



UTS Virtual Youth Festival - FAQ (IDBF Version)

1. WHAT is the UTS Virtual Youth Festival?

-The UTS Virtual Youth Festival is an international online sporting event organized by United Through Sports for young athletes to compete in from the comfort of their own home.

2. WHO can participate?

-Young male and female athletes (including dragon boat athletes) from any country can participate in one of five age categories: U10, U12, U14, U16, and U18. Athletes must fit into one of these age categories as of November 20th, 2020.

-Example: If your birthdate is November 20th, 2008, you would fall under the category of U14.

-Example: If your birthdate is November 21st, 2008, you would fall under the category of U12.

3. WHEN does the event take place?

-Now! The deadline to submit an entry is **October 28th, 2020**.

4. HOW do I participate?

-Athletes will take part in sporting challenges in the category of **Max Fit** (see next page).

-**Qualifier:** Participants will need to **record a video** of themselves doing the challenges and **submit** it to the International Dragon Boat Federation via the email address below. Videos will be reviewed by a panel of judges and 4 people from each age category will progress to the next stage.

-**Semi-Finals & Finals:** These events will take place live (virtual, but not pre-recorded) and will have different exercises. The semi-finals will start on November 18th and the finals will run November 20th-22nd. Virtual medals (gold, silver, bronze) will be presented to the winners at a virtual ceremony, and physical medals will be sent out after the festival closes. More information will be provided later to the participants that make it to this stage.

Submission

To submit your result to the following address: **admin@dragonboat.sport**

If you have any questions, please use this email as well.



UTS Virtual Youth Festival - Max Fit Competition

Max Fit Rounds and Timing:

- Under 10 - Male / Under 10 - Female (3 rounds x 30 seconds, no break in between)
- Under 12 - Male / Under 12 - Female (3 rounds x 30 seconds, no break in between)
- Under 14 - Male / Under 14 - Female (3 rounds x 45 seconds, no break in between)
- Under 16 - Male / Under 16 - Female (3 rounds x 1 min, no break in between)
- Under 18 - Male / Under 18 - Female (3 rounds x 1 min, no break in between)

U10, U12, U14, U16 Preliminary Match Drills:

Round 1: Full sit ups with 1-2's:

https://www.youtube.com/watch?v=v_ZC8HHMg0I&list=PL0i_8ZD5GVwzIP1rkC9WHXC3pnXutV48M&index=3&t=0s

Round 2: Push ups:

https://www.youtube.com/watch?v=IFLG8OCCG7c&list=PL0i_8ZD5GVwxPLPRtx3Y-GF7OvvGCttXM&index=13&t=0s

Round 3: Perform as many right kick ups until halfway through the round. Then perform as many left kick ups for the rest of the round.

https://www.youtube.com/watch?v=BGY9nkkdsxI&list=PL0i_8ZD5GVwzIP1rkC9WHXC3pnXutV48M&index=5&t=0s

U18 Preliminary Match Drills:

Round 1: Full sit ups with 1-2's:

https://www.youtube.com/watch?v=v_ZC8HHMg0I&list=PL0i_8ZD5GVwzIP1rkC9WHXC3pnXutV48M&index=3&t=0s

Round 2: Burpees (full push up = 2, knee push up = 1):

https://www.youtube.com/watch?v=zs6UEILam-I&list=PL0i_8ZD5GVwxPLPRtx3Y-GF7OvvGCttXM&index=4&t=0s

Round 3: Perform as many right kick ups until halfway through the round. Then perform as many left kick ups for the rest of the round.

https://www.youtube.com/watch?v=BGY9nkkdsxI&list=PL0i_8ZD5GVwzIP1rkC9WHXC3pnXutV48M&index=5&t=0s



UTS Virtual Youth Festival - Technical Information

Filming Instructions:

- Ensure phone/video camera set up is horizontal (landscape) and in a fixed position.
- Mark the boundaries of framing to ensure you stay in the camera view.
- No backlighting.
- Position the camera 400 cm from the wall.
- The competitor should be positioned 130-150 cm from the wall.
- Earpieces or a connection to a Bluetooth speaker is recommended.
- LIVE competition competitors will be asked to mark boundaries and center their position on entry to the virtual arena.

