



UTS VIRTUAL YOUTH FESTIVAL

August-November
2020





VIRTUAL
YOUTH FESTIVAL
2020

UNDER PATRONAGE OF



INTERNATIONAL
PARALYMPIC
COMMITTEE



INTERNATIONAL
OLYMPIC
COMMITTEE





VIRTUAL
YOUTH FESTIVAL
2020

SUPPORTED BY





INTRODUCTION

Welcome to the UTS Virtual Youth Festival! Despite the global pandemic, we bring an opportunity for youth worldwide to compete in an online festival bringing together youths with different abilities and joining for a unique unity in diversity, sport and educational event.

The only way is forward and as we could not invite everyone to our annual SportAccord festival, we bring the festival to you. This festival brings two sport competitions, a talent competition, two IPC competitions (one competition category will be uniquely for all abilities) and a Special Olympics competition all with the chance to win medals.

This one of a kind event is supported by the IOC and IPC bringing Olympic and Paralympic values to the forefront and looking forward towards a more inclusive and equal world for our youth. With a combination of IF participation, NGO's, sport umbrella bodies and under the blessing of the IOC, we will provide a vehicle of positive change. It is the dawning of a new era for us all and the decisions we make now will manifest our tomorrow.

Together our alliances will nurture our youth towards positive development where they can step forward with optimism and confidence. Our missions is to provide an equal stage for youth to shine, to share their many talents, provide valuable education towards their future and to bring smiles.

Max Fit



Aero FIT



All abilities



Talent



IPC



SO





FESTIVAL THEME & VALUES

#UTSVYF2020 #THISISUTS #YOUTH4CHANGE

This UTS Festival focuses on the Olympic & Paralympic values of:

- ☐ FRIENDSHIP
- ☐ RESPECT
- ☐ EXCELLENCE
- ☐ DETERMINATION
- ☐ INSPIRATION
- ☐ COURAGE
- ☐ EQUALITY

We aim to focus on the following values:

- ☐ INCLUSION
- ☐ NON-DISCRIMINATION
- ☐ PEACE PROMOTION

UTS FESTIVAL VALUE

- ✓ Opportunity for youth engagement
- ✓ Encourage health & fitness
- ✓ All inclusive
- ✓ No borders
- ✓ Level playing field
- ✓ International Connection
- ✓ Cultivating community
- ✓ Education & Awareness (healthy body & mind)
- ✓ Discussion of current topics: health, safety, abuse, protection
- ✓ Generation to generation (role-models & sport ambassadors)
- ✓ Increased volunteers
- ✓ Friendly competition
- ✓ Strengthening alliances
- ✓ Leaving a legacy
- ✓ Empowering Athlete leadership
- ✓ Cultural exchange
- ✓ Opportunity for minority populations



UN SUSTAINABLE DEVELOPMENT GOALS

SUSTAINABLE DEVELOPMENT GOALS



GOAL 3 Good health & Well-being

GOAL 4 Quality education

GOAL 5 Gender equality

GOAL 6 Clean water & sanitation

GOAL 8 Decent work

GOAL 10 Reduced inequality

GOAL 16 Peace, Justice & Strong
Institutions

GOAL 17 Partnerships to achieve goal



YOUTH PARTICIPATION & REGISTRATION





FESTIVAL TECHNICAL PLATFORM PROVIDED BY

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 participants easier than ever. With the provision of live scoring and detailed participant information for public or private viewing and all this cost-free!



PARTICIPANT INFORMATION

- Age Range:
 - U10,U12,U14,U18
 - Profile Information:
 - Name
 - Age
 - Gender
 - Country
 - Sport/affiliation entity
 - Competition category/ies
 - Personal story
 - Contact info
 - Social media
 - Interests
- ☐ Participants will register via their sport, organization, affiliation, entity and are able to compete in multiple competitions
 - ☐ Each participating entity will be given access to the technology to sign-up participants and to activate the competitions qualifying events online
 - ☐ Courses will be given online to teach the technology and how to register participants accordingly



RULES & REGULATIONS



Guidelines for Camera Framing for Competition

It is important that all participants follow the guidelines given when setting up their cameras/phones for the competition so that judges can view each competitor in a uniform view/frame/angle.

1. Cameras must be set up and remain in a static position (no moving/panning is permitted).
 2. Measuring from a wall, camera should be positioned max. 400 cm from the wall.
 3. Competitor should stand between 130 - 150 cm from the wall
 4. Camera/phone must be positioned in LANDSCAPE.
 5. Be sure to mark the boundary limits on either side so you know when you are out of frame.
 6. Ensure light source is coming from the camera side (no backlighting)
 7. For bouts 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 what you can expect upon entering the virtual arena for a LIVE Max Fit match.



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



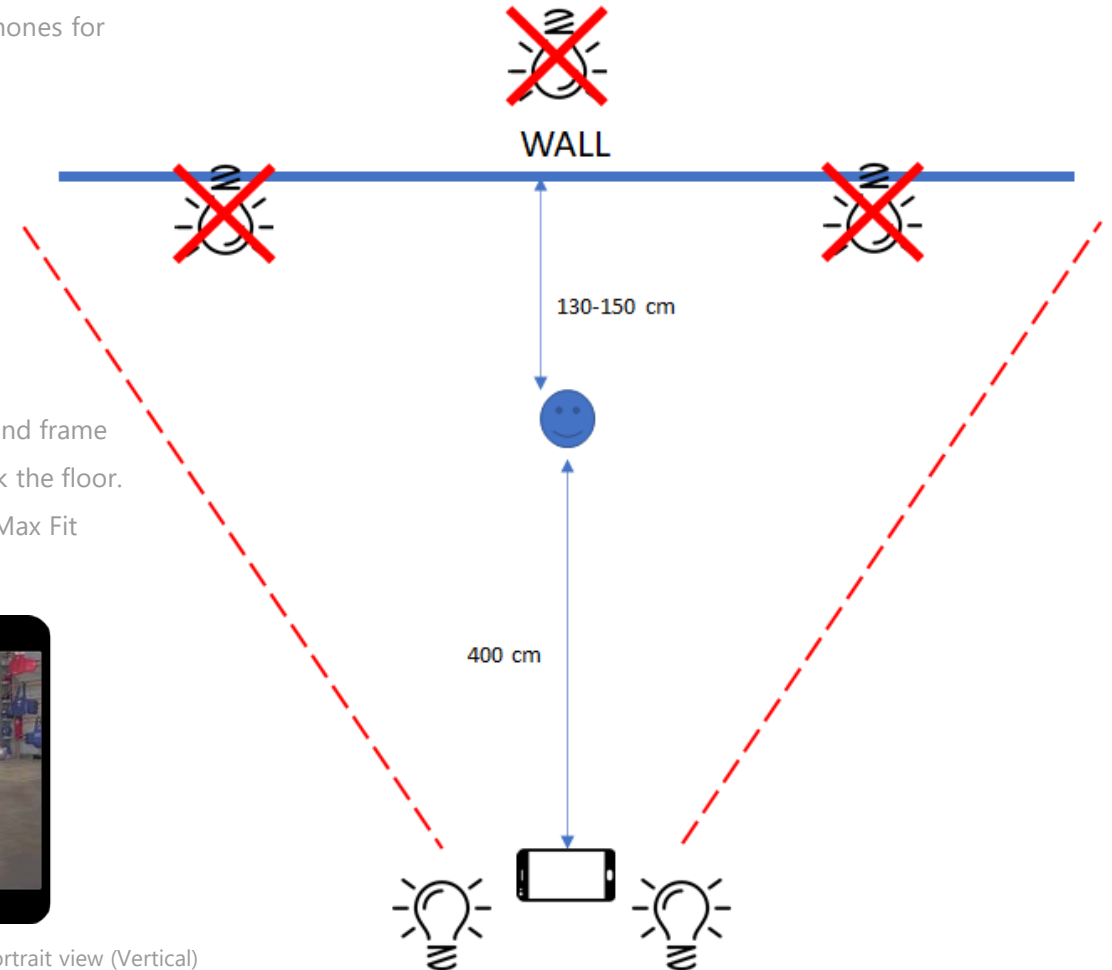
Subject is positioned too far back



Subject is positioned too close



Do not use Portrait view (Vertical)





MAX FIT



MAX FIT

This competition will focus on contestants' strength, power and stamina and will be competed live in a virtual arena and scored by 2-3 Judges.

Participants will be drawn into a bracket and will be given their assigned competition time slot and provided with a link to enter the virtual competition arena where the judges will be in attendance.

Winners will advance to the next round on the bracket and will be provided with a new link and competition time slot.

It shall be competed over 3 rounds, with each round requiring contestants to complete as many of a designated exercise/drill within the allotted time per round.

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

Max Fit Competition Format

- Round 1 drills will focus on Core
- Round 2 drills will focus on Power/Strength/Conditioning (focus on upper body)
- Round 3 drills will focus on Speed/Agility/Coordination (focus on lower body)

Max Fit Divisions

- Youths: -10 Male / -10 Female / -11 Male / -11 Female / -12 Male / -12 Female / -13 Male / -13 Female / -14 Male / -14 Female / -15 Male / -15 Female / -16 Male / -16 Female / -17 Male / -17 Female / -18 Male / -18 Female

Max Fit Rounds & Times

- Under 10 – Male / Under 10 – Female (3 rounds x 30 seconds)
- Under 12 Male / Under 10 – Female (3 rounds x 30 seconds)
- Under 14 – Male / Under 14 – Female (3 rounds x 45 seconds)
- Under 16 – Male / Under 16 – Female (3 rounds x 1 min)
- Under 18 – Male / Under 18 – Female (3 rounds x 1 min)





Youth 10-15

Designated Match Drills

Preliminary Match 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

Semi Final Match 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 but
WATCH VDO	WATCH VDO	WATCH VDO

Quarter Final Match 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

Final Match 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



Designated Match Drills

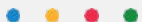
Preliminary Match Drills For Youth -18		
Round 1	Round 2	Round 3
Full Sit Ups with 1, 2s WATCH VDO	Burpees - Full push-up=2 - Knee push-up =1 WATCH VDO	Perform as many Right Kick ups until halfway through the round Perform as many Left Kick ups for the rest of the round WATCH VDO

Semi Final Match 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 WATCH VDO	Speed Walk-Outs WATCH VDO	Perform as many deep squat with alternating knees Squat must be to 90 degrees Knee must be at least to belly button level WATCH VDO

Quarter Final Match Drills For Youth -18		
Round 1	Round 2	Round 3
Mountain climbers drive knee to chest WATCH VDO	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 WATCH VDO	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

Final Match Drills For Youth -18		
Round 1	Round 2	Round 3
V-ups WATCH VDO	Perform as many in and out plyo push-ups - Full push-up=2 - Knee push-up =1 WATCH VDO	Perform as many deep squats until halfway through the round Perform as many alternating push kicks for the rest of the round WATCH VDO

Youth 16-18



UTS Virtual Field of Play Rules

Please ensure you are appropriately dressed.

Competitors will be invited into their Virtual Arena 20 minutes before the start of the competition. Technical Host will make the checks with the competitors to ensure the framing is correct and lighting is sufficient.

Upon entering the arena, please ensure to show respect to your opponent and your judges with the traditional "Wai".

Competitors 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 round.

Please ensure you have studied the exercise/drill that you must perform from the relevant Match Drill table above. Check the instructional/sample VDO clip for each drill to ensure you are framing yourself and facing in the correct direction to perform the drill. You should do your best to copy the framing/positioning of the sample clip.

- Whilst waiting for your opponent to finish their round, you must remain standing, and visible to the Judges at all times.
- You may not sit between rounds.
- You may not go off screen between rounds.
- You may take water which should be in reaching distance so that you do not go off screen.

How a Bout will Run....

1. There will be a 10 second beep countdown to the beginning of Red Corner's 1st round
2. The Round will begin on the Bell signal
3. There will be a 10 second click countdown towards the end of the round
4. A Bell will signal the end of the Red Corner's 1st Round.
5. There will be a 20 second interval between the end of Red Corner's 1st round and the beginning of Blue Corner's 1st round.
6. There will be a 10 second beep countdown to the beginning of Blue Corner's 1st round
7. Repeat from Step 2 etc. for the first 2 rounds of each competitor
8. **In matches where Round 3 requires a drill to be done on the Right side for half the round and 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, then a bell. Another Bell will then sound to signal 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, then a bell to end the round.



AERO FIT



Aero FIT

This competition will be competed & judged by VDO submissions.

Participants will be drawn into a bracket and judges will score the VDOs to determine next round. Results and brackets will be live on the system once results are entered by the judges.

Finals shall be judged LIVE. Finalists will be informed of their scheduled competition time slot and must enter the virtual arena via link given. The Arena will be attended by the judges and the 2 opposing teams who shall take turns to perform their 3-minute max. Aero FIT routine live Judges will then score the performances.

**VDO Submission Rules:**

- Max. 3 mins choreographed sequence to music
- Teams must consist of 2 in any gender combination
- Routine choreography must demonstrate fitness components
- Video should be recorded with a microphone (you can use an integrated microphone on your device)
- Video should be recorded in a good light with subject lit from the front, please avoid back lighting.
- A tripod/Steadicam could be used for videotaping (optionally).

VDO Submission Technical Requirements:

- 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)

Judging Criteria:

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

Aero Fit Divisions

- Youths: -10 / -12 / -14 / -18





ALL ABILITIES



All Abilities

In Partnership with the International Paralympic Committee and Special Olympics, this Festival introduces a competition category under the title “All Abilities.”

This is a category for anybody regardless to ability giving all youth a chance to compete above and beyond the divisions of diversity.

This competition is created with the expertise of IPC & support of SO to ensure optimal participation anybody and everybody.





TALENT





TALENT COMPETITION

The UTS Festival Talent Competition gives youth an international stage to shine and show their unique talents. Talents can range from Singing, Musical Instrument performance, Theatre-Drama and Dance, where youths are invited not only to a talent competition but to a talent show to promote and encourage a focus on their individual talents.

Applications to the competition will be in the form of video submissions. Divisions will be determined via age groups and categories as follows:

- ☐ U10 (Vocal, Dance, Theatre/Drama, Instrumental, other)
- ☐ U12 (Vocal, Dance, Theatre/Drama, Instrumental, other)
- ☐ U14 (Vocal, Dance, Theatre/Drama, Instrumental, other)
- ☐ U16 (Vocal, Dance, Theatre/Drama, Instrumental, other)
- ☐ U18 (Vocal, Dance, Theatre/Drama, Instrumental, other)
- ☐ Exceptional Performances

Medals are awarded per age group and for each category with a 1st, 2nd & 3rd place.

All submissions will be judged by the UTS Team with a point system in place, therefore all submissions will be sent directly to them.

Finalists will have the opportunity to. Perform Live at the finals.

There is the potential award for the most exceptional performances to win the opportunity to participate in the 2021 UTS Festival Opening ceremony during the prestigious Annual SportAccord Convention to be held in Ekaterinburg, Russia.

RULES & REGULATIONS

Performances must not be longer than 3 minutes long any performance that is longer will be disqualified.

Performances are submitted via video (camera, phone, laptop, digital recordings are all accepted)

Please avoid using props that could be dangerous including-knives, batons, fire, smoke etc. these props will not be accepted.

In the Vocal category, no synthesized, digital or pre-recorded vocals will be accepted.

In the instrumental category, performances must be live or taped accompaniment is allowed but must assume the pure character of accompaniment. 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 on stage.

In the dance category, no edits are to be made to the speed and timing, All contestants must perform a different piece for finals then the one they performed for the preliminary show. This means a dancer must choreograph a new dance, an actor perform a different monologue, a vocalist sing a different song, and an instrumentalist play a different piece. We encourage contestants to be prepared ahead of time with their pieces and not wait a few days before the show to chose the piece they are going to perform.

Contestants will be judged on the following basis: Presentation, 25%; Creativity, 25%; Clarity, 25% and Ability, 25%.



INTERNATIONAL PARALYMPIC COMMITTEE



INTERNATIONAL PARALYMPIC COMMITTEE

With our utmost respect to the vision and mission of IPC to create more inclusive world through sporting opportunities to countless Para-athletes around the world, our partnership will demonstrate how working together can create more opportunity for youths with different abilities around the world.

IPC under the visionary leadership of President Andrew Parsons will contribute towards the festival by designing two competition categories. IPC expertise will ensure the categories are as inclusive as possible and encourage active participation of not only Para-youth athletes but also international youth with a unique category that will be for all abilities.



SPECIAL OLYMPICS



Where the Revolution is Inclusion, the Special Olympics (SO) focus on driving social acceptance, inclusion, for youths and adults with intellectual different abilities. SO works to provide sport opportunities and athletic competition empowering athletes, their families and communities.

Team-work makes the dream work and this UTS Festival has invited Special Olympics to join forces and create a competition category that includes SO athletes and encourages an active and healthy lifestyle.

Educational Conferences Workshops & Webinars

The UTS Festival is a chance to celebrate and work towards nurturing our youth towards positive development.

The online nature of the event allows for various opportunities to incorporate key educational strategies, campaigns, conferences and workshops addressing critical issues particularly:

- ☐ Abuse in sport
- ☐ Protection of Youth
- ☐ The role of Athletes
- ☐ Promoting more Inclusion within sports and society
- ☐ Health & Active lifestyle

Educational Events will be streamed online during the Festival and international entities will contribute their educational digital campaigns throughout the entire event. Potential Partnerships include:

- ☐ IPC
- ☐ Special Olympics
- ☐ Olympics Unleashed
- ☐ Generations For Peace
- ☐ UNESCO
- ☐ UN Women
- ☐ UNICEF
- ☐ Peace & Sport
- ☐ YRAGA
- ☐ WADA
- ☐ ITA
- ☐ FISU



Languages and translations will be incorporated and taken into consideration throughout the festival events.

ATHLETE AMBASSADORS

All Participating entities will be invited to elect two exemplary ambassadors & we will showcase their stories, provide opportunities of contribution towards all the festival activities and encourage a sense of leadership and community.

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 for the youth during the festival mornings.

Throughout the festival competitions, athletes will be invited to volunteer their support and contribute to empowering youth to keep active, healthy, to focus on their mental health as well as physical.

Athlete role models will represent the Olympic and Paralympic values and encourage participation through their own social media as well as having an opportunity to participate in conferences, workshops and seminars.





WORLD CHILDREN'S DAY
NOVEMBER 20TH,
2020
UTS VIRTUAL YOUTH
FESTIVAL FINALS
HOSTED IN
BANGKOK, THAILAND



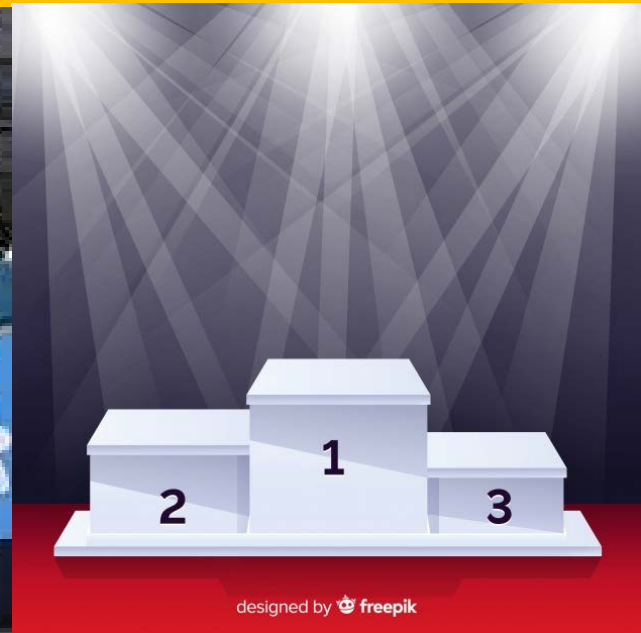
There is not a more appropriate day to begin the UTS Virtual Festival Finals then under United Nation's youth annual celebration established in 1954 to promote international togetherness, awareness and improving children's welfare



VIRTUAL MEDAL CEREMONIES

We invite our leaders of sport to present virtual medals to our finalists in a virtual ceremony.

Medals will then be sent out to all winners and event certificates to all participants.



LEAVING A LEGACY

In light of current global circumstances, the acceleration towards sporting solutions and connectivity gives the sport community the opportunity to find innovative ways to create sporting opportunity.

This event is to be the first with the vision to continue into the future, cultivating a unified and inclusive international community.

We intend to raise donations of sport equipment that we will then donate to underprivileged youths in refugee camps within designated regions. All donations are welcomed and appreciated.

At a time when many sport opportunities were cancelled, we want to give youth the platform to get activated, to get physical, to learn, share, to connect and to be united through diversability.





VIRTUAL
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INTERNATIONAL
PARALYMPIC
COMMITTEE



INTERNATIONAL
OLYMPIC
COMMITTEE



WORLD SPORT & BUSINESS SUMMIT



Global Association
of International
Sports Federations



Alliance of International Members of Sport

UNITED NATIONS' WORLD CHILDREN'S DAY

NOVEMBER 20 - 22, 2020