

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

IMPORTANT RULES & GUIDELINES (STRICTLY FOLLOW)

1. Maximum Participation Limit

- One player can participate in a **maximum of 5 events only**
- Exceeding this limit = **entry will be rejected**

2. Music Requirement (Very Important)

- **Separate music is compulsory for each event and sub-category**
- Using the same music in multiple events = **risk of disqualification**
- Music must be: Properly edited and clear | Brought in **USB / mobile (backup is mandatory)**

3. Uniform & Dress Code

- Proper **costume as per event/category is compulsory**
- Practice dress or casual wear is **not allowed**
- Teams must look **professional and uniform** (judges consider presentation)

4. Footwear (Compulsory)

- For all Aerobics & Fitness events: **White Sports Shoes are mandatory**
- Incorrect footwear = **mark deduction or rejection**

5. Planning for Multiple Events

- If a player is participating in multiple events: Avoid **time clashes** | Keep **separate costumes and music ready**
- Poor planning = missed performance (no second chance)

6. Team Responsibility

- Each District / Coach must ensure: Correct Age Group selection | Correct event/category entry | Complete and accurate player details
- Incorrect entry = **direct disqualification (no arguments)**

7. ⌚ Time Limit Compliance

- Every performance must strictly follow the given time limit
- Exceeding or falling short = **penalty**

8. FINAL NOTE

- This is a **National Championship**, not a practice event
- No excuses. No last-minute changes
- Only **prepared and disciplined teams** will perform successfully

9. Judges' decision will be final and binding. No protests will be entertained.