

FISAF
AUSTRALIA
SPORT AEROBICS

EVENT GUIDE 2024



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FISAF AUSTRALIA

EVENT GUIDE

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 national 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 this information to assist its members and associates in being involved in FISAF Australia competitions in 2024. This document supersedes past years Event Information and Guidelines documents.

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 matter 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.



Purrrfection – The Ultimate Beat, NSW (2023 National Championships)

A NOTE TO COACHES

The rules and regulations contained in this document supersede all past technical regulations and are valid from 1 January 2024 to 31 December 2024.

In the event that amendments are made during this period, these will be communicated by email to coaches, or via the official FISAF Australia Facebook page.

RESPONSIBILITIES & OBJECTIVES

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

In particular FISAF Australia will:

- Serve as the governing body for FISAF sport aerobics activity in Australia
- Exercise jurisdiction over local, state and national activities, and promote international competition involvement
- Encourage and promote the development of physical fitness, sportsmanship and participation in sport aerobics competition and related activities in Australia
- Educate members and the public about the sport and competition opportunities available in Australia
- Assist with the development and promotion of club and school programs for the benefit and growth of the sport for its members
- Provide a system of rules and guidelines with which to govern the FISAF code in Australia, including appropriate means for enforcement that is fair and serves to protect 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 stakeholders to encourage participation and education of sport aerobics 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 email, website, and social media platforms to stakeholders as appropriate
- Work together with FISAF International in its mission to protect the integrity of the sport and competition, and promote its presence to the public
- Strive for sustained competitive excellence in sport aerobics
- 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.



Aria Watt – Dare to Dance/Saint Stephen's College, QLD (2023 National Championships)

EVENTS

FISAF AUSTRALIA EVENTS

ALL EVENTS



FISAF Australia Super Series

The FISAF Australia Super Series events provide our Australian athletes with the opportunity to compete & receive written judge feedback prior to the State Championship events.

Competition Guidelines:

- Super Series events are open to **ALL** Australian athletes/teams
- FISAF Super Series will run **ALL** streams & sections
- There is no minimum or maximum on how many events athletes may enter
- All Super Series events will feature a small configuration judging panel (3 - 5 x Judges)
- Feedback will be given to coaches (1 per athlete/team) at the conclusion of each event
- Additional competition rounds (E.g., Semi Finals & Finals) may be added, should event program/timing allow.

FISAF Australia State Championships



The FISAF Australia State Championship events are a qualifying event for the FISAF Australia National Championships. In 2024 there are currently five (5) State Championship events run in Australia during the months of June – July. These events are run in the following States: New South Wales, South Australia, Victoria & Queensland.

Please Note: The **Queensland** State Championships has been split into two (2) events:

1. Elementary/National/International Finals – This event **EXCLUDES ALL** School Stream Sections.
2. School Stream Finals – This event will **ONLY INCLUDE** School Stream Sections

Competition Guidelines:

- State events are open to **ALL** athletes/teams
 - Athletes/teams 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 Technical Committee will discuss the matter and either approve or disapprove the request. If approved, conditions will be set and provided.
- If athletes/teams cannot compete at their State Championship qualifying event, then they **cannot** qualify for the National Championships event.
 - Teams *without* minimum numbers on stage will receive a score of 1.0 from ALL judges, and **cannot** medal or qualify for Nationals
 - Teams *with* minimum numbers (with someone on stage in corner), will receive a score of 2.0 from ALL judges, and can still medal and qualify for Nationals - as per Head Judge discretion on the day
 - **International Stream Only:** In the case of *extenuating* circumstances, should International Stream athletes/teams be unable to participate in their State Championship event, and are hoping to qualify for the National Championships, in order to qualify for the World Championships, athletes/teams may apply for consideration via a 'Request to Compete' form. Requests will **only** be considered if athletes/teams have demonstrated superiority in either of the following ways:
 - International Pacific Open & 2 Super Series events (with 1 event being outside of their own State)
 - OR**
 - 3 Super Series events (with 1 event being outside of their own State).These requests will be considered by the EC in accordance with Head Judge(s) recommendations
- State events will run **ALL** streams & sections
- All State events will feature a small configuration judging panel (5 x Judges)
- **NO** written feedback will be provided following the State events
- Additional competition rounds (E.g., Semi Finals & Finals) may be required.



Future Champions Cup

The Future Champions events were first introduced with the purpose of providing additional competition opportunities to those students who had not qualified for Nationals. FISAF Australia remains committed to maintaining the true spirit of the Future Champions School Cup, where different competition sections will be on offer in order to give all of our 'Future Champions' a fair go.

Please Note: The **Queensland** FCC event will be open to School Stream sections ONLY, whilst the **Victorian** event will be open to all Australia competition sections & categories.

Competition Guidelines:

- Some competition sections may be split up in the following ways:
 - Any athlete/team who has **not** received a National Championship invitation (via medal placing or wildcard), has been placed in 'Future Champions' section
 - **Please note:** All final event programming decisions are subject to change and are at the discretion of FISAF Australia
- This event will feature a small configuration judging panel (3 - 5 x Judges)
- **NO** written feedback will be provided following the FCC event
- Additional competition rounds (E.g., Semi Finals & Finals) may be added, should event program/timing allow.



FISAF Australia National Championships

The FISAF Australia National Championships is the biggest event of the FISAF Australia competition season. Entry into this event is by invitation only, via State Championship qualification.

Competition Guidelines:

- To qualify to compete at the FISAF Australia National Championships:
 - Schools/Elementary/National Stream: The top three placegetters at each State event, in each age category/section will be invited to participate in the National Championships
 - International Stream: For athletes/teams to progress to the National Championships in the International Stream, an international standard will need to be demonstrated at the State Championships
 - 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 offered a Wild Card
- National Championships will run over the course of four (4) consecutive days
- As a guide (subject to change), the National Championships will run as follows:
 - Elementary/National/International Stream: Semi's & Finals will be held from Wed - Fri
 - School Stream: School Stream finals will be held on Saturday
- Additional competition rounds (E.g., Semi Finals & Finals) may be required.
- This event is also a qualifying event for the FISAF International World Championships (International Stream only).



FISAF Australia International Stream Training Camp

In 2024, FISAF Australia will facilitate an International Stream Training Camp which will provide those athletes/teams & coaches the opportunity to receive international judge feedback & attend team workshops prior to the 2024 World Championships.

- Compulsory to any International Stream athletes/teams & coaches who have submitted a team acceptance form with the goal of attending the 2024 FISAF International World Championships
- Further information to be released in 2024.

FISAF INTERNATIONAL EVENTS

INTERNATIONAL OPEN EVENTS

Australian athletes are invited to attend and compete at any International open events, which can include the New Zealand Open, Czech Open, Swiss Open & Belgium Open & the European Championships. Should athletes wish to compete and attend the below events in 2024, this must be approved by the FISAF Technical Committee via a 'Request to Compete' form. To download a copy of the 'request to Compete' form go to our website: <https://www.fisafaustralia.com.au/documents/>. More information regarding FISAF International Open events will be released in early 2024.

FISAF INTERNATIONAL WORLD CHAMPIONSHIPS

2024 FISAF International World Championships: Date – TBC

Competition Guidelines:

- To be considered for the 2024 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)
- 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 2024 Worlds Team, please contact the Worlds Team manager directly: worlds@fisafaustalia.com.au.

INDEPENDENT CLUB EVENTS & IN-HOUSE COMPETITIONS

FISAF Australia is supportive of its member-clubs hosting their own in-house competitions in their region. We believe that providing extra performance opportunities, in addition to the official FISAF Australia event calendar, is beneficial for everyone involved, when provided in a safe and professional manner.

The privilege of using FISAF Australia materials will only be extended to those clubs who foremost support FISAF Australia and enter all their regional FISAF events. This would include the Super Series, State Championships and Future Championship competitions. FISAF Australia views the club events as an extension to the already set FISAF Australia calendar. Club run competitions should not be used as a replacement event.

In the event that a club wishes to run a competition that will include any FISAF Australia pre-choreographed routines, music mixes, categories, judging criteria or any other intellectual property owned by FISAF Australia that club must first complete the official competition request forms (link to be provided in early 2024) to FISAF Australia;

To gain approval FISAF Australia will require:

- The event name, date & venue. We believe that competition names should be unique (i.e., Blitzit, I1 Challenge, Action Challenge etc.), and that any competition name containing state/territory/national wording could pose as a conflict to FISAF Australia and create confusion amongst the community. Competition names containing this wording of this nature will not be approved.
- When using FISAF Australia intellectual property it is required that the integrity of the categories remain. When using FISAF Australia pre choreographed routines at a non-FISAF event, they must be used as per the rules, guidelines & categories set by FISAF Australia
 - E.g., A pre-choreographed routine cannot compete against own choreographed routines & or other streams/codes.

Event Liability

- When running your own event, you must sign an agreement with FISAF Australia via JotForm that FISAF is in no way liable for any incidents & or injuries that may occur at the event
- If any event were to bring disrepute to FISAF Australia in anyway, requests to run an event in the future may be denied.

FISAF Australia reserves the right to accept & or deny the use of any FISAF Australia intellectual property at any non-FISAF event. Requests may be denied if it is deemed that the running of the club event may negatively impact the reputation of the FISAF Australia brand & or is a conflict of interest to the official FISAF Australia event calendar.

2024 AUSTRALIAN COMPETITION CALENDAR

A print friendly Calendar can be download from our website: <https://fisafaustalia.com.au/event-calendar/>

FISAF AUSTRALIA SPORT AEROBICS



2024 Event Calendar & Due Dates

Event	State	Venue	Date	Entries Due	FRFs Due (International & National Stream Only)
	SA	Golden Grove Arts Centre	Saturday 4 th May	Sunday 10 th March	Friday 19 th April
	NSW	Sports Central, Coffs Harbour	Saturday 4 th & Sunday 5 th May	Sunday 10 th March	Friday 19 th April
	VIC	Geelong Arts Centre, Story House	Saturday 11 th & Sunday 12 th May	Sunday 17 th March	Friday 26 th April
	NSW	St Phillips Christian College, NTL	Friday 17 th & Saturday 18 th May	Sunday 24 th March	Friday 3 rd May
	QLD	GECC, Gladstone	Saturday 18 th May	Sunday 24 th March	Friday 3 rd May
	QLD (Excludes School Stream)	Valmai Pidgeon PAC, Brisbane	Saturday 25 th & Sunday 26 th May	Tuesday 2 nd April	Friday 10 th May
	QLD (School Stream Only)	Nissan Arena, Nathan	Friday 7 th & Saturday 8 th June	Sunday 14 th April	N/A
	More Event Details to come!		Saturday 1 st June & Sunday 2 nd June	TBA	
	NSW	UNSW Science Theatre, Sydney	Saturday 15 th & Sunday 16 th June	Sunday 28 th April	Friday 31 st May
	VIC	Rowville Performing Arts Centre	Saturday 22 nd & Sunday 23 rd June	Monday 6 th May	Friday 7 th June
	SA	Helen Reid Hall, Hyde Park	Saturday 29 th June	Sunday 12 th May	Friday 14 th June
	QLD (Excludes School Stream)	Valmai Pidgeon PAC, Brisbane	Saturday 13 th & Sunday 14 th July	Monday 27 th May	Friday 28 th June
	QLD (School Stream Only)	Nissan Arena, Nathan	Friday 19 th & Saturday 20 th July	Sunday 2 nd June	N/A
	QLD	Logan Metro Centre, Crestmead	Friday 16 th & Saturday 17 th August	Sunday 23 rd June	N/A
	VIC	Rowville Performing Arts Centre	Saturday 17 th & Sunday 18 th August	Sunday 23 rd June	Friday 2 nd August
	QLD	Gold Coast Sport & Leisure Centre, Carrara	Wednesday 28 th August - Sunday 1 st September	NSW: Sun 30 th June VIC: Sun 30 th June SA: Sun 7 th July QLD (Clubs): Sun 21 st July QLD (Schools): Wed 24 th July	Friday 2 nd August
	QLD	TBA	Sunday 1 st September	N/A	N/A

Note: The 2024 Event Calendar is subject to change at any time. In the instance there should be any changes, coaches & coordinators will be notified of these as soon as possible.

REGISTRATION & MEMBERSHIP REQUIREMENTS

FISAF Australia is dedicated to the development, promotion and regulation of Sport Aerobics in Australia and prides itself on providing excellent service to its members.

The FISAF registration system enables FISAF to maintain a database of all its members which facilitates the provision of relevant products and services to all members. FISAF Australia exists to serve its members and is dedicated to the development, promotion, and regulation of FISAF Sport Aerobics within Australia.

To be a registered member (whether club, school or individual member), all registrations & memberships must be paid in full by the required due date. All registrations and memberships must be valid at all times whilst presenting as a FISAF Australia member to the public. All registrations & memberships must be renewed annually.

REGISTRATION SYSTEM

FISAF Australia uses JotForm to assist in the collection of club, school & individual registration information which also assists with ensure that all affiliated clubs & schools have the following required standards in place:

- Australian Business Number (ABN)
- Public Liability Insurance
- Working with Children Checks
- Qualified First Aider
- Music Licence (*Excludes use of pre-choreographed routines*)

CLUB REGISTRATION

- Club Name Approval
 - It is important that club names do not pose a conflict to FISAF Australia or any of its existing members (including clubs, schools, and individual athletes) for the benefit of its code. Conflicts can lead to confusion and go against the best interests of other members and stakeholders involved in our sport. In line with this, club names will be subject to approval by FISAF Australia to enable them to successfully register and participate in competitions. Clubs will not be permitted to register if their club name contains any of the below:
 - State/Territory
 - Capital City
 - Region other than a town/city name (such as Southeast Queensland, or Southern Australia).
 - This includes clubs seeking to register as an abbreviated version of their full name that contains (by way of inference or directly) a Capital City/State/Country name
 - Clubs who have their unique club name followed by the State they are located in are exempt from this rule.
- Any club that has two or more registered athletes (under the age of 18) that reside in a different state to the registered club, must register an additional club in that state and fulfill all requirements of FISAF Australia club registrations
- Athletes under 18 must have a registered coach from their club present for all training sessions and at all competitions. To be clear, this cannot be a coach from a club other than their own club
- International Stream athletes and/ National Stream adult athletes may be trained by the coach of their choice (within Australia). If this coach resides in a different state to the athlete, then approval must first be obtained from FISAF Australia (via the Executive and Technical Committees). Upon approval, any relevant rule provisions will be provided by FISAF Australia, which must be abided by throughout the season. Approval must be granted on a season-by-season basis
- Athletes youth age and below, competing in the Elementary and/ National Streams will not be considered for approval to be coached by someone outside of the state in which they reside, unless there are extenuating circumstances. This will be determined on a case-by-case basis.

Acceptances for new and current club registrations for the 2024 season will be considered based on the above requirements (but not limited to) being fulfilled.

The cost of the 2024 registration is **\$75.00** per club per annual year. This cost covers 1 x coach membership, as well as free access to use the 2024 music uploader account.

Club registrations for 2024 will open on **Friday 8th December 2023.**

Club registrations for 2024 **must** be completed prior to **Wednesday 24th January 2024.**

PLEASE NOTE:

- The cost for *late* club registrations, purchased from Thursday 25th January 2024, will be charged at **\$125.00** per club per annual year
- Event entries cannot be submitted until your club registration has been complete
- Club members will not be able to select their particular club from the drop-down box when completing their individual memberships until club registration has been complete.

SCHOOL REGISTRATION

- Every school entering the 'FISAF Schools Stream' must have a valid FISAF Australia registration for that campus
- Every school registration must be approved and endorsed by an appropriate school representative (Principle & or School Employee)
- Every child in a school team entering the 'FISAF Schools Stream' must be from the same school
- Every child in a school team entering the 'FISAF School Stream' must represent the school that they are enrolled in and actively attending
- Schools may enter more than one team in any section, however all teams must have a defining team name
 - All team names must be submitted in the box provided on your competition entry forms

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 2024 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

This cost covers all participating school athletes and school employees (teachers & principles only, this does not cover contracted coaches). This cost also covers free access to use the 2024 music uploader account.

School registrations for 2024 will open on **Friday 8th December 2023.**

School registrations for 2024 must be completed prior to **Sunday 10th March 2024.**

PLEASE NOTE:

- The cost for *late* school registrations, purchased from Monday 11th March 2024, will incur an additional cost of **\$25.00** per pricing bracket (see above for pricing bracket details)
- Event entries cannot be submitted until your school registration has been complete
- **The School Stream Registration only covers athletes/teams competing in the School Stream.** Any Athletes/Teams who are representing their school whilst competing in the Elementary, National & or International Streams, **must** complete an Individual Membership.
- School members will not be able to select their particular school from the drop-down box when completing their individual memberships until school registration has been complete.



Presentations (2023 National Championships)

INDIVIDUAL MEMBERSHIPS

- All FISAF Australia participating individuals (athletes & coaches & judges) must be registered under a registered FISAF Club or School
- The club/school that they are registered under, must be located within the State in which they reside
 - Exemptions may be made for International Stream athletes and/ National Stream adult athletes, who have obtained approval from FISAF Australia (via the Executive and Technical Committees). Upon approval, any relevant rule provisions will be provided by FISAF Australia, which must be abided by throughout the season. Approval must be granted on a season-by-season basis
- FISAF Australia participants may only represent one (1) club & one (1) school at any time
- In the event that athletes & or teams would like to represent more than 1 club, athletes/teams must apply for consideration via a 'Request to Compete' form – See page 13 for more information
- Individual memberships **MUST** be completed by the following people:
 - **Athletes** when competing in:
 - Elementary Stream
 - National Stream
 - International Stream
 - **Club coaches**
 - **School coaches** (who are not a registered teacher or employee at the school), E.g., Contractors
 - **Judges.**

The cost of the 2024 individual membership is **\$50.00** per person per annual year.

IMPORTANT: Individuals who have multiple roles within the sport **do not** need to purchase multiple memberships. Please register for your highest-ranking role.

E.g.,

- A club coach, who also judges for FISAF Australia, only needs to purchase 1 individual membership
- An athlete, who also coaches at their local club, only needs to purchase 1 individual membership
- A coach who is contracted to coach at multiple schools, only needs to purchase 1 individual membership.

Individual memberships for 2024 will open on **Thursday 25th January 2024.**

Individual memberships for 2024 must be completed prior to **Sunday 10th March 2024.**

PLEASE NOTE:

- The cost for *late* individual memberships, purchased from Monday 11th March 2024, will be charged at **\$87.50** per individual per annual year
- Individuals will not be eligible to be entered in any events until memberships have been completed
- Once clubs/schools have completed their 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.
 - In the event that members (athletes/teams only) would like to represent multiple clubs, & or teams in another State of residence, athletes/teams must apply for consideration via a 'Request to Compete' form – See page 13 for more information.

COSTS TO CONSIDER

When entering FISAF Australia events in 2024 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,
- 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 2024 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 2024 Pricing Document)
- All entry forms MUST be submitted in Excel format
- **IMPORTANT:**
 - Please ensure all tabs/pages are filled out correctly:
 - Members attending (this will provide details for your event registration packs)
 - Stream (applicable to your entries)
 - Entry form submission will be required via a Jotform upload system
 - More information, including instructions will be available in early 2024
 - An Invoice will be sent by Inspire Events Australia Pty Ltd (FISAF Australia) after your complete entries are received & processed. We kindly ask that all payments are not made until you have received your invoice.
 - Payment must be made prior to close of business on the invoice due date, using your club or school name as reference
 - Payment can be made via direct bank transfer
 - Should clubs or schools wish to pay via credit card, an additional credit card surcharge of 2.2% will be added to your total
 - Entries will be considered late if full payment is not received prior to close of business on the invoiced due date.
 - Failure to submit entry forms & entry payments by the required due dates will result in late fees.

The Entry form document & Jotform upload system will be made available to all Clubs & School in early 2024, after this time, the document will be available to download on our website:

<https://fisafaustalia.com.au/documents/>.

MUSIC SUBMISSION

Music submission in 2024 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 approximately 2 weeks prior to each event.



FRF – SKILL LISTS

The FRF is used to create the Skill Lists for athletes, these forms are used by the judging panel during the event. FRF's sent in are reflective of the coaches and athletes' choices for their routine.

The FRF program can be downloaded via our website or click here: <http://www.polarcz.com/frf/>

IMPORTANT:

- The section skills list must be strictly adhered to. Additional or skills will not be considered
- FRF Skill Forms received 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 FRF's**, which may result in deductions or disqualifications
- Coach's / athletes are responsible for checking their routines with competition rules & regulations before submission. **FISAF Australia is not responsible for incorrect choreography & skill choices**, which may result in deductions or disqualifications
- Changes to FRFs will **only** be accepted after the set due date, with the submission of a medical certificate &/or requested by the Head Judge/s
 - **NO** changes will be accepted from the Wednesday prior to the event, (Nationals cut off - TBA), however, a medical certificate can still be given at the event for the judges to take into consideration
- No changes to the Skill List are allowed between rounds of competition
- The skill elements must be listed in the correct chronological order and divided up as follows:
 - **Mini (Female, Male, Pairs & Sport Aerobic Teams):** Divide into three even thirds of 28 – 33 seconds, depending on the length of the music. For example, music is 1.30min, then the thirds will all be 30 seconds
 - **Cadet, Junior, Youth & Adult:** Divide into three even thirds of 33 – 37 seconds, depending on the length of the music. For example, music is 1.45min, then the thirds will all be 35 seconds
- The FRF program can be downloaded via our website or click here: <http://www.polarcz.com/frf/>
- FRF Skill Forms are compulsory for all National Stream & International Stream sport aerobics categories.
 - The following categories are exempt from completing/submitting FRFs in 2024:
 - National Stream
 - Pre-Mini (Individuals)
- When completing your FRF, the following information **MUST** be supplied
 - Country
 - Club (Name)
 - Team (Name) – *For Sport Aerobics & Trios ONLY*
 - Coach (Name)
 - BPM
 - Music Length
 - Song Title
 - Song Artist
- FRFs MUST be submitted via email to frf@fisafaustalia.com.au on the due date. **NO** Grace Period Applies.
- FRFs are required in TWO (2) formats:
 - .PDF format
 - . FRF format (necessary for skills judge)
- FRFs (PDF. Format ONLY) must be clearly labelled/named as:
 - Athlete/s Name/TeamName_Age_Section_Stream.pdf
 - Example:
 - Sandi Heard_ Adult_Individual Female_International Stream.pdf
- For further assistance regarding your FRFs please contact: officials@fisafaustalia.com.au

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

REQUEST TO COMPETE APPLICATIONS

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
- A request which falls outside of any FISAF Australia set rules

Process for Submission:

- A request to compete form must be completed online via our website: <https://fisafaustalia.com.au/documents/>
- The coach/coordinator 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 2024

COMPETITION REQUEST FORM

A competition Request form must be submitted in the following instances, but not limited to:

- Withdrawing from any event
 - The request form must clearly state the reason for withdrawing from the competition, as well as including a medical certificate if due to injury or sickness
 - 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
- Requesting a change to any event program
 - E.g., Change of team names, athlete names, team configuration, competition order, etc.
- Submitting an additional entry into an event
 - Additional entry fees will apply
 - If additional entries are received after the due date – sent separately from the initial entry form, late fees will also apply per additional entry. Please refer to the 2024 Pricing Information & Guidelines for more information.

Process for Submission:

- A competition request form will be accessible through our website, via a Jotform link
- This form will be made available in early 2024



Disco Divas – Edge Sport Aerobics, NSW (2023 National Championships)

GENERAL RULES & REGULATIONS

ELIGIBILITY TO COMPETE

- In order to be eligible to participate or be affiliated with any FISAF Australia activity & or event, clubs, schools & individuals (judges, coaches & athletes), must be a registered FISAF Australia member
- For more information, including registration rules, guidelines & requirements, please refer to the 2024 Event Guide.

INDEPENDENT CLUB EVENTS & IN-HOUSE COMPETITIONS

- FISAF Australia is supportive of its member-clubs hosting their own in-house competitions in their region, however, club run competitions should not be used as a replacement event
- In the event that a club wishes to run a competition that will include any FISAF Australia pre-choreographed routines, music mixes, categories, or other of FISAF Australia's intellectual property, that club must first gain approval
- For more information, please refer to the 2024 Event Participation Policy.

COMPETITION GUIDELINES

- There is no restriction on any athlete competing in a combination of School, Elementary, National, and International categories, 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 individual
- Teams/individuals may **not** compete in the same section twice across all four (4) Streams. For example:
 - An athlete cannot compete in both a School Stream individual & National Stream individual section
 - An athlete may not compete in two pre-choreographed school sections
 - The only exception to the above rule is in regard 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, trio, 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

- A team may only compete ONCE per section, therefore, a team may never compete against themselves
- A single athlete may only compete ONCE per section, therefore, an athlete may never compete against themselves
- Schools & Clubs may enter more than one team in any section, however all teams must have a defining team name
 - All team names must be submitted in the box provided on your competition entry forms
- 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).
 - Athletes may 'trial' sections at Super Series event (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
 - The FISAF Australia judging panel reserves the right to request athletes &/or teams to change competition sections (at Super Series events) should they deem the current section not appropriate to their ability/skill level
- Placing 1st, 2nd, or 3rd in a section in any Australian Stream, does not mean athlete/teams must move up the following year
 - The above rule **excludes** Phase 1 Individuals. For more information, please refer to page 1 of the Elementary Stream Information & Guideline document.
- Substitute Members:
 - In the case of a team member withdrawal & or injury, which may affect a Nationals &/or Worlds qualification, a team may substitute that particular member with another athlete
 - FISAF Admin must be made aware of all substitute members prior to any events
 - A minimum of 50% of the original team must remain the same at all times
- The section skills list must be strictly adhered to. Additional skills will not be considered. Please refer to specific stream skill lists
- FRF Skill Forms received 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 FRF's, which may result in deductions or disqualifications. For more information, including submission details, please refer to 2024 Event Guide
- Coach's / athletes are responsible for checking their routines with competition rules & regulations before submission. FISAF Australia is not responsible for incorrect choreography & skill choices, which may result in deductions or disqualifications. For more information, including submission details, please refer to 2024 Event Guide
- In the event that any age categories & or sections become larger or smaller than anticipated, FISAF Australia reserves the right to combine or split age categories & or sections as they see fit.
- Coaches are allowed to perform routines in the audience &/or behind the judges at Super Series events only. For any other events, clubs & schools cannot have anyone behind the judges or in visibility of the Audience performing the routine.

ADMINISTRATION & POLICIES

- When entering, participating & or attending a FISAF Australia activity/event, there are a number of policies that must be adhered to at all times, these include the following:
 - [Child Safety & Wellbeing Policy](#)
 - [Event Participation Policy](#)
 - [Event Photography & Film Policy](#)
 - [Refunds Policy](#)
 - [Code of Conduct](#)
 - [Conditions of Entry](#)
 - [Privacy Policy](#)
 - [Grievances](#)
 - [Participation Waiver](#)
- These documents can be downloaded from our website at any time, please go to: <https://fisafaaustralia.com.au/documents/>
- When entering FISAF Australia events in 2024 there are costs to consider, including but not limited to club/school registration, memberships, judge levies, competition entry fees, late fees (late entry forms, late entry payments, late FRF & or music submissions), National Championship video/photography levy, Pre-choreographed Packages & Spectator Entry Fees. For a complete list of the above costs please refer to the 2024 Pricing Document.

CONTACT INFORMATION

- As a point of contact the following email addresses are available for you to contact in regard to specific questions you may have:
 - Event & general enquires: admin@fisafaaustralia.com.au
 - Sport Development, Sponsorship and Marketing enquiries: natalie@fisafaaustralia.com.au
 - Judging & Technical Committee enquiries: officials@fisafaaustralia.com.au
 - Australian team enquiries: worlds@fisafaaustralia.com.au
 - FRF skill form submissions: frf@fisafaaustralia.com.au

For more information, please refer to the provided links above or see 'stream' specific guidelines documents.

COMPETITION ORDER & PROGRAMMING

- Event programs & competition orders will be prepared by the event organiser
- Coaches will be sent a draft program approx. 2-3 weeks after the entry due date
- Draft programs are **NOT** to be shared with athletes & or parents as 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. Once finalised, all event programs and event information will be available on our website and shared on our socials
- **FISAF Australia is not responsible** for clashes in the scheduling of athletes & teams. Please consider the personal health and fitness of all athletes if entering into multiple categories/divisions
- In some situations, FISAF event dates may change with minimal notice. FISAF Australia reserves the rights to amend any event details at their discretion. In the instance of any changes, athletes and coaches will be notified of these as soon as possible.

ROUNDS OF COMPETITION

Super Series, State Championships & Future Champions Cup

Depending on entries received & should programming allow, where there are 14 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

School/Elementary/National Streams: Depending on entries received & should programming allow, where there are 14 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.

International Stream: All International Stream sections will have two (2) rounds of competition at the National Championships: Semi Final & Finals.

ENTERING AND LEAVING THE STAGE

After the competitor is introduced to the stage by the MC, they are to enter the performance area and promptly assume their starting position. The competitor may briefly greet or acknowledge the audience prior to assuming their starting position.

For all rounds of competition, the competitor is to promptly exit from the performance area, following completion of their performance. The competitor may briefly thank or acknowledge the audience prior to their exit.

Excessive posing or choreographed movements will not be permitted prior to a competitor assuming their starting position or prior to their exit. Adhering to this rule shows respect and ensures the timetable is not compromised.

FALSE START/INTERRUPTION

A false start is defined as:

- A technical &/or medical problem preventing commencement of a performance after the athlete/s have entered the stage
- A technical &/or medical 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, **and FISAF Australia officials have intervened**, then the competitor may 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.

FISAF JUDGING & RANKING SYSTEM (TABULATION)

As per the FISAF International guidelines, judges are obligated to adhere to the Technical Regulations in an unbiased and conscientious manner and according to the FISAF Judges Position and Code of Ethics. It is the responsibility of a judge to assess each performance, in each round of competition, without prejudice and predetermination of the outcome. The judging system, used in the application of scores in FISAF sanctioned events, is a comparative process. This means a competitor's routine is evaluated and compared with the routines of the other competitors within that particular category. The competitor who is able to apply the Technical Regulations, in a manner superior to all other competitors, will win the competition.

THE RANKING SYSTEM

The goal of the ranking system is to determine the placing of the competitors, after each round, by finding the majority of places given by the judging panel, rather than an addition of scores. For example, first position is gained by the majority of the panel agreeing on which athlete they have awarded first place too, with the majority being 3 out of 5 judges.

METHOD OF JUDGE'S RANKINGS (GLOBAL, TECHNICAL, AEROBIC & ARTISTIC)

The Technical, Artistic and Aerobic judges will consider their specific criteria to determine a score, out of ten (10) points, which represents a competitor's performance. From this score a competitor's rank is derived.

- When three or more judges award a competitor with the same or better ranking, this is called 'Achievement of majority'
- If no competitor achieves majority for a certain position, a new comparison will be made and will include all rankings from the next lowest position and above.
- If more than one competitor achieves majority, the following applies:
 - Those competitors achieving majority, are put into a group
 - The competitor with the greatest 'power of majority' is found, e.g., the one with the most rankings achieving majority
 - If the competitors in the group have the same majority, then the highest ranking from each judge is counted, e.g., how many times a competitor is better than another or the others, (who is better than who)
- If the parameter, "more times better" occurs in more than one case within the group, the competitors will be ranked according to the LEAD judge.

METHOD OF JUDGE'S RANKINGS (SKILLS JUDGE)

The tabulation program for the Skill Judge takes the degree of difficulty and execution of each skill element into consideration. The Skill Judge uses a program that "deducts" the value of elements according to the quality of execution E.g., each element is assessed as a full, half or zero value. The program then calculates the percentage of elements with correct execution and the difficulty of the elements which gives a final skill value.

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.

FISAF AUSTRALIA CODE OF CONDUCT

Background

FISAF Australia is responsible for the regulation, development and promotion of FISAF Sport Aerobics in Australia, and hosting the Australian competition events. This Code of Conduct (CoC) applies to all participants at FISAF Australia events and all registered members, clubs and schools. It includes rules and guidelines to assist us in delivering a safe and positive environment for those involved.

FISAF Australia has absolute discretion regarding the implementation, regulation and enforcement of the CoC, and may update it as deemed appropriate.

Participants

For the purpose of this Code of Conduct, 'participants' include:

- Athletes
- Coaches
- Officials
- Parents/carers of athletes
- Event spectators.

General – All Participants

- Discourage all instances of unsportsmanlike behaviour
- Respect the rights, dignity and worth of every person regardless of their gender, ability / disability, sexual orientation, cultural background, religion or other
- Never bring the sport into disrepute.

Athletes

It is expected that an Athlete will participate in line with the following Code of Conduct:

- Respect -
 - The rights, dignity and worth of fellow athletes, coaches, officials and spectators
 - The talent, potential and development of fellow athletes and competitors
- Contribute to a safe sporting environment, and a culture, which is accepting and respectful of individual differences and free from all forms of harassment. Athletes should consider their own safety as well as the safety of others. Safety, in the context of this CoC, includes physical and emotional safety and wellbeing, which may be affected by actions conducted in a physical sense as well as verbal, written and electronic means (including social media)
- Care for, and treat with respect, all equipment and facilities used during the course of a competition/event
- Be honest throughout the course of the competition, including in all dealings with coaches and competition officials
- Conduct oneself in a professional manner in relation to personal and ethical behaviour
- Ensure that use of appropriate language, manner, and punctuality are upheld
- Be aware that personal behaviour has the capacity to embarrass oneself, the sport, and its stakeholders
- Work with, not against, FISAF Australia.
- Abide by the rules, and respect the decision of the judges, and ensure that any appeals are made through the formal process, respecting the final decision
- Maintain a positive attitude towards the sport, the competition and other participants at all times
- Give your best effort – participate for your own enjoyment and benefit.

In general terms an Athlete is encouraged to:

- Work towards achieving their full potential in the sport;
- Maintain a healthy lifestyle that is conducive to excellence in the sport; and
- Abide by both the rules and the spirit of the sport.

Registered Coaches

It is expected that a coach will participate in line with the following Code of Conduct:

- Work in good faith with FISAF Australia and its policies, rules and expectations
- Actively discourage unsportsmanlike behaviour by, or towards, any athlete, coach, parent or and other spectator, FISAF staff, officials or another club. Clubs and schools are responsible for the conduct of their members and supporters
- Seek to maximise the participation and enjoyment of all athletes, regardless of ability, and treat all athletes equally, regardless of their talent
- Place the welfare and safety of the athletes above all else, and display empathy and act with care towards all athletes who may be sick or injured
- Teach athletes that an honest effort, and competing to the best of their ability, is much more important than the result they receive
- Maintain appropriate, professional relationships with athletes at all times
- Maintain a thorough understanding of the rules of the competition
- Keep abreast of current coaching methods and seek to maintain or improve your current accreditation level
- Conduct yourself at all times in a manner that shows leadership, respect for the sport and respect for all those that are involved in the sport – athletes, staff, officials, other coaches, supporters and parents
- Help each participant (e.g. athlete, coach, official) to reach their potential and respect the talent, developmental stage and goals of each person and complement and encourage with positive and supportive feedback
- Contribute to a safe sporting environment, and a culture that is accepting and respectful of individual differences and free from all forms of harassment. Coaches should consider their own safety as well as the safety of others. Safety, in the context of this CoC, includes physical and emotional safety and wellbeing, which may be affected by actions conducted in a physical sense as well as through verbal, written and electronic means (including social media)
- Never disclose information to another party that you obtain or become aware of by way of your role as a coach, that is deemed sensitive or confidential, or in any way detrimental to another party.

Officials/Judges

It is expected that Officials/Judges will participate in line with the following Code of Conduct:

- Place the welfare and safety of the athletes above all else.
- Be consistent and impartial when making decisions
- Promptly and appropriately address negative behaviour, and promote respect for all people
- Act honestly, in good faith, and in the best interests of the sport as a whole
- Ensure that any information acquired, or the advantage gained from the position, is not used improperly. Never disclose information that may be deemed sensitive or confidential, or in any way detrimental to another party.
- Conduct your responsibilities with due care, competence and diligence
- Not allow prejudice, conflict of interest or bias to affect your objectivity
- Contribute to a safe sporting environment, and a culture that is accepting and respectful of individual differences and free from all forms of harassment. Officials should consider their own safety as well as the safety of others. Safety, in the context of this CoC, includes physical and emotional safety and wellbeing, which may be affected by actions conducted in a physical sense as well as through written and electronic means (including social media)
- See and obtain written approval from FISAF Australia prior to performing the role of judge at a non-FISAF event that contains any FISAF Australia routines, categories or music mixes. Non-FISAF events must in no way be promoted as being affiliated with FISAF Australia events.

Spectators/Parents/Carers

It is expected that spectators and parents will participate in line with the following Code of Conduct:

- Display respectful, positive behaviour towards other spectators, staff, athletes, coaches and officials at all times. Keep in mind that negative and disrespectful behaviour will reflect poorly not just on you, but your club/school as well
- Act fairly, maturely and positively towards all athletes and coaches, and respect their efforts
- Understand that participation in the sport is a big commitment and a valuable life experience, and that the effort and benefits of involvement go far beyond the final result of a competition
- Participate in positive cheering that encourages the athletes, regardless of whether they are part of your club or school or not. Negative and intimidating cheering/taunting to fellow supporters, coaches officials, athletes and judges is not appropriate conduct, and is not conducive to a positive and encouraging environment - which is what the sport is fundamentally about.
- Remember that athletes participate in FISAF Australia's competitions for their own benefit and enjoyment, not yours
- Respect that certain areas of the venue are restricted to FISAF staff, coaches and athletes only, and not enter them without the express permission and accompaniment of a FISAF staff member.
- Follow the directions of the event organiser, it's staff and officials at all times.

Establishment of New Clubs

- A person cannot open a new club if they are a current member at another registered club
- A person cannot advertise their new club if they are a current member at another registered club
- Prior to opening and/ working at a new club, a person must have finished all commitments to their current club within that competition season (up to and including the World Championship event)
- Prior to opening and/ advertising a new club, a person must not have any discussions that directly relate to their new club with any athletes or coaches of their current or any other registered club. For example, having conversations with parents, athletes, or other coaches may directly or indirectly encourage them to change clubs. This is deemed to be inappropriate and unsportsmanlike.

Changing Clubs

- In situations where an athlete makes a choice to change clubs, FISAF Australia strongly recommends that the athlete, their parent/s, and the relevant club owners maintain open communication with each other about the change-over in order to uphold the values held by FISAF Australia, and of the community as a whole
- FISAF Australia strongly discourages athletes to change clubs mid-season. In the event that this does occur, FISAF Australia encourages all parties (athletes, parents, club owners and, if required, FISAF Australia) to maintain open communication with each other throughout the transition
- Directly or indirectly enticing or 'poaching' athletes from another club is inappropriate and unsportsmanlike.

Breaches to this Code of Conduct

Breaches to this CoC should be reported to FISAF Australia in accordance with the Grievance Policy. Breaches may result in penalties including, but not limited to:

- The involved party/s being asked to immediately leave the event premises;
- Suspension of an athlete on a temporary or permanent basis;
- Suspension of a club on a temporary or permanent basis;
- Suspension of a parent/carer/spectator from attending FISAF Australia events on a temporary or permanent basis;
- Suspension of a coach, official, or staff member on a temporary or permanent basis; or
- Having a FISAF Australia membership or club/school registration revoked.

FISAF Australia reserves the right to report breaches to this CoC to the club/school that individuals are affiliated with, if it deems it appropriate to do so.

CONTACT US

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

- Event & general enquires: admin@fisafaustalia.com.au
- Sport Development, Sponsorship and Marketing enquiries: natalie@fisafaustalia.com.au
- Judging & Technical Committee enquiries: officials@fisafaustalia.com.au
- Australian team enquiries: worlds@fisafaustalia.com.au
- FRF skill form submissions: frf@fisafaustalia.com.au

Please contact us if we can be of any help make your experience as enjoyable and simple as possible.

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SPORT AEROBICS

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