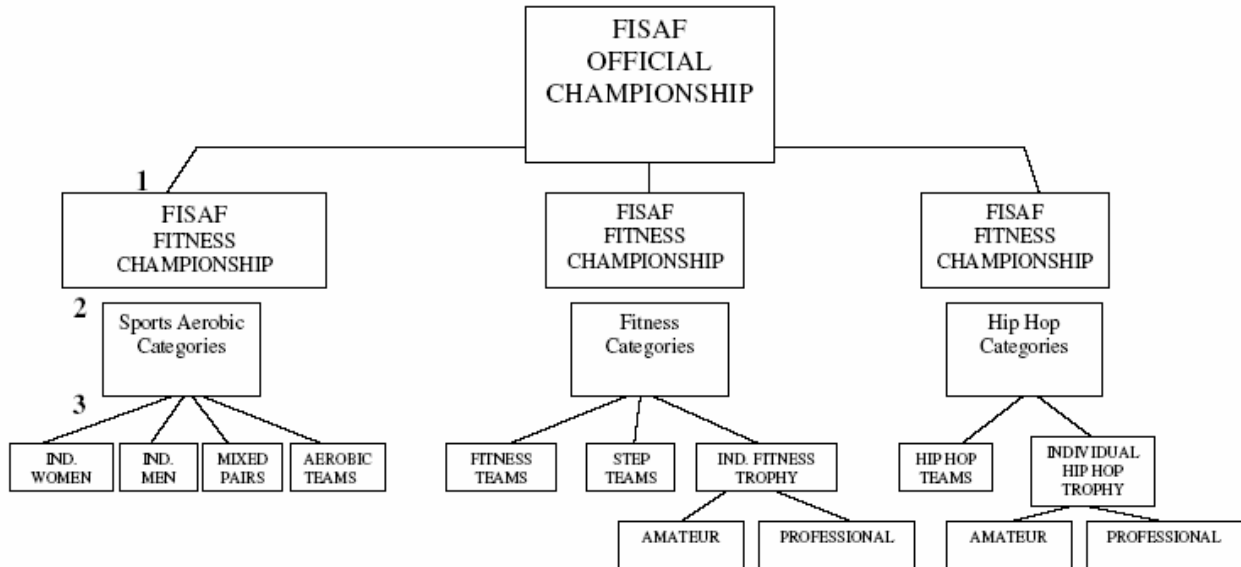




## Age Requirements/FISAF Official Fitness Championships

### Competition structure:



- 1 level FISAF OFFICIAL CHAMPIONSHIPS COMPETITION STRUCTURE
- 2 level FISAF CHAMPIONSHIPS COMPETITION CATEGORIES
- 3 level FISAF COMPETITION DIVISIONS

<b>FISAF 2009 Sports Aerobic Category Competition Divisions by Age</b>			
<b>Age Division</b>	<b>Born in year</b>	<b>Age competitor will become during 2009</b>	<b>Competition Divisions</b>
↓	↓	↓	↓
<b>Senior</b>	1992 or earlier	17 years or over	Individual Women Individual Men Mixed Pairs Aerobic Teams
	Note to Senior Division: Individuals must be in the stated age range One member can be 16yrs of age in Mixed Pairs and two maximum in Aerobic Teams		
<b>Junior</b>	1993 1994 1995	14,15,16 years	Individual Women Individual Men Mixed Pairs Aerobic Teams



	Note to Junior Division: Individuals must be in the stated age range One member can be 13 yrs of age in Mixed Pairs and two maximum in Aerobic Teams
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Notes to the appendix;

- Athletes must compete in their Age-Division, e.g. Cadet Athletes cannot compete in the Junior Age-Division and Junior athletes cannot compete in the Senior Age-Division. (exception applies only to aerobic teams and mixed pairs who may use a member outside the stated age range)
- If competing in a Mixed Pair or an Aerobic Team and also as an Individual, then you will compete in your correct age category for the Individual performance.
- You may enter different competition divisions but you must stay in your age division. The Aerobic competition divisions are; Individual Women, Individual Men, Mixed Pairs and Aerobic Teams.
- It is strongly advised that one person should not enter more than 4 times. FISAF and the Event Organizer are not responsible for the individual scheduling of an athlete who is competing in many different competition categories/divisions.
- Please consider your personal health and fitness if wishing to enter many times.