



TRIPLE-A FITNESS & AEROBICS – JUNIOR DIVISION GUIDELINES

Triple-A, Fitness & Aerobics, now in its 12th year, is the most complete competition-based fitness and aerobic organization anywhere. Triple-A, Fitness & Aerobics has achieved this status by offering to its participants, more events than any other organization of its kind. Triple-A, Fitness & Aerobics is the only place to get training, workshops and seminars that will help you compete and win! No matter your category, experience or age, Triple-A, Fitness & Aerobics has an event for you.

FITNESS LEGACY QUALIFIERS – JUNIOR DIVISION / BOYS & GIRLS

This event has been designed for the junior participant with any amount of gymnastics or dance background. Please note that there is no “comparisons” (swimsuit) round for this category. The age range for this division is from 7 to 17.

Below are the basic outlines for this event; please get a copy of the “complete” regulations from your event host.

1. Routine – Prepared routine between 75-90 seconds to music of your choice. Routines should show an even balance of dance, strength & flexibility. Gymnastics moves are encouraged but are not a requirement.
2. Sportswear Modeling Round – Active clothing or Sports Team Clothing & A prop must be used in this round. Example: Soccer Jersey w/Soccer Ball, Tennis Outfit w/Racquet, Beach wear with Volleyball/Sun-hat Glasses, etc. Must “mock demonstrate” props.
3. Spokesperson (Commercial & Print-work Readiness) - Participants must deliver a prepared speech 30-45 seconds, in formal attire. Top 5 qualify for “The Legacy International Trophy” & Crown!

SPORTAEROBIC QUALIFIERS – JUNIOR DIVISION / BOYS & GIRLS

The Triple-A District Qualifier events are open to everyone and they are a perfect opportunity for juniors to add a little more challenge to their fitness regimens, routines and lifestyles. *No advance practice is necessary.* Costumes are not required and music will be provided if you do not have your own selection. Contestants may compete in the following categories and divisions:

<u>Category</u>	<u>Division</u>	<u>Subdivision</u>
Aerobic	Juniors	Singles/Doubles/Triples/Quads Plus
Hip-Hop & Dance	Juniors	Singles/Doubles/Triples/Quads Plus

There are two ways to participate in a District Qualifier:

- 1) Participate in the “Follow-the-Leader” instructional rounds prior to the final judging rounds.
- 2) Arrive with a prepared routine, bypassing the “Follow-the-Leader” rounds, and proceeding directly to the final judging rounds.

“FOLLOW-THE-LEADER” INSTRUCTIONAL ROUNDS:

Aerobic & Hip-Hop Junior competitors, who do not have a prepared routine, must participate in the watch and follow style rounds, which we call the Triple-A Fitness & Aerobics “Follow-the-Leader” Fitness Challenge. During these instructional rounds, all contestants will learn a 1-minute Aerobic or Hip-Hop & Dance routine, depending on the category they’ve entered; more than one category is acceptable. Competitors in each category will learn the same routine at the same time. After learning the routine, contestants can modify the routine according to their own movement and comfort level. Participants are advised not to stray too far from the original choreography because they might forget the basic steps they’ve already learned. These “*Instructional Rounds*” are taught in a “*Masterclass*” format, and run last about 1-hour. After these rounds have been completed, there will be a break the length of this break is determined from event to event. The break is provided so all participants will have time practice the routine(s) learned.

FINAL JUDGING ROUNDS AND JUDGING CRITERIA:

After the break period has ended, the judging rounds will begin. At that time, those with prepared routines will join those who participated in the “Follow-the-Leader” instructional rounds. The judges will score all routines individually or in accordance with the division entered (e.g. as a double, triple or group). *All participants in the District Qualifiers* will be judged in the following three (3) areas only: ***Execution, Endurance and Excitement!*** There are no strength or flexibility movements required and no one-armed pushups or splits required. There are no extra or special points awarded for gymnastic style moves or tricks, although they are allowed. There are no other specific rules, however tumbling movements such as round-offs and back handsprings are prohibited. For gymnastics see: “Junior Fitness” Division outlined above. Prizes will be awarded to the three (3) highest scorers in each division.

ADVANCING TO THE INTERNATIONAL FINALS AFTER QUALIFYING:

The top five (5) participants in each division will advance to the International Grand Finals (IGF) Championship. At that event, all finalists from the District Qualifiers must compete with their own prepared routine(s). It is recommended that newer participants use the “*Prepared Routine*” that they qualified with as a “base” routine for finals. That base routine, combined with some additional modifications listed in the ***Official Championship Rules and Guidelines Handbook***, will help ensure your success, and you will save on expensive choreography and coaching fees too! The Official Handbook contains the complete IGF event rules. Success at IGF depends upon following the rules and guidelines in the Handbook.

All participants must be Triple-A Fitness Members in Good Standing.