2019 & later
- Kids II (U-9) → 2018–2017
- School (U-11) → 2016–2015
- Cadets (U-14) → 2014–2012
- Juniors (U-17) → 2011–2009
- Youth (U-19) → 2008–2007
- Seniors (19–35 yrs) → 2006–1991
- Veterans (36+ yrs) → 1990–1966

2. AEROBICS & HIP-HOP EVENTS

(A) Sports Aerobics - Individual → 1 Player, Mixed Pair → 2 Players, Trio → 3 Players

🕒 Time: 1:25 – 1:35 min

(B) Step Aerobics - Duo → 2 Players, Trio → 3 Players, Quad → 4 Players, Team → 5–7 Players

🕒 Time: 1:25 – 1:35 min

(C) Fitness Aerobics - Duo / Trio / Quad → 2–4 Players, Team → 5–8 Players,
Group Performance → 9–15 Players

🕒 Time: 1:25 – 1:35 min

(D) Hip-Hop - Duo → 2 Players, Crew → 5–9 Players, Mega Crew → 12–15 Players

🕒 Time: 1:25 – 1:35 min

3. ARTISTIC PYRAMID SPORTS - Categories:

- Artistic Pyramid Dance
- Artistic Pyramid Show
- Artistic Dance
- Artistic Show
- Mass Formation

Team Size (Same for all categories)

- Small → 5–14 Players
- Formation → 15–25 Players
- Production → 26+ Players

🕒 Time Limits:

- Small → 2:30 – 3:00 min
- Formation → 2:30 – 4:30 min
- Production → 3:00 – 5:30 min

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4. DANCE STYLES (With Categories & Time)

Dance Styles Allowed: Classical, Folk, Western, Hip-Hop

Sub-Categories:

- **Solo** - 1 Player | Age Groups: U7, U9, U11, U14, U17, U19, 19+ | ⌚ Time: 1:30 – 2:30 min
- **Duo** - 2 Players | Same Age Group | ⌚ Time: 2:00 – 2:45 min
- **Trio** - 3 Players | ⌚ Time: 2:00 – 3:00 min
- **Group / Crew** - 4–10 Players | ⌚ Time: 2:30 – 4:00 min
- **Mega Group** - 11+ Players | ⌚ Time: 3:00 – 5:00 min

5. HOW TO SELECT EVENT (IMPORTANT)

- Step 1: Choose Age Group
- Step 2: Select Event (Aerobics / Hip-Hop / Pyramid / Dance)
- Step 3: Decide Team Size
- Step 4: Prepare routine as per time limit

IMPORTANT INSTRUCTIONS

- Every District / Club / School / Academy / Studio must send minimum 5 players (mandatory)
- Complete registration on time
- Delay = loss of participation

ACTION REQUIRED

Reply with: the following information before 6 May 2026 on what's app 9850166800 or 8975866800

- District / Club / School / Academy / Studio Name:
- Total Players:
- Events Participating:
- Dance Categories (if any):
- Coach Name & Contact: