



# MAX FIT



# MAX Fit DIVISIONS

- Under 10 Male / Under 10 Female
- Under 11 Male / Under 11 Female
- Under 12 Male / Under 12 Female
- Under 13 Male / Under 13 Female
- Under 14 Male / Under 14 Female
- Under 15 Male / Under 15 Female
- Under 16 Male / Under 16 Female
- Under 17 Male / Under 17 Female
- Under 18 Male / Under 18 Female





# MAX FIT ROUNDS AND TIMING

- Under 10 – Male / Under 10 – Female (3 rounds x 30 seconds)
- Under 11 – Male / Under 11 – Female (3 rounds x 30 seconds)
- Under 12 Male / Under 12 – Female (3 rounds x 30 seconds)
- Under 13 Male / Under 13 – Female (3 rounds x 30 seconds)
- Under 14 – Male / Under 14 – Female (3 rounds x 45 seconds)
- Under 15 – Male / Under 15 – Female (3 rounds x 45 seconds)
- Under 16 – Male / Under 16 – Female (3 rounds x 1 min)
- Under 17 – Male / Under 17 – Female (3 rounds x 1 min)
- Under 18 – Male / Under 18 – Female (3 rounds x 1 min)



## Youth 10-15

## Designated Match Drills

Preliminary Match Drills For Youth -10 until -16		
Round 1	Round 2	Round 3
Full Sit Ups with 1-2's	Push-ups	Perform as many Right Kick ups until halfway through the round  Perform as many Left Kick ups for the rest of the round
<a href="#">WATCH VDO</a>	<a href="#">WATCH VDO</a>	<a href="#">WATCH VDO</a>

Quarter Final Match Drills For Youth -10 until -16		
Round 1	Round 2	Round 3
mountain climbers  drive knee to chest	T-Rotation (from plank position walk hands backward to feet to pike position)	Perform as many Star Jumps until halfway through the round Perform as many alternating knees for the rest of the round Knees must be at least to belly button level
<a href="#">WATCH VDO</a>	<a href="#">WATCH VDO</a>	<a href="#">WATCH VDO</a>

Semi Final Match Drills For Youth -10 until -16		
Round 1	Round 2	Round 3
Leg Raises	Speed Walk-Out	Perform as many squat with alternating push-kicks  Squat must be to 90 degrees  Kicks must be at least belly button
<a href="#">WATCH VDO</a>	<a href="#">WATCH VDO</a>	<a href="#">WATCH VDO</a>

Final Match Drills For Youth -10 until -16		
Round 1	Round 2	Round 3
Full Spring Ups	Burpees - Full push-up=2 - Knee push-up =1	Deep Squat Jump Squats with 1,2
<a href="#">WATCH VDO</a>	<a href="#">WATCH VDO</a>	<a href="#">WATCH VDO</a>



Designated Match Drills

Youth 16-18

Preliminary Match Drills For Youth -18		
Round 1	Round 2	Round 3
Full Sit Ups with 1, 2s	Burpees <ul style="list-style-type: none"><li>- Full push-up=2</li><li>- Knee push-up =1</li></ul>	Perform as many Right Kick ups until halfway through the round  Perform as many Left Kick ups for the rest of the round
WATCH VDO	WATCH VDO	WATCH VDO

Quarter Final Match Drills For Youth -18		
Round 1	Round 2	Round 3
Mountain climbers drive knee to chest	Ab curl from sit to stand position followed by 1, 2's <ul style="list-style-type: none"><li>- Without using hands will count as 2</li><li>- Using hands will count as 1</li><li>- Using both hands will count as 0.5</li></ul>	Perform as many Star Jumps until halfway through the round Perform as many alternating knees for the rest of the round Knees must be at least to belly button level
WATCH VDO	WATCH VDO	WATCH VDO

Semi Final Match Drills For Youth -18		
Round 1	Round 2	Round 3
Side plank knee drives right knee to right elbow until half time  Side plank knee drives left knee to left elbow for rest of round	Speed Walk-Outs	Perform as many deep squat with alternating knees  Squat must be to 90 degrees
WATCH VDO	WATCH VDO	Knee must be at least to belly button level WATCH VDO

Final Match Drills For Youth -18		
Round 1	Round 2	Round 3
V-ups	Perform as many in and out plyo push-ups <ul style="list-style-type: none"><li>- Full push-up=2</li><li>- Knee push-up =1</li></ul>	Perform as many deep squats until halfway through the round  Perform as many alternating push kicks for the rest of the round
WATCH VDO	WATCH VDO	WATCH VDO



# AERO FIT



# AERO FIT DIVISIONS

- Under 10 M&M/ M&F/ F&F
- Under 12 M&M/ M&F/ F&F
- Under 14 M&M/ M&F/ F&F
- Under 16 M&M/ M&F/ F&F
- Under 18 M&M/ M&F/ F&F





# VDO SUBMISSION RULES

- A maximum 3-minute choreographed sequence to the team's chosen music
- Teams must consist of 2 people only in any gender combination
- Routine choreography must demonstrate fitness components
- The video should be recorded with a microphone (you can also use an integrated microphone on your mobile phone device) to capture the music as well as visual choreography
- The video should be recorded with good lighting and both team members lit from the front, please avoid back lighting
- A tripod or Steadicam could be used for videotaping (optional)
- Teams cannot submit any choreography that has any additional effects, speed changes, motion editing etc. The videos must be naturally recorded and not enhanced in any way.





# TALENT





# TALENT DIVISIONS

- U10 (Vocal, Dance, Theatre/Drama, Instrumental, Group, Other)
- U12 (Vocal, Dance, Theatre/Drama, Instrumental, Group, Other)
- U14 (Vocal, Dance, Theatre/Drama, Instrumental, Group, Other)
- U16 (Vocal, Dance, Theatre/Drama, Instrumental, Group, Other)
- U18 (Vocal, Dance, Theatre/Drama, Instrumental, Group, Other)
- Exceptional Performances (**this category includes ages +18**)  
(Vocal, Dance, Theatre/Drama, Instrumental, Group, Other)

# VDO Submission for The Finals

## The Technical Requirements:

This information will be a part of the ITO webinar workshops (during September) to explain how to ensure submissions are acceptable. Any participating entity/organisation is also invited to designate an official to join the webinars if they desire. Please contact Ravi Dent: [admin@aimsif.org](mailto:admin@aimsif.org) and an invitation will be sent.

- Video format (AVI, MPEG-4, MOV)
- Video codec (H.264/MPEG-4 AVC)
- Video resolution (from 1280x720 to 1920x1080)
- Frame rate: 30 or 60 fps
- Screen ratio: (16:9)
- Video orientation: Landscape (Horizontal) Size (up to 200 MB)

# Rules and Regulations

1. Performances must not be longer than 3 minutes, any performance that is longer will be disqualified. This time length for music-oriented performances includes the intro and outro music of the performance.
2. Performances are submitted via VDO format (camera, phone, laptop, digital recordings are all accepted).
3. Please avoid using props that could be dangerous including-knives, batons, fire, smoke etc. these props will not be accepted.
4. In the Vocal category, no synthesized, digital or pre-recorded vocals will be accepted.
5. In the instrumental category, performances must be live or taped accompaniment is also accepted. The test shall be whether the performance would stand alone. The use of any instrument(s) being judged is not allowed. In the use of any electronic keyboard, no pre programmed music is allowed; the contestant must create all sound live.
6. In the Dance category, no edits are to be made to the speed and timing of the performance.

# Judging Criteria

Contestants will be judged by a 10-point system on the following:

- Presentation, 25%
- Creativity, 25%
- Clarity, 25%
- Ability, 25%