



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

Age Requirements

FISAF 2008 Sports Aerobic Category International Open Competition Divisions by Age			
Age Division	Born in year	Age competitor will become during 2008	Competition Divisions
↓	↓	↓	↓
Senior	1991 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	1992 1993 1994	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	1995 1996 1997	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.