



-TOTAL FREESTYLE TROPHY 2020-

Rules and Conditions

TOTAL FREESTYLE TROPHY 2020 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, 20 competitors will be selected + 1 competitor who won the contest « РАМПАМН » in Russia.

Competitors must remain at the location that has been attributed to them at the beginning of each class, to avoid an elimination!

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 75 points, based on :

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

Penalties :

- Music management : mistakes on musicality – 2 Point
- Voluntary stepping off the stage = disqualification
- 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 for the finals.

Novelty 2020 : The Jury of Honor can (or not) use the « **GOLDEN BUZZER** » to directly send his "favorite competitor" to the final, which would add a 7th

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. If « Golden buzzer », the competitor will start first.

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, it is forbidden to touch the sound system and 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 75 points, based on:

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

Penalties :

- Music management : mistakes on musicality – 2 Point
- Voluntary stepping off the stage = disqualification
- 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 2020.

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:

- Jury of honor
- Lionel Lacolais
- Yamine Saoudi
- Taras Klimov
- Katia Vasilenko
- Kanae Takaegahara
- Carlos Ramirez
- Laetitia Vital
- Karina Filbien
- Jérôme Durand



Fitness4

Prizes : Categorie PRO

1st

- **1000€**
- 1 Class at Summer Convention 2020
- 1 Class at one of Total Freestyle Episodes
- 1 Class during a Starter or Elite Total Freestyle Convention
- 1 Class at the Fitness4 2020 in Japan
- 1 Class at AF Studio 2020 in Greece
- 1 Class at WE Fit 2020 in Tunisia
- 1 Class at the Carrefour des experts 2020 in Morocco
- 1 Class at the Aquitaine Fitness Party 2020
- 1 Class at Nakama Fit, Toulouse
- 1 Class at Yo Fit, Marseille
- 1 Class at Fitness Win, Montpellier



2nd

- **600€**
- 1 Class at Summer Convention 2020
- Full year 2020 with Total Freestyle for free as a participant + 3 days at the Salon Body Fitness Paris

3rd

- **200€**
- 1 Class at Summer Convention 2020
- Full year 2020 with Total Freestyle for free as a participant + 3 days at the Salon Body Fitness Paris

4th

- Full year 2020 with Total Freestyle for free as a participant + 3 days at Salon Body Fitness Paris + Summer convention 2020 (without accommodation)

5th

- Full year 2020 with Total Freestyle for free as a participant + 3 days at the Salon Body Fitness Paris + Summer convention 2020 (without accommodation)

6th

- Full year 2020 with Total Freestyle for free as a participant + 3 days at the Salon Body Fitness Paris

Bonus Gain for the favorite competitor of Taras Klimov :

- 1 Class at From The Top 2020 in Russia



total freestyle