

FADAPS INDIA

NATIONAL AEROBICS, DANCE & ARTISTIC PYRAMID SPORT CHAMPIONSHIP 2026



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, AEROBICS GROUP, FITNESS LITE,
ARTISTIC PYRAMID DANCE, ARTISTIC PYRAMID SHOW, ARTISTIC DANCE, ARTISTIC SHOW, MASS TOUR FORMATION
SUB JUNIOR, CADET, JUNIOR, SENIOR, VETERANS, MALE & FEMALE



GHAZIABAD, UP



AEROBICS & HIP HOP DISCIPLINES, AGE & EVENT - DIVISIONS

Age Division	Kids I (U 7 YRS)	Kids II (U 9 YRS)	School boys/girls (U 11 YRS)	Cadets (U 14 YRS)	Juniors (U 17 YRS)	Youth (U 19 YRS)	Seniors (19-35 YRS)	Veterans (36-60 yrs. & old)
Birth Year	Born in below 2019	Born in 2018-2017	Born in 2016-2015	Born in 2014-2012	Born in 2011-2009	Born in 2008-2007	Born in 2006-1991	Born in 1990-1966

Disciplines	Sports Aerobics-SA	Step Aerobics-FT	Fitness Aerobics-FT	Hip-Hop -HH
Event and Time Duration	Individual-ISA: Men (01 player) & women (01 player) Mixed pair-MSA: (02 players) Trio-TSA: (03 players) (1.25-1.35min)	Step Aerobics Team:- Grande-GST: (6-7 players) Petite-PST: (5 players) Duet-DST: (2 players) Trio-TST: (3 players) Quad-QST: (4 players) (1.25-1.35min)	Fitness Aerobics Team:- Grande-GFT: (6-8 players) Petite-PFT: (5 players) Duet-DFT: (2 players) Trio-TFT: (3 players) Quad-QFT: (4 players) Aerobics Group Performance:- AGP: (9-15 Players) (1.25-1.35min)	Batle-BHH: Duet-DHH: (02 players) Small Crew-SWHH: (5-9 members) Mega Crew-MGHH: (12-15 members) (1.25-1.35min)

ARTISTIC PYRAMID SPORTS DISCIPLINES, AGE & EVENT - DIVISIONS

Age Division	Child I (U 7 YRS)	child II (U 10 YRS)	Juniors (U 15 YRS)	Adults (AB 16 YRS)	Mixed Group - A	Mixed Group - B
Birth Year	Born in below 2019	Born in below 2016	Born in below 2011	Born in above 2010	Child I, Child II, Juniors	Child II, Juniors, Adults

Disciplines	Artistic Pyramid Dance	Artistic Pyramid Show	Artistic Dance	Artistic Show	Mass Tour Formation
Event and Time Duration	Small Formation: (2.30-3.00min)= 05-14 Players Formation: (2.30-4.30min)= 15-25 Players Production: (3.00-5.30min)= 26 Players and more Men & women	Small Formation: (2.30-3.00min)= 05-14 Players Formation: (2.30-4.30min)= 15-25 Players Production: (3.00-5.30min)= 26 Players and more Men & women	Small Formation: (2.30-3.00min)= 05-14 Players Formation: (2.30-4.30min)= 15-25 Players Production: (3.00-5.30min)= 26 Players and more Men & women	Small Formation: (2.30-3.00min)= 05-14 Players Formation: (2.30-4.30min)= 15-25 Players Production: (3.00-5.30min)= 26 Players and more Men & women	Small Formation: (2.30-3.00min)= 05-14 Players Formation: (2.30-4.30min)= 15-25 Players Production: (3.00-5.30min)= 26 Players and more Men & women

Dance Styles: Classical | Folk | Western | Hip Hop
Age Categories: Solo: U7, U9, U11, U14, U17, U19, Above 19
Duo, Trio, Group / Crew: U10, U14, U19, Above 19