



2022 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 5 age categories: **U10 (athletes aged under 10)**, **U12 (athletes aged 10-11)**, **U14 (athletes aged 12-13)**, **U16 (athletes aged 14-15)**, or **U18 (athletes aged 16-17)**. Athletes must fit into one of these age categories as of November 14th, 2022.

-Example: If your birthdate is November 14th, 2006, you would fall under the category of U18.

-Example: If your birthdate is November 15th, 2006, you would fall under the category of U16.

3. WHEN does the event take place?

-Now! The deadline to submit an entry is **October 18th, 2022**.

4. HOW do I participate?

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

-**Watch exercise demonstrations:** Watch the demonstration videos to see how to complete each exercise.

-**Complete challenges using the audio guide:** Athletes will need to listen to the audio guide for each match (preliminary, quarter final, semi final, and final) and follow the instructions to complete the appropriate exercises. The audio guide must be audible during the video for judges to hear (see next point).

-**Submit videos:** Participants will need to **record FOUR (4) videos** of themselves doing the above challenges (preliminary, quarter final, semi final, and final) and **submit** these 4 videos to chair-youth@dragonboat.sport. Videos will be reviewed by a panel of judges.

-**Submit athlete information:** In addition to the 4 videos, athletes must also submit their full name, birthdate (including year), a photo of themselves, as well as their country of residence.

If you have any questions, please contact chair-youth@dragonboat.sport for more information.



UTS Virtual Youth Festival - Max Fit Competition

Max Fit Rounds and Timing:

- U10: 3 rounds x 30 seconds, 1 minute rest in between each round
- U12: 3 rounds x 30 seconds, 1 minute rest in between each round
- U14: 3 rounds x 45 seconds, 1 minute rest in between each round
- U16: 3 rounds x 60 seconds, 1 minute rest in between each round
- U18: 3 rounds x 60 seconds, 1 minute rest in between each round

U10, U12, U14 Preliminary Match (U10/U12 [audio guide](#), U14 [audio guide](#)):

- Round 1: [Up & Down Plank](#)
- Round 2: [Walk Out Push-Up](#)
- Round 3: [Shuffle Jump Squat](#)

U10, U12, U14 Quarter Final Match (U10/U12 [audio guide](#), U14 [audio guide](#)):

- Round 1: [Tuck Jumps](#)
- Round 2: [Push-Up to Mountain Climber](#)
- Round 3: [Air Squat](#)

U10, U12, U14 Semi Final Match (U10/U12 [audio guide](#), U14 [audio guide](#)):

- Round 1: [V-Up to Russian Twist](#)
- Round 2: [Single Arm Scapular Push-Up](#)
- Round 3: [180 Lunge Jump](#)

U10, U12, U14 Final Match (U10/U12 [audio guide](#), U14 [audio guide](#)):

- Round 1: [Asymmetric Plank Variation 1](#)
- Round 2: [Alligator Jumps](#)
- Round 3: [Deadlift Hop](#)

U16, U18 Preliminary Match (U16/U18 [audio guide](#)):

Round 1: [Plank Jack Shoulder Tap](#)

Round 2: [Table Top Toe Touches](#)

Round 3: [Squat Kick](#)

U16, U18 Quarter Final Match (U16/U18 [audio guide](#)):

Round 1: [Prone Hand Claps](#)

Round 2: [Row Push-Up](#)

Round 3: [Fighting Stance to Sprawl](#)

U16, U18 Semi Final Match (U16/U18 [audio guide](#)):

Round 1: [Plank with Alt Limb Raise](#)

Round 2: [Modified Push-Ups](#)

Round 3: [V-Lunges](#)

U16, U18 Final Match (U16/U18 [audio guide](#)):

Round 1: [Asymmetric Plank Variation 2](#)

Round 2: [Plank Extensions](#)

Round 3: [Human Scale](#)



UTS Virtual Youth Festival - Technical Information

Filming Instructions:

- Ensure phone/video camera set up is horizontal (landscape) and in a fixed position.
- Ensure that the audio guide is playing and that it can be heard in the video.
- 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.

