



**ROYAUM**  
UTS WORLD VIRTUAL YOUTH FESTIVAL 2021

**UTS WORLD**   
**VIRTUAL YOUTH**  
**FESTIVAL 2021**  
PARTICIPANT HANDBOOK



# CONFIDENTIAL

We encourage you to share this handbook within your organisation (e.g., via email) so that together we can ensure as many youths have an opportunity to take part in the festival 20–27 November 2021.

**Please do not publish this document publicly OR online.**

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# Welcome to the UTS World Virtual Youth Festival 2021!

This event is the only world virtual youth festival, which invites youth under the age of 18 to celebration youth of all abilities and take part in physical activity, fun, friendly competition, and access education.

The festival is officially under the patronage of the International Olympic Committee, the Paralympic Committee, the Special Olympics, and AIMS standing in solidarity under the Olympic, Paralympic and Special Olympics values.

There are 5 competitions to choose from. Your organisation can either nominate youth who will participate in the finals or you can organise a qualification event.

The finalists must be registered by 30 October latest.

The festival will be hosted from the Kingdom of Saudi Arabia on United Nations World Children's Day, 20 November.



# Key Dates

<b>Qualifying events</b>	September–October	All organisations run their own internal events or nominate youth for the finals
<b>Deadline for registration</b>	30 October	Registration opens 7 October. The latest date which to register all your finalists onto our registration platform is 30 October
<b>Festival Dates</b>	20–27 November	
<b>Workshops</b>	20–24 November	Workshops will take place Live and are all open to the public, pre-registration necessary
<b>Welcome Ceremony</b>	20 November	Youth oriented performances and talent from across the globe
<b>Opening Conference</b>	20 November	International sport leaders united for the youth sharing powerful messages of hope
<b>Conference sessions</b>	20–26 November	Conference sessions addressing current topics with sport leaders, champions, and experts
<b>Final Competitions</b>	22–25 November	Competition finals will be streamed through our virtual arena
<b>Awards Ceremony</b>	25–26 November	Medal Awards will be presented virtually to the winners
<b>Closing Ceremony</b>	27 November	A spectacular closing virtual party will be held from Saudi Arabia to the world with performances, music and cities coming together
<b>Medals/ Certificates</b>	December	All medals will be posted to the winners through their Federations or organisations. All participants of the festival are able to receive a digital certificate



# How to get involved

1. To participate, please send an email to [admin@unitedthroughsports.com](mailto:admin@unitedthroughsports.com)
2. Decide what competition/s you want to enter
3. Set up an internal team to coordinate
4. Send an invitation to your Under 18 youth and give them details of each competition
5. Choose 2-3 technical officials to judge the finals and set a deadline to receive submissions
6. Internally judge all submissions and choose the finalists
7. Upload all finalist submissions to the registration platform **by 30 October**

## Competition Categories

**Max Fit** – Standardized fitness exercises, based on strength, endurance, accuracy, and number of repetitions

**Aero Fit** – Pairs choreograph their own aerobic-style routine

**Talent**– Vocal, Instrument, Dance, Group and other, to ensure anyone and everyone can share their talent

**Inclusive Challenge** – A unique physical and mental competition

**Unified Fitness Challenge** – Competing across 3 exercises to reach your personal best





Competition  
**MAX FIT**

This competition focuses on: Strength, Power and Stamina using standardized exercises.

There 4 stages: Preliminary, Quarterfinal, Semi-final and Final, and each has 3 rounds.

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

**DIVISIONS**

Under 10 Male/Female

Under 12 Male/Female

Under 14 Male/Female

Under 16 Male/Female

Under 18 Male/Female

\*\*Participants age divisions to be calculated as the age they are on the 1st of August 2021.

**ROUNDS AND TIMING**

Under 10 Male/Female (3 rounds x 30 seconds)

Under 12 Male/Female (3 rounds x 30 seconds)

Under 14 Male/Female (3 rounds x 45 seconds)

Under 16 Male/Female (3 rounds x 1min)

Under 18 Male/Female (3 rounds x 1min)

## VDO Submission Rules

Participants need to submit 4 competition VDOs, each video will contain 3 different exercises as shown in the Max FitTables. All finalists will then have their 4 VDOs uploaded to the festival registration platform "SportData." All finalist VDOs must be uploaded by 1 IF/Organisation official. Each IF/Organisation is given a unique username and password for the registration platform.

To ensure that all participants in each age division are competing with the correct round times and exercises, all participant VDOs MUST be recorded using an Audio Guide provided in their age division and round of competition (preliminary, quarter final, semi final and final).

## AUDIO GUIDES

All participants must use the audio guides for their submissions. VDOs submitted without the use of the Audio Guide will NOT be accepted.

The Audio Guides have been created to ensure the same timing standard across all participant submissions.

The VDO submission of each round must be recorded in one long and unedited recording with the Audio Guide playing during the recording.

Please do not add any form of special effects to the submissions.



# Rules

Please ensure youth are appropriately dressed in sport attire.

Please ensure all Max Fit competitors have access to all the exercises that they must perform from the tables shown below.

Click on the instructional sample video for each exercise as a guide.  
The competitor should do their best to copy the framing and positioning of the instructional sample clip.

## Competition example

**SAMPLE MAX FIT MATCH**

## Technical Requirement



Keep Landscape (Horizontal) and centre of the frame  
Here is a [VDO](#) how the finals will look.



# SYSTEM OF SCORING

This competition will be focused on judging the contestant's level of strength, power & stamina based on their performances of a set of designated exercises.

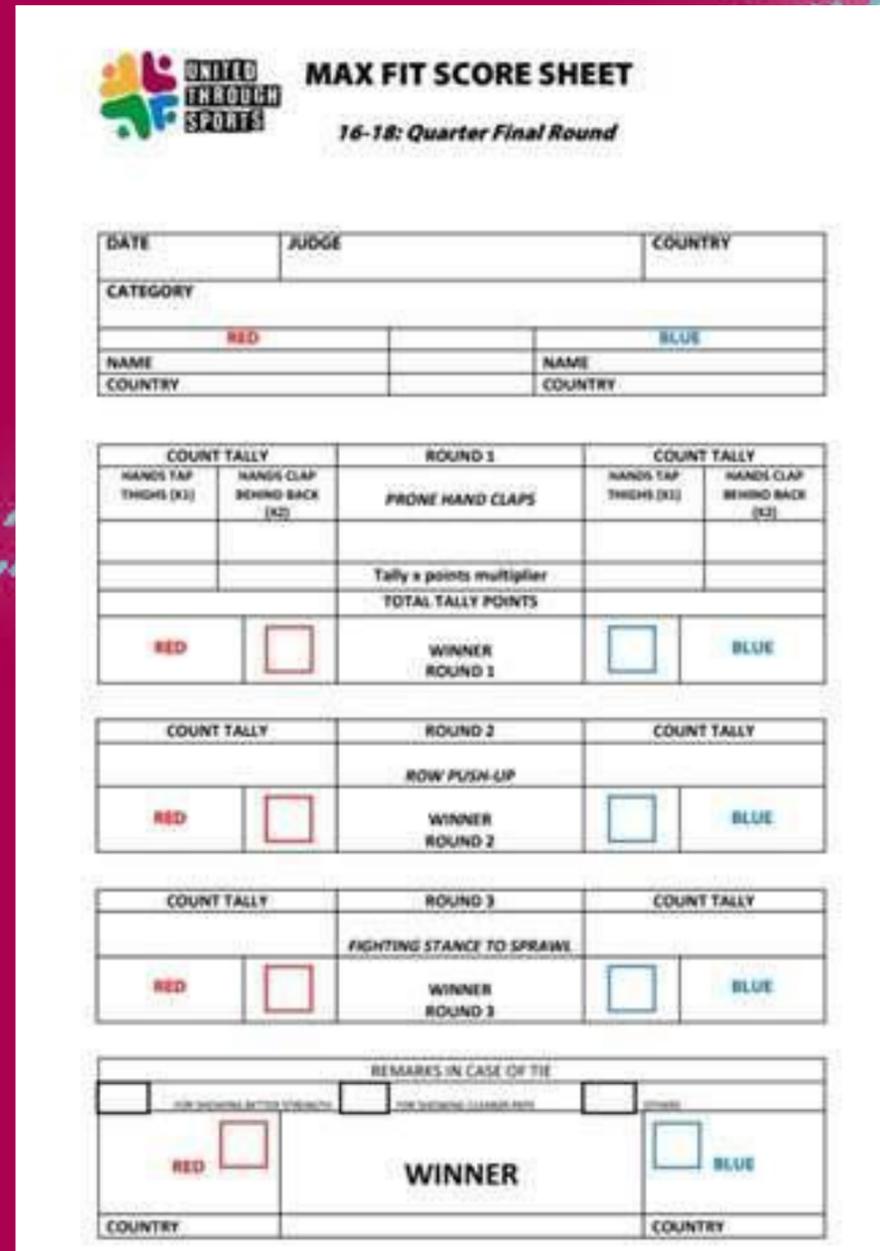
Please ensure you have watched all the VDO clips of each of the exercises to ensure you understand how an ideal repetition should be performed to score.

There will be customised score-sheets for each of the competition rounds according to the exercises assigned for each round.

Although the scoresheet will provide a space for judges to keep a tally on the number of repetitions performed by each contestant, the winner of a round is decided according to their performance as a whole and not only 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 with the 10 point system.



**UNITED THROUGH SPORTS** **MAX FIT SCORE SHEET**  
16-18: Quarter Final Round

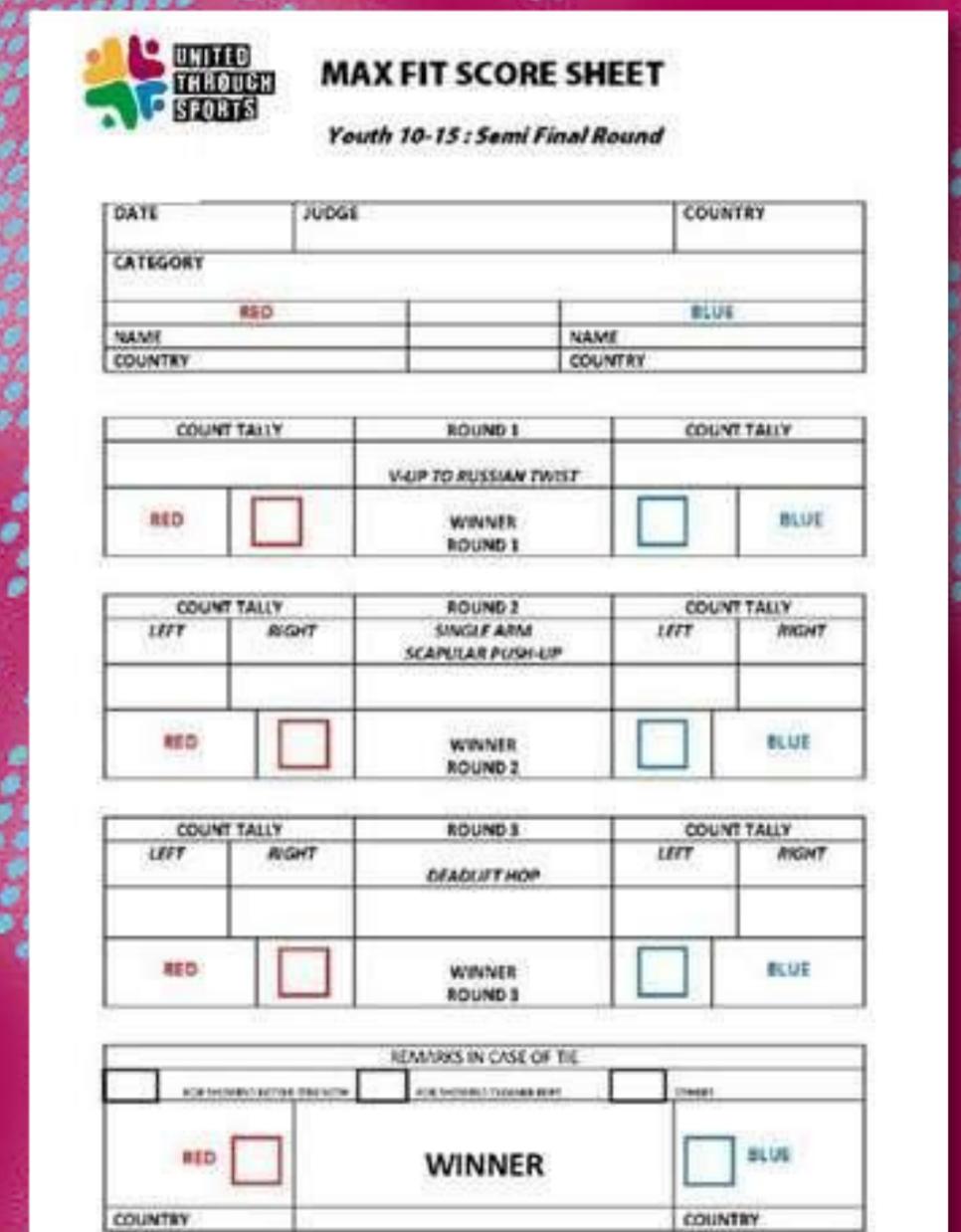
DATE	JUDGE	COUNTRY
CATEGORY		
RED		BLUE
NAME		NAME
COUNTRY		COUNTRY

COUNT TALLY		ROUND 1	COUNT TALLY	
HANDS TAP THIGHS (X1)	HANDS CLAP BEHIND BACK (X2)	PRONE HAND CLAPS	HANDS TAP THIGHS (X1)	HANDS CLAP BEHIND BACK (X2)
Tally x points multiplier				
TOTAL TALLY POINTS				
RED	<input type="text"/>	WINNER ROUND 1	<input type="text"/>	BLUE

COUNT TALLY		ROUND 2	COUNT TALLY	
		ROW PUSH-UP		
RED	<input type="text"/>	WINNER ROUND 2	<input type="text"/>	BLUE

COUNT TALLY		ROUND 3	COUNT TALLY	
		FIGHTING STANCE TO SPRAWL		
RED	<input type="text"/>	WINNER ROUND 3	<input type="text"/>	BLUE

REMARKS IN CASE OF TIE				
RED	<input type="text"/>	WINNER	<input type="text"/>	BLUE
COUNTRY				COUNTRY



**UNITED THROUGH SPORTS** **MAX FIT SCORE SHEET**  
Youth 10-15: Semi Final Round

DATE	JUDGE	COUNTRY
CATEGORY		
RED		BLUE
NAME		NAME
COUNTRY		COUNTRY

COUNT TALLY		ROUND 1	COUNT TALLY	
		V-UP TO RUSSIAN TWIST		
RED	<input type="text"/>	WINNER ROUND 1	<input type="text"/>	BLUE

COUNT TALLY		ROUND 2	COUNT TALLY	
LEFT	RIGHT	SINGLE ARM SCAPULAR PUSH-UP	LEFT	RIGHT
RED	<input type="text"/>	WINNER ROUND 2	<input type="text"/>	BLUE

COUNT TALLY		ROUND 3	COUNT TALLY	
LEFT	RIGHT	DEADLIFT HOP	LEFT	RIGHT
RED	<input type="text"/>	WINNER ROUND 3	<input type="text"/>	BLUE

REMARKS IN CASE OF TIE				
RED	<input type="text"/>	WINNER	<input type="text"/>	BLUE
COUNTRY				COUNTRY

**1**

Round 1 exercises will focus on Core Power/Strength/Conditioning

**2**

Round 2 exercises will focus on (focus on upper body)

**3**

Round 3 exercises will focus on Speed/Agility/Coordination (focus on lower body)



# MAX FIT SCORE SHEET

16-18: Quarter Final Round

DATE	15.09.21	JUDGE	Jane Doe	COUNTRY	USA
CATEGORY	Female -16-18				
RED			BLUE		
NAME	Suzie Wong	NAME	Maria Lopez		
COUNTRY	HKG	COUNTRY	ESP		

COUNT TALLY		ROUND 1	COUNT TALLY	
HANDS TAP THIGHS (K1)	HANDS CLAP BEHIND BACK (K2)	PRONE HAND CLAPS	HANDS TAP THIGHS (K1)	HANDS CLAP BEHIND BACK (K2)
= 19	= 5		= 20	= 11
= 19	= 10	Tally x points multiplier	= 20	= 22
= 29		TOTAL TALLY POINTS	= 42	
RED	9	WINNER ROUND 1	10	BLUE

COUNT TALLY		ROUND 2	COUNT TALLY	
HANDS TAP THIGHS (K1)	HANDS CLAP BEHIND BACK (K2)	ROW PUSH-UP	HANDS TAP THIGHS (K1)	HANDS CLAP BEHIND BACK (K2)
= 22			= 23	
RED	10	WINNER ROUND 2	9	BLUE

COUNT TALLY		ROUND 3	COUNT TALLY	
HANDS TAP THIGHS (K1)	HANDS CLAP BEHIND BACK (K2)	FIGHTING STANCE TO SPRAWL	HANDS TAP THIGHS (K1)	HANDS CLAP BEHIND BACK (K2)
= 30			= 30	
RED	9	WINNER ROUND 3	10	BLUE

REMARKS IN CASE OF TIE			
FOR SHOWING BETTER STRENGTH	FOR SHOWING CLEANER REPS	FOR	FOR
28	RED	WINNER	BLUE 29
COUNTRY	HKG	COUNTRY	ESP

## BREAKDOWN OF A SCORESHEET

Let's take a look at a scoresheet for a Quarter Final Max Fit

### Round 1: Perform as many Prone Hand Claps

Hands tap thigh count as 1

Hands clap behind back count as 2

- To score you must consider which version of the rep the contestant has performed – tapping the thigh or clapping hands behind the back. Use the different tally boxes to keep score. See the corresponding instruction **VDO** on how an ideal rep should be performed

- In this example, the contestants have started doing the exercise clapping hands behind the back and then switched to the easier version tapping hands to the thighs

- Write the TOTAL TALLY according the tally marks then

- use the point multiplier accordingly

- Then add up the total points

- Both contestants performed the repetitions well, so the judge scores according to who completed the most repetitions.

### Round 2: Row Push-Ups

- To score use the COUNT TALLY box to track the number of reps done of each exercise

- See the corresponding instructional **VDO** for clarification on how an ideal rep should be performed

- After both contestants have completed the round, also consider the quality, integrity, execution of the performance to score the winner of the round with the winner receiving 10 and loser receiving either 9, 8 or 7

- Even though BLUE came out with the higher total tally points, RED corner performed much cleaner, stronger looking reps. So the Judge has given the round the RED 10-9

### Round 3: Perform as many Fighting Stance to Sprawls

- See the corresponding instructional **VDO** for clarification on how to perform an ideal rep

- To Score this, use the COUNT TALLY box to track the number of reps done of each exercise

- After both contestants have completed the round, also consider the quality, integrity, execution of the performance to score the winner of the round with the winner receiving 10 and the loser receiving either 9, 8 or 7

Preliminary Match Exercises For Youth -10 to -15 AUDIO GUIDES  

ROUND 1	ROUND 2	ROUND 3
<i>Up &amp; Down Plank</i>	<i>Walk Out Push-Up</i>	<i>Shuffle Jump Squat</i>
<a href="#">WATCH VDO</a>	<a href="#">WATCH VDO</a>	<a href="#">WATCH VDO</a>

Quarter final Match Exercises For Youth -10 to -15 AUDIO GUIDES  

ROUND 1	ROUND 2	ROUND 3
<i>Tuck Jumps</i>	<i>Push-Up to Mountain Climber</i>	<i>Air Squat</i>
<a href="#">WATCH VDO</a>	<a href="#">WATCH VDO</a>	<a href="#">WATCH VDO</a>

Semi Final Match Exercises For Youth -10 to -15 AUDIO GUIDES  

ROUND 1	ROUND 2	ROUND 3
<i>V-Up to Russian Twist</i>	<i>Single Arm Scapular Push-Up</i>	<i>180 Lunge Jump</i>
<a href="#">WATCH VDO</a>	<a href="#">WATCH VDO</a>	<a href="#">WATCH VDO</a>

Final Match Exercises For Youth -10 to -15 AUDIO GUIDES  

ROUND 1	ROUND 2	ROUND 3
<i>Asymmetric Plank Variation 1</i>	<i>Alligator Jumps</i>	<i>Deadlift Hop</i>
<a href="#">WATCH VDO</a>	<a href="#">WATCH VDO</a>	<a href="#">WATCH VDO</a>

Preliminary Match Exercises For Youth -16 to 18 AUDIO GUIDES 

ROUND 1	ROUND 2	ROUND 3
<i>Plank Jack Shoulder Tap</i>	<i>Table Top Toe Touches</i>	<i>Squat Kick</i>
<a href="#">WATCH VDO</a>	<a href="#">WATCH VDO</a>	<a href="#">WATCH VDO</a>

Quarter Final Match Exercises For Youth -16 to 18 AUDIO GUIDES 

ROUND 1	ROUND 2	ROUND 3
<i>Prone Hand Claps</i>	<i>Row Push-Up</i>	<i>Fighting Stance to Sprawl</i>
<a href="#">WATCH VDO</a>	<a href="#">WATCH VDO</a>	<a href="#">WATCH VDO</a>

Semi Final Match Exercises For Youth -16 to 18 AUDIO GUIDES 

ROUND 1	ROUND 2	ROUND 3
<i>Plank with Alt Limb Raise</i>	<i>Modified Push-Ups</i>	<i>V-Lunges</i>
<a href="#">WATCH VDO</a>	<a href="#">WATCH VDO</a>	<a href="#">WATCH VDO</a>

Final Match Exercises For Youth -16 to 18 AUDIO GUIDES 

ROUND 1	ROUND 2	ROUND 3
<i>Asymmetric Plank Variation 2</i>	<i>Plank Extensions</i>	<i>Human Scale</i>
<a href="#">WATCH VDO</a>	<a href="#">WATCH VDO</a>	<a href="#">WATCH VDO</a>



Competition  
**AERO FIT**



This dynamic competition category allows a team of 2 competitors to join their abilities and create a routine choreography.

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

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

[CLICK HERE](#) for Aero Fit Scoring Sheet.

### **Aero Fit Divisions**

Youths: (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

# Rules

1. A maximum 3-minute choreographed sequence to the team's chosen music (uncopyrighted)
2. Teams must consist of 2 in any gender combination
3. Routine choreography must demonstrate fitness
4. You can use your phone to record your performance
5. Please record with good lighting, avoid back lighting
6. Keep the recording as still as possible
7. Recordings cannot have special effects

**SAMPLE AERO FIT MATCH**

## Technical Requirements



Keep Landscape (Horizontal) and centre of the frame





Competition  
**TALENT SHOW**



Any youth can join this competition and show their talents.  
Examples from last year [Click Here](#)

#### TALENT DIVISIONS

- U10 (Singing, Dance, Instrument, Group and Other)
- U12 (Singing, Dance, Instrument, Group and Other)
- U14 (Singing, Dance, Instrument, Group and Other)
- U16 (Singing, Dance, Instrument, Group and Other)
- U18 (Singing, Dance, Instrument, Group and Other)

\*Other, is a category where youth can also share their sport talent and any other unique skills

Video submissions must be uploaded to the registration platform.

[Click Here](#) for the Talent scoring sheet

# Rules

Video orientation: Landscape (Horizontal) and centre of the Frame. Each submission should be a maximum 3 minutes.

No special effects and keep natural

Judging Criteria:

Contestants will be judged on the following:

- ✓ Presentation
- ✓ Clarity
- ✓ Ability
- ✓ Creativity

## Technical Requirement



Keep Landscape (Horizontal) and centre of the frame





Competition  
**IPC INCLUSIVE CHALLENGE**



Information will be shared soon!  
This competition is all inclusive mixing  
physical and mental activities



# Competition UNIFIED FITNESS CHALLENGE



The Special Olympics Unified Fitness Challenge is an 8 week collaborative effort between United Through Sports and Special Olympics International. This virtual fitness challenge enables youth with and without an intellectual disability to participate in a global competition, as means to overcome the challenges of social isolation and physical inactivity severely heightened by the pandemic. Youth with and without an intellectual disability will be paired together as a team.

The challenge consists of three tests; standing long jump, curl ups, and 10 meter shuttle run. The challenge requires each team member to participate in a pre-test during the first week of the event to establish a baseline team score. The challenge ends with a post-test during week 8. Each team will receive a final improvement score based on the variance between their baseline scores and their final scores.

The Unified Fitness Challenge functions within a regular team training activity or as a separate fitness training program.



## Youth Ambassadors

UTS invites each IF/organisation to nominate two ambassadors to represent the IF/organisation to promote a healthy and active lifestyle, support their sports, showcase the organisation benefits and to encourage youth through their own social media.

The ambassadors stand to make a united call to action for more inclusion, equality and non-discrimination.

These ambassadors can be invited to a scheduled online meeting to discuss their views on the festival and how we can use social media to promote the various events.

The Youth Ambassadors also stand to make a united call to action for more inclusion, not just in the world of sports but in society.

Please send all videos to:  [Admin@unitedthroughsports.com](mailto:Admin@unitedthroughsports.com)



# General Requirements

- We will use your organisation logo during the entire festival. Please email high resolution logo to [Admin@unitedthroughsports.com](mailto:Admin@unitedthroughsports.com)
- IFs ONLY Internal nomination of 2–3 International Technical Officials (proficient English speakers) who will join online webinars and be instructed as to how to score the competitions. They will also be selected as judges for the finals in November (20–26)
- Each participating organisation hosts their own qualifying event/s or nominates youth for the finals
- Organisations are responsible to engage with their youth, via social media, email blasts, engaging the national federations etc. There is no set requirement on the number of youths expected to participate in the qualifying events, we simply encourage youth participation as much as is possible for them to experience this opportunity
- Champion Athlete– any IF who wishes to engage a sport champion towards the festival is highly encouraged and appreciated. These champions will be invited to record an inspirational and motivating video message to encourage the youth to keep active and take part in the festival. These videos will be promoted on social media and streamed during the festival

# Checklist

-  Send an email to UTS confirming participation
-  Nominate 2 youth Ambassadors and invite/assist them to record a 1-minute video
-  IFs **ONLY** please nominate 2-3 judges to judge the festival finals
-  Choose which competitions you want to participate in
-  Organise a coordination group for internal qualifiers and/ or nominations
-  Invite youth to take part and send out competition information
-  Host your qualifying event
-  Judge, nominate and determine finalists
-  Registration platform opens 7 October
-  Uploading all final performers to the SportData platform by latest 30 October
-  Send Ambassador videos to [admin@unitedthroughsports.com](mailto:admin@unitedthroughsports.com) by latest 11 October



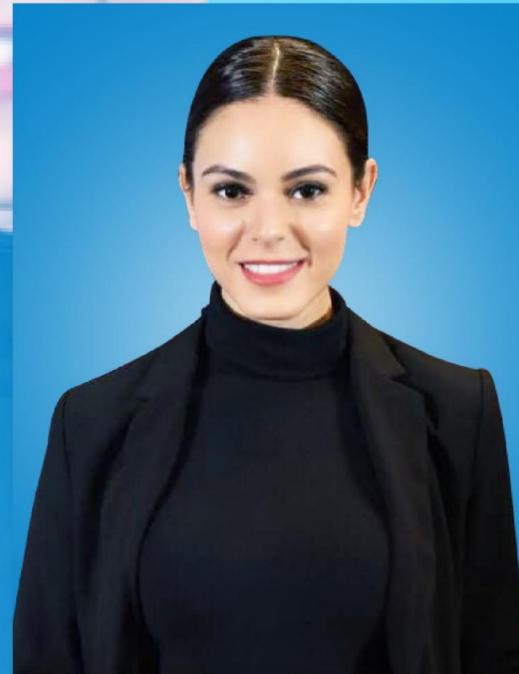


**RTYADH**  
UTS WORLD VIRTUAL YOUTH FESTIVAL 2021

*For any questions regarding this handbook  
or the festival please email*



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