



FISAF

## Guideline to FISAF International Open Fitness Championships and International competitions sanctioned by FISAF

### Age Requirements

<b>FISAF 2009 Fitness Category International Open 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	Step Teams Fitness Teams Individual Fitness Trophy
	Note to Senior Division: <ul style="list-style-type: none"> <li>- For a team of 6 or 7, one member can be 16 years of age.</li> <li>- For a team of 8, two members can be 16 years of age.</li> </ul> Note to Individual Fitness Trophy: <ul style="list-style-type: none"> <li>- Amateurs are those who have never taught a group fitness class.</li> <li>- Professionals are those who have in the past or are currently teaching group fitness classes.</li> </ul>		
<b>Junior</b>	1993 1994 1995	14,15,16 years	Step Teams Fitness Teams
	Note to Junior Division: For a team of 6 or 7, one member can be either 13 or 17 years of age For a team of 8, two members can be either 13 or 17 years of age		
<b>Cadet</b>	1996 1997 1998	11,12,13 years	Step Teams Fitness Teams
	Note to Cadet Division: For a team of 6 or 7, one member can be either 10 or 14 years of age For a team of 8, two members can be either 10 or 14 years of age		

#### Notes to the appendix;

- Teams must compete in their Age division - Cadet Teams cannot compete in the Junior Age-Division and Junior teams cannot compete in the Senior Age-Division.
- You may enter different competition divisions but you must stay in your age division, (see notes to divisions above). The competition divisions are; Step, Fitness and Individual Fitness Trophy.
- You cannot enter twice in the same competition division; For example, a 16yr old in the Senior Step division cannot enter the Junior Step division as well, but may be a member of a Junior Fitness or Hip hop team.
- Fitness and Hip Hop Trophy competition division are only for senior competitors.
- 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.