

OFFICIAL COMPETITION RULES

ATFSZ Sports Federation

“Shining Future Stars” Competition

FITMOVE - Speed and Fitness Challenges

Individual event

Open to everyone, regardless of dance category.

This category demonstrates that, alongside the strict regulations of modern dance festivals and competitions, there is also room for pure, unrestricted athletic performance.

The category is designed for participants who enjoy physical challenges. Competitors complete strength and speed exercises within a one-minute time frame.

The primary focus is on pure physical performance, explosive power, speed and endurance.

Exercises

1. Box Jump
2. Sit-Up
3. Push-Up
4. Squat
5. Burpee

The official FITMOVE exercise sequence is demonstrated in the corresponding video.

RISING STAR - Beginner Skill Levels

Individual event for boys and girls

Compulsory Routines

- Level 1 compulsory routine
- Level 2 compulsory routine
- Level 3 compulsory routine

Purpose of the Category

The simplified routines provide competitors with an opportunity to gain stage experience in a low-stress environment.

The achievement-oriented evaluation system, awarding Bronze, Silver and Gold classifications, is designed to motivate competitors to continue developing their skills.

The progressively structured movement content of the compulsory routines provides an excellent foundation for learning and executing individual elements with correct and precise technique.

The required elements increase in difficulty from Level 1 through Level 3.

At Levels 1, 2 and 3, competitors must perform the prescribed choreography, including all compulsory elements, to music of their own choice.

The official RISING STAR compulsory routines are demonstrated in the corresponding videos. Any deviation from the prescribed routine, or the omission of an element or choreographic section, will result in a deduction from the competitor's score.

ADVANCED RISING STAR - Advanced Skill Level

Available for:

- Solo
- Duo
- Small Group
- Formation

Categories

Code	Category	Description
A	Acrobatic Stars	Acrobatic Dance with Fitness Elements
B	Visual Show Stars	Visual / Show Dance
C	Grand Show	Storytelling and Theatrical Dance
D	Character Stars	Open / Character Dance
E	Modern Art Stars	Self-Expression and Artistic Freedom

Competitors perform choreography of their own choice, demonstrating both their individual personality and an appropriate level of technical proficiency.

Performance Duration

Division	Duration
Solo	1:00
Duo	1:00-1:15
Small Group - 3-7 competitors	1:00-1:30
Formation - 8-16 competitors	1:30-2:00

SFS PRO - Shining Rising Stars Pro

Available for:

- Solo
- Duo
- Small Group
- Formation

Categories

Code	Category
A	Acrobatic Stars
B	Visual Show Stars
C	Grand Show
D	Character Stars
E	Modern Art Stars

This level is intended for experienced competitors who have participated in numerous national and international competitions.

Performances should demonstrate confident technical proficiency and a distinctive artistic presentation.

Competitors have full technical freedom; no technical element restrictions apply.

“Shining Future Stars Discovery Award”

Eligibility: The title may be awarded exclusively to competitors at SFS PRO level.

Selection principle: Regardless of the division entered - Solo, Duo, Small Group or Formation - the title may be awarded to the performance achieving the highest score across the SFS PRO categories.

Performance Duration - SFS PRO

Division	Duration
Solo - 1 competitor	1:30
Duo - 2 competitors	1:45
Small Group - 3-7 competitors	2:00-2:30
Formation - 8 or more competitors; no maximum group size	4:00

Age Divisions

Age Division	Age
Little Star	7 years and under
Kids I	8-9 years
Kids II	10-11 years
Teens	12-13 years
Juniors I	14-15 years
Juniors II	16-18 years
Adults	18-24 years
Legends	25 years and over

Age-group classification is determined according to the competitor's year of birth in the current calendar year.

Rules for Competing in a Higher Age or Skill Division

Oldest-Member Rule

In the Duo, Small Group and Formation divisions, the age classification of the performance is always determined by the year of birth of the oldest dancer.

Competing Up

Younger competitors may freely participate in an older age division as part of a multi-member performance.

Solo Exception

In Solo divisions, competitors may only enter the age category corresponding to their own year of birth. Competing in a higher age division is not permitted.

No Competing Down

An older dancer may under no circumstances participate in a performance entered in a younger age division.

Moving Up Between Skill Levels

Competitors at RISING STAR Level 3 are eligible to enter any category at ADVANCED RISING STAR level.

This progression is strictly one-way: competitors may move upwards only.

Unrestricted Entry in Open-Choreography Categories

In open-choreography categories, competitors may decide for themselves which category and skill level they wish to enter.

A competitor may enter several different categories at the same competition, provided that all entries are made within the same skill level.

Composition of Duos, Small Groups and Formations / Selection of Skill Level

Mixed-level composition: Teams may consist of competitors from any skill level.

Free selection of competition level: The team leader is responsible for deciding at which level the team or formation should compete, based on the composition of the team and the technical difficulty of the choreography.

Main Characteristics of the Competition Categories

A / Acrobatic Stars

Acrobatic Dance / Fitness

The routine must include:

- acrobatic elements;
- gymnastic jumps and leaps;
- strength elements;
- elements demonstrating flexibility and joint mobility.

Main Judging Criteria

Difficulty and technical execution of acrobatic elements, including:

- overall quality and safety;
- accuracy and stability of take-off and landing;
- height;
- quality of the flight phase;
- explosive power;
- duration of the airborne phase;
- accuracy of body axes and directions.

Strength elements: Difficulty, precision and effortless execution without visible strain.

Gymnastic jumps and leaps: Explosiveness of the take-off, clarity of the flight phase and controlled landing.

Additional criteria include:

- degree of flexibility and joint mobility;
- smooth transitions between dance movements and acrobatic elements;
- exciting and creative element combinations;
- musicality and stage expression;
- in lifts and tosses, the stability and coordination of the throwing and catching partners, as well as the precision of airborne holds.

Prohibited Acrobatic Elements at ADVANCED RISING STAR Level

The following are prohibited:

- combinations of more than three consecutive acrobatic elements;
- flicks performed with rotation;
- forverc;
- szuplé;
- forward or backward tuck or pike saltos;

- any form of twisting salto.

No element restrictions apply at SFS PRO level.

B / Visual Show Stars

Visual Dance / Show Dance

This is a highly visual fusion discipline primarily based on Rhythmic Gymnastics, Artistic Gymnastics and Fitness.

The routine:

- may not contain an acrobatic element incorporating an airborne/flight phase;
- may optionally include the use of apparatus.

Main Characteristics

- expressive performance;
- visually impressive element combinations;
- musical diversity.

Main Judging Criteria

Technical execution, including:

- pointed and controlled feet;
- straight and controlled knees;
- height of jumps;
- stability of landings.

Artistic impact and show value, including the overall harmony of:

- costume;
- music;
- choreography.

Choreography and spatial use, including:

- creative use of the entire performance area;
- use of different spatial levels, including floor level, standing level and, in group or formation routines, elevated/aerial levels.

Note - SFS PRO

At SFS PRO level, competitors are expected to demonstrate exceptional flexibility and combined gymnastic jump sequences.

C / Grand Show

Storytelling / Theatrical Dance

The defining feature of this category is the stage presentation of a clearly identifiable story, plot or character development.

The performance must include:

- an introduction;
- development or conflict;
- a climax;
- a conclusion.

Props and stage scenery are permitted and encouraged.

Main Judging Criteria

- clarity and comprehensibility of the storyline;
- acting ability and charisma;
- visual presentation;
- active use of stage scenery and props;
- costume;
- cooperation between soloists and supporting dancers;
- continuously changing formations in Small Group and Formation performances.

D / Character Stars

Open / Character Dance

This category is intended for stylised stage interpretations of:

- traditional folk dances from different nations and cultures; or
- well-known theatrical or film characters,

combined with modern dance techniques and gymnastic/acrobatic elements.

A performance may be entered in this category if it cannot reasonably be classified under another official competition category.

Mixing different styles is permitted.

The category is characterised by:

- experimental freedom;
- technical diversity.

The judging panel rewards:

- unusual musical choices;
- surprising and unconventional ideas;
- innovative approaches that break traditional stylistic boundaries.

Main Judging Criteria

- authenticity and credibility of the performance's message;
- how effectively the performance reflects the selected culture or character;
- integration of acrobatic elements and gymnastic jumps into a stage-show presentation;
- authenticity and suitability of the costume.

E / Modern Art Stars

Modern and Contemporary Artistic Dance

This category forms a bridge between classical ballet, contemporary dance theatre and physical show dance.

Its technical foundation includes:

- jazz dance;
- lyrical dance;
- modern dance techniques, such as Graham, Limón and Horton;
- the fundamentals of classical ballet.

Controlled torso movement and precise balance positions are expected.

Acrobatic and flexibility elements may be used only as supporting elements, rather than as the main focus of the routine.

A strong emphasis is placed on:

- fluid floorwork;
- continuous and unexpected changes of level;
- emotional and artistic depth.

Main Judging Criteria

At Advanced Level, judges evaluate:

- clean body lines;
- stable turns;
- fundamental jumps and leaps, such as the stag leap;
- musical synchronisation.

At PRO Level, competitors are expected to demonstrate:

- exceptional body awareness and control;
- asymmetrical and complex turning sequences;
- technically demanding jump combinations;
- dynamic floorwork techniques.

The performance must also demonstrate:

- artistic value;
- authentic emotional expression;
- strong stage presence.

General Judging Criteria by Performance Division

Solo

The focus is on individual performance, including:

- technical precision;
- musical interpretation;
- stage charisma;
- overall performance quality.

Duo

Judging focuses on:

- harmony between partners;
- synchronisation;
- timing;
- eye contact;
- continuity, safety and aesthetic quality of lifts, catches and physical contact;
- symmetrical or intentionally asymmetrical use of the stage;
- geometric positioning and spatial relationship between the two partners.

Small Group

Judging focuses on:

- group unity;
- consistent technical standard across all members;
- balance between soloists and supporting dancers;
- clear distribution of emphasis and focus;
- variety of formations;
- speed and fluidity of transitions between formations.

Formation

As the largest performance division, the primary focus is on:

- large-scale visual impact;
- spatial design and use of the stage;
- overall visual presentation;
- spatial complexity;
- visual effects and show value;
- discipline and spatial awareness.

General Scoring Weights

The following weighting applies to all categories:

Judging Component	Weight
Technique	35-40%
Choreography	30-35%
Performance	25-30%

Each judging criterion may be scored from 0.0 to 10.0 points.

Official Penalties and Deductions

Violation	Penalty
Exceeding or failing to comply with the time limit	0.5 points
Performing a prohibited element	0.5 points
Performance inconsistent with the style/category	0.5 points
Inappropriate attire, including provocative or potentially injury-causing clothing or jewellery	0.5 points
Exceeding the permitted 15-second stage-set preparation time	Not specified in the original rules
Stepping outside the stage/performance area	0.3 points
Permanently leaving the stage during the performance	Automatic exclusion of the performance from judging

Non-Choreographed or Intentional Falls

- Loss of balance / unstable landing: 0.1-0.5 points
- Minor fall: 0.2-0.3 points
- Serious fall: 0.5 points

Incorrect Age-Group Entry

Entering a competition in an ineligible age division results in immediate disqualification.

Tie-Break Rule

If two different performances within the same category receive exactly the same highest overall score, the Technique score will determine the final ranking.

Competition Entry and Registration Fees

Competition Entry Fees

Division	Fee
Solo	HUF 8,000 per competitor
Duo	HUF 6,000 per competitor
Small Group / Formation	HUF 4,000 per competitor
FITMOVE	HUF 6,000 per competitor

Registration Fee

Associations, dance schools and studios are required to pay a one-time competition registration fee of HUF 10,000.

Individual competitors are not required to pay a registration fee.