



# 2019 KFA National Championships

## in Fitness through Movement and Dance

### Individual Section Guidelines for Producers

## Section F: Fitness Fusion Team

Judging Criteria	Maximum Mark
<p><b>CRITERIA 1 Overall Performance</b></p> <ul style="list-style-type: none"> <li>➤ Movement of the whole body showing full extension and good focus</li> <li>➤ Good body alignment in held and moving positions</li> <li>➤ Demonstrates a range of KFA Physical Objectives</li> </ul>	20
<p><b>CRITERIA 2 Choreographic Skills</b></p> <ul style="list-style-type: none"> <li>➤ Movements that are visually creative and show original content</li> <li>➤ Harmonious flow between movements that show control and an awareness of natural transitions</li> <li>➤ Suitable and safe use of the whole working area</li> <li>➤ Display effective group relationships (and relationships within the group) creating formations that melt and merge seamlessly</li> </ul>	20
<p><b>CRITERIA 3 Dynamic Quality and Music</b></p> <ul style="list-style-type: none"> <li>➤ Dynamically contrasting qualities that influence the energy, emotion and attitude within the performance</li> <li>➤ Originality of interpretation of the chosen music style to reflect the influence of the dynamics</li> </ul>	20
<p><b>Please note:</b>            The following items have been removed as a specific judging criteria as they are considered a given in all aspects of KFA/Laban based movement and are applicable to all Sections in the KFA National Championships.</p> <ul style="list-style-type: none"> <li>➤ Demonstrates a range of KFA Physical Objectives</li> <li>➤ Show effective and safe use of the spatial working area</li> </ul>	

The information given in the Individual Section Guidelines for Producers is to be read in conjunction with the Terms of Entry to the 2019 KFA National Championships.

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

This section **does not** include the use of other dance styles, i.e. Streetdance etc.,

The use of Apparatus is not allowed in this section - no part of a garment/costume can be detached and used as apparatus.



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The movements and music for this piece are to be the choice of the individual producer. The producer may ask for help and guidance but this is to be given on an individual basis at the request of the producer.

It is recommended that producers include some repetition of content in their item, allowing more opportunities for judges to assess performance against the criteria.

The choice of footwear is down to the individual. However, performers should wear footwear / dance shoes appropriate to the content of the section

<p><b>Penalty Points</b>          1 mark will be deducted for non-compliance with KFA Health and Safety guidelines in each of the following criteria, carrying a maximum possible deduction of 2 marks from each judge. Judges are required to record the reason(s) as they mark for awarding a penalty point and details will be provided to Producers</p>	
<p><b>Unsafe Movement</b></p> <ul style="list-style-type: none"> <li>➤ Movements such as full splits, handstands, cartwheels, somersaults, forward or backward rolls must not be included (Half splits and/or half shoulder rolls are permitted but care must be taken)</li> <li>➤ Lifting is not allowed, however, transitional movements involving momentary assisted flight and /or lowering to the floor is acceptable (Care must be taken when supporting full body weight to ensure there is contact with the floor by both/all performers i.e. no leapfrog/piggyback style movement is permitted)</li> <li>➤ Supporting others in a pyramid type formation is not permitted</li> </ul>	-1
<p><b>Personal Safety</b></p> <ul style="list-style-type: none"> <li>➤ Wearing of jewellery, including watches, eating sweets or chewing gum is not permitted</li> <li>➤ If it is seen that spectacles have fallen to the floor during performance time then the item may be stopped and asked to restart if the spectacles remain in the working area and it is considered unsafe to continue – this will not incur a penalty</li> </ul>	-1
<p><b>Please note:</b>          If it is seen that spectacles have fallen to the floor during performance time then the item may be stopped and asked to restart if the spectacles remain in the working area and it is considered unsafe to continue – this will not incur a penalty</p>	