

IFBB

**CHILDREN'S
FITNESS CHALLENGE
RULES**

INTRODUCTION

IFBB CHILDREN'S FITNESS CHALLENGE consists of a circuit with exercises in 6 stations where athletes try to perform the maximum number of repetitions in 1 minute.

Categories are established and athletes compete with each other demonstrating their maximum physical performance.

INDIVIDUAL CATEGORIES

FITNESS CHALLENGE MINI (Girls and Boys)	
6-10 years of age	

FITNESS CHALLENGE GIRLS	
Class A	11-13 years of age
Class B	14-15 years of age

FITNESS CHALLENGE BOYS	
Class A	11-13 years of age
Class B	14-15 years of age

Children compete in their own category during the whole year (until the 31st of December) in which they reach upper age limit of their category.

ATTIRE

The minimum required attire:

- tank top which covers the abdominals
- shorts which cover the whole gluteus maximus and all of the frontal area. Their lower edge should be parallel to the floor, when standing straight
- sport shoes

Any wrist bands, knee bands, jewellery, glasses, watches, pendants, necklaces, wigs or using body oil are not allowed.

METHODOLOGY AND CRITERIA OF ARBITRATION AND SCORING

How is the CHILDREN'S FITNESS CHALLENGE individual competition developed?

- 1) It is a six stations circuit. In each station, a different exercise is performed.
- 2) In each station, the athlete performs a maximum of repetitions within 1 minute. The athlete can interrupt the exercise (i.e., for resting) except regular plank and resume it in this time frame.
- 3) Each athlete starts at station number 1 and moves to the next one at the end of the exercise, always following a numerical Progress until you complete the six exercises in the circuit.
- 4) All athletes change stations simultaneously, progressing to the next exercise in numerical order with a time of 1 minute to rest and prepare for the next station.
- 5) Up to 6 athletes compete simultaneously, each in a station and with a judge controlling technical correction and recording the repetitions performed.
- 6) A judge waits for the athlete at the next station. He controls the correct execution and records the repetitions performed on a control sheet that the athlete carries with him.
- 7) Total time in each station is 1 minute (run) + 1 minute (station change). All athletes start the next exercise at the same time.
- 8) All athletes go through all the exercises and must perform all of them correctly, adhering to the regulations described for this purpose
- 9) The total time of the test is 12 minutes (1 minute to perform + 1 minute to change stations and recover x 6 stations)
- 10) Every time an athlete completes all six exercises, they finish and leave the circuit
- 11) Athletes compete for maximum repetitions in each station. These repetitions are noted on their control sheet.

In INDIVIDUAL COMPETITION, athletes classify by the sum of repetitions in the six exercises of the circuit.

ATHLETE AND JUDGE ROLE

ATHLETE'S ROLE

- The athlete will always follow the technical indications of the judge arbitrator
- The athlete will perform as many repetitions of the exercise as possible at each station.
- The athlete will accept any repetitions that the judge/arbitrator deems valid.
- The athlete must respect the start of each exercise and interrupt it within 1 min. You can't continue replays, but you won't do any beyond this time
- The athlete will move to the next station at the end of the 1 min. It will be positioned to start the next exercise when directed by the Center Judge or the Judge / Timekeeper.
- At the end of the six stations, the athlete will leave the competition venue.

JUDGE'S ROLE

- In each circuit, there will be six judges/arbitrators, one assigned to each station
- It is equipped with a board and forms and a pen to write.
- The judge counts the valid repetitions each athlete performs with a loud voice for the athlete to hear at their station during counting.
- Valid repetitions are those that the judge considers; those that it invalidates are null, and only valid repetitions are added.
- The judge/arbitrator controls the start and end of the exercise by following the orders of the central judge or judge/ timekeeper marking the time intervals.
- The judge waits for the next athlete to arrive at his/her station and accompanies during the 1-min break and position for the start of the exercise.

ROLE OF THE CENTRAL JUDGE

- The head judge manages the competition, managing the timer and instructing the judges, and collaborating with them on technical matters
- He may delegate a judge to control the partial and total timings
- The central judge (or someone appointed by him) collects the control sheet from each athlete at the end of the 6. He signs the control sheets for each athlete, couple, or team and sends them to record.
- Central Judge must appoint a person to collect sheets of athletes after every station finishes and bring them to a statistician for recording.

1

HALF-SQUATS WITH HANDS STRAIGHT FORWARD

1st Station

The lower position is at 90° of knee angles, and the upper position is at $170-180^\circ$ of knee angles. Arms are always parallel to the floor with extended elbows throughout the exercise.

Safety notes: Not lower than half-squat because of the increased probability of bad squat technique. Nearly fully extended knees in the top position but not overextended.

1 repetition = 1 point



2 PUSH-UPS AT 45° ANGLES

2nd Station

Individuals grab a barbell that is stabilized in a rack with safety bars. The safety bars are placed in a height that bring the body in diagonal position. In the lower position of the push ups, the elbows should be in the sides of the shoulders. Less range of motion means that repetition is not counting.

Safety notes: Children use the regular-overhand grip with the thumb around the barbell. Elbows should not come over the shoulder height during the repetition, and 60o-80o of shoulder abduction is recommended in the bottom position.

⚠ 1 repetition = 1 point



3 BURPEES

3rd Station

Children start in standing position. They lower the body in half-squat position, place their hands in the floor, and kick both legs back in a plank-pushups position. In the end, they bring their legs forward and come to a standing position.

Safety notes: Pelvic and torso don't touch the floor during the plank-pushups position, and the elbows

⚠ 1 repetition = 1 point



1) top left, 2) Center-left, 3) bottom left, 4) bottom right, and repeat

4 SIT-UPS WITH BODYWEIGHT

4th Station

Starting position is lying down in the back with the knees bent and feet flat on the floor. Then, they lift the torso and sit up till the body comes nearly upright. Then, from that position, they return to the lying position by rolling down. Free movement of arms throughout the movement. In the top position, the hands are above their head with extended elbows.

Safety notes: During the movement, the abdominals are flexed, and vertebrae touch/untouched the floor one at a time.

▲ 1 repetition = 1 point.



5 SIDE JUMPS OVER ROPE

5th Station

Individuals do lateral jumps looking forward. The rope is stretched and tied at two fixed points. The height of the rope is 20cm. The jumps should be made with both legs and not one at a time. The body stands forward.

Safety notes: There will be mats below and around the rope in case of fall.

⚠ 1 lateral jump = 1 point



6 REGULAR PLANK

6th Station

Forearms are in touch with the floor and shoulders and elbows are at 90° angles. The line that connects shoulders, pelvic and ankles should be in a straight line". - Safety notes: abdominals are flexed, and they keep the lumbar spine and the pelvic in a normal position. The technique fails when the abdominals fail to flex, and anterior pelvic tilt happens.

⚠ 1 second = 1 point

