

# FISAF WORLD CHAMPIONSHIPS 2025

## INFORMATION BOOKLET



Sport Aerobics & Fitness  
21 - 23 OCTOBER  
Sports Hall Kralovka  
Prague - Czech Republic



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# COMPETITION OVERVIEW

FISAF International is excited to announce  
the World Championships will take place in  
**Prague, Czech Republic from 21 to 23 of October 2025.**

We will be allowing 5 routines per section per country in all Sport  
Aerobics and Fitness sections. We hope this will encourage our  
SA+FT numbers to grow and more athletes the opportunities to  
compete at an international level. All section finals will have 8  
routines sent through to the final from the semifinal round.

All FISAF International membership fees must be paid in full before  
entering athletes from your country.

## Costs

### Athlete Entry Cost

€ 50 per person for each routine

After the deadline you will receive respective invoices  
directly from FISAF.cz

### Spectator Tickets Entry Cost

1 day 20 € /500 Kč per person

2 days 36 € /900 Kč per person

3 days 50 € /1250 Kč per person

prices for older then 12 years, seniors 65+ (half price)



# CATEGORIES

## SA/FITNESS

SECTION NAME & AGE DIVISION	# OF MEMBERS	AGE	BORN IN	Exceptions (age requirements)
<b>SPORT AEROBICS 2025</b>				
Cadet - Individual	1	10, 11, 12	2015, 2014, 2013	
Cadet - Duo	2	10, 11, 12	2015, 2014, 2013	1 athlete can be mini age
Cadet - Trio	3	10, 11, 12	2015, 2014, 2013	2 athletes can be mini age
Junior - Individual	1	13, 14, 15	2012, 2011, 2010	
Junior - Duo	2	13, 14, 15	2012, 2011, 2010	1 athlete can be cadet age
Junior - Trio	3	13, 14, 15	2012, 2011, 2010	2 athletes can be cadet age
Youth - Individual	1	16, 17, 18	2009, 2008, 2007	
Youth - Duo	2	16, 17, 18	2009, 2008, 2007	1 athlete can be Junior age
Youth - Trio	3	16, 17, 18	2009, 2008, 2007	2 athletes can be Junior age
Adult - Individual	1	19 +	2006 and earlier	
Adult - Duo	2	19 +	2006 and earlier	1 athlete can be Youth age
Adult - Trio	3	19 +	2006 and earlier	2 athletes can be Youth age
Masters - Individual	1	30 +	1995 and earlier	
Masters - Mixed Teams	2-4	30 +	1995 and earlier	In a team of 3-4 (1 member can be younger by no more than 5 years)

SECTION NAME & AGE DIVISION	# OF MEMBERS	AGE	BORN IN
<b>FITNESS 2025</b>			
Cadet - Step	5 - 7	10, 11, 12, 13	2015, 2014, 2013, 2012
Cadet - Grande	6 - 7	10, 11, 12, 13	2015, 2014, 2013, 2012
Cadet - Petite	5	10, 11, 12, 13	2015, 2014, 2013, 2012
Junior - Step	5 - 7	14, 15, 16, 17	2011, 2010, 2009, 2008
Junior - Grande	6 - 7	14, 15, 16, 17	2011, 2010, 2009, 2008
Junior - Petite	5	14, 15, 16, 17	2011, 2010, 2009, 2008
Adult - Step	5 - 7	18 years +	2007 and earlier
Adult - Grande	6 - 7	18 years +	2007 and earlier
Adult - Petite	5	18 years +	2007 and earlier





# VENUE DETAILS

**Praha 7, Sportovní  
hala Královka, Letná**  
Nad Kralovskou oborou  
1080/51



**Moder sport hall with capacity of more then 2000  
spectators. Equiped by the newest technology for  
sport evetns.**



## FRF & Music

Deadline for registration:

FRF and music should be send to [frf@centrum.cz](mailto:frf@centrum.cz)  
before 21 of September.

## Live Streaming

There will be live streaming from the event on TV com.  
Link will be shared on social media in October.

## Feedback

Further information will be advised once the  
schedule is finalised

## T-shirt

Make sure you will get your t-shirt from the event. There will  
be limited serie of t-shirts from the event to be purchased.

# EVENT SCHEDULE

Once entries are received a full event schedule will be sent out to coaches and athletes.

## SCHEDULE

### 2025 WORLD CHAMPIONSHIPS SPORT AEROBICS & FITNESS

**TUES**  
**21/10**

FLOOR TESTING  
PRELIMINARIES  
SEMI FINALS

**WED**  
**22/10**

SEMI FINALS  
FINALS

**THUR**  
**23/10**

SEMI FINALS  
FINALS



# AEROFT COMPETITION

AeroFit is a super fun, instructor-led aerobics individual participation section both Sport Aerobics. This is similar to an aerobics class, where multiple participants will be on stage. The participants will be judged on their ability to follow instruction, execute basic aerobic choreography, and perform enthusiastically for approx. 10-15 minutes.

Athletes will not need to purchase any additional costume items; they can wear any active wear they choose. There is no choreography or music required, and no preparation necessary, they will be judged purely on how well they execute and follow instructions on the day.

AeroFit Challenge open to  
athletes & coaches.

2 AGE groups over 15 years & 15 and under

**Please note:** *If you are competing in an Individual (Female or Male) category at the World Championships this category is not available to you.*

3x Global judges will judge what they see and how well they execute and follow the instructor's instructions.

**Cost € 15 per person.**

**Entry and payment are due September 21st**

**PLEASE NOTE: Maximum 3 per country per age group. If minimum numbers (10) are not received then the event will not run. Maximum 25 per category.**

**AeroFit Rules can be  
found on the Fisaf  
International Website**





# ACCOMMODATION OPTIONS

**For example:**

## **Hotel Belvedere**

- 4-star hotel with great accesibility.

## **Mama Shelter Prague**

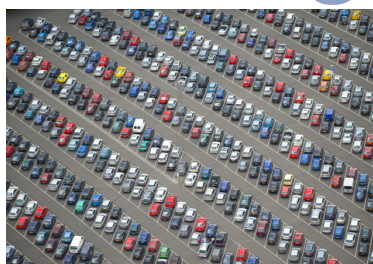
- Modern hotel with unique design.



**Hotel for LOC and judges: Art Hotel, Letná**



## Parking



- Limited numberof parking spots near the venue.
- It is recommended to use pubic transport and park on parking spots P+R (Park and Ride) on theedgesofthe city.

# GETTING TO PRAGUE



## **Transportation from the airport: Letiště Václava Havla Praha (PRG)**

- **Bus line 119 to metro station Nádraží Veleslavín (line A).**
- **Taxi services and ride-sharing application (Uber, Bolt).**
- **Direct bus line Airport Express (AE) to Main railway station in the center.**



