



FISAF International Age Requirements 2017 Fitness Teams

For use in FISAF International Official Fitness Championships and FISAF International Open Fitness Championships and International competition sanctioned by FISAF International

FISAF International 2017 Fitness Teams Category Competition Divisions by Age			
Age Division	Born in year	Age competitor will become during 2017	Competition Divisions Fitness Teams
↓	↓	↓	↓
Adult	2000 or earlier	17 years or over	Petite Aerobic Team Petite Step Team Grande Step Team Grande Aerobic Team
	Note to Petite Adult Division: - One member can be 15 or 16 years of age. Note to Grande Adult Division: - For a team of 6, one member can be 15 or 16 years of age. - For a team of 7-8, two members can be 15 or 16 years of age.		
Junior	2001 2002 2003	14,15,16 years	Petite Aerobic Team Petite Step Team Grande Step Team Grande Aerobic Team
	Note to Petite Junior Division: - One member can be 12, 13 or 17 years of age. Note to Grande Junior Division: - For a team of 6, one member can be 12, 13 or 17 years of age. - For a team 7-8, two members can be 12, 13 or 17 years of age.		
Cadet	2004 2005 2006	11,12,13 years	Petite Aerobic Team Petite Step Team Grande Step Team Grande Aerobic Team
	Note to Petite Cadet Division: - One member can be 9, 10 or 14 years of age. Note to Grande Cadet Division: - For a team of 6, one member can be 9, 10 or 14 years of age. - For a team 7-8, two members can be 9, 10 or 14 years of age.		

General Notes to Age Requirements;

1. Fitness Teams is the Competition Category and the Competition Divisions are Petite Step and Petite Aerobic Fitness Teams (5 members + 0-2 substitutes) and Grande Step and Grande Aerobic Fitness Teams (6-8 members + 0-2 substitutes).
2. Teams must compete in their Age division. For example a Cadet Team cannot compete in the Junior Age-Division and a Junior Team cannot compete in the Adult or Age-Division.
3. A team member cannot enter the same Age and Competition Division twice. For example, you cannot compete in two different Grande Adult Step Teams or two different Petite Junior Step teams. However, you can compete as a member of a Grande Step Team and a Petite Step Team.
4. Some team members will be able to enter two Age divisions according to their age. For example being a 16yr old member of an Adult Grande Step Team and also a member of a Junior Grande Step Team.
5. Only two identical members can be the same in both a Petite and Grande Aerobic Team or Petite and Grande Step Team in the same Age Division in one event. For example a Cadet Grande Step Team has athletes A,B,C,D,E,F and a Cadet Petite Step Team has athletes A,B,G,H,I.
6. It is strongly advised that one person should not perform more than four times during one competition. FISAF International and the Event Organizer are not responsible for the individual scheduling of athletes. Please consider your personal health and fitness if wishing to enter many categories/divisions.