



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

Age Requirements

FISAF 2009 Hip Hop Category International Open Competition Divisions by Age			
Age Division	Born in year	Age competitor will become during 2009	Competition Divisions
↓	↓	↓	↓
Senior	1992 or earlier	17 years or over	Hip Hop Teams Individual Hip Hop Trophy
	Note to Hip Hop senior teams: - For a team of 6 or 7, one member can be 16 years of age. - For a team of 8, two members can be 16 years of age. Note to Individual Hip Hop Trophy: - Amateurs are those who have never taught a hip hop class - Professionals are those who have in the past or are currently teaching hip hop classes		
Junior	1993 1994 1995	14,15,16 years	Hip Hop 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		
Cadet	1996 1997 1998	11,12,13 years	Hip Hop 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 complete 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; Hip Hop Teams and Individual Hip Hop 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 divisions are only for senior competitors.



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- 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.