



INTERNATIONAL FEDERATION OF BODYBUILDING & FITNESS (IFBB)

**IFBB RULES
SECTION 10: CHILDREN FITNESS**

2014 EDITION

Dr. Rafael Santonja
IFBB President
Calle Dublin No. 39-I, 28232 Las Rozas, Madrid, Spain
Tel: +34 91 535 2819; Fax: +34 91 636 1270
e-mail: headquarters@ifbb.com
Website: www.ifbb.com

SECTION 10: CHILDREN FITNESS

Article 1: Introduction	3
Article 2: Responsibilities of Organizers to Athletes and Delegates	3
Article 3: Categories	3
Article 4: Rounds	4
Article 5: Prejudging: Elimination Round	4
Article 6: Prejudging: Attire for the Elimination Round, Round 2 and Round 4	5
Article 7: Prejudging: Scoring the Elimination Round	5
Article 8: Prejudging: Attire for Round 1 and Round 3 (Fitness Routine)	6
Article 9: Prejudging: Presentation of Round 1	6
Article 10: Prejudging: Scoring of Round 1 (Routine)	7
Article 11: Prejudging: Assessing Round 1 (Routine)	7
Article 12: Prejudging: Attire for Round 2 (Quarter Turns)	7
Article 13: Prejudging: Presentation of Round 2 (Quarter Turns)	7
Article 14: Prejudging: Scoring of Round 2 (Quarter Turns)	8
Article 15: Prejudging: Assessing Round 2 (Quarter Turns)	9
Article 16: Finals: General Remarks	9
Article 17: Finals: Attire for Round 3 (Routine)	9
Article 18: Finals: Presentation of Round 3 (Routine)	9
Article 19: Finals: Scoring of Round 3 (Routine)	10
Article 20: Finals: Assessing Round 3 (Routine)	10
Article 21: Finals: Round 4 (performed at two-day contests only)	10
Article 22: Finals: Presentation of Round 4 (Quarter Turns)	10
Article 23: Finals: Scoring of Round 4 (Quarter Turns)	10
Article 24: Finals: Assessing of Round 4	11
Article 25: Finals: The Awarding Ceremony	11
Article 26: Finals: Teams Classification Results and Award	11
Appendix 1: Quarter Turns	12
Appendix 2: Assessment of the Fitness Routines	12
Appendix 3: Photographs	13

Article 1 - Introduction

Children fitness category was officially recognized as a new sport discipline by the IFBB Executive Council and IFBB Congress on November 07, 2010 (Baku, Azerbaijan).

1.1 General:

The IFBB Rules for Children Fitness consist of regulations, policies, directives and decisions intended to guide the IFBB and its Members in the administration of the sport of Children Fitness.

1.2 Rules:

Certain administrative and technical rules that appear in the General Rules section are the same for Children Fitness and therefore, are not repeated in this section.

Article 2 – Responsibilities of Organizers to Athletes and Delegates

2.1 Responsibilities:

The Organizer of the World Children Fitness Championships will undertake to cover the cost of accommodations and meals (breakfast, lunch and dinner) for competitors and delegates as follows:

1. World Children Fitness Championships:

For three days (two nights) according to the following scale:

- a. Three or more competitors - Two delegates
- b. One or two competitors - One delegate

Note 1: *The maximum allowable number of A-team competitors per National Federation may not exceed the number of categories open at these Championships, with a maximum of two competitors allowed to compete in any one category.*

Note 2: *A maximum allowable number of A-team competitors per National Federation in any one discipline may not exceed the number of categories in that discipline.*

Note 3: *A maximum of ten competitors is permitted in the A-team (five girls, five boys) per National Federation, with a maximum of two competitors allowed to compete in any one category.*

Note 4: *Each National Federation may enter a B-team. The maximum allowable number of competitors in the B-team shall not exceed those in the A-team. Detailed information regarding the A-Team and B-Team competitors available in Section 1: General Rules, Article 9.3.*

Note 5: *Delegates without athletes will have to pay for the Full Package Rate.*

Note 6: *Upon agreement between the IFBB and the Organizer, one additional category may be opened for competition.*

Article 3 – Categories

3.1 Categories:

Children Fitness competition at the World Championships is open in the following age divisions, same for girls and boys:

1. There are five age categories in Children Fitness world-level competitions, currently as follows:
 - a. Class A: age up to & incl.7
 - b. Class B: age 8 - 9
 - c. Class C: age 10 - 11
 - d. Class D: age 12 - 13
 - e. Class E: age 14 - 15

Children participate in their age group through the whole year in which they reach their upper age limit.

Article 4 – Rounds

4.1 Rounds:

Children Fitness will consist of the following rounds:

4.1.1 One-day competitions:

1. Prejudging: Elimination Round (quarter turns)
2. Prejudging: Round 1 (90-second fitness routines)
3. Prejudging: Round 2 (quarter turns)
4. Finals: Round 3 (90-second fitness routines)

4.1.2 Two-day competitions:

1. Prejudging: Elimination Round (quarter turns)
2. Prejudging: Round 1 (90-second fitness routines)
3. Prejudging: Round 2 (quarter turns)
4. Finals: Round 3 (90-second fitness routines)
5. Finals: Round 4 (quarter turns)

Article 5 – Prejudging: Elimination Round

5.1 General:

The Prejudging, which is open to the general public, will take place the day after the Official Athlete Registration. A time-table for prejudging in each category should be published. In order to give themselves time to warm up and change into their posing attire, competitors should be in the backstage warm-up area at least 45 minutes prior to the start time of the judging of their category. All competitors and their trainers will be solely responsible for ensuring that they are present and prepared to compete when their category is called onstage failing which they may be eliminated from the competition.

5.2 Elimination Round Procedures:

An elimination round will be held when there are more than 15 competitors in a category. The elimination round will be carried out as follows:

1. The entire line-up is brought onstage, in numerical order and in a single line or two lines, if necessary.
2. The line-up is divided into two equal-size groups and is positioned onstage so that one group is to the left of the stage; the other group is to the right of the stage. The center portion of the stage is left open for comparison purposes.
3. In numerical order, and in groups of not more than eight competitors at a time, each group is directed to the center-stage area to perform the four quarter turns, turning to the right each time.
4. The IFBB Chief Judge or Stage Director will direct the competitors through the four quarter turns, which are:
 - a. Quarter Turn Right
 - b. Quarter Turn Back
 - c. Quarter Turn Right
 - d. Quarter Turn Front

Note 1: Detailed description of the Children Fitness quarter turns provided in **Appendix 1** to this Section.

Note 2: Competitors will not chew gum or candy while onstage.

Note 3: Competitors will not drink water or any other liquids while onstage.

5. At the completion of the quarter turns, the entire category will be reformed into a single line, in numerical order, before exiting the stage.

Article 6 – Attire for Elimination Round, Round 2 and Round 4

6.1 The attire for Elimination Round, Round 2 and Round 4 will conform to the following criteria:

- **Girls:** Top bra and tight shorts.

G-strings and classic two-piece bikini are strictly prohibited.

- **Boys:** Tight shorts, like in Men's Fitness (see Section 5: Men's Fitness, Art. 6).

Bodybuilding-style trunks are strictly prohibited.

1. The costume will be plain opaque in style.

2. The colour of the attire should be black.

3. Competitors will perform barefoot.

6.2 Competitors will not wear jewellery, glasses, watches, pendants, necklaces or wigs.

6.3 The IFBB has banned all tans and bronzers that can be wiped off. If the tan comes off by simply wiping, the athlete will not be allowed to enter the stage. Artificial body colouring and self-tanning products may be used provided that it is applied at least twenty-four hours prior to the Prejudging. Sparkles, glitter, shiny metallic pearls or gold coloring are prohibited whether applied as part of a tanning lotion and/or cream or applied separately.

6.4 The use of body oil is strictly prohibited.

6.5 If the attire does not meet IFBB standards, the competitor will be given five (5) minutes to comply, failing which the competitor will be disqualified.

6.6 The IFBB Chief Official, or a delegated representative, will have the right to determine if a competitor's attire meets an acceptable standards and, eventually, recommend the athlete to change the attire, if it doesn't meet the IFBB standards.

Article 7 – Prejudging: Scoring of the Elimination Round

7.1 Scoring of the Elimination Round is carried out as follows:

1. At this time, the judges will be assessing the overall physique for the degree of proportion, symmetry, balance, shape and skin tone. The scoring for the Elimination Round will proceed as follows:

2. If there are more than 15 competitors, the judges will select the top 15 by placing an "X" beside their numbers, using Form 1, entitled "Elimination Round (Judges)".

3. Using Form 2, entitled "Elimination Round (Statisticians)", the statisticians will transcribe the judge's selections onto this sheet and will then tally the judge's scores to select the top 15 competitors.

4. If there is a tie between two or more athletes at the 15th place, the tied athletes will be brought back onstage, and the judges will perform a reassessment of the four quarter turns.

5. Only the top 15 competitors will advance to Round 1.

Article 8 – Prejudging: Attire for Round 1 and Round 3 (Routine)

8.1 The attire for Round 1 will conform to the following criteria:

1. Competitors may dress as they deem appropriate in order to perform their routines, except as detailed below.

- **Girls:** G-strings or bikini-type pants are strictly prohibited. G-strings or bikini-type pants cannot be worn on top of leotards, fishnet stockings, or tights. Also, G-strings or bikini-type pants cannot be worn underneath a skirt or other type of outerwear so as to reveal the buttocks while the competitor is moving around onstage. The minimum required attire: tank top and tight shorts (see Article 6).

- **Boys:** Bodybuilding-style trunks are strictly prohibited. The minimum required attire: tight shorts, like in men's fitness (see Article 6).

2. The routine attire will be inspected backstage before the competitor is allowed onstage. If the routine attire does not meet IFBB standards for children, the competitor will be given five (5) minutes to comply, failing which the competitor will be disqualified.

3. Sport footwear may be worn, at the discretion of the competitor but if the contest is run on the gymnastic mat or similar elastic floor, children will perform barefoot but it must be stated in the Inspection Report published prior to the contest.

4. Provided Point 1 is respected, a competitor may remove an article of clothing (e.g. coat, jacket, shirt, pants) if the removal of said article is performed in a tasteful manner.

5. National Federations and head delegates are responsible for making sure that their children athletes are fully aware of the IFBB Rules as detailed in this Section.

6. Any questions concerning posing attire must be brought to the attention of the IFBB Chief Official or IFBB Chief Judge during the Official Children Registration.

Article 9 – Prejudging: Presentation of Round 1 (Routine)

Round 1 may not be held if there are 6 or less competitors in a category. Decision will be made by the Chief Judge and will be announced after the Official Children Registration.

9.1 Round 1 procedure:

Round 1 will proceed as follows:

1. Each competitor will be called onstage in numerical order to perform a fitness routine to music of her/his own choice, the length of which will be up to a maximum of 90 seconds.

2. Each competitor will be introduced by number, name and country.

3. The use of props is limited.

***Note:** A competitor shall be allowed a small item, either worn or handheld. Any item that is discarded during the routine must be removed by the competitor as he/she exits

the stage without causing any delay in the competition. Competitors must declare all props at the Official Children Registration.

4. No competitor will use any device that would leave material on the stage platform that would 1) presented a safety hazard to other competitors, and/or 2) require that the stage platform be cleaned or repaired before further use.
5. A competitor must enter and exit the stage to perform the routine without the assistance of any other person or persons e.g. cannot be carried onstage.
6. The use of body oil is strictly prohibited.

Article 10 – Prejudging: Scoring of Round 1 (Routine)

10.1 Scoring of Round 1:

The scoring for Round 1 will proceed as follows:

1. Using Form 3, entitled “Judge’s Individual Placings (Prejudging)”, each judge will place the athlete from 1st to last, giving no two athletes the same placing.
2. The judges may use Form 4, entitled “Judge’s Personal Notes”, to write notes about the athletes.
3. The statisticians will gather Form 3 from the judges and will transcribe their placings onto Form 5, entitled “Score Sheet (Statisticians)”, under Round 1. They will then discard two highest and two lowest scores; add the remaining five scores, multiply the results by 2 (two) and write the total under the column marked “Round 1 Subscore”.
4. Should a tie occur in the “Round 1 Subscore”, the tie need not be immediately broken since the “Round 1 Subscore” must be added to the “Round 2 Subscore” to produce a “PREJUDGING SCORE”.

Article 11 – Prejudging: Assessing of Round 1 (Routine)

11.1 Assessing of Round 1:

Round 1 will be assessed using the following criteria:

1. Each judge will assess the routine with a view towards style, personality, athletic coordination and overall performance. Judges will also look for competitors who perform strength and flexibility moves, as well as gymnastic moves. The routine may include aerobics, dance, gymnastics or other demonstrations of athletic talent. There are no required moves.
2. The judges are reminded that, during this round, they are judging ONLY the fitness routine and NOT the physique. More details in **Appendix 2** to this Section.

Article 12 – Prejudging: Attire for Round 2 (Quarter turns)

12.1 The attire for Round 2 must conform to the same criteria as described in Article 6.

Article 13 – Prejudging: Presentation of Round 2 (Quarter turns)

13.1 Presentation of Round 2:

The procedures for Round 2 will be as follows:

1. The entire category will be called onstage, in a single line and in numerical order.
2. The line-up will be divided into two equal-size groups and will be positioned onstage so that one group is to the left of the stage; the other group is to the right of the stage. The center portion of the stage will be left open for comparison purposes.
3. In numerical order, and in groups of no more than eight competitors at a time, each group will be directed to center-stage area to perform the four quarter turns.

4. This initial grouping of competitors and performance of the quarter turns is intended to assist the judges in determining which competitors will take part in the comparisons that follow.

5. All judges will be asked now to submit individual propositions for the first comparison of the top five athletes to the IFBB Chief Judge. Chief Judge will analyze propositions submitted by all of the panel judges and, based on them, he will form the first comparison with competitors most often proposed by the panel judges, what means that these competitors are the best in the line-up. The number of athletes to be compared will be determined by the Chief Judge but no less than three and no more than eight competitors will be compared at any one time.

Then the judges may be asked to submit individual propositions for the second comparison of the next five athletes, included competitors placing in the middle of the group. Then the third comparison will be formed by the IFBB Chief Judge, with competitors to be placed in the rearmost part of the group of 15 semifinalists.

All competitors will be called out one time at least. The total number of comparisons will be decided by the IFBB Chief Judge.

6. All individual comparisons will be carried out center-stage.

7. Upon completion of the last comparison, all competitors will return to a single lineup, in numerical order, before exiting the stage.

Article 14 – Prejudging: Scoring of Round 2 (Quarter Turns)

14.1 The scoring for Round 2 is carried out as follows:

1. Using Form 3, entitled “Judge’s Individual Placings (Prejudging)”, each judge will award each competitor an individual placing from 1st to 15th, ensuring that no two or more competitors receive the same placing. The judges may use Form 4, entitled “Judge’s Personal Notes” to record their assessment about each competitor.

2. The statisticians will collect Form 3 from the judges and will then transcribe the judge’s placings onto Form 5, entitled “Score Sheet (Statisticians)”. They will then discard two highest and two lowest scores (if nine judges) or one highest and one lowest (if less than nine judges) for each competitor, will add up the remaining five scores to produce a “Round 2 Subscore” and a “Round 2 Place”. The competitor with the lowest subscore is awarded 1st place while the competitor with the highest subscore is awarded 15th place.

3. Ties in the “Round 2 Subscore” need not be immediately broken as the “Round 2 Subscore” will be added to the “Round 1 Subscore” to produce a “PREJUDGING SCORE” and “PREJUDGING PLACE”.

4. Should a tie occur in the “PREJUDGING SCORE”, the tie will be broken using the “Round 2 Subscore” first. If a tie still exists, it will be broken using the “Relative Placement Method” and the athlete’s Round 2 Subscores.

Note 1: *The Relative Placement Method procedure:*

Each individual judge’s scores for the tied athletes will be compared on a column-by-column basis with a dot being placed on top of the number for the athlete with the lower placing. All nine regular panel judge’s scores will be included in the tie breaking calculations. The number of dots will be tallied for each of the tied athletes. The athlete with the greater number of dots will be declared the winner of the tie and will then receive the better placing.

5. The scores for the Prejudging will be used to place the top 15 competitors from 1st place to 15th place. The top 6 competitors from the Prejudging will advance to the Finals and will start the Finals with zero points.

Article 15 – Prejudging: Assessing of Round 2 (Quarter Turns)

15.1 Round 2 is assessed using the following criteria:

1. The judge should first assess the overall appearance of the physique. This assessment should begin at the head and extend downwards, take the whole physique into account. The assessment, beginning with the general impression of the physique, should take into consideration the overall development of the body; the presentation of a balanced, symmetrically developed physique; the condition of the skin and the skin tone.
2. The judge's assessment of the athlete's physique should include the athlete's entire presentation, from the moment he/she walks onstage until the moment he/she walks offstage. At all times the children competitor must be viewed with the emphasis on a "healthy, fit, good-looking physique". More details in **Appendix 1**.

Article 16 – Finals: General remarks

16.1 Procedures:

16.1.1: One-day competition:

The top six athletes from the Prejudging advance to the Finals, which consists of one round:

Round 3: Fitness Routine.

Statisticians will transcribe **Round 1 Subscore** of the competitors advancing to the finals but as a single scores, **not multiplied by 2 (two)**. Then will add single Round 3 Subscores to single Round 1 Subscores to achieve Round 3 Scores.

Then they will transcribe the Round 2 Subscores, add them to round 3 scores to get the final scores and places.

16.1.2: Two-day competition:

The top six athletes from the Prejudging advance to the Finals, which consists of two rounds:

Round 3: Fitness Routine.

Round 4: Quarter Turns.

Both rounds will be scored. Round 3 Subscores will be **multiplied by 2 (two)** and added to Round 4 Subscores to produce the final scores.

Article 17 - Finals: Attire for Round 3 (Routine)

17.1 The attire for Round 3 must conform to the same criteria as described in Article 8.

Note: *Competitors may use a different costume that in Round 1; however, it must still conform to the standards of taste and decency as described in Article 8.*

Article 18 - Finals: Presentation of Round 3 (Routine)

18.1 The procedures for conducting Round 3 are as follows:

1. The top 6 finalists, wearing their fitness routine attire, will be called onstage individually and in numerical order, to perform their individual fitness routines to their own choice of music, the length of which shall be up to a maximum of 90 seconds.
2. Each competitor is to be introduced by number, name and country.
3. The use of props is limited (see Article 9.1).

4. The use of body oil is strictly prohibited.

Article 19 – Finals: Scoring of Round 3 (Routine)

19.1 Scoring of Round 3:

The scoring for Round 3 will proceed as follows:

1. The judges, using Form 6, entitled “Judge’s Individual Placings (Finals)”, and using the same criteria for judging as used during the Prejudging Round 1, will place the competitors from 1st to 6th, giving no two athletes the same placing.

19.1.1 One-day competition

Statisticians will transcribe “Round 1 Subscores” of the competitors advancing to the finals but as a single scores, **not multiplied by 2 (two)**. Then will add single “Round 3 Subscores” to single “Round 1 Subscores” achieve Round 3 Scores.

19.1.2 Two-day competition

Round 3 Subscores will be multiplied by 2 (two) to produce Round 3 Scores.

1. Should a tie occur in the “Round 3 Scores”, the tie need not be immediately broken since the “Round 3 Scores” must be added to the “Round 4 Subscore” to produce a “FINAL SCORE”.

Article 20 – Finals: Assessing Round 3 (Routine)

20.1 Assessing of Round 3:

Round 3 will be assessed using the same criteria like in Round 1 (Article 11). More details in **Appendix 2**.

Article 21 – Finals: Round 4 (performed at two-day contests only)

21.1 Attire for Round 4 (Quarter Turns):

The attire for Round 4 must conform to the same criteria as described in Article 6.

Article 22 - Finals: Presentation of Round 4 (Quarter Turns)

22.1 The procedures for conducting Round 4 are as follows:

1. The top 6 finalists will be directed to the center of the stage, in a single line and in numerical order.
2. The IFBB Chief Judge or Stage Director may, at his/her discretion, have the group perform the quarter turns at center-stage in numerical order and then in the reverse order. These quarter turns will be done in the same way like in the semifinal comparisons (Round 2).
3. The entire line-up will be asked to exit the stage.

Article 23 - Finals: Scoring of Round 4 (Quarter Turns)

23.1 The scoring of Round 4 is carried out as follows:

1. The judges, using Form 6, entitled “Judge’s Individual Placings (Finals)”, and using the same criteria for judging as used during the Prejudging, will place the competitors from 1st to 6th, giving no two athletes the same placing.
2. The statisticians will collect Form 6 from the judges and will then transcribe the judge’s placings onto Form 5, entitled “Score Sheet (Statisticians)”. They will discard two highest and two lowest scores; will add the remaining five scores, and will write the

total under the column marked “Round 4 Subscore”.

3. The statisticians will then add the “Round 3 Subscore” to Round 4 Subscore” to produce a “FINAL SCORE” and “FINAL PLACE”.

4. Should a tie occur in the “Round 4 Subscore”, the tie need not be immediately broken as the “Round 4 Subscore” must be added to the “Round 3 Subscore” to produce a “FINAL SCORE”.

5. Should a tie occur in the “FINAL SCORE”, the tie will be broken using the “Round 3 Subscore” first. If a tie still exists, the “Relative Placement Method” and the athlete’s “Round 3 Subscore” will be used.

Article 24 – Finals: Assessing of Round 4

24. 1 Round 4 is assessed using the same criteria as detailed in Article 14 (Quarter Turns). More details in **Appendix 1**.

Article 25 – Finals: The Award Ceremony

25.1 The Award Ceremony

The top 6 finalists will be called onstage to take part in the award ceremony. The Master of Ceremonies will announce the number, name and country of the competitor in 6th place and will continue to the competitor in the 1st place.

The President of the IFBB, or the top IFBB official at the contests, accompanied by the other official(s) invited by him to take part in this Ceremony, will present the IFBB Medals and/or trophies to the winners.

The national anthem (short version) of the country of the 1st place winner will be played immediately following his receipt of the 1st place award(s).

After the national anthem, the finalists are obliged to remain onstage for a brief period of time for photographic purposes, and to follow the IFBB Chief Judge or Stage Director commands. During the Awarding Ceremony, competitors are not allowed to display their country’s flag.

Competitors are expected to accept their places, medals and/or awards and to take part in the Awarding Ceremony to its end (photo session). Competitor, who ostentatiously manifests his/her disapproval and/or leave the stage prior to the end of the Awarding Ceremony, may be disqualified.

Detailed description of the Awarding Ceremony is available in Section 1: General Rules, Article 16.

Article 26 – Teams Classification Results and Award

26.1 Best National Teams:

The Best National Teams scoring includes the A-team competitors only.

Detailed procedure of the Teams Classification calculations is available in Section 1: General Rules, Article 18.

The chief delegates or team managers of the top 3 countries will accept the awards on behalf of their countries.

Publication of the Final Results – according to Section 1: General Rules, Article 18.

APPENDIX 1: QUARTER TURNS

Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.

Front Position:

Erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, both arms kept at the side along the centerline of the body, elbows slightly bent, thumbs and fingers together, palms facing the body and hold about 10 cm out of the body, hands slightly cupped.

Quarter Turn Right (left side to the judges):

Erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, left arm kept slightly back from the center-line of the body with a slight bend at the elbow, thumb and fingers together, palm facing the direction of the body, hand slightly cupped, right arm kept slightly front of the center-line of the body with a slight bend at the elbow, thumb and fingers together, palm facing the body, hand slightly cupped. The positioning of the arms will cause the upper body to twist slightly to the left, with the left shoulder lowered and the right shoulder raised. This is normal and must not be exaggerated.

Quarter Turn Back:

Erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, back muscles slightly contracted to show the shape of the upper body, both arms kept at the side along the centerline of the body, elbows slightly bent, thumbs and fingers together, palms facing the body and hold about 10 cm out of the body, hands slightly cupped.

Quarter Turn Right (right side to the judges):

Erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, right arm kept slightly back from the centerline of the body with a slight bend at the elbow, thumb and fingers together, palm facing the direction of the body, hand slightly cupped, left arm kept slightly front of the center-line of the body with a slight bend at the elbow, thumb and fingers together, palm facing the body, hand slightly cupped. The positioning of the arms will cause the upper body to twist slightly to the right, with the right shoulder lowered and the left shoulder raised. This is normal and must not be exaggerated.

APPENDIX 2

ASSESSMENT OF THE FITNESS ROUTINES

In this rounds, athletes perform a fitness routine to music selected by the competitor, the length of which shall not exceed 90 seconds.

Once again, the judge should consider the OVERALL IMPRESSION, that is, the entire routine from the moment the athlete presents herself/himself onstage until the moment the athlete walks offstage. The judges are reminded that, during these Rounds, they are judging ONLY the fitness routine and NOT the physique. The judge should look for a well-choreographed and creative routine performed at a different tempo/speed.

Although compulsory movements are not a requirement, the routine should include:

1. Elements of STRENGTH - for example, straddle hold, leg extension hold, hand stands, planche and/or one-arm pushups (gymnastic movements such as front and back flips, handsprings, and cartwheels are not considered strength elements). The number of strength moves, their degree of difficulty, and the overall creativity of the moves should be considered in the judging of the routine.
2. Elements of FLEXIBILITY – for example, high kicks, bridges, nuts, front and back walkovers, side splits, and/or front splits. The number of flexibility moves, their degree of difficulty, and the overall creativity of the moves should be considered in the judging of the routine.
3. Elements of POWER – dynamic elements like high jumps, front and back flips, handsprings, aerial cartwheels, aerial walkovers, round offs, split leaps. These moves require perfect technique and should be taking into account assessing the difficulty of the routine.
4. The SPEED or tempo of the routine demonstrates a degree of cardiovascular fitness, stamina, and endurance. For example, if two routines contain the same type and number of strength and flexibility movements, the routine that is performed at a faster tempo is the more difficult to achieve so long as the movements are correctly performed.

Routines based on the gymnastics moves only should be marked down. Once again, the judge must always consider the “Total Package” and not just the sum of the individual movements. There is a component - an element of “showmanship”, which competitors bring to a fitness routine that is unique to them and creates the overall impression. This is their personality and stage presence, as well as a natural rhythm that should play a part in the final placing of each competitor.

APPENDIX 3: PHOTOGRAPHS