



Children's "Fit-Kids" Competition Rules

FIT-KIDS (Gymnastics, Aerobics, Acrobatics)

CATEGORIES AND AGE GROUPS

- Boys and girls participate in the competition. Mixed gender pairs and groups are also allowed.
- Participants perform individually and in groups – duet, trio, etc.
- Age groups – up to 6, 8, 10, 12, 14, 16 years old. Participants older than 16 years compete in the "Aerobic Fitness" (Women or Men Aerobic) categories.

CLOTHING

- Loose-fitting clothing and footwear that matches the concept of the composition.

COMPOSITION PROGRAM

- The composition is performed to the music chosen by the participant (audio track from 60 to 90 seconds). During registration, the participant submits their music, recorded on a USB drive, to the competition secretary.

Evaluation Criteria

- 1. Technique and Correct Execution:**
 - **Form and execution accuracy:** Do the children perform the exercises accurately with good technique? This includes correct execution of movements, proper body posture, and coordination.
 - **Synchronization of movements:** In group competitions, it is crucial that all participants move synchronously. It is evaluated how well the team works together.
 - **Movements and variety:** How many different aerobic movements are used? It is assessed whether the children demonstrate a variety of movements (e.g., jumps, spins, coordination exercises, etc.).
- 2. Creativity and Choreography:**
 - **Originality of choreography:** Is the performance creative and unique? Is the choreography appropriate for the children's age and abilities?
 - **Compatibility of steps and movements with music:** Do the movements match the tempo and rhythm of the music? Well-thought-out choreography that naturally matches the music receives a high rating.
 - **Variety of exercises:** Does the performance include a variety of aerobic movements, such as jumps, spinning movements, various poses, and transitions?
- 3. Energy and Expression:**



- **Enthusiasm and energy:** Do the children show enthusiasm, energy, and joy while performing aerobic exercises? High scores are awarded for activity, determination, and confidence.
 - **Facial expression and emotions:** Do the children express joy, confidence, and focus during the performance? This can be an important factor in evaluating the overall performance quality.
4. **Use of Time and Rhythm:**
- **Time management:** Is the performance well planned according to time? Is there enough time for all parts of the exercise?
 - **Rhythm adherence:** Do the children perform the exercises according to the rhythm of the music? Keeping rhythm is an essential element of aerobics.
5. **Safety and Execution Safety:**
- **Ensuring safety:** The safety of the children's execution is evaluated to prevent injuries. Each exercise must be performed correctly to ensure the child's health and safety.

Evaluation System The evaluation system can be divided into several categories, for example:

- **Technique and execution:** 40%
- **Choreography and creativity:** 30%
- **Energy and expression:** 20%
- **Rhythm and time management:** 10%

Different Categories:

- **First place:** Highest rating for all criteria.
- **Second place:** Well-performed performance, but with minor flaws in technique or choreography.
- **Third place:** A good performance, but with flaws in various areas.

Safety Requirements The competition must ensure safety measures:

- **Qualified coaches and instructors** must supervise the children's performances.
- **Proper clothing and footwear:** Children must wear appropriate sportswear and footwear to ensure safety.
- **Warm-up and recovery:** It is important that children warm up before the competition and have recovery time after the performances.