



2026

TECHNICAL RULES

DISCIPLINE:

FITKID DANCE



@internationaldancefedidf



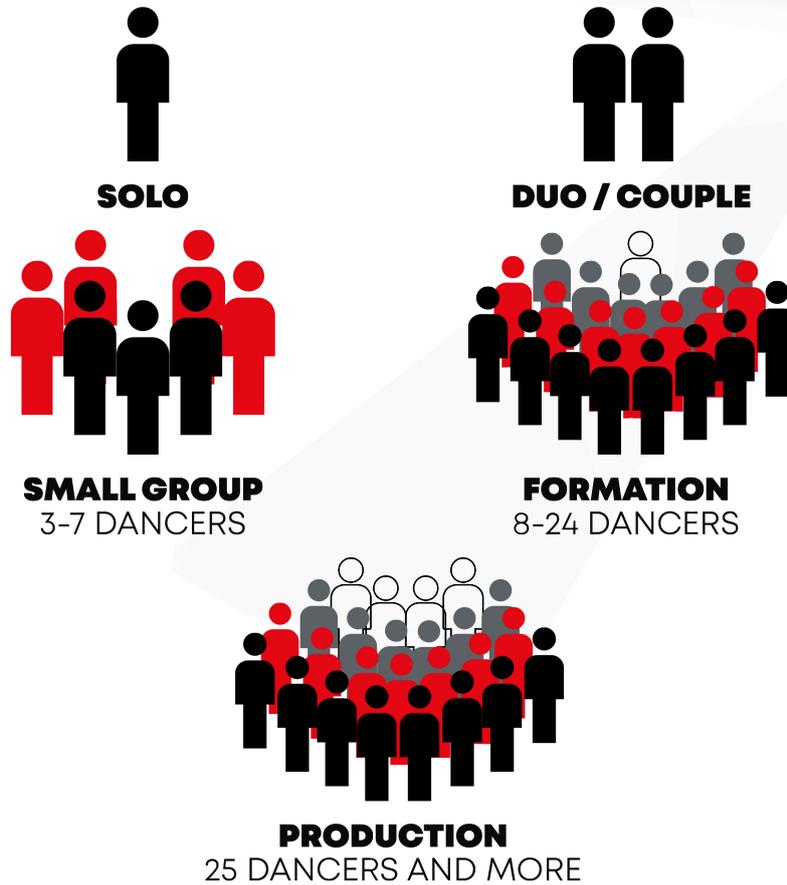
president@idfdance.org



idfdance.org



TYOLOGY



AGE DIVISIONS

AGE DIVISIONS IN SOLO, DUO AND COUPLE

MINI	UP 9 Y.O.
YOUTH*	10-13 Y.O.
YOUTH 1	10-11 Y.O.
YOUTH 2	12-13 Y.O.
JUNIOR	14-16 Y.O.
ADULT	17 Y.O. AND OVER

AGE DIVISIONS IN SMALL GROUP, FORMATION AND PRODUCTION

MINI	UP 9 Y.O.
YOUTH	10-13 Y.O.
JUNIOR	14-16 Y.O.
ADULT	17 Y.O. AND OVER

*Division into Youth 1 and Youth 2 is possible only if there is a sufficient number of registered participants.

Dancer's age is considered with reference to the calendar year (January 1st - December 31st). Dancers who participate in Ranking Competitions that start in October will be considered with reference to the following calendar year (which means one (1) year older). Having reached the age limit for each Age Division, dancers pass to the older Age Division automatically.

PENALTIES

Dancers who fail to respect the Rules will be subject to the following penalties:

PENALTIES	DESCRIPTION
<p>5 points</p>	<ul style="list-style-type: none"> - Performing without a start number; - Failure to comply with the requirement to perform for the entire duration of the designated music track (penalty applied by the Adjudicators); - Dancer's fall causing an interruption of the performance, lasting less than one musical bar; - Whose music duration is over/under the permitted time limit;
<p>10 points</p>	<ul style="list-style-type: none"> - Dancer's fall causing an interruption of the performance, lasting more than one musical bar;
<p>Last place</p>	<ul style="list-style-type: none"> - Use of stage decorations; - Use of props; - Use of accessories that are not a part of costume; - Choreography based solely on one dance style that exists as a separate IDF discipline and is covered by separate IDF Rules; - Dancers who execute more than three (3) acrobatic combinations; - Dancers who execute more than three (3) acrobatic elements in combinations; - Dancers with repetition of acrobatic elements including variations; - Dancer's fall that causes the performance to stop completely or results in the dancer leaving the stage early; - Failure to appear on stage after being called for the third time; - Dancers of MINI Age Division: <ul style="list-style-type: none"> - who perform lifts where one partner's hips are above the head of the supporting partner in a standing position.

MUSIC REQUIREMENTS

No specific requirements for music genres in this discipline.
Music tempo is not restricted.

ROUND	MUSIC DURATION				
	SOLO	DUO/COUPLE	SMALL GROUP	FORMATION	PRODUCTION
Preliminaries					
Semi-final	1':00" - 2':00"	1':00" - 2':00"	2':00" - 3':00"	3':00" - 5':00"	3':00" - 5':00"
Final					
	Own music				

TECHNIQUES, CHARACTERISTICS AND MOVEMENTS

The choreographed piece may be composed of any of the existing dance techniques. FitKid Dance allows dancers to use the genres that are the existing IDF disciplines, but only if they are mixed together or mixed with the genres not covered by the IDF rules. Dancers **are obliged** to perform **Acrobatic Elements, which might be individual or combined. There are limits regarding the number of acrobatic elements permitted.**

- Acrobatic elements must be used without repetition including variations. Only round off can be use more times to prepare different acrobatic elements.

- **Acrobatic combinations are allowed but maximum three (3).** Each combination contains a **maximum of three (3) acrobatic elements. Identical elements within the acrobatic combination are allowed.** Dancer can do also the same element in the same combination but at **max with 3 repetitions.** E.g.: dancer can do three (3) free hands cartwheels combination, not four but max three. When executing combinations there can be no steps between the acrobatic elements of which the combination is composed.

The combination where acrobatic elements are divided by other steps is not considered a combination.

The acrobatic phase must be executed without pause.

The elements must be linked harmoniously and artistically.

Dance technique and choreographic variety are foremost, whatever the difficulty of executed acrobatic elements.

A Choreography can have a story (but not obligatory). Dancer can use only dance plus acrobatic/gymnastic moves and costume to tell the story to Adjudicators.

The most important aspect is the ability to combine acrobatic/gymnastic elements with dance movements in accordance with the choreography.

The body must combine classical, traditional dance moves and acrobatics. Dance moves are really important (70%) and then gymnastic and acrobatic elements (30%).

TECHNIQUES, CHARACTERISTICS AND MOVEMENTS

The dance component must predominate over the acrobatic/gymnastic component. Both components must be fully integrated, demonstrating seamless blending. The dancer must execute smooth, technically coherent transitions between dance movements and acrobatic/gymnastic elements.

ACROBATIC ELEMENTS ALLOWED:

1. CARTWHEEL;
2. FORWARD ROLL;
3. BACKWARD ROLL;
4. BRIDGE;
5. HANDSTAND;
6. PRESS HANDSTAND;
7. ROUND OFF;
8. FORWARD WALKOVER;
9. BACKWARD WALKOVER ;
10. HEAD SPRING – NECK SPRING – SHOULDER SPRING;
11. FRONT HANDSPRING;
12. BACK HANDSPRING/FLIC FLAC;
13. AERIAL CARTWHEEL;
14. AERIAL WALKOVER;
15. WHIP;
16. BACKWARD SOMERSAULT **WITHOUT TWIST**, BACK FLIP **WITHOUT TWIST**;
17. FORWARD SOMERSAULT **WITHOUT TWIST**, FRONT FLIP **WITHOUT TWIST**.

Each acrobatic element must be executed with correct technique and appropriate aesthetic quality, in full compliance with safety requirements.

A 100% correct acrobatic element must necessarily fulfil the following criteria:

1. Safety;
2. Amplitude;
3. Speed of execution during the acrobatic phase;
4. Quality of technical and aesthetic execution;
5. Fluidity;
6. Control;
7. Perfect landing.

It is expected that dancers (Solo, Duo/Couple, Small Group, Formation, Production) build their performances with primary emphasis on dance technique, proper execution of acrobatic and gymnastic elements, expressive performance, and choreographic creativity.

The routine must constitute an artistic performance in which gymnastics and acrobatic elements complement and enhance the dance component.

All dancers are required to perform for the entire duration of the designated music track. To present their performances, each dancer (Solo, Duo/Couple, Small Group, Formation, Production) is expected to use the whole available space.

This discipline has specific requirements for the competition area surface:
linoleum.

RESTRICTIONS



Stage Decorations, Props, Accessories. Use of stage decorations is **prohibited**. Use of props is **prohibited**. Accessories **are permitted if they are part of the costume**. When using accessories, dancers must wear them throughout the entire performance. They can be used, but cannot be thrown away or placed on the floor.



Acrobatic and Gymnastic Elements, Lifts and Supports. Acrobatic and gymnastic elements **are permitted**. Lifts and Supports **are permitted** (with restrictions in MINI Age Division).

MINI Age Division restrictions:

Dancers **are not allowed** to execute more than 1 (one) aerial cartwheel, 1 (one) back handspring and 1 (one) round-off back handspring.

Dancers **are not allowed** to execute lifts where one partner's hips are above the head of the supporting partner in a standing position.

Changing costumes during the performance on stage **is prohibited**.

JUDGING CRITERIA

Overall mark given by the Adjudicators is calculated as the sum of marks for each criterion. The criteria, in order of importance, are as follows:

CATEGORIES	CRITERIA	POINTS	DESCRIPTION
Solo	DANCE MOVEMENTS + TECHNIQUE	1-30	Dance movement and Technique is expressed by: execution of dance figures (difficulty level, precision, type of movements, balance, tempo and timing, dancers' posture and body control). Here is important to demonstrate the ability and precision of movements while performing transition and link.
	ACROBATIC ELEMENTS	1-20	Acrobatic Elements is expressed by: difficulty level of acrobatic elements performed, execution technique, height and speed, dancer's flexibility and dynamics, smooth and fluid movements of arms and legs as well as precision in execution of technical elements.
	CHOREOGRAPHY	1-10	Choreography is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music.

JUDGING CRITERIA

CATEGORIES	CRITERIA	POINTS	DESCRIPTION
Duo Couple Small group Formation Production	DANCE MOVEMENTS + TECHNIQUE + SYNCHRONISM	1-30	Dance movement + Technique + Synchronism is expressed by: execution of dance figures (difficulty level, precision, type of movements, balance, tempo and timing, use of space, dancers' posture and body control). Here is important to demonstrate the ability and precision of movements while performing transition and link; for duos, couples also for lift, partnership and collaboration; similarity of figures and body movements of dancers (legs, shoulders and upper body)
	ACROBATIC ELEMENTS + SYNCHRONISM	1-20	Acrobatic Elements + Synchronism is expressed by: difficulty level of acrobatic elements performed, execution technique, height and speed, dancers' flexibility and dynamics; similarity of movements in all phases of an acrobatic element (preparation, execution and landing) performed simultaneously.
	ARTISTIC IMPRESSION + CHOREOGRAPHY	1-10	Artistic Impression + Choreography is expressed by: dancers' initial and final presentation (dancers' entry and exit from the dancefloor); distribution of figures and movements in accordance with dance context; use of space with its horizontals, verticals and diagonals; originality of music piece and costumes and their accordance with musical and choreographic context as well as variation of patterns.

Costumes of participants in accordance with IDF Dress Code Regulations.

During Competition teachers, group leaders and team/club leaders are strictly prohibited to ask any explanations from the Adjudicators. All explanations, information or complaints may be discussed with the Competition Director, in accordance with the appropriate Competition Execution regulations.

EXECUTION OF COMPETITION

FITKID DANCE SOLO (Male – Female)

FitKid Dance Solo is an individual presentation by either a male or a female dancer. Participants may compete only within their designated Age Division.

In categories where there are less than three (3) dancers registered to perform female categories will be joined with male categories within the same Age Division, and vice versa, for example: Mini Male --> Mini Female, Youth Male --> Youth Female etc.

Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively.

Preliminaries, semi-finals and finals are held with only one (1) dancer performing on a dancefloor at a time.

FITKID DANCE DUO (Both males or both females) DUO FITKID DANCE COUPLE (Male and Female)

FitKid Duo is composed of two (2) dancers where both of them are males or both are females. FitKid Couple is composed of two (2) dancers where one (1) is a male and the other one is a female.

This discipline features a single category for Duos and Couples.

If dancers represent mixed Age Divisions (e.g. one is Youth and the other one is Junior), the Duo / Couple must participate in the older Age Division.

Each dancer can participate in one or more Duo / Couple, but in different Age Divisions. Dancers of Mini Age Division are allowed to partner up and dance with Youths, Youth dancers may partner up with either Minis or Juniors, Juniors may partner up with Youths or Adults and Adults may partner up with Juniors.

Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively.

Preliminaries, semi-finals and finals are held with only one (1) Duo/Couple performing on a dancefloor at a time.

EXECUTION OF COMPETITION

FITKID DANCE SMALL GROUP (Between three (3) and seven (7) dancers)

FITKID DANCE FORMATION (Between eight (8) and twenty-four (24) dancers)

FITKID DANCE PRODUCTION (Twenty-five (25) dancers and more)

FitKid Dance Small Groups / Formations / Productions registered in Youth – Junior – Adult Age Divisions may include dancers from younger Age Divisions.

All clubs are allowed to nominate more than one (1) choreographed piece in same category, so long as with different dancers.

One or more dancers may be nominated and perform both in small groups, formations and productions.

Dancers are allowed to be nominated and perform in two (2) or more Small Groups / Formations / Productions but only in different Age Divisions.

Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively.

Preliminaries, semi-finals and finals are held with only one (1) Small Group/ Formation/Production performing on a dancefloor at a time.

Competition Director, whenever necessary, may apply modifications to the execution of the competition.

For all the situations not mentioned in these regulations, decisions will be made by the RESTRICTED TECHNICAL COMMITTEE and the IDF GENERAL SECRETARY.