



INBA Global Kids and Junior Fitness Contest Rules (2018)

Valid: from 2017 until revocation

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- **Foreword**

In fitness competitions evaluation is done by scoring. Apart from the most elaborated set of rules, the subjective factors can not be completely excluded.

This rule book was made to assist you in objective judgment, help the competitors and coaches in prepare.

I. General information

The rules of the competitions were constantly changed and adapted to the development of the sport.

1.Routine round

This is a 90-second practice which the competitor presents to his/her own music. In this round the judges appreciate coordinated movement, strength, stamina, movement of joints and loose muscles, as well as artistic effect and show-like performance. Fitness routine is compiled by a variety of sports: acrobatics, various types of dance, gymnastics, rhythmic gymnastics and aerobics, but only a certain percentage of these modes of movement are allowed. This gives the sport unique character and appearance.

2. The purpose of the competitions

- promotion of INBA competitions,
- spreading a healthy lifestyle,
- conducting the physical development of young people,
- the development of talents.

3. Structure of the competition system

INBA's individual, duo, trio and team competitions are organized in a transparent, evaluable system.

4. Arrangement of competitions

For the I-II-III-IV-V-VI age group competitors, the competition consists of 1 round:

From the turn of routine.

The age group VII (junior runners) competition consists of two rounds, the turn of routine to music and body round (in shorts, sport top and training shoes).

5. Participants of the competition:

According to the current competition announcement.

6. Entry:

Online registration till deadline. There is no field entry. Entry fee according to the competition announcement. Only children and junior competitors who have a valid medical permit of up to 6 months old will be allowed to perform. She/he also has to present a properly completed membership book with a photo which was signed and stamped by the competitor and the president of the association. Adult fitness competitors are entered and recorded under the terms and conditions that are valid so far. They can start as an individual competitor, even if they are not members of an association or club.

An annual membership fee is required for all Hungarian competitors (3000 HUF), in the already existing INBA HUNGARY website.

In case of the registered competitors, the coach and the competitor is allowed to enter the competitor's own age group or any higher, and every category until the given date.

7. Starting order

The starting order will be drawn by the competition office 1 hour before the start of the competition.

8. Certification of competitors

Certification of the competitors will be at the location of the competition before the start which is done by presenting a valid membership book. Only children and junior competitors who have a valid medical permit of up to 6 months old will be allowed to perform. She/he also has to present a

properly completed membership book with a photo which was signed and stamped by the competitor and the president of the association.

9. *Award of the competition*

The award is determined by the organizers.

10. *Competition area*

The competition area is at least 8 × 8m and not more than 10 × 10 m.

11. *Judges*

Basic terms for the functioning of judges:

- judges should be in touch with the fitness movement,
- the INBA rules must be well known,
- have to have a valid judicial examination,
- have to have a fair, impartial trial on the competitions.

12. *Publication of the results*

After the competition, the competitor's total score and placement must be communicated publicly.

13. *Music*

At the round of the fitness routine:

- Multiple musical details can be mixed in case that its effect is not confusing,
- sound effects are allowed,
- music must be on pendrive or CD
- only one competitor's music on one device
- recordings should be good quality.

The length of the routine is about 90 to 105 seconds, which starts with the first musical sound and ends with the last musical sound. If the music is longer than a 1 point reduction is given by the time check judge.

14. *Clothes*

- clothing must cover all critical parts of the body.
- At the "fitness practice" round, a competing garment is allowed that does not interfere with movement and in which movements of the body are clearly visible. Only supplies that do not assist in the technical execution of the items (springboard, podium are not allowed) can be used.
- Using prohibited supplies will result in 1 point deduction from judge.
- In all rounds where the competitor's clothing differs from the rules, 1 point is the referee's deduction.

15. *Interruption of Practice*

- If a turn does not appear 30 seconds after the competitor's call or, for some reason, does not finish the round, it must be evaluated as a missed turn. (0 points)
- Exercise can be evaluated if the contestant interrupts but leaves the competition area and continues to practice while at most 2 x 8 music phases. The deduction in this case is 0.1 to 0.5 point per artist per judge, depending on the length of the interruption. (If you leave the competition area the value of the practice is 0 points.)
- If a competitor scored 0 points in the race, he will not be able to qualify for the upgraded race system even if the number of competitors would allow it.

16. *Complaint*

Complaints about scoring and results are only accepted with realistic and reputable feedback (comparative video between two competitors). The competitor may discontinue his or her own practice if the following conditions are met:

- Inappropriate music from the studio's fault,
- general mounting error (stage lighting),
- if the music is interrupted by the studio.

With the Judiciary permission, the competitor is going to restart her own's practice.

. Evaluation of the competition

Judiciary

The Judiciary consists of 6 judges. Among them, 1 judge, 2 judges for the contents, 2 judges for the practice, 2 judges judge for the artistic effect. One judge measures the time of the practice and is also a qualifying judge.

- Each tournament has 6 judges awarded by the director of the competition and the chair of the INBA EUROPE Children's Physical Section.
- The existing aspects of the INBA rules are guiding

Rating: First-third best: cups, medals, diploma and gift packages. From the 4th place: diplomas and gift packages.

III: Disciplinary procedures

All participants in the competition must take the rules and regulations of the competitions.

A competitor must be warned if:

- misbehaves in or outside the competition area,
- demonstrate sportless behavior,
- acts with disrespectfully to judges and officials

The competitor must be excluded from the race after a single warning.

The competitor must be excluded if his/her coach or companion shows an unsportsmanlike attitude in or out of the competition.

A warning may be formally issued by the Referee.

IV. A scoring of practice

Minimum requirements:

- Strength: min: 2 sec endurance.
- Acrobatics:- minimum must have a firm front and end,
 - contain a dynamic acrobatic diagonal line of 2, up to 3 elements (required).
- Gymnastic jumps: dynamic jumps, rotation on an axis with a stretched body.
- Laziness: the angle between the legs must be at least 170°.
- Presentation of at least 3 elements of each group of elements, totaling 12 pieces.
- The distance between the chest and the ground should not exceed 15 cm.
- A split on floor, a distance of up to 5 cm between the ground and the foot (can not be seen below)

Recommended composition of the practice:

- Show implementation 20%
- Acrobatic elements 20%
- Gymnastic jumps 20%
- Force elements 20%
- Joint slack, muscle extensibility 20%.

3 principle of art effect

- music use
- land use
- performance, show

Music use:

Music selection and music use is an essential part of practice.

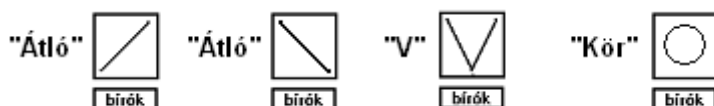
The music is in harmony with choreography, for example, jumping on high tones.

The style of music matches with the competitor's dress and style.

Land use:

Artistic effect judges appreciate the efficient use of the competition area.

Important is the number of eight steps and paths, placement and balance, and spatial forms.



Performance, show:

Requirements: the ability of a competitor to transform his/her choreography into artistic performance with the appropriate gestures of his age group. Be creative and unique. Logic-built alternatives in the job, soil and flight phases during the exercise.

- winning the audience
- be captivating
- feel the connection between choreography and music, be able to share it
- a performance that harmony with the style of music
- mingle with music, with every gesture and tune of expression, express the relationship with the music and understanding the music's message
- Presentation which resembles age and individuality
- lightness
- starting pose is important
- The competitor must be present the elements with maximum precision and the transitions and the linkages. In duo, trio and team exercises, the raise and partnerships score.
- The competitor close the choreography to create a full round sensation, in the end it is important to have an end pose
- for some style, displaying the main style of music in choreography
- the correct choreography for the age and individuality of the competitor
- the relationship between choreography, dress and music
- every move should reach its maximum extent
- every move must be finished before strating the next one
- continuity
- one move should follow the other logically, without any discontinuity and the chain of movements should affect the whole choreography

In duo, trio and team categories, two raises are required during the routine which could also be included in the starting and the ending positions either. Violence, racism, religious and sexual content are not accepted.

Attention must be paid to quality, expression and partnership (duo, trio and team)

Artistic Judge: - rates the choreography of the routine, deducting points, starting from 10.

- Small mistake- 0.1: minor deviation from perfection
- Moderate mistake - 0.2: Significant deviation from perfection
- Great mistake - 0.3: great deviation from perfection
- Unacceptable - 0.5 points: artistically unacceptable

Technical judge: - here the judge evaluates the technical execution of the movements. Each movement must be executed with maximum precision and without any mistakes including hard elements, the continuity of the choreography, conductions between the movements, partnership and raises as well as synchronization in duo, trio and team routines.

The technical judge rates the choreography of the routine, deducting points, starting from 10

- small mistake (- 0.1 point): - slight deviation from the correct technique, minor holding failures,
 - inaccuracy in horizontals and directions,
 - disordered hand and arm positioning.
- moderate mistake (- 0.2 point): - medium level holding faults,
 - moderate deviation from the correct technical execution,
 - inadequate height during jumps,
 - inadequate turnarounds,
 - insufficient split positions,
 - finishing in an unstable balance position.
- great error (- 0.3 point): - serious holding faults,
 - serious technical defects,
 - trip during exercise, severe loss of balance,
- (- 0.5 point): - fall during exercise,
- (- 1 point): - small, narrow movements throughout the exercise,
- lack of strength.

The difficult element judge: - rate the uses of the elements

The competitor must move in all three dimensions, and in practice, the elements must be selected to reflect the various abilities proportionately.

Choreography should reflect the competitor's best physical abilities and talent as a performer, conceal any deficiency.

The routine should be complex, varied, creative and intense.

The elements of the 4 groups are listed by the difficulty.

The technique of the difficult elements gets rated by the execution:

- maximum deduction for a difficult element: - 0.5 point
- small mistake -0.1
- moderate mistake -0.2
- great mistake -0.3
- fall -0.5

The point here is that there are deductions for improper execution, such as: the position of the split is not at least 160 degrees.

In the event of a tie in the I-II-III-IV-V-VI-VII. age group, the competitor with the best technical score is the winner, if the score is still the same, the artical points must be taken into consideration. It is better for the competitor to compose his/her routine from the most valuable elements because the content score is higher, but care must be taken for proper technical execution.

V.Element groups from which the practice should be composed.

Force elements: dynamic force elements

- Break turn
- Folding and straightening arms in pushup position
- Folding and straightening arms in pushup position with one leg
- Dolphin

- Upswing to handstand position
- Helicopter
- Upswing to handstand with 180 ° rotation
- One Foot Wenson
- Handstand, releasing to chest (dolphin)
- Handstand on forearm
- Double Wenson
- Force handstand
- Handstand position with 360 ° rotation
- Force handstand: getting in position without swinging
- Folding and stretching arms in pushup position straddle-legged with using one arm only
- Handstand with using only one arm
- Settling from handstand to forearm-elbow balance
- Lift from Double Wenson to handstand position
- Folding and stretching arms in pushup position with advancing
- Handstand position, 360 ° rotation, lowering to elbow support

Static force elements, lasting for at least 2 seconds

- Supported sitting with straddled-legged
- Supported sitting
- Headstand
- Wenson sitting position
- Elbow balance with straddled-legged
- Elbow balance with closed legs
- High seat with straddled- legged
- High seat with closed legs
- Supported sitting with straddled-legged with 180 ° rotation
- Positioning from supported sitting to handstand
- High supported sitting with 180 ° rotation
- Moving from headstand to handstand position
- Elbow balance on one arm with straddled-legged
- Supported balance
- Lift Wenson supported sitting to handstand
- High sitting position winging to right and left
- Forward candlestick for 2 seconds, bending one foot, stretching for 2 seconds, lowering with closed leg
- Elbow weighing on one arm

Gymnastic elements: jump-jumps

- Brave Jump
- Go Devil
- Drill jump
- Running Jumping
- Side straddled-legged with jump
- Scissors leap

- Rooster jump
- Crunch jump (shrink jumping)
- 360 ° turn, with a jump
- Crouching jumping with one leg forward Kozák)
- Split leap
- Pike jump apart
- Cadet Jump
- Back or front handspring
- Split jump
- Constriction Susunova
- Running jumps with 180° turn
- Sissone jump to split
- Devil jumps with 360° turn
- Jump from one leg to one leg
- Throttle jump with 180° turn
- Kozak jump with 180° turn
- Cadet jump with split opening
- Crouching jump with one leg stretch forward with 180° turn
- Jumping from two feet to two feet

Loopholes

- High foot flings
- 360 ° turn in tiptoe
- Bridge
- Split (horizontal, forward)
- Arabesque (above 90 degrees) - front, side, rear
- Sideward arabesque
- Standing split
- Landscape split
- Foot lift in bridge up to split
- Landscape split with 360° turn
- High foot flings in standing, tilting till split (forward, side, back)
- Sliding split
- Trunk wave standing up in toes
- From a corner seat lift up in toes with trunk wave till standing
- Illusion
- Trunk flexion to rear arabesque position
- High leg lift with foot hold up to split (forward, side, back) in sole
- Split balance
- Forward arabesque with foot hold till split
- Standing in split without foot hold
- Back trunk flexion in balance split position
- In prone position lift one foot to back with leg hold to the split position overhead
- Side arabesque without leg hold, to split position
- Standing split in tiptoe 3mp, or with 360° turn

- Side arabesque with foot hold in tiptoe
- Standing leg lift in any direction with foot turn , turn on tiptoe.
- Rear arabesque with foot lift in tiptoe
- Foot grip in a standing split, side inclined

Acrobatic elements

- Rolling Reversing (Forward, Backward)
- Reversing on shoulder
- Cartwheel
- One-handed cartwheel
- Rundel jump
- Cartwheel in forearms
- Roller swing backwards in handstand
- Tilt forward or backward
- Front handspring with a flying section to 1 or 2 feet (Foder)
- Handspring with flying section to 1 or 2 feet (Danish foder)
- Backward handspring with flying section to 1 or 2 feet (Flick)
- Side free reverse (Arabel)
- Forward Free Reverse (Forverc)
- Back flip
- Back suple flip
- Standing arabel with 1 step
- Arabel-flick
- Handstand with 720 ° turn
- Flick pushup from standing
- Flick stopped in handstand
- Forward flip (Forverc)

Combinations of the elements

- Split from helicopter
- Push up from helicopter
- Truck jump to split
- Shoulder rolling in dolphin
- Helicopter to wenson pushup
- Split from handstand
- Rundel jump with a 180° turn in the end
- Handstand with a 180° turn to split
- straddle-legged lift hold from handstand
- Lifted Wenson from handstand
- straddle-legged lift hold from force handstand
- Lifted Wenson from force handstand
- straddle-legged lift hold from headstand
- Lifted Wenson from headstand
- straddle-legged lift hold to force handstand

- straddle-legged lift hold from Wenson push up
- Lifted Wenson to force handstand
- Handstand with 360° turn lower to elbow balance

VI. Children and junior categories

contests: individual, duo, trio, team

age group: age group assignment is as follows:

I.age group	2012 and younger	
II. age group	2011-2010	
III. age group	2009-2008	
IV. age group	2007-2006	
V. age group	2005-2004	
VI. age group	2003-2002	
Junior-Fitness classic		From age 15- 17
Junior-Fitness classic		From age 17- 19
Junior-Fitness classic		From age 19- 20
Fitness classic, Women's		From age 20- 25
Fitness classic, Women's		From age 25- 30
Fitness classic, Women's		Age 35+

For duo, trio, and teams, the age of the oldest member counts. We wish every contestant a successful preparation and great results at the INBA competitions! Rules not covered by this regulation will be subject to the decision of the INBA GLOBAL Alliance and compulsory to accept by all contestants.