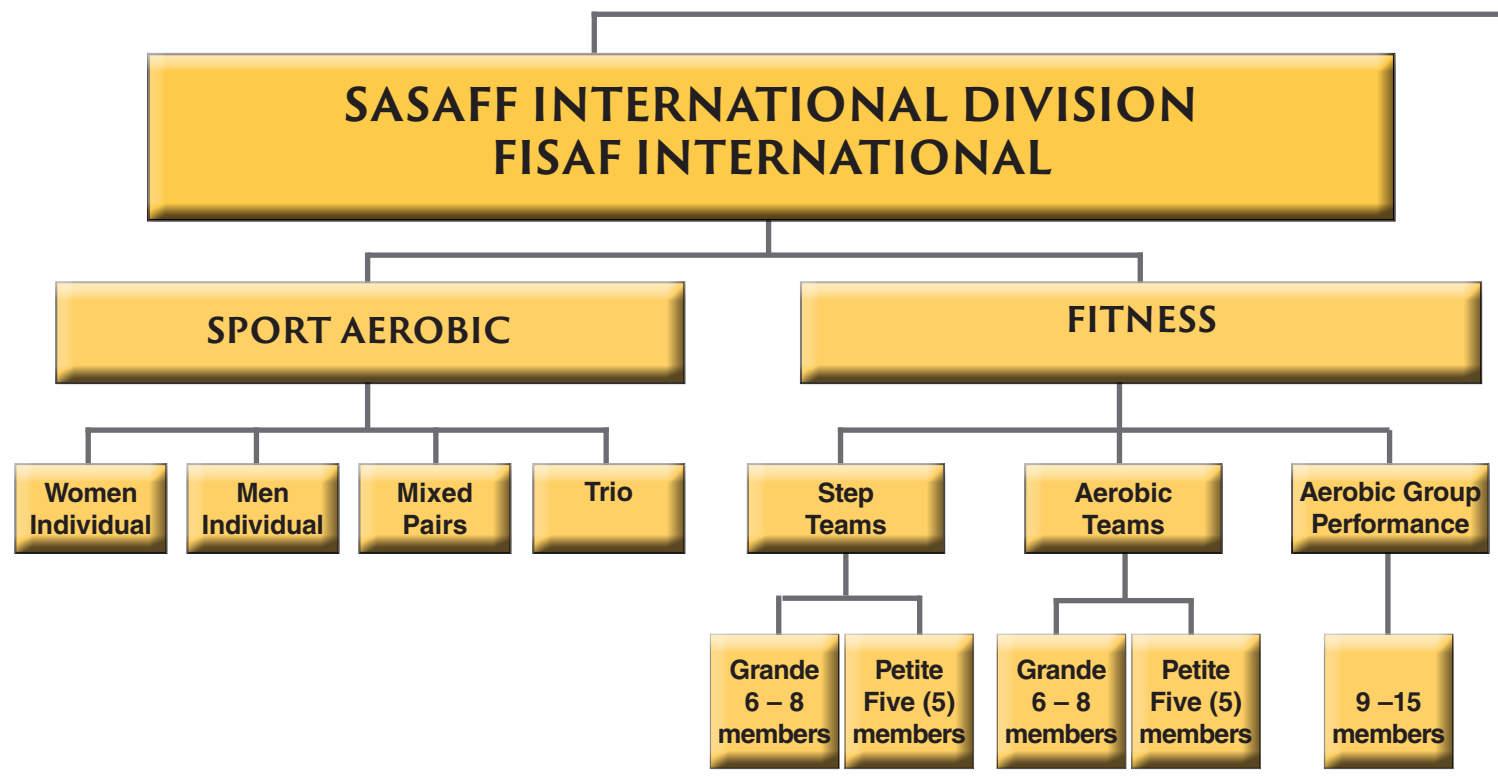


SASAFF OFFICIAL COMPETITION STRUCTURE SPORT AEROBICS & FITNESS



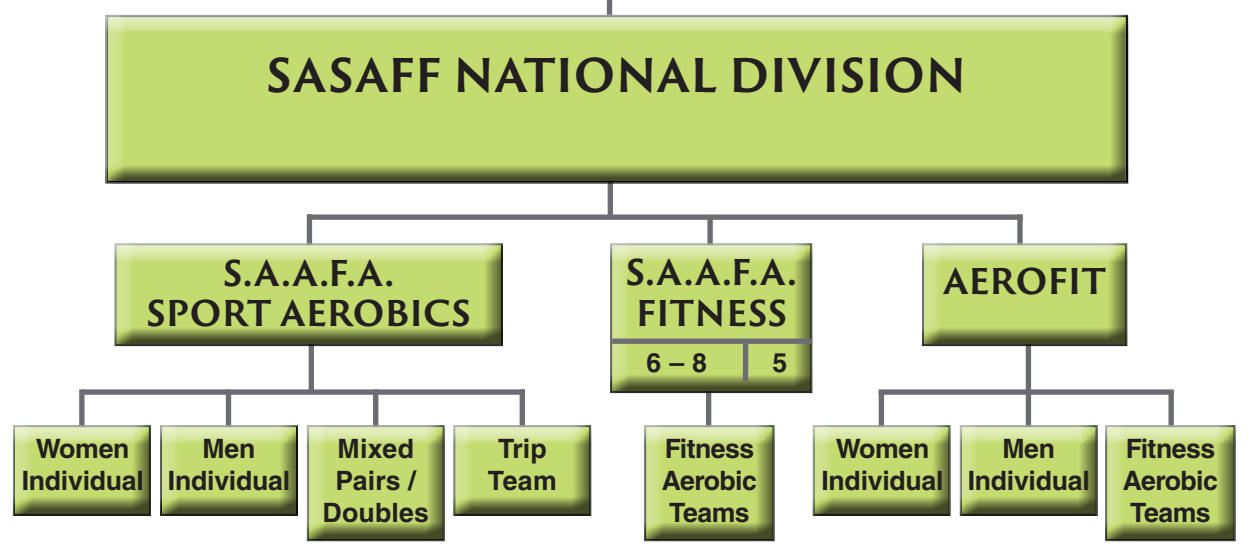
AGE CATEGORIES

FISAF INTERNATIONAL SPORT AEROBICS
Cadet 11 – 13yrs, Junior 14 – 16yrs, Senior 17+yrs

FISAF INTERNATIONAL FITNESS TEAMS
STEP TEAMS: Grande & Petite
AEROBIC TEAMS: Grande & Petite
AGE GROUPS: Cadet 11 – 13yrs, Junior 14 – 16yrs, Senior 17+yrs

FISAF INTERNATIONAL FITNESS
AEROBIC GROUP PERFORMANCE
One age group: Minimum 8yrs No maximum

Qualification of colours:
National participation: Provincial colours
International participation:
Cadet 11 – 13yrs: Federation Colours
Junior 14 – 16yrs: Protea colours & Federation Colours
Adult 17+yrs: Protea colours & Federation Colours



AGE CATEGORIES

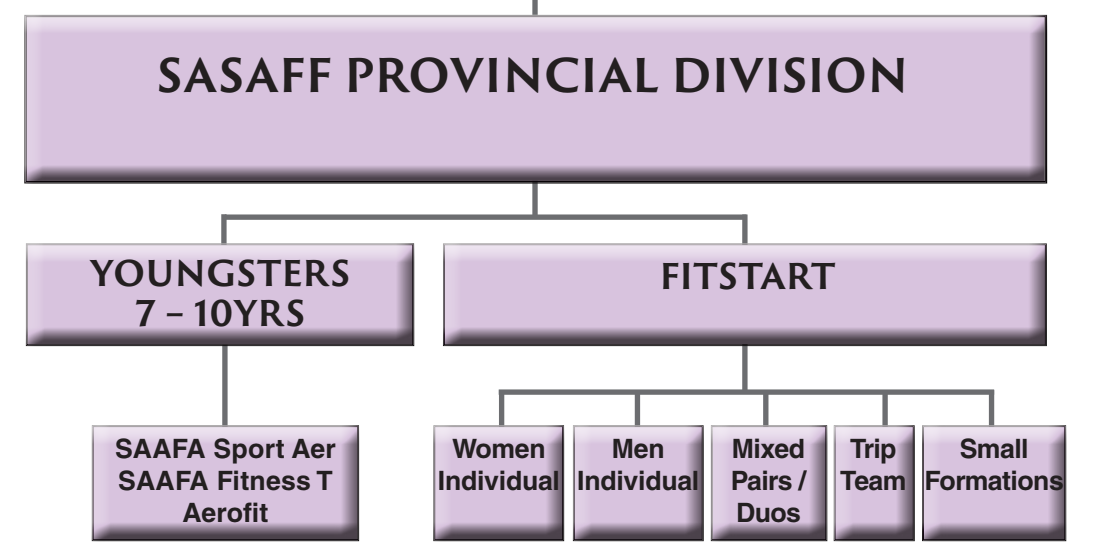
S.A.A.F.A.
Cadet 11 – 13yrs, Junior 14 – 16yrs, Senior 17+yrs

S.A.A.F.A. FITNESS TEAMS
AEROBIC TEAMS: Grande & Petite
AGE GROUPS: Cadet 11 – 13yrs, Junior 14 – 16yrs, Senior 17+yrs

AEROFIT FITNESS TEAMS
Cadet 10 – 14yrs; Junior 14 – 16yrs: Senior 17+yrs

AEROFIT INDIVIDUAL MALE – & FEMALE
Cadet 10 – 14yrs; Junior 14 – 18yrs

Qualification of colours:
National participation: Provincial colours



AGE CATEGORIES

AGE GROUP: YOUNGSTERS 7 – 10YRS
SAAFA Sport Aerobics, SAAFA Fitness Teams
AEROFIT Individual & Aerofit Fitness Teams

FITSTART: Sport Aerobics
Youngsters 7 – 10yrs; Cadet 10 – 14yrs; Junior 14 – 18yrs; Senior 18+yrs

FITSTART: Small Formations (3 – 5 athletes)
Youngsters 7 – 10yrs; Cadet 10 – 14yrs; Junior 14 – 18; Senior 18+yrs