



**MALAYSIAN MASTERS ATHLETIC ASSOCIATION  
(MMAA)  
COMPETITION : MASTERS ACTIVITIES ON VIDEO**

Dear President / Secretary  
State Masters Athletics Association.

Greetings!

Hope all are very fine and keeping healthy.

As we all know, now the world is in a bad situation because of the pandemic which has almost affected globally. Our master athletes are also affected physically and mentally without any activities to look for. Since there are no activities for the master athletes, MMAA has planned a competition for all our State Masters Athletics Associations, so that they can motivate the master athletes in the states to actively participate.

**Competition : Masters Activities on Video**

**COMPETITION RULES**

1. It is a competition among State Masters Athletics Associations, in Malaysia
2. State Masters Athletics Associations have to inform their master athletes to come out with a short video demonstrating any physical activities that they are doing or planning to do to keep themselves fit. Video should be accompanied with audio on brief explanation on what is done in the video. Activities must be pertaining to physical fitness for athletics. Master athlete taking part in this video competition, must be a member of the State Masters Athletics Association.
3. Only one athlete involved in the video demonstration ( as we are not encouraging group activities at the moment ).
4. Time duration of the video is 2 minutes. (More than 2 minutes will not be considered)



**COMPETITION : MASTERS ACTIVITIES ON VIDEO**

**CLOSING DATE: 10 JUNE 2020**

**REGISTRATION FORM**

**AFFILIATE :** .....

**PRESIDENT/SECRETARY :** .....

**VIDEO 1**

**NAME OF THE ATHLETE :** .....

**TITLE OF THE VIDEO :** .....

**ADDRESS :** .....

.....  
**E MAIL ADDRESS :** .....

**VIDEO 2**

**NAME OF THE ATHLETE :** .....

**TITLE OF THE VIDEO :** .....

**ADDRESS :** .....

.....  
**E MAIL ADDRESS:**.....

**VIDEO 3**

**NAME OF THE ATHLETE :** .....

**TITLE OF THE VIDEO :** .....

**ADDRESS :** .....

.....  
**E MAIL ADDRESS:**.....

***President / Secretary Signature :***.....

***Date :*** .....