



UTS WORLD YOUTH FESTIVAL

2022



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WELCOME FRIENDS AND PARTICIPANTS

The UTS World Youth Festival is focused on placing youth of all abilities at the centre, right where they belong. The UTS Youth Movement builds bridges across the globe to unite through sports towards a better world for the next generations. The festival brings together over 100 International Federations, organisations, cities, and NGOs at the service of promoting inclusion, equality, non-discrimination, and peace. From 14-20 November, UTS has joined forces with APEC (Asia-Pacific Economic Cooperation) and GEW (Global Entrepreneurship Week) to bring three fantastic events into one, giving youth a platform to connect through sport, be inspired by one another and to learn and develop their skills and talents. A sports festival will be held in the heart of Bangkok, Thailand, as well as a virtual festival held on the virtual platform as the last two editions of the festival were held virtually due to the challenges of the Covid-19 pandemic. This challenging time opened a new opportunity for UTS to reach more youth and form new partnerships to ensure vulnerable youth have an equal opportunity to engage in sporting fun, friendship, and cultural exchange. This fun and free opportunity is a chance for youth to compete internationally across 5 competitions, where Olympic and Non-Olympic sports come together in an event under the patronage of the International Olympic Committee, International Paralympic Committee, Special Olympics International, AIMS, SportAccord and GAISF.

THE UTS WORLD YOUTH FESTIVAL 2022 STARTS RIGHT NOW

WWW.UNITEDTHROUGHSPORTS.COM



Key Dates

Qualifying events	July-October	All organisations run their own internal events or nominate youth for the competition finals
Deadline for Registration	20 October	Registration opens 1 October. The latest date to register all your finalists onto our registration platform is 20 October
Festival Dates	14-20 November	The virtual and physical festival begins, live in Bangkok and on the virtual platform
Workshops	14-16 November	Workshops will take place Live and are all open to the public, inviting sport leaders and champions. Pre-registration necessary on the virtual platform
Welcome Ceremony	14 November	Youth oriented performances and talent from across the globe
Global Youth Conference	14 November	International sport leaders will unite for the youth sharing powerful messages of hope.
Final Competitions	14-18 November	Competition finals will be streamed through our virtual platform
Awards Ceremony	19-20 November	Medal Awards will be presented virtually and physically to the winners
Closing Ceremony	20 November	A spectacular closing virtual party will be held from Bangkok to the world with performances, music and cities coming together
Medals/ Certificates	20-30 November	All medals will be posted to the winners through their federations or organisations. All participants of the festival will receive a digital certificate via their federation/organisation

How to get involved

1. To participate, please send an email to admin@unitedthroughsports.com
2. Decide what competition/s you want your youth 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 (email our admin with names and emails) and set a deadline to receive submissions
6. Internally judge all submissions and choose/nominate the finalists
7. Upload all finalist submissions to the registration platform by 20 October
8. How to get involved: Nominate 1 male and 1 female youth ambassador (age 16-20) to represent your organisation

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 competition hosted by the International Paralympics

Unified Fitness Challenge – Competing across 3 exercises to reach your personal best hosted by Special Olympics



COMPETITION MAX FIT



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

There 4 stages: Preliminary, Quarter-final, 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 11 Male/Female
Under 12 Male/Female
Under 13 Male/Female
Under 14 Male/Female

Under 15 Male/Female
Under 16 Male/Female
Under 17 Male/Female
Under 18 Male/Female

**Participants age divisions to be calculated as the age they are on the first day of competition (14th of November 2022).

ROUNDS AND TIMING

Under 10-13 Male/Female (3 rounds x 30 seconds)
Under 14-15 Male/Female (3 rounds x 45 seconds)
Under 16-18 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 Fit Tables. All finalists will then have their 4 VDOs uploaded to the festival registration platform “SportData.” All finalist VDOs must be uploaded by one 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 provided 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



Keep Landscape (Horizontal) and centre of the frame
Here is a [VDO](#) on how to set up your field of play.

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 (X)	HANDS CLAP BEHIND BACK (X)	PRONE HAND CLAPS	HANDS TAP THIGHS (X)	HANDS CLAP BEHIND BACK (X)
Tally = 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				
FOR RED	FOR BLUE	FOR RED	FOR BLUE	OTHER
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				
FOR RED	FOR BLUE	FOR RED	FOR BLUE	OTHER
RED	<input type="text"/>	WINNER	<input type="text"/>	BLUE
COUNTRY				COUNTRY

1

Round 1 drills will focus on Core


2

Round 2 drills will focus on Power/Strength/Conditioning (focus on upper body)


3

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


MAX FIT EXERCISES Youth -10 - 15

Preliminary Match Exercises For Youth -10 to -15 [AUDIO GUIDES](#) 


ROUND 1	ROUND 2	ROUND 3
Up & Down Plank	Walk Out Push-Up	Shuffle Jump Squat
WATCH VDO	WATCH VDO	WATCH VDO

Quarter final Match Exercises For Youth -10 to -15 [AUDIO GUIDES](#) 

ROUND 1	ROUND 2	ROUND 3
Tuck Jumps	Push-Up to Mountain Climber	Air Squat
WATCH VDO	WATCH VDO	WATCH VDO


Semi Final Match Exercises For Youth -10 to -15 [AUDIO GUIDES](#) 

ROUND 1	ROUND 2	ROUND 3
V-Up to Russian Twist	Single Arm Scapular Push-Up	180 Lunge Jump
WATCH VDO	WATCH VDO	WATCH VDO


Final Match Exercises For Youth -10 to -15 [AUDIO GUIDES](#) 

ROUND 1	ROUND 2	ROUND 3
Asymmetric Plank Variation I	Alligator Jumps	Deadlift Hop
WATCH VDO	WATCH VDO	WATCH VDO


MAX FIT EXERCISES Youth -16 - 18

Preliminary Match Exercises For Youth -16 to 18 [AUDIO GUIDES](#) 


ROUND 1	ROUND 2	ROUND 3
Plank Jack Shoulder Tap	Table Top Toe Touches	Squat Kick
WATCHVDO	WATCHVDO	WATCHVDO

Quarter Final Match Exercises For Youth -16 to 18 [AUDIO GUIDES](#) 

ROUND 1	ROUND 2	ROUND 3
Prone Hand Claps	Row Push-Up	Fighting Stance to Sprawl
WATCHVDO	WATCHVDO	WATCHVDO

Semi Final Match Exercises For Youth -16 to -18 [AUDIO GUIDES](#) 

ROUND 1	ROUND 2	ROUND 3
Plank with Alt Limb Raise	Modified Push-Ups	V-Lunges
WATCHVDO	WATCHVDO	WATCHVDO

Final Match Exercises For Youth -16 to -18 [AUDIO GUIDES](#) 

ROUND 1	ROUND 2	ROUND 3
Asymmetric Plank Variation 2	Plank Extension	Human Scale
WATCHVDO	WATCHVDO	WATCHVDO

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

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

Competition example

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



Keep Landscape (Horizontal) and centre of the frame

COMPETITION

IPC INCLUSIVE CHALLENGE



Competition details are being finalised and an updated handbook will be shared once the competition criteria is confirmed!

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 be 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 representative youth 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, non-discrimination and peace.

The ambassadors will be invited to all the online events to participate. 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

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 from middle of October

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 15 september
- ✓ Uploading all final performers to the SportData platform by latest 15 October
- ✓ Send Ambassador videos to admin@unitedthroughsports.com by latest 15 October



For any questions regarding this handbook
or the festival please email

admin@unitedthroughsports.com



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