



FISAF International Age Requirements 2017 Sports Aerobics

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

FISAF International 2017 Sports Aerobics Category Competition Divisions by Age			
Age Division	Born in year	Age competitor will become during 2017	Competition Divisions Sports Aerobics
↓	↓	↓	↓
Adult	2000 or earlier	17 years or over	Individual Women Individual Men Mixed Pairs Trios
Note to Adult Division: Individuals must be in the stated age range, no exception One member can be 16yrs of age in Mixed Pairs and two maximum in Trios			
Junior	2001 2002 2003	14,15,16 years	Individual Women Individual Men Mixed Pairs Trios
Note to Junior Division: Individuals must be in the stated age range, no exception One member can be 13yrs of age in Mixed Pairs and two maximum in Trios			
Cadet	2004 2005 2006	11,12,13 years	Individual Women Individual Men Mixed Pairs Trios
Note to Cadet Division: Individuals must be in the stated age range, no exception One member can be 10yrs of age in Mixed Pairs and two maximum in Trios			

General Notes to Age Requirements;

1. If competing in a Mixed Pair or a Trio and also as an Individual, then you must compete in your correct age category for the Individual performance
2. You may enter different Competition Divisions but you must stay in your Age Division
3. 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.