



UTS VIRTUAL YOUTH FESTIVAL 2020 COMPETITION GUIDELINES MANUAL

RULES & REGULATIONS





Welcome to the UTS Virtual Youth Festival 2020 Competition Guidelines Handbook,

The UTS Virtual Youth Festival 2020 came to life as an opportunity during the COVID-19 pandemic for youth from all over the world to engage in friendly, sport for all competitions whilst also gaining access to crucial education via a union of leading international organisations. The location for this youth festival is on the digital platform, where youth participants simply need a recording device such as a mobile phone and access to WIFI in order to participate.

The Virtual Youth Festival is officially under the patronage of the International Olympic Committee, the Paralympic Committee, the Special Olympics, GAISF, SportAccord and AIMS. The festival invites us all to stand in solidarity under the Olympic, Paralympic and Special Olympics values towards the promotion of inclusion, equality, non-discrimination and peace-promotion.

With five competition categories, all qualifying events leading up to the finals are held internally within each participating entity. Each entity chooses when is suitable to host their qualifying events and how they wish to invite and accept youth applications. The Max Fit and Aero Fit competitions invite youth to join standardised fitness exercises, the Talent competition as well as the IPC and UN SDG competition are both for all abilities to participate and the SO competition focuses on using their latest competition model to activate SO athletes around the world.

The Virtual Youth Festival finals will be hosted in the Kingdom of Thailand inside a virtual arena venue and held on United Nations' World Children's Day 20-22 November 2020. This festival invites your youth to join the fun and to be inspired, we do not expect any financial contribution towards this event, however, any entity who wishes to contribute a donation towards leaving a legacy behind is welcomed and appreciated.

There are no set requirements in regards to the timing and dates of the internal qualifying events, but all youth finalists must be registered to our festival technical platform by 30 October 2020 at the latest. We will end out the link to register the participants early part of October giving ample time to register the youth ahead of the finals.

This handbook serves as a guide for participating International Federations, NGOs, sport affiliated entities and organisations inviting youth to participate in the five competitions. The guidelines will assist all entities to navigate how to organise and conduct internal qualifying competitions ahead of the finals.

Let us unite to give our youth an opportunity to get active, to learn and to have fun!

ONE SPIRIT ONE HEART





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List of Acronyms and Key Definitions

Term/Acronym	Definition
UTS	United Through Sports – An initiative developed under the IOC recognised umbrella body AIMS
IOC	International Olympic Committee
IPC	International Paralympic Committee
SO	Special Olympics Committee
VYF	Virtual Youth Festival
ENTITY	A participating organisation
VFOP	Virtual Field-of-play
IFs	International Sports Federation(s)
LOC	Local Organising Committee
ITOs	Technical Officials
UN	United Nations
VDO	Video
YP/YPs	Youth Participant/ Youth Participants

Participating Entity Requirements

The UTS Virtual Youth Festival utilises the digital platform, providing a level playing field for youth to participate in health and fitness regardless to ability.

This Festival is a celebration of youth and sports uniting towards a better tomorrow. UTS would like to encourage each entity to contribute the following:

1. Permission granted and use of your entity/organisation logo and branding towards the entire festival event.
2. Internal nomination of two youth ambassadors: preferably 1 male & 1 female, between the ages of 8-18 and ideally English speakers. If this is not possible, then you will need to translate any recorded material contributed. These youth ambassadors will stand to represent their IF/entity/organisation and are part of a united call to action for inclusion, equality, non-discrimination and peace-promotion. These ambassadors are invited to pre-record a video media clip of not more than 45 seconds introducing themselves, sharing what their dream or goals are, and giving a short introduction about their sport/ entity/organisation. At the end of the clip they are invited to say the phrase “One Spirit, One Heart” Or “We Stand United Through Sports.”



3. Each participating IF/entity/organisation will host their own qualifying event/s when is suitable for them.
4. **For IFs only:** Internal nomination of two ITOs: (proficient English speakers) Who will join all 3 UTS LOC webinars and be instructed how to score the competitions. These webinars will assist for these ITOs to also judge internal qualifiers (if you choose). These ITOs will be invited to join as judges for the finals in November 20-22. All the different IF ITOs will judge the final competitions together.
5. **For Non-IFs:** To judge the internal qualifier, we recommend you invite one or two ITOs from a sport to assist if you need support.
6. Each participating entity is responsible to engage with their youth, be it via social media, email blasts, engaging the national federations etc.
7. **For IFs only:** You can add additional competition categories to your internal qualifiers focusing on aspects of your own sport should you desire.
8. There is **NO** set requirement on the number of youths expected to participate in the qualifying event, we simply encourage youth participation as much as possible for them to experience and engage in this unique opportunity. The youth could be athletes from your sport, programs, family members etc. As the finals are hosted in Thailand IF's could also nominate a Thai youth team to support from your National Federation.
9. Ideally for the finals, we would like to encourage each participating entity to register 10-20 youth.
10. If it is challenging to host internal qualifiers, a participating entity can **nominate** a group of youth to participate in the finals.
11. Champion Athlete: Any IF or organisation who wishes to engage a sport champion towards the festival is highly encouraged and appreciated. These champions will be invited by the UTS LOC to pre-record demonstrations of the sport competition categories with messages to inspire and motivate the youth. These media demonstrative videos will be promoted on all social media and streamed during the finals.
12. Promotion of the VYF on social media platforms and websites is encouraged (sharing UTS press releases, updates and media content).
13. The Closing Ceremony media video: All participating entities are invited to record a 10 second clip of your youths standing together (if possible), if this is challenging due to the pandemic restrictions feel free to get creative! Some inspiration ideas: waving, high-fives, jumping up, dancing, a conga line, Tik Tok inspiration, youth standing with the President of the federation etc). The VDOs will be part of a compilation streamed during the finals.
14. For the Max Fit, Aero Fit, Talent competition and for youth who choose to participate in the IPC/UN SDG competition, please follow the rules and regulations we provide towards the qualifiers, as these will prepare the youth participants for the finals in November.
15. Registration of youth to our platform will only apply to the finals of the VYF with the deadline 30 October.



Competition Category 1 MAX FIT

Overview

This competition will focus on the contestants': Strength, Power and Stamina using standardized exercise and fitness drills.

During qualifying events, this competition could be scored by a panel of at least 2 judges.

For the VYF finals, the registered finalists will compete live or pre-recorded in a virtual arena and scored by 2-3 Judges from different sports.

For the finals, the UTS LOC will coordinate all events.

The finalists will be drawn into a bracket (of 3 competitions) and will be given their first assigned competition time slot and provided with a link to enter the virtual competition arena, where the judges will be in attendance. Each competition will allow for 30 minutes of flexible time, in the case of technical issues or otherwise.

Winners of the quarter finals will advance to the 2nd round of semi-finals on the bracket and will be provided with a new link and competition time slot.

The Max Fit competition category shall be competed over 3 rounds, with each round requiring YPs to complete ***as many of a designated exercise or drill within the allotted time per round (time allocated is dependent on age category-please see page 7).***

Contestants will be scored by the judges on the number of repetitions they can complete, as well as the quality and control demonstrated while performing the repetitions.

NOTE: For the qualifying events of the Max Fit competition category, IFs/entities/organisations are required to use the same exercises and drills as follows:

- **Round 1** exercises will focus on the Core
- **Round 2** exercises will focus on Power, Strength and Conditioning (focus is on upper body)
- **Round 3** exercises will focus on Speed, Agility and Coordination (focus is on lower body)

Max Fit Divisions

Youth Participants

- 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

Youth Participants

- 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)

Virtual Field of Play Rules for The Finals

Please ensure youth are appropriately dressed in sport attire for the final competitions in November.

1. A YP will be invited into their Virtual Arena 30 minutes before the start of their competition. A link will be sent at least 12 hours prior to the allocated competition time and the competitors will be assigned to either red or blue as a means to distinguish the YPs and convey instructions when necessary.
2. The Technical Host will then take the responsibility to check with the YPs and ensure their camera framing is correct in compliance with the rules and regulations of the competition and that the lighting is sufficient. Please watch this VDO showing appropriate [framing](#).
3. Should a YP face technical difficulties, a contact number for all YPs will be provided to assist any issues prior to the competition time.
4. Upon entering the arena, please ensure all YPs show appropriate respect to their opponent and the judges present by giving: a bow or nod of the head or placing a flat palm over the heart and facing towards the camera (as seen at the end of the [framing](#) VDO).
5. YPs will receive a briefing by the judges to ensure they understand the format of the competition and understand the signals that will be given to indicate the beginning and end of their competition. Each YP will be assisted 30 minutes prior to the final competition by an ITO to ensure all is in place and understood especially if English is not their first language.
6. Please ensure all Max Fit YPs have studied the exercises and drill that they must perform from the relevant Match Drill tables shown on **page 9**. Please click on the instructional sample VDO clips for each drill to ensure YPs are framing themselves correctly and facing in the correct direction to perform the drill. The YP should do their best to copy the framing and positioning of the instructional sample clips.

YP Rules During Active Finals Competitions

- Whilst waiting for your opponent to finish their round, you must remain standing and be visible to the Judges at all times.
- You may not sit down during the competition unless you feel unwell.



- You may not move off screen during the competition.
- You may take water which should be within reaching distance, so that you do not need to move off screen.
- Only the YP should be seen in the frame and no other persons.
- Whilst waiting for your YP competitor you must wait in silence allowing the YP competitor not to be distracted and to respect their competition time.
- If you are feeling unwell during the competition whilst waiting for your opponent, you may sit down.
- If you have any issue during the competition you need to raise your hand to signal you need assistance and wait to be addressed.

How A Competition Runs

1. There will be a 10 second beep countdown indicating the beginning of Red YP's 1st round.
2. The Round will begin on a distinctive Bell signal.
3. There will be a 10 second click countdown towards the end of the Round.
4. A distinctive Bell will signal the end of the Red YP's 1st Round.
5. There will be a 20 second interval between the end of Red YP's 1st round and the beginning of Blue YP's 1st round.
6. There will be a 10 second beep countdown to the beginning of Blue YP's 1st round.
7. The Round will begin on a distinctive Bell signal.
8. There will be a 10 second click countdown towards the end of the Round.
9. A distinctive Bell will signal the end of the Blue YP's 1st Round.
10. This process then repeats for round 2 and 3.
11. **Please note:** In competitions where Round 3 requires a drill to be done on the Right side for half the round and moving to the Left side for the other half of the round, there will be a 10 second click countdown towards the end of the first half of the round followed by a distinctive bell sound. Another Bell will then sound to signal the beginning of the second half of the round to perform the Left side of the drill. There will be a 10 second click countdown towards the end of the second half of the round and then a bell to end the round.

[Click](#) to hear an audio sample of a round with bells and countdowns included.



Max Fit Exercise Rounds U16

Preliminary Competition 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
WATCH VDO	WATCH VDO	WATCH VDO

Quarter Final Competition 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
WATCH VDO	WATCH VDO	WATCH VDO

Semi Final Competition 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 level
WATCH VDO	WATCH VDO	WATCH VDO

Final Competition 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
WATCH VDO	WATCH VDO	WATCH VDO

Max Fit Exercise Rounds U18

Preliminary Competition Drills For Youth -18		
Round 1	Round 2	Round 3
Full Sit Ups with 1, 2s	Burpees - Full push-up=2 - Knee push-up =1	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 Competition 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 - Without using hands will count as 2 - Using hands will count as 1 - Using both hands will count as 0.5	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 Competition 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 Knees must be at least belly button level
WATCH VDO	WATCH VDO	WATCH VDO

Final Competition Drills For Youth -18		
Round 1	Round 2	Round 3
V-ups	Perform as many in and out plyo push-ups - Full push-up=2 - Knee push-up =1	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



Judging Criteria

This competition will be focused on judging the YP's level of strength, power & stamina based on their performance of a set of designated drills.

Please ensure YPs have watched all the VDO clips of each of the drills to ensure they understand how an ideal repetition should be performed to score.

We invite you to use our pre-customised [Max Fit competition score sheets](#) for each of the competition rounds according to the designated drills assigned for each round.

Whilst there will be allocated boxes to keep a tally on the number of repetitions performed by each YP, a winner of a round shall be decided according to their performance as a whole and not solely on the number of repetitions completed.

Integrity, stance, posture, over-all clean execution etc., should also be taken into consideration when deciding the winner of a round.

Each round shall be scored in accordance to the 10-point score system.

Awards & Certificates

- All participants receive a certificate signed by the IOC, IPC & SOI, UTS.
- Medals will be awarded:

Gold 1st place

Silver 2nd place

Bronze 3rd place

Per each age and gender division.

Competition Category 2 AERO FIT

Overview

This dynamic competition category allows a team of two YPs to join their abilities and create a routine choreography for up to three minutes.

This competition category will be competed & judged by VDO submissions.

For the internal qualifying events, you can determine internally the best method to receive and how to judge competition submissions.

One method could be to accept VDO submissions via a #hashtag and by tagging the IF/entity/organisation pages on your social media platforms such as Instagram. A deadline date could be given, and then internal designated judges select the finalists by age category performance scores.



For the VYF finals, the finalist teams will be drawn into a bracket and the judges will score the VDOs to determine the next round. Results and brackets will be live on the technical Rsportz system once results are entered by the judges.

VYF finals shall be judged either LIVE or pre-recorded depending on time-zone and comfort. The finalists will be informed of their scheduled competition date and time slot where they must enter the virtual arena via a link provided. The Arena will be attended by the judges and 2 YP teams who shall take turns by a random draw to perform their 3-minute Aero FIT routine live.

Judges will then score the performances on a 10-point score system and a winning team will be selected.

Aero Fit Divisions

Youth Participants: (M= Male / F= Female)

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.

VDO Submission Technical Requirements:

This information will be a part of the ITO 3 webinar workshops (during September) to explain how to ensure submissions are of acceptable quality format and size. 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 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)

YP Rules During Active Competition

(the same rules as MAX FIT apply)

- Whilst waiting for your opponent to finish their round, you must remain standing and be visible to the Judges at all times.
- You may not sit down during the competition unless you feel unwell.
- You may not move off screen during the competition.
- You may take water which should be within reaching distance, so that you do not need to move off screen.
- Only the YPs should be seen in the frame and no other persons.
- Whilst waiting for your competitor you must wait in silence allowing the competitor not to be distracted and to respect their competition time.
- If you are feeling unwell during the competition whilst waiting for your opponent, you may sit down.
- Any issue during the competition you need to raise your hand to signal you need assistance.

Judging Criteria

This competition will be judged on a 10-point score system scoring the following:

- Timing / Rhythm
- Balance/Power/Coordination
- Creative choreography
- Synchronicity
- Originality

We invite you to use our customised [Aero Fit competition score sheet](#) to assist with internal competition scoring.

Awards & Certificates

- All participants receive a certificate signed by the IOC, IPC & SOI, UTS.
- Medals will be awarded:

Gold 1st place

Silver 2nd place

Bronze 3rd place

Per each age category and gender team combination.



Competition Category 3 TALENT SHOW & COMPETITION

Overview

The UTS Festival Talent Competition gives youth and those approved by UTS with talents above 18 years old an international stage to shine and show their unique talents.

Talents can range from Singing, Musical Instrument performance, Theatre-Drama, Group performance and Dance. Meaning, this competition is for any talent. YPs are invited not only to a talent competition but to a talent show to promote and encourage a focus on their individual talents. Internal qualifier applications to the Talent competition will be in the form of VDO submissions.

EVERY CHILD DESERVES TO FEEL SPECIAL!

Talent Divisions

Please note: The "Other" category in each division includes activities related to sports.

- 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)

All qualifying event submissions will be judged internally by the IF/entity/organization. We advise to select judges who have experience in creative arts.

Once finalists are chosen and entered by the IF/entity/organization into the Rsportz technical platform, we ensure there is strict alignment with ensuring child safe-guarding and protection policies. YP's personal information is confidential and we require parental/primary caregiver consent for minors competing under 16 years old. The YPs will be sent a link and allocated a date and time to perform during the finals in 20-22 November. Finalists will have the opportunity to choose to perform Live or Pre-recorded depending on which method they prefer and will be judged by a team of 5 judges with a 10-point system in place. The UTS LOC will inform all finalists by early November their competition date and time so the YP may prepare a VDO ahead of time if they wish to submit a pre-recorded performance for the finals.

There is a special award in place for the most exceptional performance to win the opportunity to perform at the 2021 Sports Festival held as a part of the prestigious annual SportAccord Convention to be held in Ekaterinburg, Russia.



Important Note: Any performer who feels they have an exceptional performance is invited to also share their performance with us by the deadline **20th October 2020** before **23.59 GMT** on Instagram by using the hashtag:

#UTSTALENT2020 and tagging the page [United Through Sports](#)

Please refer to [this document](#) to access the competition instructions that your: IF/entity/organisation can edit towards your internal qualifiers and share with your youth and participants. The document also includes the terms and conditions to ensure full consent is given for YPs.

Talent Competition Finals

Each IF/entity/organisation is responsible to register their finalists, one performance per age and per division by latest 30 October to the Rsportz platform.

The UTS LOC team will coordinate with the finalists sending out competition date and times giving the contestants time to decide if they will do a live or pre-recorded performance. Performances will be judged by 5 judges during the finals. Results of the performances will be displayed on the Rsportz platform once the performance is streamed during the finals.

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 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%

Awards & Certificates

- All participants receive a certificate signed by the IOC, IPC & SOI, UTS.
- Medals will be awarded:

Gold 1st place

Silver 2nd place

Bronze 3rd place

The medals are awarded per each age category (U10,U12,U14,U16,U18 & Exceptional) in each talent category (Vocal, Dance, Theatre/Drama, Instrumental, group, other).

Competition Category 4 ALL ABILITIES



IPC and UN SDG Action Campaign

Overview

The idea is that youngsters, in the comfort of their own home, will take part in sporting challenges in five age categories (U10, U12, U14, U16 and U18). UTS already has two challenges set for persons without a different ability (disability) and has collaborated with the IPC to propose IPC to develop a Para challenge where youngsters with a different ability can also participate.



For the qualifier event, participants will need to record a video of themselves doing the challenge and submit it to the IPC either via email or social media.

Videos will then be reviewed by a panel of judges with four people from each age category (20 participants in total) progressing to the finals beginning on 20 November 2020 to coincide with World Children's Day.

Partnership

To deliver this campaign, the IPC will collaborate with the United Nations SDG Action Campaign and its latest #ForPeopleForPlanet Campaign.

As a result, the qualification competition will be held between **18-26 September 2020** to coincide with the Global Week to #ACT4SDGS ahead of the UN General Assembly and the challenge we set participants will align with the SDGs and the #PeopleForPlanet Campaign.

The UN SDG Action Campaign will promote the competition via its own channels, as will the IPC.

How Do People Take Part?

We aim to encourage participation by communicating this initiative via the IPC's digital channels and through direct contact with the IPC membership.

To take part, youngsters will need to do the following:

- Participants will need to upload a video of themselves taking part in the challenge and upload it to either the IPC's Twitter or TikTok accounts using the three hashtags of #ChangeStartsWithSport, #ForPeopleForPlanet and #UTSYouthFestival. Participants will also need to include their age by using #9 if they are aged 9 years etc. Alternatively, people can email their entries via email to: info@paralympic.org
- The competition period will be **18-26 September 2020** to coincide with UN SGG Action week.
- The judging period to determine which participants will go through to the semi-finals and final will take place between **1-14 October 2020**.
- Four people from each age category will progress to the semi-finals and final on 20 November. Depending on the time zones, their participation may be either pre-recorded or live.

What Is The Challenge?

The challenge will be open and **inclusive** to everyone.

Therefore, rather than setting youngsters a specific exercise routine, we will invite participants to create their own exercise routine.

Over the course of 90 seconds, participants will need to perform an exercise routine of their choice with judges looking to reward creativity and inspiration.



Immediately after the exercise routine performance, participants must then talk for 30 seconds about how they want to make for a better world in line with the United Nations' Sustainable Development Goals. Submission VDOs cannot be longer than **two minutes**. Youngsters who are not native English speakers will need to add translation or provide a written translation with their submission.

Judging Criteria

The IPC will recruit a team of technical officials to judge the competition entries.

Each age category will have two judges appointed, so 10 judges in total.

When reviewing the videos, judges will be looking for creativity within the exercise routine, how well it is performed and the content of the pitch regarding the SDGs.

Following the deadline for competition entries on **Saturday 26 September**, the IPC will either upload all the relevant age group video entries to a shared drive for judges to download and review, or point judges towards the respective social media channels to review entries.

Judges will then review the entries between **1-14 October 2020** and choose which four participants from each age category progress to the finals.

Please Note: The same judges will determine the winners of the semi-finals and final on 20-22 November.

Awards & Certificates

- All participants receive a certificate signed by the IOC, IPC & SOI, UTS.
- Medals will be awarded:

Gold 1st place

Silver 2nd place

Bronze 3rd place

The medals are awarded per each age category (U10,U12,U14,U16,U18).

Special Olympics



Competition Category 5 SPECIAL OLYMPICS

The Special Olympics Youth Fitness Competition is a 7-week fitness competition that awards athletes for hard work and personal improvement. Athletes will submit scores for three fitness tests at the beginning, mid-point, and end of the competition timeframe. Points at the beginning are awarded based on ability in each test. Points at the mid-point and end are based on percent improvement. Each of these scores will count toward the total score. Special Olympics athletes will compete as individuals and/or together with a Unified Partner on a team of two. Athletes and teams will be division based on age and ability level.



Important Dates

- Introduction week: September 26th - October 2nd
- First score submission date: October 3rd - October 9th
- Mid-point submission date: October 24th - October 30th
- Final score submission date: Nov 14th - November 20th

Fitness Tests

Athletes will be tested in core strength, speed/agility, and power through the following three exercise tests. The competition manual has all details on the key elements of each test regarding form, timing, etc. Coaches should work to educate athletes and partners about proper set up, form, execution, and goals for each test, and should administer the test either virtually or in-person in order to ensure athletes and partners are doing them correctly. The three standards tests are:

- Standing Long Jump
- Maximum Plank Hold
- 10 x 5 Meter Shuttle

Introduction Week:

Coaches should spend the first week educating athletes and unified partners on how to correctly do each test. Standards for each test are included in this manual, and videos will be sent to schools participating. Proper set up, timing, and form, and scoring should be taught so participants can confidently conduct the test the following week



Training:

Coaches should provide workouts that can assist athletes and unified partners in improving in each of the three tests. Exercises within the tests (planks, shuttle runs, long jumps) should be included in the workouts, as well as exercises or drills that complement these skills. Coaches may consider providing individual plans after seeing baseline scores. Participants will receive maximum benefits if they are training multiple days per week. If coaches cannot meet multiple time per week, athletes and partners could be assigned workouts. Unified pairs should be encouraged to train together—even if they are working out virtually—in order to build team comradery.

Scoring:

Scoring details and matrix are included in the manual. The first score is the sum of points awarded based on performance in each test. Participants can earn up to 12 points for each test. At the mid-point, participants are awarded points (up to 12 for each test) based on percent improvement. The sum of the first score and mid-point score will be used for divisioning. Finally, at the end of the competition, participants will test one more time and be awarded for percent improvement from mid-point. The final score will be the sum of the scores from all three testing dates. A scoresheet will be provided.

A participant's final score is the sum of:

- Score 1 = a baseline score
- Score 2 = % improvement from baseline to mid-point
 - Divisioning for end-of-season based upon the total combined values of the baseline and midpoint scores, along with age and gender



Points awarded for the *first score* (Score 1) will be based on the following point matrix:

Points Awarded	Maximum Plank Hold	10x5m Shuttle	Standing Long Jump
	Seconds	Seconds	Centimeters
0	<15	>33.67	< 60
1	16 – 30	32.34 – 33.66	61 – 75
2	31 – 45	31.01 – 32.33	76 – 90
3	46 – 60	29.67 – 31.00	91 – 105
4	61 – 75	28.34 – 29.66	106 – 120
5	76 – 90	27.01 – 28.33	121 – 135
6	91 – 105	25.67 – 27.00	136 – 150
7	105 – 120	24.34 – 25.66	151 – 165
8	121 – 135	23.01 – 24.33	166 - 180
9	136 – 150	21.67 – 23.00	195 - 210
10	151 – 165	20.34 – 21.66	211 - 225
11	166 – 180	19.01-20.33	226 - 240
12	>180	<19.00	>241

Points awarded at *mid-point* (Score 2) and at the *end* (Score 3) will be based on the following matrix:

Points Awarded	Percent Improvement (%)
0	0
1	1 – 8
2	9 – 16
3	17 – 24
4	25 – 32
5	33 – 40
6	41 – 48
7	49 – 56
8	57 – 64
9	65 – 72
10	73 – 80
11	81 – 88
12	89 – 96

Categories:

Individual—Special Olympics athletes can complete as individuals. Divisions will be based on the sum of the first two scores, gender, and age.

Pairs—Teams of two can consist of two Special Olympics athletes or an athlete and unified partner. Divisions will be based on type of pair (two athletes OR athlete and unified partner), the sum of the first two scores, gender, and age.

Virtual Competition Standards:

In order to validate each score, all test must be captured on video. Athletes and unified partners should choose a person to assist in timing and measuring each test. Live testing with a coach or teacher viewing virtually is preferred. If not possible, the coach or teacher should review each athletes test video before submitting to SOI.

Awards:

All participants will receive a certificate of completion. Division winners will also be awarded a medal from the Youth Sports Festival. Top performers may also have the chance to participate live (virtually) at the final dates of the festival, November 20-22, 2020.



Fitness Testing Guidelines

Standing Long Jump

Testing Guidelines:

1. Put a piece of tape or marker on the floor for the starting line.
2. Stand behind the starting line with your feet a little wider than your hips. Start with your toes behind the line.
3. Bend your knees, swing your arms forward and jump as far as you can.
4. Try to land with both feet and your knees bent. Try not to fall forward or backward. Stay in your final position so your distance can be measured.

Materials needed:

Tape measure
Tape or markers
Stopwatch

Scoring: The final score should be the measurement from the starting line to the nearest point of the contact for the closest landing foot.

Maximum Plank Hold

Component Testing Guidelines:

1. Start on your hands and knees.
2. Straighten one leg at a time and put the balls of your feet on the floor.
3. Place your hands below your shoulders.
4. Your body should make a straight line from your heels to your shoulders.
5. Keep your abdominal muscles tight and your back straight.
6. Hold this position for in the correct form for as long as can.

Notes:

1. The participant should always have a straight back and should never make an “A” body shape while completing this exercise.
2. Stop the test when correct form cannot be maintained for 5 seconds or longer. That means when any movement such as bending, sagging, or swaying occurs at the elbows, shoulders, trunk, or knees.

Scoring: The time should start as soon as both legs are straight. Total time until athlete breaks form is recorded.



Materials needed:

Stopwatch

10 x 5 Meter Shuttle

Component Testing Guidelines:

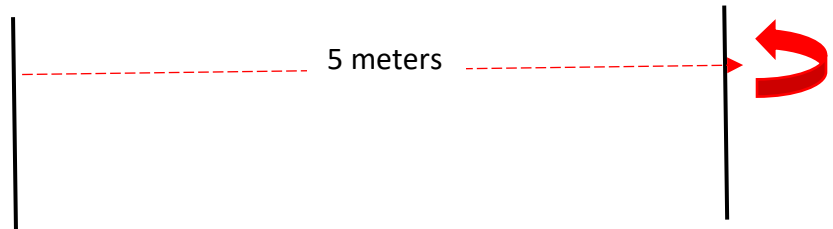
1. Measure out 5 meters in a clear flat area and put a tape line or marker at each end.
2. Start with your feet behind one line or marker, facing the other or marker. When the time starts, run the 5-meter length, just past the opposite marker. Turn around. Run back to the starting line.
3. Repeat running back and forth until you have run the 5-meter distance a total of 10 times.
4. The test is complete once you've crossed the line for the 10th time.

Materials needed:

Tape or marker for starting point

Note: You must fully cross the line with both feet before turning around each time.

Scoring: Record the total time it takes to run 10 lengths. The time stops as soon as the athlete crosses the line for the tenth time with both feet.



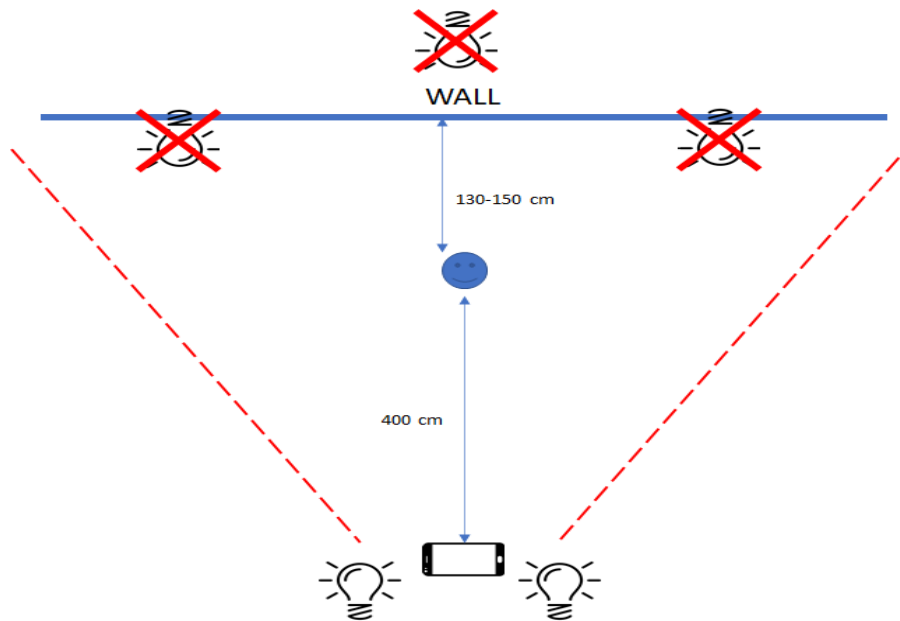
General Competition Filming Guidelines

It is important that all YPs follow the guidelines given when setting up their cameras, phones or recording devices for the competition, so that judges can view each competitor in a standardized view, frame, lighting and angle. This framing applies to all competitions.

1. Camera devices must be set up and remain in a static position (no movement or panning is permitted).
2. Measuring from a wall, the camera should be positioned maximum 400 cm from the wall.
3. Competitors should stand between 130 - 150 cm from the wall.
4. The camera device must be positioned in LANDSCAPE.
5. Be sure to mark the boundary limits on either side, so a competitor will know when they are out of the frame. For example, a competitor can use duct tape to mark their frame as shown in the video example.
6. Ensure light source is coming from the camera side (no backlighting)
7. For competitions which are competed LIVE online, you will be asked to mark your center position and frame boundaries when you enter the virtual arena. Please make sure you have tape ready to mark the floor.

Here is a VDO to show you how to ensure the YP is [framing](#) correctly and what to expect upon entering the virtual arena for a LIVE Max Fit competition.

Ideal positioning and lighting



Ideal framing in Landscape view Subject is positioned at center of the frame



Subject is positioned too far back



Subject positioned too close

Please do NOT use portrait view (vertical)



Youth Ambassadors

All Participating IFs/entities/organisations will be invited to select two exemplary ambassadors & we will showcase their stories, they will represent the IF/entity/organization encouraging a sense of leadership and community.

All Ambassadors are part of an international call to action for more inclusion not just in sport, but in society all around the world and the time is now.

During our 2019 Sports Festival on the Gold Coast in conjunction with SportAccord Convention, UTS partnered with Olympics Unleashed under the Australian Olympic Committee to deliver workshops and seminars to empower, educate and inspire the youth.

For this virtual festival, ambassadors will be invited to contribute to empowering the youth to keep active, healthy, to focus on their mental health as well as physical.

Ambassadors are invited to will represent their IF/entity/organisation under the Olympic and Paralympic and Special Olympics values encouraging participation through their own social media. They can choose to upload motivation content, encourage festival engagement and they could also record themselves doing the exercises for example of the Max Fit competition, sharing their unique talents and having fun.

We invite all IFs/entities/organisations to choose **two** ambassadors: preferably 1 female and 1 male between the ages of 8-18 and ideally proficient English speakers (if this is not possible, you will need to kindly translate any recorded material they contribute). These youth ambassadors represent their IF/entity/organisation and are part of a united call to action where together we can achieve so much more.

These ambassadors are invited to pre-record a video media clip of 45 seconds introducing themselves, sharing what their dream or goals are, and giving a short introduction about their sport/



entity/organisation. At the end of the clip they are invited to say the phrase “We stand united through sports” or the festival slogan “One Spirit, One Heart.”

We also encourage you to use your IF/entity/organisation logo and branding towards these VDOs.

All recordings need to be received by UTS latest by **20 October**: admin@unitedthroughsports.com

Additional Information

ITOs

(Relevant to IFs)

In order to ensure an inclusive festival finals, we invite every IF to nominate **two voluntary ITOs**: (proficient English speakers) who will join our UTS online webinars. There will be **3 webinars** where the ITOs will be instructed as to how to score the competitions towards the finals. These webinars can also assist for the ITOs to judge your internal qualifiers.

These ITOs will be invited to join as judges for the finals in November (20-22). All the participating IFs will judge the final competitions together, so for example: Judge from sport x, could be judging alongside sport y and sport z. Our objective is to create a unified and collaborative approach towards judging the finals.

We do kindly ask you to choose your ITOs by **11 September** as we aim to begin the webinars by the **17 September**. Please send the following details to Ravi Dent: admin@aimsif.org

Please include the following details:

1. Full name of each ITO
2. Gender
3. The IF they represent
4. Contact information of both ITOs (email and contact number if possible)

The webinars will be accessible on the [United Through Sports YouTube](#) channel after the sessions for your further information.

Internal Qualifier Timeline

In order to assist with structuring the internal qualifying events, we understand that for most YP with the uncertainty of the pandemic, online submissions would be the best approach to entering the competitions.

Please see below our example of a qualifier timeline to assist with your internal structuring and planning.

Date	Action	Details
9 September	Promote festival, invite & activate the youth	▪ Share the UTS press release ▪ Make your own press releases/stories/ social media ▪ Share a video verbally inviting youth to join the festival ▪ Share information on the competitions and dates for submissions ▪ Write to your members/ NFs etc. ▪ Mobilise an internal team
14-30 September	Competition Period	VPs can submit their VDOs towards the competitions for example via Social media/email/YouTube (whichever means is most convenient and accessible)
30 September	Competitions deadline	
1-14 October	Judging Period	Judges review and choose YPs who will progress to the finals
20 October	Announce your Finalists towards UTS Finals	Announcements could be made for example on social media platforms, websites, press releases etc.
20-30 October	Registration to Rsportz	Collect YPs details and register them onto the Rsportz platform with a link UTS LOC will provide with early October
30 October	Deadline for Rsportz registration	The registration of youth towards the UTS Festival finals must be complete by 23.59 GMT
20-22 November	UTS VYF Finals	UTS LOC is responsible to make the draws and determine which youth compete or perform on which day and what time YP may prefer to pre-record their competition/ performance if time difference is an issue or they prefer not to perform live

Festival Policies

Due to the nature of this festival involving youth and minors, we are committed to improving the lives of youth and their health and safety is our priority. We acknowledge our responsibility towards ensuring we keep the participating children and youth safe during all elements of this festival. We will share our Child Safeguarding Policy Package to all participating IFs, entities and organisations to ensure we uphold our duty towards the rights, well-being and the welfare of all youth.



Finals Registration

Only the youths who are selected during the internal qualifiers as finalists are eligible to be registered to the platform Rsportz.

Rsportz is a cloud-based global sports software company designed to united and empower international sport events. The Rsportz registration process makes signing up for YPs easier than ever. With the provision of live scoring and detailed participant information (which will be kept confidential), this is the platform we will use for the youth finals registration and it is cost-free!

Registration of all your participating youth will be the responsibility of your IF/entity/organization towards the finals 20-22 November. All registrations will need to be finalised by **latest 30 October 2020**. In the event that we have many entries, we may need to start the finals on the **19 November** - please keep this in mind and we will update you by **5 November**.

We will provide you with an access link to Rsportz by early **October** for your convenience.

Kingdom of Thailand November Finals

There is not a more appropriate way to begin the UTS Virtual Youth Festival Finals then in celebration of United Nation's World Children's Day (20 November) annual celebration established in 1954 to promote international togetherness, awareness and improving children's welfare. The finals will be held at an arena in the city of Bangkok Thailand, UTS is back to the city where we held our first ever UTS Festival in 2018!

Virtual medal ceremonies will be held with the leaders of sport virtually presenting the medals to the YP and after the festival ends, the medals and certificates will be physically sent out.

Contact Information

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UTS CEO Julia Govinden: julia@unitedthroughsports.com

AIMS Executive Secretary Ravi Dent: admin@aimsif.org

Websites:

UTS: <https://unitedthroughsports.com>

AIMS: <http://aimsif.org>

ONE SPIRIT ONE HEART!

