

# 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 SCHEDULE

#### DAY 1 – 15 MAY 2026 (Reporting, Meetings & Opening)

- 09:00 AM – 12:00 PM - Team Reporting & Registration Verification  
Document check, ID & Age verification, Music submission
- 12:00 PM – 01:00 PM - Ground Familiarization / Practice Slot
- 01:00 PM – 02:00 PM - Lunch Break
- 02:00 PM – 03:00 PM - Technical Meeting (Coaches & Choreographers)  
Rules briefing, Event flow explanation, Q&A (final clarifications only)
- 03:00 PM – 04:00 PM - State Representatives Meeting  
Entry confirmation, Final participation list freeze
- 04:00 PM – 05:30 PM - Opening Ceremony  
March Pas, Welcome Speech, Introduction of Officials
- 05:30 PM – 06:30 PM - Demo Performances / Warm-Up Showcase (Optional)

#### DAY 2 – 16 MAY 2026 (Preliminary + Semi Finals)

- 09:00 AM – 11:30 AM - Aerobics Events – Preliminary Round  
Sports Aerobics (Individual / Pair / Trio),  
Step Aerobics (Duo / Trio / Team)
- 11:30 AM – 01:30 PM - Fitness Aerobics – Preliminary  
Duo / Trio / Quad / Group
- 01:30 PM – 02:15 PM - Lunch Break
- 02:15 PM – 04:30 PM - Dance Events – Preliminary  
Solo / Duo / Trio, Group / Mega Group ,  
(All styles: Classical / Folk / Western / Hip-Hop)
- 04:30 PM – 06:30 PM - Hip-Hop Events – Preliminary  
Duo / Crew / Mega Crew
- 06:30 PM – 07:30 PM - Semi-Finals (Shortlisted Categories)  
Fast-track rounds for high-entry categories

#### DAY 3 – 17 MAY 2026 (Finals & Prize Ceremony)

- 09:00 AM – 11:30 AM - Artistic Pyramid Sports – Finals  
Small / Formation / Production  
(All categories: Dance / Show / Mass Formation)
- 11:30 AM – 01:30 PM - Aerobics Finals  
Sports Aerobics, Step Aerobics, Fitness Aerobics
- 01:30 PM – 02:15 PM - Lunch Break
- 02:15 PM – 04:30 PM - Dance Finals  
Solo / Duo / Trio, Group / Mega Group
- 04:30 PM – 05:30 PM - Hip-Hop Finals  
Crew / Mega Crew
- 05:30 PM – 07:00 PM - Prize Distribution Ceremony  
Medal & Certificate Distribution, Overall Championship Awards,  
Best Player / Best Team Awards