



Age Requirements/FISAF Official Fitness Championships and FISAF International Open Fitness Championships and International competition sanctioned by FISAF

FISAF 2012 Fitness Categories Competition Divisions by Age			
Age Division	Born in year	Age competitor will become during 2012	Competition Divisions
↓	↓	↓	↓
Senior	1995 or earlier	17 years or over	Step Team Aerobic Team
	Note to Senior Division: - 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.		
Junior	1996 1997 1998	14,15,16 years	Step Team Aerobic Team
	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	1999 2000 2001	11,12,13 years	Step Team Aerobic Team
	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		

- 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 within your age division, (see notes to divisions above). The competition divisions are; Step and Aerobic Teams.
- 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 Aerobic Team or Hip Hop crew.
- It is strongly advised that one person should not enter more than 4 times. FISAF and the Event Organizer is 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.