

10. 10. 2026

IBFF Fit Kids & International Dance Open



INTERNATIONAL
DANCE OPEN
QUALIFYING EVENT

Fitness
& dance
soutěž



Ústí nad Labem
Sportcentrum SLUNETÁ
Jateční 1026/18

WWW.IBFF.CZ
WWW.DANCEOPEN.CZ



INFORMATION

DATE, PLACE & ENTRIES

DATE & VENUE

10 October 2026**Sluneta Sports Centre****Jateční 1026/18, Ústí nad Labem,
Czech Republic**

ENTRIES

www.ibff.czEntry deadline **28.9.2026**

Payment by invoice issued after entry. Participation in the competition is always approved by the president of the respective country.

Sign in - www.ibff.cz/en/login

ENTRY FEE

Solo**400 Kč / 16 €*** **Duo / Trio****350 Kč / 14 €*** **Group / Formation / Production****300 Kč / 12 €***

ALL-DAY SPECTATOR TICKET

**200 Kč
/ 8€**

ALL-DAY CHILD TICKET

**100 Kč
/ 4 €**

Children 6–14 years. Cash only at the entrance.



CATEGORIES

AGE CATEGORIES

SOLO detailed age categories (years)

3-5	6	7	8	9	10
11	12	13	14-15	16-17	18+

DUO · TRIO · GROUP · FORMATION · PRODUCTION

3-5	6-8	9-11	12-14	15-17	18+
-----	-----	------	-------	-------	-----

Placement is based on the age the competitor reaches on the day of the competition. For team routines the average age is calculated according to IBFF Fit Kids rules. The organiser reserves the right to adjust the age brackets.

IBFF CATEGORIES

COMPETITION ROUTINES

Solo	1	Duo	2	Trio	3
Group	4-10	Formation	11-15	Production	16+

MUSIC

TIME LIMITS

SOLO	DUO	TRIO	GROUP	FORMATION	PRODUCTION
2:30	3:00	3:00	5:00	6:00	8:00

Max. track length in minutes · measured from first to last audible sound · music uploaded at entry.



CLUB MANUAL

FIT KIDS DISCIPLINES

Ratio of **performance** / **dance** and permitted aerial elements by difficulty.

FIT KIDS

80 % performance

20 % dance

High difficulty, 80 % acrobatic and gymnastic performance.

A

Everything permitted.

B

Only selected aerial elements:
round-off, dive roll,
flic-flac forward &
backward, valdez,
onodi, mochino to
seat.

FITNESS DANCE

60 % performance

40 % dance

Newcomers and beginners, low difficulty. No salto elements.

A

Only selected aerial
elements:
dive roll, flic-flac
forward & backward,
valdez.

B

All aerial elements
without hand contact
are prohibited.

FREESTYLE DANCE

40 % performance

60 % dance

Highest share of dance, intended mainly for dancers.

A

Everything permitted.

B

Only selected:
dive roll, flic-
flac forward &
backward,
valdez, onodi,
mochino to
seat, round-off.

C

Aerial elements
without hand
contact are
prohibited.

ACROBATIC DANCE

60 % performance

40 % dance

Medium to higher difficulty. Elements of all groups permitted.

✓

Everything permitted. No level split.

Performance (acrobatics & gymnastics)

Dance

FITNESS STAMINA

Sit-ups, squats and push-ups
— 30 seconds per exercise.

POLE DANCE

Pole dancing — strength,
flexibility, spins and dynamic
elements.

IMPROVISATION

Spontaneous performance, no
prepared choreography, to
unknown music chosen by the
organiser. 60 s.

COMPETITION DISCIPLINES

DANCE STYLES

21 competition disciplines

Disco Dance

Show Dance

Jazz Dance

Modern

Contemporary

Lyrical

Latin Show

Ballet

Majorette

Folk – Ethnic

Character – Musical Theatre

Belly Dance

Breaking

Hip Hop Battle

Hip Hop Show

MTV Commercial

Street Jazz Fusion

K-pop

Cheerleading

Pom Pom

Improvisation

Open

Every discipline is contested across all routine formats and age categories. Placement and judging follow the current rules of **International Dance Open**.

ROUTINE FORMATS

ENTRY CATEGORIES

Solo

1

Duo

2

Trio

3

Group

4–10

Formation

11–15

Production

16+

**INTERNATIONAL
DANCE OPEN**
QUALIFYING EVENT



ORGANISATIONAL NOTES

IMPORTANT INFORMATION

OTHER IMPORTANT INFORMATION

- Competition floor size Fit Kids **12 × 12 TATAMI**.
- Competition floor size IDO **12 × 16 BALETIZOL**.
- Warm-up area **TATAMI**.
- The competition schedule will be e-mailed after the entry deadline.
- Bistro at the hall entrance: coffee, sweet and savoury pastries and soft drinks.

PARKING & TRANSPORT

Parking is available **at the SLUNETA Sports Centre**

ENTRY & REGISTRATION ON SITE

Team leaders check in their team at the marked registration point, where they receive identification wristbands for the whole team. Check-in times will be confirmed.

Spectators are not allowed on the competition floor. Only female chaperones or coaches may enter the ladies' changing rooms. Eating and drinking is **strictly prohibited** across the whole competition and warm-up area — the only exception is a drink in a resealable plastic bottle. Tickets are payable in **CASH** only and spectators receive an identification wristband.

MAIN EVENT ORGANISER

Mgr. Petra Dočekalová

+420 602 214 416 · docekalova@ibff.cz

MAIN REPRESENTATIVE

Peter Schmidt

+420 724 034 934 · peter@ibff.cz

We look forward to seeing you!



**INTERNATIONAL
DANCE OPEN**
QUALIFYING EVENT