



All the information regarding the tournament will be sent on your registered email ID. Kindly check all the tournament related communication sent by SFAPLAY.COM for updates.

FITNESS CHALLENGE FORMAT

- Each athlete can participate in only one age group.
- The tournament will either have a video uploading round or a live round or both. **(This will depend on the participation of the particular event category)**

Event Schedule:

- The event schedule will be updated by 5th August, 2021.

Eligibility Criteria:

Age Group	Cut off dates
U-9	Born on or after 1st January 2013
U-12	From 1 st January 2010 to December 31 st 2012
U-15	From 1st January 2007 to 31 st December 2009
U-19	From 1st January 2003 to 31st December 2006



PRECAUTIONARY MEASURES TO BE TAKEN:

- Avoid any exercise if it causes pain in joints.
- Breathe in and breathe out normally during each exercise.
- Exercises should be performed with the right form.
- Proper range and form should be maintained throughout the exercise.
- Avoid any exercise in case of neck, back or knee pain.
- Avoid any exercise in case you fall under any risk category like Hypertension, Diabetes.

RULES & REGULATIONS

- This Fitness challenge will be held online.
- Athletes must wear appropriate clothing.
- SFA will not be held responsible/liable to any injury that arises during the course of the event.
- If any participant is found over age or with any manipulation in his/her documents, he/she will be disqualified without any kind of prior intimation.
- The Tournament Organizing Committee has the right to postpone or cancel the fitness challenge in the case of unavoidable circumstances. All athletes are requested to co-operate in any such case.
- In case of any dispute the decision of the Tournament Organizing Committee will be final and binding.
- All Participants must complete the registration process of the tournament.
- Participants will be considered as successfully registered only once he/she receives an SMS/email from SFA confirming the same.
- Having a stable internet connection is the sole responsibility of all participants.
- Organizers reserve the right to refuse an entry without giving any reason.
- The results will be emailed on your registered email ID.
- The participants will be scored and judged on the following parameters; Strength, Endurance, Balance, Posture and Flexibility.



Important things to note:

- Use the SFAPLAY.COM forum to raise any query / questions and patiently wait for the organizers to get back to you.
- Do not use abusive/aggressive/ foul language in the forum or in any communication with anyone, one should maintain the decorum of the tournament. **Organizer's decision would be final.** Usage of any abusive/aggressive/ foul language may result in disqualification.

Prizes:

- Will be updated by 5th August, 2021.

For queries please contact: 022 49558095 or email us at info@sfaplay.com

***SUBJECT TO CHANGE**