



2023 KFA National Championships

in Fitness through Movement and Dance

10 June 2023 – Albert Hall, Nottingham NG1 5AA

Terms of Entry to the KFA National Championships

1 Terms of Entry

Entry is open to current full adult members of the Keep Fit Association (KFA). All performing members, including Producers, must be a 2022/2023 KFA member. By entering the 2023 KFA National Championships, entrants accept these entry rules and guidelines.

2 Age Requirements

To compete in the KFA National Championships the following age requirements apply:

All entrants must be aged 16 by 9 June 2023

All entrants for Section A - Young Dancer category must be aged between 16 and 26

All entrants for Section B - Solo category must be aged 27+ by 9 June 2023

3 2019 Championship Sections

Competitors may apply to enter the following sections:

Section A: Movement and Dance - Young Dancer

Section B: Movement and Dance - Solo

Section C: Movement and Dance - Duo

Section D: Movement and Dance - Trio

Section E: Movement and Dance - Team

Section F: Fitness Fusion Team - Team

Section G: Apparatus Team

Ropework is now included in this section and two pieces of apparatus may now be used in one item e.g. Ribbons/Hoops

3.1 Section H: 'Come and Try'

This section is open to any KFA Member or Teacher who has ***not previously produced*** an item for the Championships but would like to take up this opportunity. This means that any KFA Member or Teacher who has taken part or performed at the Championships previously in an item, as a competitor, can enter this Section.

Categories open for entry in Section H 'Come and Try' are:

Section D: Movement and Dance - Trio

Section E: Movement and Dance Team (minimum 4 performers no maximum)

Section F: Fitness Fusion Team (minimum 4 performers no maximum)

Section G: Apparatus (minimum 4 performers no maximum)

The entry rules and guidelines from Sections D, E, F and G will apply

These items will not be awarded marks or placings by judges but each entry in Section H will be given informal feedback against the criteria in their chosen Section.



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4 Number of entries per Section

In the 2023 KFA National Championships, all Sections will be restricted to a **maximum number of six items in each section**. Places for each section will be allocated by the KFA in strict order of receipt of Competitor Application Forms.

Sections with less than three items entered will not proceed. In these circumstances all entry fees will be refunded. In the event of a Section not running, it is at the discretion of the Event Organiser whether any performer and/or team is invited to perform as a showcase demonstration.

In the event that any section does not receive the anticipated maximum number of entries, it may be possible to accept additional entries in other sections to balance the flow of the day.

5 Multiple Application entries

Competitors may apply to enter one or more sections. If more than one section is entered, please note the following:

- Participants can perform in more than one item even in the same section
- The order of performance for each section is by random selection adjudicated by a panel of a minimum of 3 people. Where participants are entered in more than one item and/or section and are drawn to perform consecutively, i.e. last to perform in one section and the first to perform in the next section the selection panel reserve the right to adjust the order of performance to allow for this

6 Minimum numbers for Teams

Section E: Movement and Dance Team	to consist of a minimum of 6 with no maximum
Section F: Fitness Fusion	to consist of a minimum of 4 with no maximum
Section G: Apparatus	to consist of a minimum of 6 with no maximum
Section H: 'Come and Try' (E/F/G)	to consist of a minimum of 4 with no maximum

(As per point 3.1 Come and Try – Section D Movement and Dance Trio is also open for entry)

7 Duration of performance

Solo sections: a minimum of 2 minutes and a maximum of 2 minutes and 30 seconds

Duo and Trios: a minimum 3 minutes, maximum 3 minutes and 30 seconds

Teams: a minimum of 3 minutes, maximum of 4 minutes and 30 seconds

Come and Try: duration of performance is as per the guidelines for the Section you are performing in.

These times do not include entrance and exit

All performers must perform for the full duration of their item

If requested, music longer than the allocated maximum times can be faded by the Technical team, providing this has been notified well in advance.



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8 Event Rehearsals

Event Rehearsals (full costume is optional) will be held in the Albert Hall, Nottingham NG51 5AA and start promptly at 8:00am on Saturday 10 June 2023

Event rehearsals will run in strict programme order and attendance is mandatory. Competitors will be given their performance order and rehearsal time in advance.

The rehearsal time allowed is 4 minutes for solo items, 5 minutes for Duo's and Trio's and 6 minutes for team sections.

Competitors are to be ready at the performance area 5 minutes before their allotted rehearsal and performance times.

9 Original Choreography and First Public performance

Items must be produced specifically for the 2023 KFA National Championships

Choreography for all Sections must be original and not contain content lifted from professional shows and/or music videos and/or DVDs.

The 2023 KFA National Championships must be the first public performance of the items produced for this Championship event.

10 Disqualification

10.1 Original Choreography and First Public Performance

Disqualification will result if an official written complaint is received and upheld by the Event Organiser if choreography is not original and /or if items have been performed previously at any KFA national, regional or local event or organised group viewing.

Producer/s will be informed of a disqualification as soon as possible.

10.2 At the Event Rehearsal

Automatic disqualification at the event rehearsal will occur if:

- Competitors fail to attend the event rehearsal
- Performance is outside the stated length of time
- Teams are outside determined numbers
- Any concealed or detachable part of a garment or outfit, e.g. skirt, cape, piece of material, ribbon, to be used as the apparatus is not removed within 30 seconds of the start of the performance



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10.3 Additional criteria for Apparatus

- Ribbons: Length of apparatus ribbon is less than 4.5 metres (performance ribbons will be measured at rehearsal.)
- Materials: May include skirts, capes, material squares etc - this form of apparatus can be a part of the outfit (at start of performance) and detachable, but must be detached within 30 seconds from the START of the performance
- Balls: All balls must be made of rubber or a pliable plastic composition – approx. 18-20cm diameter inflated
- Clubs: All clubs must be made from wood or synthetic material and have a bulbous base
- Hoops: All hoops must be made of wood or plastic and be approx. 75-88cm interior diameter
- Skipping Rope: A strong plaited manila rope, preferably wooden handles with ball bearings to allow safe rotation of the rope (ropes may, of course, be painted)

11 Championship Judging

11.1 Championship Marking

There will be three judges for each section. Each judge will be marking against two criteria giving an overall total of 120 marks from the three judges for each item. The item with the highest marks is declared the winner of the section.

In the event of a tie for first place, the highest marks awarded against the order of the three criteria categories (1,2,3) will be used to decide the placing. If there is still no clear winner, a joint first place will be awarded

11.2 Penalty Points

Penalty points will be deducted for non-compliance with Health and Safety regulations. Please refer to the Producers Individual Section Guidelines for full details.

11.3 Championship Positions

A first position only will be awarded and announced when there are only three entrants in any one section

First and second positions will be awarded and announced when there only four entrants in any one section

First, second and third positions will be awarded and announced when there are there are more than four entrants in any one section

11.4 Championship Results

The decision of the Judges and Judge Arbiter is final



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12 Insurance

It is the responsibility of all entrants to be suitably qualified and competent to produce an item and/or perform in an item at the 2023 KFA National Championships as this could affect the insurance cover.

Howden Group (Insurance Broker) has confirmed that affiliated members, Non Active Teachers or Retired Teachers may produce / choreograph and perform an item for the Championships as the insurance cover includes professional indemnity and Civil Liability. It is NOT necessary to hold a teacher qualification to produce and / or perform in an item.

Please contact your own insurance adviser or EMDUK, should you require any further information.

13 Complaints

The KFA has an established Complaints Policy in place. Any issue relating to KFA National Events should be raised with the KFA Events Director in the first instance.

14 Exclusions

All persons involved with the organisation and running of the 2023 KFA National Championship event, including appointed judges and markers, are excluded from entry to any section at the 2023 KFA National Championships and/ or from attending any prior viewing of any informal rehearsals or dress rehearsals of any competition items at KFA national, regional or local event or organised viewing. Please also refer to entry rule 10 – Disqualification.

15 2023 KFA National Championship documentation

Application Forms, Entry Rules, Individual Section Guidelines and Guidelines for Judges will be available via the KFA website (www.keepfit.org.uk) or by post from Gilda Chambers, KFA Events Director.

All completed application forms to be returned no later than Friday 9 December 2022 to the details below. All application forms will be date stamped in order of receipt.

Gilda Chambers

9 Anthony Road, Welling, Kent DA16 3EH

Telephone: 020 8855 2034

Email: gildachambers@btinternet.com