



FISAF

**FISAF INDIVIDUAL TROPHY 2010-2012
AMATEUR & PROFESSIONAL**

TECHNICAL REGULATIONS

2010 - 2012

FISAF Individual Trophy 2010-2012

- 1. Introduction 2**
 - 1.1 Implementation 2
 - 1.2 Championship Resources 2
- 2. Structure 2**
 - 2.1 Competition structure and Rounds of Competition.....2
- 3. Performance requirements 3**
 - 3.1 Categories 3
 - 3.2 Age Divisions 3
 - 3.3 Competitor Numbering 3
 - 3.4 Performance Attire and Appearance 4
 - 3.5 Unacceptable Performance Attire and Appearance 4
 - 3.6 Performance Procedure 4
 - 3.6.1 Individual Fitness Amateur and Professional Trophy 4
 - 3.6.2 Individual Hip Hop Amateur and Professional Trophy 5
 - 3.6.3 Descriptions 5
- 4. Performance Evaluation, and Judging Criteria 6**
 - 4.1 Fitness Trophy 6
 - 4.1.1 Heats 6
 - 4.1.2 Heats Criteria for Amateur and Professional competitors; 6
 - 4.1.3 Finals 6
 - 4.1.4 Criteria for Professional competitors; 6
 - 4.2 Hip Hop Trophy 7
 - 4.2.1 Heats 7
 - 4.2.2 Finals 7
- 5. Scoring 7**
 - 5.1 Heats 7
 - 5.2 Finals 7
- 6. Judging Panel 8**
- 7. General requirements.....8**

1. Introduction

The Federation of International Sports Aerobics & Fitness, FISAF, is an international, independent, democratic, non-profit, federation dedicated to sports aerobics and the development of the aerobic/fitness industry and recently activity in the form of Hip Hop, internationally.

FISAF was formed in 1995 and concentrated on Sport Aerobic competition and Fitness Education. FISAF created the Fitness aerobic competition in 1999 at International level, known today as the Fitness Teams competition. In 2007 two Individual Trophy categories in Fitness Aerobic and Hip Hop were introduced. The Individual Trophy Technical Regulations and appendices govern all FISAF international Individual Trophy Championships.

1.1 Implementation

These FISAF Technical Regulations will supersede all Technical Regulations and will be implemented for the period 1 March 2010 to 31 December 2012, unless changed by FISAF in the interim.

1.2 Championship Resources

The Individual Trophy Technical Regulations contain all information which governs policies, rules of competition and procedures for FISAF international competition.

2. Structure

2.1 Competition Structure and Rounds of Competition

- All international official competition (sanctioned FISAF) will have two rounds of competition; heats and finals.
- 20 Amateur participants will be chosen to compete in the final round.
- 5 Professional participants will be chosen to compete in the final round.

Competition structure



3. Performance requirements

3.1 Categories

The FISAF Individual Trophy Competition incorporates a Fitness and Hip Hop category;

- Individual Fitness Amateur Trophy
- Individual Fitness Professional Trophy
- Individual Hip Hop Amateur Trophy
- Individual Hip Hop Professional Trophy

Amateur definition = those who have never taught a group fitness or hip hop class
Professional definition = those who have in the past or are currently teaching group fitness or hip hop classes

3.2 Age Divisions

FISAF offer a Senior Division for the Trophy categories. All competitors must be 17 years of age or more during the year of the competition.

3.3 Competitor Numbering

Competitors will be assigned a coloured number upon registration. Amateurs will have a different colour to the professional competitors. This number will be retained and worn in both rounds by those competing in the final round.

3.4 Performance Attire and Appearance

Competitors are required to wear appropriate attire for their performance such as;

Fitness;-

Leotard, two piece, tights, bike pants, bootlegs, close fitting tops and pants etc
A supportive Aerobic or sport shoe must be worn
Adequate personal support

Hip Hop;-

Any clothing suitable to the culture and many styles of Hip Hop, ensuring that body control and form can be judged.
Shoes are necessary.

3.5 Unacceptable Performance Attire and Appearance

The following are considered to be unsatisfactory attire in all categories:

- Costume which is too brief and not considered to be appropriately concealing
- Theatrical attire
- Body oil, Body paint

3.6 Performance Procedure

3.6.1 Individual Fitness Amateur and Professional Trophy

Heats;

- A one hour Hi/Low aerobic masterclass is lead by an invited professional instructor.
- All amateur and professional competitors will take part in the masterclass.
- During the masterclass, the panel will choose the best 20 amateur and the 5 best professional competitors to compete in the final round.
- Those competitors eliminated during the heats may continue to participate in this round but they are no longer judged.

Finals;

- A 60minute Hi/Low aerobic class is lead by the 5 professional competitors.
- Each professional competitor will lead a 12minute section of the 60minute class, using their own music and choreography. The order for this is drawn after the heats.
- All amateur and professional finalists will take part in the class.
- The top amateur and professional competitors will gain the title of World Fitness Individual Amateur or Professional and take part in an award ceremony.

3.6.2 Individual Hip Hop Amateur and Professional Trophy

Heats;

- A one hour Hip Hop masterclass is lead by an invited professional Hip Hop teacher/dancer.
- All amateur and professional competitors will take part in the masterclass.
- During the masterclass, the panel will choose the best 20 amateur and the 5 best professional competitors to compete in the final round.
- Those competitors eliminated during the heats may continue to participate in this round but they are no longer judged.

Finals;

- A 60minute Hip Hop class is lead by the 5 professional dancers.
- Each professional competitor will lead a 12minute section of the 60minute class, using their own music and choreography. The order for this is drawn after the heats.
- All amateur and professional finalists will take part in the class.
- The top amateur and professional competitors will gain the title of World Hip Hop Individual Amateur or Professional and take part in an award ceremony.

3.6.3. Descriptions

High/Lo Description

Aerobics is defined as - vigorous exercise designed to increase oxygen intake, heart-rate and improve physical fitness. High Impact means that there is a vertical force applied to the movement so that there is 'air' under the feet as in jogging. Low Impact means there is no vertical force and the movement is close to floor. For the purposes of the Fitness Trophy category the choreography will incorporate the traditional High and Low Impact 'Aerobic' moves with innovative sequencing. Choreographed progressions with the arms and legs are expected and will increase creativity and intensity. The music speed range should be from 145 to 160bpm.

Hip Hop Description

The Hip Hop Trophy category not only places emphasis on the expression of dance, but on the physical aspects of fitness and wellbeing. Hip Hop has many individualised styles but the roots are still in Old School Hip Hop. The blending of music styles and dance moves is influenced by many factors and can be personalized by the choreographer. A variety of styles is expected to be displayed.



4. Performance Evaluation, and Judging Criteria

4.1 Fitness Trophy

4.1.1 Heats

During the heats both the Amateur and Professional competitors are judged on the criteria listed below which relates to the instruction given by the invited professional instructor. The tabulation system is used to choose the top 20 Amateur and 5 Professional competitors.

4.1.2 Heats Criteria for Amateur and Professional competitors;

- **The ease and speed in which the choreography is learned and performed - 30%**
- **Endurance, physical condition (pauses during the classes are penalized) - 30%**
- **Placement, control and execution of the body and movements - 30%**
- **Attire and motivation - 10%**

4.1.3 Finals

Amateurs;

During the finals, the 20 Amateur finalists will continue to be judged on the same criteria as the heats but the instruction will now be given by the 5 Professional competitors.

Professionals;

During the finals the 5 Professional finalists will be judged on two criteria;

1. Their ability to follow instruction given by the other professional competitors.
2. The instruction of their own 12minute section as listed below;

4.1.4 Criteria for Professional competitors;

- **Quality of the choreography** **20 pts**
- **Teaching method of the choreography given / cueing** **20 pts**
- **Energy / motivation** **10 pts**



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4.2 Hip Hop Trophy

4.2.1 Heats

During the heats both the Amateur and Professional competitors are judged on the criteria listed below which relates to the instruction given by the invited professional instructor. The tabulation system is used to choose the top 20 Amateur and 5 Professional competitors.

- **The ease and speed in which the choreography is learned and performed 40%**
- **Placement, control and execution of the body, arms, legs and isolations 50%**
- **Attire and motivation 10%**

4.2.2 Finals

Amateurs;

During the finals, the 20 Amateur finalists will continue to be judged on the same criteria as the heats but the instruction will now be given by the 5 Professional competitors.

Professionals;

During the finals the 5 Professional finalists will be judged on two criteria;

1. Their ability to follow instruction given by the other professional competitors.
2. The instruction of their own 12minute section as listed below;

Teaching Test:

- **Quality of the choreography 20 pts**
- **Teaching method of the choreography given / cueing 20 pts**
- **Energy / motivation 10 pts**

5. Scoring

5.1 Heats

There are no scores applied in this round. Competitors will be eliminated as a result of majority agreement by the Judges. Their number will be displayed on a screen and those eliminated may choose to continue to participate until the end of the heats or leave the performance area immediately.

5.2 Finals

Amateurs;

Each of the 5 judges scores each competitor out of 6 points for each section of the class. This gives each competitor a potential total of 150 points.



For example: 5 x 12minute sections at 6 points by 5 judges / Total = 150 points

Professionals;

When each competitor is following the instruction of others, they are given a score from each of the five judges out of 2.5 points. This gives each competitor a potential total of 50 points.

For example: 4 x 12minute section at 2.5 points by 5 judges / Total = 50 points

Two additional judges score each competitor, while they are instructing, out of 50 points thereby giving each competitor a potential total of 100 points.

For example: 1 x 12minute section at 50 points by 2 judges / Total = 100

Combining the two professional scores will give a potential grand total of 150 points.

6. Judging Panel

The Individual Fitness Amateur and Professional Trophy will be judged by 5 Judges in the Heats and 7 in the Finals, (please refer to 'Scoring' on page 7). These judges will have Fitness Industry qualifications and experience in Group Fitness Instruction.

The Individual Hip Hop Amateur and Professional Trophy will be judged by 5 judges in the Heats and 7 in the Finals, (please refer to 'Scoring' on page 7). These judges will have Hip Hop / Dance qualifications and experience.

7. General Requirements

Instructor Code of Conduct

Instructors are obligated to follow the good spirit of the sport and the ethical values of the sport, the principles of Fair Play and other rules and regulations that are in force. Violations will be penalized according to these rules. The penalties will be:

- Notification
- Warning
- Fine
- Prohibition to compete or act as official for a limited time or permanently
- Closing out of the action of FISAF for a limited time
- Severance for a limited time or permanently

Authorities of disciplinary measures

Official bodies

Violations of the rules that will demand instant action of the instructors, assistant, coach, official, judge or audience of the competition will be penalized or interfered by *the Executive Committee, The responsible judges of the competition in that order. The Executive Committee, The responsible judges* are obligated to report the decision made and the reasons for it within 3 days after the decision has been made. The report will be given to the Technical Committee, who will introduce this report to the Executive Committee.

Executive committee

The Executive committee will give the penalties for the competition arranger if the violation has happened in the competition action and by the local organiser who is FISAF member. The penalties will be maximum notification, warning or fine. The penalty for the athletes, team or member is prohibition to compete, participate or severance. All complaints of the penalties will be complained to the Executive Committee and decided by the Executive Committee.

The Executive Committee is always the body that gives or is responsible for the penalties.

The Court of Arbitration for Sport (CAS), Lausanne

An instructor can appeal a decision of FISAF Executive committee and/or other decision against her/his rights to the Court of Arbitration for Sport.

Spirit of Fair Play

For behaviour that goes against Fair Play or shows non-sportsmanship during a competition, the main penalty is notification or warning. If the case is outrageous the penalty can be a fine or temporary prohibition from competing.