



2019 KFA National Championships

in Fitness through Movement and Dance
The Albert Hall, Nottingham NG1 5AA
15 June 2019

2019 KFA National Championships Announcing important changes

The National Championships remain a key event in the KFA calendar. The changes being implemented for 2019 are to ensure that we keep it that way. The following is a summary of the key points.

- The event will be held on one performance day – Saturday 15 June 2019
- The number of entries per Section has been capped at 6 entries per section
- The performance time for each competition entry has been reviewed and aligned to other dance competitions. Please refer to the Terms of Entry document for details
- The Judging criteria for all Sections has been refreshed

The following categories will run in 2019:

Movement and Dance Section:

- Young Dancer (up to age 26)
- Solo (age 27+)
- Duo
- Trio

Team Section:

- Movement and Dance
- Apparatus has been updated for 2019 to include Rope work and Skipping
- Fitness Fusion is new for 2019 replacing Exercise and Fitness Freestyle Sections) A new section to better reflect the Fitness work of the KFA

‘Fusion’ is defined as ‘a visually effective mix of choreographic skills that combine and emphasise health/skill related fitness through exercise and dance movements’.

Also new for 2019 is a section called ‘Come and Try’. This section is open to Producers and/or Competitors who have not previously entered items in Championships but would like to try. Sections open for entry are Movement and Dance Trio and the team sections. The Terms of Entry document contains full details.

The Producers Individual Section Guidelines will provide detailed information. For ease, a summary of the updated Judging Criteria covering all Sections open for entry at the 2019 KFA National Championships is available as a reference guide

Documentation for the 2019 KFA National Championships will be available via the KFA website www.keepfit.org.uk. Information can be accessed by under the headings National Events, News Items and the Events Calendar.