



## **-TOTAL FREESTYLE TROPHY 2018-**

## **-Rules and Conditions AMATEUR-**

**TOTAL FREESTYLE TROPHY 2018 targets passionate fitness from all over the world. Without age limit. **PROHIBITED TO PROFESSIONALS****

### **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 amateurs will compete during passages of the PRO competitors

Score out of 25 points, based on:

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

**The highest and lowest score will not count**  
**Remaining scores will be added**  
**The 10 best scores will qualify the competitors**

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

The amateurs will compete during passages of the PRO competitors

Score out of 25 points, based on:

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

**The highest and lowest score will not count**  
**Remaining scores will be added.**  
**The highest score will win the TOTAL FREESTYLE TROPHY 2018**

### 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 AMATEUR:

- Anto Pipo
- Iva Mojziskova
- Greg Watellier
- Alex Ferrez Dias
- Mathieu Pelletier

## Prizes

### Categorie AMATEUR :

1<sup>st</sup>

- Full year 2018 with Total Freestyle for free as a participant
- 3 days at the Salon Body 2018
- Seignosse Summer Convention 2018 + accommodation
- Carrefour des experts 2018 in Morocco + accommodation All Inclusive
- Aquitaine Fitness Party 2018 + accommodation

2<sup>nd</sup>

- Full year 2018 with Total Freestyle for free as a participant
- 3 days at the Salon Body
- Seignosse Summer Convention 2018 without accommodation

3<sup>rd</sup>

- Full year 2018 with Total Freestyle for free as a participant
- 3 days at the Salon Body

4<sup>th</sup> & 5<sup>th</sup>

- 3 days at the Salon Body

6<sup>th</sup> & 7<sup>th</sup>

- Total Freestyle Episodes at your choice

8<sup>th</sup> 9<sup>th</sup> & 10<sup>th</sup>

- Total Freestyle Stage at your choice

