



**BBSA/IFBB**

**CRITERIA**

**CHILDREN'S FITNESS  
DIVISIONS**

**2019**





## **CHILDREN'S FITNESS DIVISION**

Since the strong belief of the IFBB is that bodybuilding and fitness is a healthy lifestyle followed by millions of people worldwide and has proved to have many positive benefits regardless of age – the children's fitness division has been created.

For the inaugural year of this division, the first International Champs will be held in Bratislava, Slovakia in July 2010. Affiliated countries to the IFBB will also introduce this onto their own calendars in 2010 and 2011.

The following RULES AND REQUIREMENTS have been established – however, these may be amended as the division progresses.

### **THE CATEGORIES OF THIS DIVISION**

#### **GIRLS**

- Up to 7 years of age
- Up to 8 years of age
- Up to 9 years of age
- Up to 10 years of age
- Up to 11 years of age
- Up to 12 years of age
- Up to 13 years of age
- Between 14-15 years of age

#### **BOYS**

- Up to 7 years of age
- Between 8-9 years of age
- Between 10-11 years of age
- Between 12-13 years of age
- Between 14-15 years of age

Children will compete in their age group for the entire year.

There are two rounds for this division – routine round and quarter turn round the requirements below will apply to both girls and boys.





### ROUND ONE - presentation

All athletes in the age appropriate division will be brought onto stage in numerical sequence and will stand in front of the judges for a short while – whilst being introduced by the compere. Athletes will then all leave the stage and return individually for their routines.

### Fitness routine

This consists of a fitness routine to music of choice. The duration time of the routine is 90 seconds.

The routine should contain elements of gymnastics, acrobatics, strength, flexibility, character, showmanship, personality, dance, movement, and a well-choreographed “theme” that compliments the choice of music.

As the recommended degree of difficulty, the athletes should include:

- Quick acrobatic movements – e.g. Handsprings, somersaults, flick flacks etc.
- Slow acrobatic movements – e.g. Handstand by lift, headstand by lift etc.
- Strength movements – e.g. Push-ups, stretching forward supported by arms and straddling legs etc.
- Flexibility movements – e.g. Straddled seated, splits, backbends, lifting leg up towards head etc.
- Acrobatic movements – e.g. jumps, turns, leaps etc.

### ROUND ONE - Attire

- The athletes may wear “costume dress” that will complement their music and routine
- They may wear makeup that compliments their routine theme
- They may add any accessory that will complement their theme and dress (i.e. Glasses, wig, false nose, cane, hat etc.)
- Hair styles to compliment
- They may wear training shoes, dance shoes or be barefoot
- The athletes may not wear any jewellery
- Athletes may not apply any tan, oil or glitter their bodies.

### ROUND ONE – Judges Assessment

The Judges will score the individual athlete based on their:

- Choice of music
- Choice of theme





- Choice of dress
- Gymnastic moves
- Gymnastic combinations
- Acrobatic moves
- Elements of strength
- Elements of flexibility
- Elements of dance
- Speed or tempo of routine
- Elegance, poise
- Flow of routine with music
- Showmanship
- Choreography
- Confidence

#### ROUND TWO – presentation

There will be a break between round one and round two for the age group athletes. This will give them a chance to change into their round two attire.

- Athletes in the age division will be brought onto stage in numerical sequence and will stand in front of the judges.
- The Chief Judge will call on the athletes to perform the standard QUARTER TURNS.
- The judges will have a chance to call on comparisons during this round.

#### ROUND TWO – attire

In round two the following dress will be worn:

##### GIRLS

- Lycra fitness shorts
- Lycra fitness crop top
- Barefoot
- Hair up (if long)

##### BOYS

- Either Lycra fitness shorts or sporting boxer shorts





- No top
- Barefoot

Athletes may not apply any tan, oil or glitter to their bodies.

#### ROUND TWO – Judges Assessment

The Judges will score the individual athletes based on their:

- General body shape – considering the age group of the children
- Overall “fitness look” of the athlete
- Confidence
- Poise and grace
- Posture
- Balance
- Healthy skin tone

