

**FISAF**  
AUSTRALIA  
SPORT AEROBICS



# EVENT GUIDE 2026

[WWW.FISAF AUSTRALIA.COM.AU](http://WWW.FISAF AUSTRALIA.COM.AU)

**DISCLAIMER:** The information and materials contained within this document are owned by Inspire Events Australia and may only be used by current FISAF members. Copying or sharing any or all of this document for any other purpose other than FISAF Australia participation, or by anyone who isn't a current FISAF member is strictly prohibited.

## TABLE OF CONTENTS

<b>EVENT GUIDE</b>	<b>2</b>
WHAT IS FISAF	2
VALUES	2
RESPONSIBILITIES & OBJECTIVES	3
<b>EVENTS</b>	<b>4</b>
FISAF AUSTRALIA EVENTS	4
ALL EVENTS	4
FISAF INTERNATIONAL EVENTS	6
INTERNATIONAL OPEN EVENTS	6
FISAF INTERNATIONAL WORLD CHAMPIONSHIPS	6
INDEPENDENT CLUB EVENTS & IN-HOUSE COMPETITIONS	7
<b>2026 AUSTRALIAN COMPETITION CALENDAR</b>	<b>7</b>
<b>REGISTRATION &amp; MEMBERSHIP REQUIREMENTS</b>	<b>8</b>
REGISTRATION SYSTEM	8
CLUB REGISTRATION	8
SCHOOL REGISTRATION	9
INDIVIDUAL MEMBERSHIPS	10
<b>COSTS TO CONSIDER</b>	<b>10</b>
<b>FORMS &amp; SUBMISSIONS</b>	<b>11</b>
ENTRY FORMS	11
MUSIC SUBMISSION	11
FRF – SKILL LISTS	11
REQUEST TO COMPETE APPLICATIONS	12
COMPETITION REQUEST FORM	12
<b>GENERAL RULES &amp; REGULATIONS</b>	Error! Bookmark not defined.
ELIGIBILITY TO COMPETE	Error! Bookmark not defined.
INDEPENDENT CLUB EVENTS & IN-HOUSE COMPETITIONS	Error! Bookmark not defined.
COMPETITION GUIDELINES	Error! Bookmark not defined.
ADMINISTRATION & POLICIES	14
CONTACT INFORMATION	14
<b>COMPETITION ORDER &amp; PROGRAMMING</b>	<b>15</b>
<b>ROUNDS OF COMPETITION</b>	<b>15</b>
<b>ENTERING AND LEAVING THE STAGE</b>	<b>15</b>
<b>FALSE START/INTERRUPTION</b>	<b>15</b>
<b>PERFORMANCE AREA</b>	<b>15</b>
<b>MEDICAL ATTENTION &amp; FIRST AID</b>	<b>16</b>
<b>FISAF JUDGING &amp; RANKING SYSTEM (TABULATION)</b>	<b>16</b>
THE RANKING SYSTEM	16
METHOD OF JUDGE'S RANKINGS (GLOBAL, TECHNICAL, AEROBIC & ARTISTIC)	16
METHOD OF JUDGE'S RANKINGS (SKILLS JUDGE)	16
<b>RESULTS</b>	<b>16</b>
<b>FISAF AUSTRALIA CODE OF CONDUCT</b>	<b>17</b>
BACKGROUND & SCOPE	17
GENERAL – ALL PARTICIPANTS	17
ATHLETES	17
REGISTERED COACHES	18
OFFICIALS/JUDGES	18
SPECTATORS/PARENTS/CARERS	18
ESTABLISHMENT OF NEW CLUBS	19
CHANGING CLUBS	19
BREACHES TO THIS CODE OF CONDUCT	19
<b>CONTACT US</b>	<b>19</b>

# 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 2026. 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 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.



Tavia Ho - Action Sport Aerobics, VIC (2025 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 2026 to 31 December 2026.

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.



*Here we go again - Industrie 1 Sport Aerobics, QLD (2025 National Championships)*



# EVENTS

## FISAF AUSTRALIA EVENTS

### ALL EVENTS



#### FISAF Australia 2026 Member Conference

Coaches, School Coordinators & athletes (18 Yrs. +) are invited to join us for two powerhouse days of professional development, inspiring speakers, meaningful networking, and plenty of fun — all happening at Pullman Melbourne Albert Park, 21–22 February 2026.

Our curated line-up of industry experts will be delivering exclusive, tailored content you won't find anywhere else.

For more information, including this year's guest speaker bios, please read our conference flyer: [2026 FISAF Australia Members Conference](#)



#### 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)
- Additional competition rounds (E.g., Semi Finals & Finals) may be added, should event program/timing allow.
- Feedback
  - Elementary and All School Stream Categories
    - Generalised feedback will be distributed via email to all clubs and schools following each event.
    - Where scheduling at events permits, judges may also meet with coaches at the event to discuss the feedback in person.
  - National and International Stream
    - Feedback will be provided individually, consistent with previous years, and available in club folders at the conclusion of presentations.
    - Subject to judge availability, the intention is to assign two dedicated feedback judges who will alternate routines and therefore have increased capacity to provide detailed and constructive feedback.
    - Sport Aerobics routines will receive feedback using the FRF for each routine.
    - Fitness routines will continue to use the current 2025 template.



#### FISAF Pacific Open

In 2026, FISAF Australia will host the FISAF Pacific Open. All FISAF International member countries are invited to attend. This event will give our Australian International Stream athletes, & other international member countries the opportunity to compete on an international stage before the 2026 World Championships!

##### Competition Guidelines:

- This event is open to **ALL** Australian & International member athletes/teams
- This event will run **ALL** FISAF International competition sections & age categories
- This event will run **ALL** FISAF Australia National Stream competition sections & age categories
  - This event will **EXCLUDE ALL** FISAF Australia Elementary & School Stream competition section & age categories.
- The Pacific Open will feature a small configuration judging panel (5 x Judges)
- Rounds of Competition:
  - National Stream: 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.



## FISAF Australia State Championships

The FISAF Australia State Championship events are a qualifying event for the FISAF Australia National Championships. In 2026 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 (Clubs / Schools).

### 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:
    - FISAF 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.

### Competition Guidelines:

- **QLD FCC event only:**
  - This event will be open to **NON-NATIONAL** qualifying athletes/teams only - all streams & sections)
  - 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.
- **NSW & VIC FCC events:**
  - 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:
  - All Streams (Including International Stream): The top three placegetters at each State event, in each age category/section will be invited to participate in the National Championships
  - Head Judges reserve the right to use discretion in extreme cases to not grant qualification to any team/stream (e.g. incomplete routine, well below national standard and would not have medalled in section & or other streams).
  - 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 six (6) 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 Tues - Fri
  - School Stream: School Stream finals will be held on Saturday & Sunday
- 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).
  - World Team selection will be based on an athlete/team competitive results and performance at the National Championships
  - Worlds standard is considered higher standard than Nationals
  - Qualification for Nationals is not an automatic qualification for Worlds.
  - Athletes/teams are highly encouraged to request feedback before pursuing International Stream categories & Worlds qualification.



## FISAF Australia Worlds Team:

### Feedback Sessions & Information Breakfast

Similar to 2025, in 2026 FISAF Australia will facilitate worlds team feedback sessions & an information breakfast. The feedback sessions will provide those qualified athletes/teams & coaches the opportunity to receive international judge feedback prior to the 2026 World Championships.

- The Information Breakfast is compulsory to all qualified International Stream athletes/teams & coaches who have submitted a team acceptance form with the goal of attending the 2026 FISAF International World Championships

*Further details & cost to be released in early 2026.*

## 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 2026, 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.fisafaustalia.com.au/documents/>. More information regarding FISAF International Open events will be released in early 2026.

### FISAF INTERNATIONAL WORLD CHAMPIONSHIPS

2026 FISAF International World Championships: October 21<sup>st</sup> – 23<sup>rd</sup> 2026 (Prague)

#### Competition Guidelines:

- To be considered for the 2026 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 & club acceptance form.
- For any questions or concerns regarding the 2026 Worlds Team, please contact the Worlds Team manager directly: [worlds@fisafaustalia.com.au](mailto: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, 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 2026 Event Participation Policy.

## 2026 AUSTRALIAN COMPETITION CALENDAR

A print friendly Calendar & annual planner can be download from our website:

<https://fisafaaustralia.com.au/event-calendar/>

Event	State	Venue	Date	Entries Due	FRFs Due (International & National Stream Only)
 MEMBERS CONFERENCE	VIC	Pullman Melbourne, Albert Park	Saturday 21 <sup>st</sup> & Sunday 22 <sup>nd</sup> February	N/A	N/A
	NSW	Sports Central, Coffs Harbour	Friday 1 <sup>st</sup> – Sunday 3 <sup>rd</sup> May	Friday 6 <sup>th</sup> March	Friday 17 <sup>th</sup> April
	VIC	Rowville PAC, Rowville	Saturday 9 <sup>th</sup> & Sunday 10 <sup>th</sup> May	Friday 13 <sup>th</sup> March	Friday 24 <sup>th</sup> April
	SA	TBC – Held within May			
	NSW	Nex, Newcastle	Friday 15 <sup>th</sup> – Sunday 17 <sup>th</sup> May	Friday 20 <sup>th</sup> March	Friday 1 <sup>st</sup> May
	QLD CLUBS (Excludes School Stream)	Valmai Pidegon PAC, Brisbane	Friday 5 <sup>th</sup> – Sunday 7 <sup>th</sup> June	Friday 10 <sup>th</sup> April	Friday 22 <sup>nd</sup> May
	QLD SCHOOLS (School Stream Only)	Nissan Arena, Nathan	Friday 12 <sup>th</sup> – Sunday 14 <sup>th</sup> June	Friday 17 <sup>th</sup> April	N/A
	UNSW Science Theatre, Sydney		Saturday 30 <sup>th</sup> – Sunday 31 <sup>st</sup> May	Friday 27 <sup>th</sup> March	Friday 15 <sup>th</sup> May
	VIC	Melbourne Sports & Aquatic Centre	Saturday 6 <sup>th</sup> & Sunday 7 <sup>th</sup> June	Friday 10 <sup>th</sup> April	Friday 22 <sup>nd</sup> May
	SA	TBC – Held within June			
	NSW	UNSW Science Theatre, Sydney	Saturday 27 <sup>th</sup> June & Sunday 28 <sup>th</sup> June	Monday 4 <sup>th</sup> May	Friday 12 <sup>th</sup> June
	QLD CLUBS (Excludes School Stream)	Valmai Pidegon PAC, Brisbane	Friday 17 <sup>th</sup> – Sunday 19 <sup>th</sup> July	Friday 22 <sup>nd</sup> May	Friday 3 <sup>rd</sup> July
	QLD SCHOOLS (School Stream Only)	Nissan Arena, Nathan	Friday 24 <sup>th</sup> – Sunday 26 <sup>th</sup> July	Friday 29 <sup>th</sup> May	N/A
	NSW	Newcastle Basketball Stadium, Broadmeadow	Saturday 8 <sup>th</sup> & Sunday 9 <sup>th</sup> August	Monday 29 <sup>th</sup> June	Friday 24 <sup>th</sup> July
	QLD	Logan Metro Centre, Crestmead	Saturday 15 <sup>th</sup> – Sunday 16 <sup>th</sup> August	QLD Clubs: Monday 20 <sup>th</sup> July QLD Schools: Monday 27 <sup>th</sup> July	Friday 31 <sup>st</sup> July
	VIC	Rowville PAC, Rowville	Saturday 15 <sup>th</sup> – Sunday 16 <sup>th</sup> August	Friday 19 <sup>th</sup> June	Friday 31 <sup>st</sup> July
	QLD	Gold Coast Sport & Leisure Centre, Carrara	Tuesday 8 <sup>th</sup> – Sunday 13 <sup>th</sup> September	VIC: Friday 26 <sup>th</sup> June SA: TBC NSW: Friday 3 <sup>rd</sup> July QLD Clubs: Wednesday 22 <sup>nd</sup> July QLD Schools: Wednesday 29 <sup>th</sup> July	Friday 14 <sup>th</sup> August
	QLD	Gold Coast Sport & Leisure Centre, Carrara	Feedback Sessions: Saturday 12 <sup>th</sup> September  Team Breakfast: Sunday 13 <sup>th</sup> September	N/A	N/A
For information regarding event descriptions & entry eligibility please refer to the Event Guide document.					

Note: The 2026 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 2026 season will be considered based on the above requirements (but not limited to) being fulfilled.

The cost of the 2026 registration is **\$100.00** per club per annual year. This cost covers 1 x coach membership, as well as free access to use the 2026 music uploader account.

Club registrations for 2026 are now **OPEN**.

Club registrations for 2026 **must** be completed prior to **9 AM Monday 19<sup>th</sup> January 2026**.

#### PLEASE NOTE:

- The cost for *late* club registrations, purchased from Monday 19<sup>th</sup> January 2026, will be charged at **\$145.00** 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 2026 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 2026 music uploader account.

School registrations for 2026 are now **OPEN**.

School registrations for 2026 must be completed prior to **Monday 9<sup>th</sup> March 2026**.

### PLEASE NOTE:

- The cost for *late* school registrations, purchased from Monday 9<sup>th</sup> March 2026, 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.



*PJ Party - Hunter Valley Grammar School, NSW (2025 National Championships)*

## INDIVIDUAL MEMBERSHIPS

Individual memberships will open **9AM Friday 23<sup>rd</sup> January 2026.**

Individual memberships must be completed prior to **Sunday 8<sup>th</sup> March 2026.**

Individual memberships **must** be completed by the following people:

- **Athletes - \$55.00 Per Person**
  - When competing in:
    - Elementary Stream
    - National Stream
    - International Stream
- **Coaches**
  - Club coaches - **\$55.00 Per Person**
  - School coaches (contractors & volunteers) - **\$55.00 Per Person**
  - School Employees (teachers, staff & principles) - **FREE**

**Please Note:** Individuals who have multiple roles within the sport **do not** need to purchase multiple memberships - 1 membership per year per person.

**Please register for your highest-ranking role as per order below:**

- CLUB COACHES
  - SCHOOL COACHES (contractors & volunteers)
  - ATHLETES
  - SCHOOL EMPLOYEES (teachers, staff & principles)
- *For Example:*
  - An athlete, who also coaches at their local club &/or school, only needs to purchase 1 individual membership. They would select a Club Coach Membership
  - A coach who is contracted through a club to coach at 1 or more schools, only needs to purchase 1 individual membership. They would select a School Coach Membership
  - A School employee, who also coaches &/or competes at their local club, only needs to purchase 1 individual membership. They would select either a Club Coach Membership OR Athlete Membership (depending on highest role)
  - A School employee who **only** coaches at their school, only needs to purchase 1 individual membership. They would select a School Employee Membership.

### **IMPORTANT:**

- **One (1) form submission must be completed PER PERSON PER YEAR**
  - If you have additional children competing, you will need to complete additional forms for each additional athlete.
- **Late Membership Submissions:** Memberships purchased **from** Monday 10th March 2026 will be **\$95.00** per individual per annual year
- Individuals will not be eligible to be entered in any events until memberships have been completed
- Clubs/Schools will only appear in the affiliation dropdown list, once they have completed their Club/School Registration
- Athletes, coaches & judges must represent a club/school which is located within the State in which they reside.

## COSTS TO CONSIDER

When entering FISAF Australia events in 2026 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 2026 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 2026 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
  - 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.
  - **Late Entry Submissions & changes:** Late entries & program changes will not be accepted from the Wednesday prior to each event.
    - Exemptions may only be made in extenuating circumstances, E.g. Sickness & Illness

The Entry form document & Jotform upload system will be made available to all Clubs & School in early 2026, after this time, the document will be available to download on our website:  
<https://fisafaustralia.com.au/documents/>.

## MUSIC SUBMISSION

Music submission in 2026 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.
- 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](mailto: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](mailto: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 2026

### **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 2026 Pricing Information & Guidelines for more information.

#### ***Process for Submission:***

- A competition request form will be accessible through our website, via a Jotform link

# 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, please refer to the 2026 Event Participation Policy.

## 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 2026 Event Participation Policy.

## COMPETITION GUIDELINES

- Section placement & Stream restrictions:

### School Stream:

- International Stream/National Stream athletes **cannot** compete in the following School Stream sections:
  - Phase 1 Pre-Choreographed Teams
  - Phase 1 Large Teams
    - The only exception to this rule is if it is the only team the school can field, a team may use an International/National Stream athlete in a Phase 1 team.

### Elementary Stream:

- International Stream athletes **cannot** compete in any Elementary Stream sections
- Phase 1:
  - National Stream Individual athletes **cannot** compete in any Phase 1 Elementary Stream Pair & or Small Teams
- Phase 2:
  - **A maximum of 1** National Stream novice & or intermediate individual athlete can compete in a Phase 2 Pair & or Small Team (team of 3)
  - **A maximum of 2** National Stream novice & or intermediate individual athletes can compete in a Phase 2 Small Team (team of 4)
- It is compulsory for some athletes to move from phase 1 to phase 2 (Individual Categories only) depending on their Nationals results:
  - Nationals Final Categories in 2025, with;
    - 12 or more individuals – Top 5 **must** move to Phase 2 individuals in 2026
    - 10 or 11 individuals – Top 4 **must** move to Phase 2 individuals in 2026
    - 9 or less individuals – Top 3 **must** move to Phase 2 individuals in 2026
  - **Please note:**
    - Athletes moving up an age category are exempt from this rule, they do not have to move to phase 2 if they do not wish
    - Athletes can choose to move beyond Elementary Stream if they wish, E.g., International & National Stream
    - This rule does not apply to Pre-Mini Individuals & Phase 1 Pairs & Small Teams.

### National Stream:

- If an athlete placed 1<sup>st</sup> at the Nationals event in National Stream Individual sections, the following athletes must move up as follows:
  - Novice → Intermediate
  - Intermediate → Advanced
  - Not required if moving up an age group
  - Not applicable to Advanced level → International
  - Not applicable to Adult Age Categories
  - It is highly suggested that those athletes who placed 2<sup>nd</sup> or 3<sup>rd</sup> should also move up, but this is not compulsory
- 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 & results from the SS event/s, they may choose to enter the Novice Individual category at States
  - The FISAF Australia judging panel may recommend athletes &/or teams to move up competition sections (at Super Series events) if a competitive advantage is clear
    - Judges will not suggest moving athletes down
- 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
  - Section placement & Stream restriction rules still apply to any substitutions
- The section skills list must be strictly adhered to. Additional skills will not be considered. Please refer to specific stream skill lists
- Coaches / 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 2026 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

- All members, their parents, and anyone at FISAF Australia events are required to adhere to the following policies and procedures at all times:
  - [Child Safety & Wellbeing Policy](#)
  - [Event Participation Policy](#)
  - [Event Photography & Film Policy](#)
  - [Refunds Policy](#)
  - [Code of Conduct](#)
  - [Conditions of Entry](#)
  - [Privacy Policy](#)
  - [Grievances](#)
  - [Participation Waiver](#)



Captiv8 - Activ8, SA (2025 National Championships)

- 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 2026 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 2026 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](mailto:admin@fisafaaustralia.com.au)
  - Sport Development, Sponsorship and Marketing enquiries: [natalie@fisafaaustralia.com.au](mailto:natalie@fisafaaustralia.com.au)
  - Judging & Technical Committee enquiries: [officials@fisafaaustralia.com.au](mailto:officials@fisafaaustralia.com.au)
  - Australian team enquiries: [worlds@fisafaaustralia.com.au](mailto:worlds@fisafaaustralia.com.au)
  - FRF skill form submissions: [frf@fisafaaustralia.com.au](mailto: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. 3-4 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 event 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 & SCOPE

FISAF Australia is responsible for the regulation, development and promotion of FISAF Sport Aerobics in Australia. We also host the Australian competition events. This Code of Conduct (CoC) applies to all persons in attendance at FISAF Australia events, and all registered members, clubs and schools. Included in this CoC are 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 at any time as it deems necessary.

### Participants

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

- athletes;
- coaches;
- officials;
- program coordinators;
- parents/carers of athletes; and
- event spectators.

## GENERAL – ALL PARTICIPANTS

- Avoid and/actively 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;
- Contribute to a safe sporting environment, and a culture, that 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).

## ATHLETES

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

- respect the talent, potential and development of fellow athletes and competitors
- 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;
- strive to maintain a positive attitude towards the sport, the competition and other participants at all times; and
- 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:

- 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 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; and
- 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:

- 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; and
- seek 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; and
- follow the directions of the event organiser, its staff and officials at all times.

## ESTABLISHMENT OF NEW CLUBS

In the event that a person would like to setup their own sport aerobics club, the following rules/guidelines apply:

- a person is not permitted to advertise or disclose intentions/plans to open a 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). This includes payment of fees, completion of all competitions, etc;
- a person who intends/plans to leave an existing club and open their own must refrain from any behaviour that may be construed as directly or indirectly poaching athletes or coaches from their existing club. This may include off-hand comments, and any conversation to entice a member of another club to join their own club. This is deemed to be unsportsmanlike and is therefore not permitted; and
- a person who intends/plans to leave an existing club and open their own must recognise that they are not permitted to use intellectual property of their existing club without express prior permission to do so.

## 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 an 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; and/
- 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](mailto:admin@fisafaustalia.com.au)
- Sport Development, Sponsorship and Marketing enquiries: [natalie@fisafaustalia.com.au](mailto:natalie@fisafaustalia.com.au)
- Judging & Technical Committee enquiries: [officials@fisafaustalia.com.au](mailto:officials@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)

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

**FISAF**  
**AUSTRALIA**  
SPORT AEROBICS

T: 07 3823 6705

A: 5 Veronica Street, Capalaba QLD 4157

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