



## -TOTAL FREESTYLE TROPHY 2019-

### Rules and Conditions

TOTAL FREESTYLE TROPHY 2019 targets professional fitness teachers from all over the world, or future pros during their training period. Minimum age required is 18 yo as per 1 as of January.

#### **1 – Competitors welcoming: 8:15 – 8:45 AM**

Any delay will lead to a direct elimination

#### **2 – Marathon (Saturday 9:00 – 11:00 AM)**

The marathon consists of 1 step class (1 hour) followed by 1 HiLow class (1 hour)

The scores will be given according to below criteria:

- Physical condition
- Technique, moves, execution
- Style and interpretation of the choreography
- Ability to assimilate the moves and variations
- Attitude, smile and animation

**At the end, 21 competitors will be selected**

**Competitors must remain at the location that has been attributed to them at the beginning of each class.**

**5 minutes break is planned between these two classes. You can use this time to drink and refresh yourself, but leaving the room is strictly forbidden and could disqualify the competitor.**



### 3 – Semi-finals (Saturday 1:00 – 6:00 PM and Sunday 9:00 – 11:00 AM)

The competitors must come next to the stage at least 15 minutes before their class.

Each competitor has to prepare a 20 min class: STEP or HILOW

Classes will be attributed randomly.

**The music will be chosen by the Jury.**

Score out of 25 points, based on:

- Pedagogy : risk / originality
- Choreography : risk / originality
- Technique and execution
- Communication and animation (playing with the music and adjusting intensity)
- Physical condition and personal touch

**Penalties :**

- **Music management : mistakes on musicality – 1 Point**
- **Falling from the stage = disqualification**

**The highest and lowest score will not count**

**Remaining scores will be added**

**The 6 best scores will qualify the competitors**

### 4 – Finals (Sunday 1:00 – 4:30 PM)

The competitors must come next to the stage at least 15 minutes before their class.

Each competitor has to prepare a 30 min class: STEP or HILOW

A competitor performing a Step class during the semi-final will be assigned to a Hilow class during the Finals. With the same logic, if the semi-final class is a Hilow, Finals should be a Step class for the competitor.

The final classes will be assigned according to the ranking of the semi-final

Step tempo is limited to 140 BPM

Hilow tempo is limited to 160 BPM

**Each finalist will perform his class with his own music. Once the class started, there is no possibility to touch the sound system neither to change the tempo or choose a track. Only exception is to change the volume, by requesting it to the jury. The used CD/Music must be prepared for this 30 min class.**

Score out of 25 points, based on:

- Pedagogy : risk / originality
- Choreography : risk / originality
- Technique and execution
- Communication and animation (playing with the music and adjusting intensity)
- Physical condition and personal touch

**Penalties :**

- **Music management : mistakes on musicality – 1 Point**
- **Falling from the stage = disqualification**

**The highest and lowest score will not count**

**Remaining scores will be added**

**During the Final, each competitor's score will be displayed on a screen with the general ranking. The top 1 competitor will have to stay in the "score zone" until another competitor beats his score. The highest score will win the TOTAL FREESTYLE TROPHY 2019**

## Judges:

The contest judges have been chosen for their reputation and well-known qualities, as part of the highest rank of Fitness Presenters and organizers. They might have to move around the room to take a closer look at the competitors, without disturbing them during the contest.

Jury PRO:

- Katia Vasilenko
- Taras Klimov
- Yamine Saoudi
- Kanae Takaegahara
- Fares Soltani
- Laetitia Vital
- Riccardo Camicia
- Karina Filbien
- Fathi Mohammedi
- Mustafa Ait Aiss



## Prizes Categorie PRO :

1<sup>st</sup>

- **1200€**
- 1 Class at Summer Convention 2019
- 1 Class at one of Total Freestyle Episodes
- 1 Class during a Starter or Elite Total Freestyle Convention
- 1 Class at the Fitness4 2019 (in Japan)
- 1 Class at the Aquitaine Fitness Party 2019
- 1 Class with Nakama Fit
- 1 Class at the Carrefour des experts (in Morocco)



2<sup>nd</sup>

- **800€**
- 1 Class at Summer Convention 2019
- Full year 2019 with Total Freestyle for free as a participant + 3 days at the Salon Body Fitness Paris



3<sup>rd</sup>

- **400€**
- 1 Class at Summer Convention 2019
- Full year 2019 with Total Freestyle for free as a participant + 3 days at the Salon Body Fitness Paris

4<sup>th</sup>

- Full year 2019 with Total Freestyle for free as a participant + 3 days at Salon Body Fitness Paris + Summer convention 2019 (without accommodation)

5<sup>th</sup>

- Full year 2019 with Total Freestyle for free as a participant + 3 days at the Salon Body Fitness Paris + Summer convention 2019 (without accommodation)

6<sup>th</sup>

- Full year 2019 with Total Freestyle for free as a participant + 3 days at the Salon Body Fitness Paris

