

**FISAF**  
AUSTRALIA

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# 2021 EVENT GUIDE

Information &  
Guidelines



[www.fisafaustralia.com.au](http://www.fisafaustralia.com.au)

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# TABLE OF CONTENTS

INTRODUCTION .....	2
WHAT IS FISAF .....	2
VALUES .....	2
RESPONSIBILITIES & OBJECTIVES .....	3
EVENTS .....	4
AUSTRALIAN EVENTS .....	4
ALL EVENTS .....	4
SUPER SERIES .....	4
STATE CHAMPIONSHIPS .....	4
NATIONAL CHAMPIONSHIPS .....	5
FUTURE CHAMPIONS CUP .....	5
INTERNATIONAL EVENTS .....	5
INTERNATIONAL OPEN EVENTS .....	5
FISAF INTERNATIONAL WORLD CHAMPIONSHIPS 2021 .....	6
2021 AUSTRALIAN COMPETITION CALENDAR .....	7
REGISTRATION & MEMBERSHIP REQUIREMENTS .....	8
CLUB REGISTRATION .....	8
SCHOOL REGISTRATION .....	8
MEMBERSHIPS .....	9
INDIVIDUAL MEMBERSHIPS .....	9
COSTS TO CONSIDER .....	9
FORMS & SUBMISSIONS .....	10
ENTRY FORMS .....	10
MUSIC SUBMISSION .....	10
FRF SKILL FORMS .....	10
REQUEST TO COMPETE FORM .....	11
REQUEST TO WITHDRAW FORM .....	11
COMPETITION ORDER & PROGRAMMING .....	11
GENERAL COMPETITION RULES & GUIDELINES .....	12
ENTERING AND LEAVING THE STAGE .....	13
FALSE START/INTERRUPTION .....	13
PERFORMANCE AREA .....	13
MEDICAL ATTENTION & FIRST AID .....	13
RESULTS .....	14
CONTACT US .....	14

# EVENT GUIDE

## INTRODUCTION

### WHAT IS FISAF

FISAF is the Federation of International Sport Aerobics & Fitness. It is an international sport aerobics association with over 30 member countries around the world. FISAF Australia is the Australian association responsible for the development, promotion, and regulation of the sport aerobics competition in Australia.

Competition opportunities are available for beginners through to an advanced level. The progressive program structure includes four competition streams – School, Elementary, National and International.

FISAF Australia are proud to provide these rules and regulations to assist you when entering a FISAF Australia sanctioned competition in 2021. These guidelines supersede any previous FISAF Australia rules and guidelines.

### VALUES

#### RESPECT

Recognising and appreciating the contribution that individuals make to the sport in our country, and treating each one with courtesy and consideration.

#### FAIRNESS

Behaving in an impartial and just manner, and treating each individual and organisation equitably.

#### RESPONSIBILITY

Honouring commitment to the sport and its development in Australia, and encouraging each individual and related organisation to act in a dependable, accountable and honest manner at all times.

#### SAFETY

Maintaining and promoting safe procedures, demonstrating due concern for others, and striving to prevent and/report dangerous or unsafe behaviour or incidents as early as possible.



## RESPONSIBILITIES & OBJECTIVES

FISAF Australia's main objective is to drive a positive, credible and high quality delivery of sport aerobics and fitness throughout Australia.

In particular FISAF Australia will:

- Serve as the governing body for FISAF sport aerobics and fitness activity in Australia
- Exercise jurisdiction over state and national activities, and promote international competition
- Encourage, promote the development of physical fitness, sportsmanship and participation in sport aerobics and fitness competition and activities in Australia
- Educate members and the public about the sport and its competition opportunities in Australia
- Assist with the development and promotion of programs for member organisations and individuals
- Provide a system of rules and guidelines with which to govern sport aerobics and fitness in Australia and appropriate means for enforcement that is fair whilst protecting the integrity of the sport
- Disseminate all rules and guidelines, and any changes to the rules and guidelines in a timely and appropriate manner to all members
- Facilitate the swift and equitable resolution of conflicts and disputes involving its members
- Work with affiliate organisations, and other user groups to encourage participation and education of sport aerobics and fitness in Australia
- Develop and maintain a clear accreditation framework and competency maintenance program for coaches and judges, and assist with the education of such as required
- Protect the right of any athlete, coach, trainer, manager, administrator, or official to participate in competitions without discrimination on any basis
- Provide effective and timely communication via its website and other social networking forums to all stakeholders as appropriate
- Work together with FISAF International in its mission to protect the integrity of the competition and of the sport, and promote its presence to the public.
- Strive for sustained competitive excellence in sport aerobics and fitness
- Manage the qualifying and selection process of individuals and teams to represent Australia at international competitions, and certify the eligibility of such individuals and teams in accordance with the applicable international rules
- Provide the strongest possible Australian representation at all international competitions.

# EVENTS

## AUSTRALIAN EVENTS

### ALL EVENTS

#### Competition Guidelines:

- Athlete/s must compete for the club/school that they are registered under, which must be located within the State in which they reside.
  - In the event that teams would like to represent multiple clubs, athletes/teams must apply for consideration via a 'Request to Compete' form. Once the 'Request to Compete' form & application payment has been received, the FISAF Australia Advisory Panel will discuss the matter and either approve or disapprove the request.

### SUPER SERIES

The FISAF Australia Super Series events were introduced in order to give our Australian athletes more opportunity for competition and practice prior to the State Championship events. In 2021 there will be a total of five (5) Super Series events within Australia running in the month of May. The 2021 events will be held in Coffs Harbour (NSW), Adelaide (SA), Newcastle (NSW), Hampton Park (VIC) & Gold Coast (QLD).

#### Competition Guidelines:

- Super Series events are open to all Australian athletes
- There is no minimum or maximum on how many events athletes may enter
- Athletes may 'trial' sections prior to deciding State entries
  - E.g. an individual athlete may choose to compete in the Advanced Individual category at Super Series, however based on feedback given by the judging panel, they may choose to enter the Novice Individual category at States.
- FISAF Super Series will run all stream sections (excluding Aero X Individual Challenge)
- All Super Series events will feature a small configuration judging panel (3 - 5 x Judges). *For specific stream judging panel & criteria information see 'Stream' Information & Guidelines.*
- Feedback from the judges will be given to all coaches (1 per team) at the conclusion of each event.
- Additional competition rounds (E.g. Semi Finals & Finals) *may* be added, should event program/timing allow.

### STATE CHAMPIONSHIPS

The FISAF Australia State Championship events are a qualifying event for the FISAF Australia National Championships. There are currently four (4) State Championships run in Australia during the months of June – July: South Australia, New South Wales, Victoria & Queensland.

#### Competition Guidelines:

- Athlete/s must compete in the State in which they reside.
  - In the event of teams made up of athletes from multiple States/Clubs, teams must apply for consideration via a 'Request to Compete' form. Once the 'Request to Compete' form & application payment has been received, the FISAF Australia Advisory Panel will discuss the matter and either approve or disapprove the request.
    - If the request is approved, athletes must enter the state event most relevant to the team's majority of residence. For Example: Team of 7 People (5 QLD + 2 VIC), they must compete in QLD. With the exception of pairs who live in different states from one another, they may choose which state they wish to compete in as no majority exists.
  - Athletes (excluding International Stream athletes) in Australia are able to compete in a state event which is not their state of residence, in the event that they are unable to attend their State Championship event or are injured at the time of competition and wish to still qualify for the National Championships. In the case of such an occurrence, athletes/teams must apply for consideration via a 'Request to Compete' form. Once the 'Request to Compete' form & application payment has been received, the FISAF Australia Advisory Panel will discuss the matter and either approve or disapprove the request.
- All State events will feature a small configuration judging panel (5 x Judges). *For specific stream judging panel & criteria information see 'Stream' Information & Guidelines.*
- **NO** written feedback will be provided following State events.
- Where there are 12 or less competitors, there will be one round of competition: finals. Where there are more than 12 competitors in an age category, a second round *may* be held: Semi Finals.

## NATIONAL CHAMPIONSHIPS

The FISAF Australia National Championships is the biggest event of the FISAF Australia competition season. This event is also a qualifying event for the FISAF International World Championships (International Stream ONLY).

### Competition Guidelines:

- To qualify to compete at the FISAF Australia National Championships:
  - *Schools/Elementary/National Stream:* The top three place getters in each age group section will be invited to participate in the National Championships.
  - *International Stream:* In order for athletes/teams to progress to the National Championships in the International Stream, an international standard will need to be demonstrated in the State Championship. If an athlete is sick/injured, the judges will consider the performance at Super Series events prior to allowing one member to simply stand on stage to achieve minimum numbers.
  - The Head Judge/s have the right to allow more to go through to the National event if deemed appropriate. If the Head Judges invites more than top three place getters, they will be either be offered a Wild Card or asked to compete in a Repechage round.
    - Athletes may be selected by the head judge to receive a wildcard position in a National Final.
    - Athletes may be selected by the head judge & Selection Panel to be offered a Repechage opportunity at the National Event. This would require competing & qualifying through a Repechage round.
- National Championships will run over the course of four (4) consecutive days in a FISAF Australia selected venue/state. Please be advised that you may be needed for all 4 days of the competition. Programs will be sent approximately 1.5 weeks after the entry due date, we appreciate your patience until then.
- Where there are 12 or less competitors, there will be one round of competition: finals. Where there are more than 12 competitors in an age category, a second round *may* be held: Semi Finals.

## FUTURE CHAMPIONS CUP

The FISAF Australia Future Champions Cup (FCC) events are the final events offered in Australia for the competition season. FISAF Future Champions Cup is a great event for new athletes/teams who have not yet competed in 2021, as well as being a great event to complete the competition season. In 2021, the FCC events will be held in Brisbane (QLD) and in Langwarrin (VIC).

### Competition Guidelines:

- FCC events are open to all Australian athletes.
- There is no minimum or maximum on how many events athletes may enter
- FISAF Australia FCC will run all "State" offered sections (excluding Aero X Individual Challenge) as well as the additional of School Stream Pre-choreographed Small Team categories.
- These events will feature a minimal configuration judging panel (3 x Judges)
- Additional competition rounds (E.g. Semi Finals & Finals) *may* be added, should event program/timing allow.

## INTERNATIONAL EVENTS

### INTERNATIONAL OPEN EVENTS

Australian athletes are invited to attend and compete at the following international open events in 2021 – travel & COVID restrictions permitting. Should athletes wish to compete and attend the below events in 2021, this must be approved by the FISAF Advisory Panel via a 'Request to Compete' form. To download a copy of the 'request to Compete' form go to our website: <https://www.fisafaaustralia.com.au/documents/>



#### NEW ZEALAND OPEN 2021

In 2021 Australian athletes are welcome to compete and attend the New Zealand open event. More information will be sent to coaches directly when made available from NZ.



#### CZECH OPEN AEROBIC & FITNESS 2021 – Travel restrictions permitting

The Czech open will be held on May 27<sup>th</sup> – 29<sup>th</sup> in Ostrava, Czech Republic.



## FISAF INTERNATIONAL WORLD CHAMPIONSHIPS 2021 – Travel restrictions permitting

The 2021 FISAF International World Championships will be held on the 22<sup>nd</sup> – 24<sup>th</sup> of October in Agen, France.

### Competition Guidelines:

- To be considered for the 2021 Worlds team, athletes/teams must compete in the International Stream
- World Team selection will be based on an athlete/team competitive results and performance at the National Championships
- The Head judge will announce the athletes/teams selected onto the Australian team according to their discretion with advice from all other Judges. Please note: Announcement may not immediately follow National Championships Presentations due to deliberation times etc
- The World Championship event is organised and run by FISAF International ([www.fisafinternational.com](http://www.fisafinternational.com))
- The FISAF Australia Worlds Team Manager will send all International Stream clubs & schools an event information pack prior to the National Championship event. This pack will include: worlds cover letter (all information regarding forms required, fees and timeline), code of conduct forms, individual athlete acceptance form & club acceptance form.
- For any questions or concerns regarding the 2021 Worlds Team, please contact the Worlds Team manager directly: [worlds@fisafaustalia.com.au](mailto:worlds@fisafaustalia.com.au).





## 2021 AUSTRALIAN COMPETITION CALENDAR

Print friendly Calendar can be download from our website: <https://www.fisafaustralia.com.au/events/events-calendar/>

Event	State	Venue	Event Date	Entries & Payment Due	FRFs Due	Music Submission
<b>SUPER SERIES</b> (Open to all athletes)	NSW	TBA, Coffs Harbour	1 <sup>st</sup> & 2 <sup>nd</sup> May	Sun 28 <sup>th</sup> March	Thurs 8 <sup>th</sup> April	Open: Mon 12 <sup>th</sup> April Closed: Mon 26 <sup>th</sup> April
	SA	TBA	8 <sup>th</sup> May	Sun 4 <sup>th</sup> April	Thurs 15 <sup>th</sup> April	Open: Mon 19 <sup>th</sup> April Closed: Mon 3 <sup>rd</sup> May
	NSW	Hunter Theatre, Broadmeadow	15 <sup>th</sup> May	Sun 11 <sup>th</sup> April	Thurs 22 <sup>nd</sup> April	Open: Mon 26 <sup>th</sup> April Closed: Mon 10 <sup>th</sup> May
	VIC	River Gum PAC, Hampton Park	22 <sup>nd</sup> & 23 <sup>rd</sup> May	Sun 18 <sup>th</sup> April	Thurs 29 <sup>th</sup> April	Open: Mon 3 <sup>rd</sup> May Closed: Mon 17 <sup>th</sup> May
	QLD	Carrara Indoor Sports Stadium, Carrara	29 <sup>th</sup> & 30 <sup>th</sup> May	Mon 26 <sup>th</sup> April	Thurs 6 <sup>th</sup> May	Open: Mon 10 <sup>th</sup> May Closed: Mon 24 <sup>th</sup> May
<b>STATE CHAMPIONSHIPS</b> (Qualifier for National Championships)	SA	TBA	5 <sup>th</sup> June	Mon 3 <sup>rd</sup> May	Thurs 13 <sup>th</sup> May	Open: Mon 17 <sup>th</sup> May Closed: Mon 31 <sup>st</sup> May
	NSW	Hunter Theatre, Broadmeadow	5 <sup>th</sup> June	Mon 3 <sup>rd</sup> May	Thurs 20 <sup>th</sup> May	Open: Mon 17 <sup>th</sup> May Closed: Mon 31 <sup>st</sup> May
	VIC	River Gum PAC, Hampton Park	12 <sup>th</sup> & 13 <sup>th</sup> June	Sun 9 <sup>th</sup> May	Thurs 27 <sup>th</sup> May	Open: Mon 24 <sup>th</sup> May Closed: Mon 7 <sup>th</sup> June
	QLD	Lingo Lin Theatre, Ormiston	19 <sup>th</sup> & 20 <sup>th</sup> June	Sun 16 <sup>th</sup> May	Thurs 3 <sup>rd</sup> June	Open: Mon 31 <sup>st</sup> May Closed: Mon 14 <sup>th</sup> June
<b>NATIONAL CHAMPIONSHIPS</b> (Via qualification only)	QLD	Chandler Theatre, Chandler	5 <sup>th</sup> , 6 <sup>th</sup> , 7 <sup>th</sup> & 8 <sup>th</sup> August	Sun 4 <sup>th</sup> July	Thurs 15 <sup>th</sup> July	Open: Mon 12 <sup>th</sup> July Closed: Mon 26 <sup>th</sup> July
<b>FUTURE CHAMPIONS CUP</b>	QLD	Lingo Lin Theatre, Ormiston	28 <sup>th</sup> August	Sun 25 <sup>th</sup> July	Thurs 12 <sup>th</sup> August	Open: Mon 9 <sup>th</sup> August Closed: Mon 23 <sup>rd</sup> August
	VIC	Langwarrin PAC, Langwarrin	4 <sup>th</sup> September	Sun 1 <sup>st</sup> August	Thurs 19 <sup>th</sup> August	Open: Mon 16 <sup>th</sup> August Closed: Mon 30 <sup>th</sup> August

## REGISTRATION & MEMBERSHIP REQUIREMENTS

The FISAF Australia registration & membership framework is an affiliation program, ensuring FISAF has a database of all its members Australia-wide. The framework provides its members with beneficial goods and services such as online services, member updates, education & training, as well as marketing and promotion. FISAF Australia exists to serve its members and is dedicated to the development, promotion and regulation of Sports Aerobics and Aerobic. All registrations & memberships must be renewed annually.

In 2021, all clubs and schools who wish to be affiliated with FISAF Australia, as well as participate in any FISAF Australia event must complete a registration and any applicable memberships.

**Please Note:** All registrations & memberships will open in early 2021.

### CLUB REGISTRATION

The registration system will ensure all FISAF Australia affiliated clubs have the following required standards in place:

- Australian Business Number (ABN)
- Public Liability Insurance
- Working with Children Checks
- Qualified First Aider
- Music Licence

The cost of the 2021 registration is **\$75.00** per club, this cost will cover the cost & membership of 1 x Head Coach, as well as access to use the 2021 music downloader account, more information coming in 2021.

Club registrations must be completed by **Sunday 7<sup>th</sup> February 2021.**

### SCHOOL REGISTRATION

The registration system will ensure all FISAF Australia affiliated schools have the following required standards in place:

- Australian Business Number (ABN)
- Working with Children Checks (or equivalent, E.g. Teacher I.D/Registration card)
- Qualified First Aider

The cost of a school registration is dependent on the total number of athletes participating in your aerobics program. School Stream memberships are strictly for those athletes/coaches participating in the 'School Stream' only. The cost for 2021 School Registration are as follows:

0-10	Total Coaches & Athletes =	\$50
11-25	Total Coaches & Athletes =	\$75
26-50	Total Coaches & Athletes =	\$125
51-75	Total Coaches & Athletes =	\$175
76-100	Total Coaches & Athletes =	\$225
101-125	Total Coaches & Athletes =	\$275
126+	Total Coaches & Athletes =	\$325

**Please Note:**

- The total number of *athletes* refers to current *enrolled* students at your school participating in FISAF Australia events.
- The total number of *Coaches/ Coordinators* refers to School staff members of your school participating in FISAF Australia events.
- For public liability reasons, any persons who coach/choreograph for the school as a contractor must complete an individual membership.

School registrations must be completed by **Sunday 7<sup>th</sup> March 2021.**

## MEMBERSHIPS

### INDIVIDUAL MEMBERSHIPS

These memberships must be completed by the following people:

- Athletes competing in:
  - Elementary Stream
  - National Stream
  - International Stream
- Club coaches
- School coaches (not a registered teacher or employee at the school), E.g. Contractors
- Judges

**\$40.00 Per Individual**

Once clubs/schools have completed the *registration* process, athletes, coaches & judges will be able to select the club/school they are representing from a dropdown list. This dropdown list will only feature clubs/schools based on their residential address. Athletes, coaches & judges must represent a club/school which is located within the State in which they reside.

#### **Please Note:**

- In the event that members (athletes/teams only) would like to represent multiple clubs, athletes/teams must apply for consideration via a 'Request to Compete' form – See Page 12 for more information.

**Individual memberships must be completed by Sunday 7<sup>th</sup> March 2021.**

**Please Note:** Any individuals who have not completed their individual memberships by the above date, will **not** be eligible to enter any events, therefore, will not be included in event programming.

## COSTS TO CONSIDER

When entering FISAF Australia events in 2021 there are some other costs to consider, including but not limited to:

- Club/School Registration (*see above for more details*)
- Memberships (*see above for more details*)
- Judge Levy
- Late fees (late entry forms, late entry payments, late FRF & or music submissions,
- 'Request to Compete' Applications
- National Championship video/photography Levy
- Pre-choreographed Packages
- Spectator Entry Fees
- Competition Entry Fees

For a complete list of the above costs please refer to the 2021 Pricing Document.

# FORMS & SUBMISSIONS

## ENTRY FORMS

- Event entry forms **MUST** be submitted by the due date (See Page 7)
- Failure to submit entry forms by the due date will result in late fees (See Event Pricing Document)
- All entry forms **MUST** be submitted in Excel format
- **IMPORTANT:**
  - Please ensure all tabs/pages are filled out correctly:
    - Contact Information & Declaration
    - Members attending (this will provide details for your event registration packs)
    - Stream (applicable to your entries)
    - Payment
  - Payment **MUST** be made prior to entries close or late fees will apply.
    - If your Club or School requires an invoice prior to payment, entry forms must be sent in at least five (5) business days prior to the closing date.
    - Cheques will **NOT** be accepted.
    - Payments can be made to:
      - Inspire Events Australia Pty Ltd
      - BSB: 084 129
      - ACC: 24 407 0056
      - REFERENCE: Club/School Name - Event Name
      - E.g. Aerodance – VIC States

## MUSIC SUBMISSION

Music submission in 2021 will be done via a third-party site, Music Uploads:

<https://www.musicuploads.com.au/>. More information on how to submit your music will be provided in early 2021.

## FRF SKILL FORMS

Please Note: FRF skill forms are **NOT** entry forms. These forms are used by the judging panel during the event.

- FRF skill forms are compulsory for all National Stream & International Stream *sport aerobics* categories.
  - The following categories are exempt from completing/submitting FRFs in 2021:
    - *National Stream*
      - *X-Mini categories (male individuals & sport aerobics teams)*
      - *Mini (5-6) individuals*
      - *Mini (7-8) individuals*
- The FRF program can be downloaded via our website or click here: <http://www.polarcz.com/frf/>
- FRFs **MUST** be submitted via email to [frf@fisafaustalia.com.au](mailto:frf@fisafaustalia.com.au) on the due date (See Page 7).
- FRFs are required in TWO (2) formats:
  - .PDF format
  - .FRF format (necessary for skills judge)
- FRFs (PDF ONLY) must be clearly labelled/named as:
  - **(Athletes Name/Team Name)\_(Section)\_(Stream).pdf**
  - **Example:**
    - Sandi Heard\_ Adult Individual Female \_ International Stream.pdf

***Failure to follow the above guidelines will result a non-submission and will not be accepted.***

## REQUEST TO COMPETE FORM

A request to compete form must be submitted, but not limited to, the following instances:

- Competing in an International Open Event
- Applying to represent multiple clubs during one competition season
- Applying to compete at a State event which is not in your state of residence (excludes International Stream athletes/teams).

### Process for Submission:

- A request to compete form must be completed and submitted with a \$15 administration fee to FISAF Australia.
- The competitor will be notified of the success of the request within 1-2 weeks. If the request is successful specific conditions will be outlined in the approval notice.
- This form will be made available in early 2021.

## REQUEST TO WITHDRAW FORM

A request to withdraw form must be submitted when withdrawing from a competition due to injury or sickness. The request to withdraw form must clearly state the reason for withdrawing from the competition, as well as including a medical certificate.

If a request to withdraw is successful, event credit of up to 50% may be considered – this is determined on a case by case basis.

### Process for Submission:

- A request to withdraw form must be completed and submitted to FISAF Australia: [admin@fisafaaustralia.com.au](mailto:admin@fisafaaustralia.com.au).
- The competitor will be notified of the success of the request within 1 week of receiving.
- This form will be made available in early 2021.

## COMPETITION ORDER & PROGRAMMING

Event programs & competition orders will be randomly drawn by the event organiser. Coaches will be sent a draft program approx. 1.5 weeks after the entry due date. Draft programs are **NOT** to be shared with athletes & or parents, they are to be used for checking timing issues & spelling mistakes only. Coaches will be sent the finalised event program approx. 1-2 weeks prior to the competition, after which this may be shared with athletes & parents.



## GENERAL COMPETITION RULES & GUIDELINES

- There is no restriction on any athlete competing in a combination of School, Elementary, National and International streams.
  - E.g. an athlete may compete in a School Stream pre-choreographed team, compete in an Elementary Stream small team, a National Stream pair and an International Stream single.
- Teams/individuals may **not** compete in the same section twice across all four (4) Streams
  - E.g. an athlete cannot compete in both a School Stream individual & National Stream individual section.
  - E.g. an athlete may not compete in two pre-choreographed school sections.
    - The only exception to the above rule is in regards to school stream athletes competing in pairs, trios (small teams/sport aerobic teams) & fitness teams to represent a club:
      - An individual athlete may compete in a pair, trios or fitness section with their school as well as in the Elementary/National/International Streams, when competing as a part of a club, permitting that the team make up of both teams does not include more than 50% of the same members
- Coaches are expected to carefully place their athletes/teams in the stream most appropriate to ability & skill level (coaches are strongly urged to consider the values of FISAF Australia when making these decisions).
- The FISAF Australia judging panel has the right to request a change of section for athletes/teams that are believed to be well above or well below the expected standard. E.g. if an athlete is significantly more capable than the expected standard a novice individual section, the panel may stipulate that the athlete to compete in the advanced individual section. Coaches will be notified of this request in their feedback during the Super Series events. Coaches will have the right to appeal the decision, however the Head Judge will have the final say.
  - *National Stream sport aerobics sections:* Athletes will not be requested to move between different Streams. E.g. a National Stream advanced individual will not be asked to move compete in the International Stream.
  - *National Stream fitness sections:* The panel may request fitness teams' move to the International Stream if they appear to be significantly more capable than the expected standard of a national stream fitness team. This will not automatically mean that the team will be considered for the Australian World Team if they do not wish to.
- Placing 1st, 2nd or 3rd in a section in a particular stream, does not mean an athlete / team must move into another stream the following year.
- Streams & sections entered by athletes and teams in 2020 do not have any bearing on their choices for 2021.
- Substitute Members:
  - In the case of a team member withdrawal & or injury, which may affect a Nationals or Worlds qualification (International Stream only), a team may substitute that particular member with another athlete.
  - FISAF Admin must be made aware of all substitute members prior to any events.
    - Substitute members must be included on all FRFs (if applicable)
  - A minimum of 50% of the original team must remain the same at all times.
- FRF Skill Forms received by FISAF Australia by clubs & coaches are reflective of the coaches and athletes choices for their routine. Coach's / athletes are responsible for checking their FRF Skill form with competition rules & regulations before submission. FISAF Australia is not responsible for incorrect choreography or FRF's, which may result in deductions or disqualifications.
- It is strongly advised that one person should not perform more than four times during one competition. FISAF Australia and the Event Organiser are not responsible for the individual scheduling of athletes. Please consider your personal health and fitness if wishing to enter many categories/divisions.
- FISAF Australia is required to abide by all set rules at each venue and we ask all spectators, athletes & Coaches to ensure rules are not broken.
- Please do not rely on the 2021 FISAF Event Dates as exact. These are preliminary dates/venues. FISAF Australia reserves the rights to amend any event details at their discretion. In the instance there should be any changes, you will be notified of these as soon as possible.
  - The FISAF Australian team has done its best to contact and work with other codes in order to assist our coaches and athletes in the busy competition season. We have been only able to work with the information provided.

***Please refer to 'Stream' specific guideline documents for more information.***



## ENTERING AND LEAVING THE STAGE

After a competitor is introduced to the stage by the MC, athletes/teams are to enter the performance area promptly and assume their starting position. The competitor may briefly greet or acknowledge the audience and judges prior to assuming their starting position and thank or acknowledge the audience and judges before promptly exiting.

## FALSE START/INTERRUPTION

A false start is defined as:

- A technical problem preventing commencement of a performance after the athlete/s have entered the stage
- A technical problem preventing continuation of a performance once it has started.
- A false start/interruption is when the circumstances causing it are not within the competitor's control. This would include but is not limited to damage to the facility, failure of equipment or foreign objects on the stage. The decision as to whether the false start/interruption will be acceptable will be at the sole discretion of the Head Judge.
- If it is deemed to be a false start/interruption, then the competitor will have the option of performing immediately or at the end of the category. In the event the false start occurs near the end of the category, or the last competitor in that category, then the error is to be corrected at that time and the competitor then goes on stage. A routine that is not started or is interrupted, without completion, due to the fault of the athlete, is not considered a false start/interruption. This would include but is not limited to, forgetting a routine, falling down from a pair or team starting position. If not a false start/interruption, the competitor will be disqualified.

## PERFORMANCE AREA

An area of 7 x 7 metres square will be used for *Sport Aerobics* sections and 9 x 9 metres square will be used for Fitness & Step. Please refer to 'Stream Information & Guidelines' documents for more details.

## MEDICAL ATTENTION & FIRST AID

- Competitors enter and perform at their own risk. No responsibility for illness or injury sustained in connection with any FISAF event will be accepted by the organisers.
- A certified first aider will be located side of stage at each event in case of an emergency – injury or illness.
- It is the responsibility of the athlete and/or coach to report an athlete's injury or illness to the event organiser, coaches will be required to fill out the required documentation.
- If at any time prior to or during competition an athlete is ill, injured or his/her physical condition is at risk by competing, he/she may be declared ineligible to compete or disqualified from competing further. The competition organiser reserves the right to withdraw any competitor who appears to have such serious injury or medical condition.
- Medical apparatus such as casts or plastic or metal joint braces may be worn with prior approval from FISAF Australia before the competition day and presentation of a clearance certificate by a medical practitioner.
- The competition organiser reserves the right to request the submission of a physician's written authorisation for an athlete to compete.

## RESULTS

Competition *finals* results following each event will **NOT** be posted around the venue. Competition results will be posted **ONLINE ONLY** at the earliest convenience, approx. 1-2 business days after the conclusion of each event.

## CONTACT US

As a point of contact the following email addresses are available for you to contact in regards to specific questions you may have.

- Event & general enquires: [admin@fisafaustalia.com.au](mailto:admin@fisafaustalia.com.au)
- Sponsorship & marketing enquiries: [natalie@fisafaustalia.com.au](mailto:natalie@fisafaustalia.com.au)
- Schools Development Committee: [schools@fisafaustalia.com.au](mailto:schools@fisafaustalia.com.au)
- Advisory Panel: [advisorypanel@fisafaustalia.com.au](mailto:advisorypanel@fisafaustalia.com.au)
- Australian team enquiries: [worlds@fisafaustalia.com.au](mailto:worlds@fisafaustalia.com.au)
- FRF skill form submissions: [frf@fisafaustalia.com.au](mailto:frf@fisafaustalia.com.au)
- Music submissions: [music@fisafaustalia.com.au](mailto:music@fisafaustalia.com.au)

**We looking forward to a great Sport Aerobics & Fitness season in 2021!**

### FISAF Australia

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