



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

Age Requirements

| FISAF 2009 Sports Aerobic 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 | 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 | | |
| Junior | 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 | | |
| Cadet | 1996 1997 1998 | 11,12,13 years | Individual Women Individual Men Mixed Pairs Aerobic Teams |
| | Note to Cadet Division: Individuals must be in the stated age range One member can be 10 yrs of age in Mixed Pairs and two maximum in Aerobic Teams | | |

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 Sports Aerobic competition divisions are; Individual Women, Individual Men, Mixed Pairs and Aerobic Teams.



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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.