



# 2012 Aerobics Manual

***Please read the General Manual before this manual***

## **POLICIES AND GUIDELINES**

**Eligibility and Entries:** Please refer to the GENERAL MANUAL for all eligibility and entry policies.

### **Competition Requirements:**

1. The competition technical requirements are summarized in this manual. Full details for all categories can be found in the 2012 Aerobics Handbook.
2. Music CDs for STEPs 5, 8, ADP and Age Group athletes must be clearly labeled with the athlete's name, school, grade, track. Music specifications are detailed in this competition manual.

### **Awards:**

1. Any category that has more than 12 participants will have heats and finals. Any category with less than 12 participants will run straight finals. STEP age categories will be combined if there are less than 3 athletes in an age group.
2. The number of athletes progressing through to finals in each category will be the top 8 athletes.
3. Championship awards are made from the finals round of competition. There shall be no carryover of scores from the heats.
4. Medals and certificates will be awarded to the 1st, 2nd and 3rd place getters in each category.

### **Notes for Aerobics Athletes:**

- **Competing in more than one category:**
  - Students may compete in more than one category (individual, pair or team) per competition, for a **maximum** of two categories, but not more than once in one category.
- **Competing in more than one division (ADP and Age Group only)**
  - Students can compete in more than one division in a category. E.g. an ADP 3 athlete can compete as ADP 4 athlete in a Mixed Pair/Team. The Mixed Pair/Team must compete in the highest age category.
- **Moving to the next level**
  - The decision as to when the student can move through to the next Level is determined by the teacher or the AEROSkools Instructor. This decision is based on performance and results.

### **Competition Performance Area**

The competition area is a standard of 7m x 7m for all events. The performance area will be clearly marked by a line of contrasting colour that shall be between 5 centimetres and 7.5 centimetres in width. The outside of the line is the outside edge of the competition area (i.e. the line is inside the competition area).

### **Technical Equipment / Sound and Lighting**

The musical equipment and light fixtures must provide professional standard sound and lighting quality for the competing students and the audience. The musical equipment should include an amplifier, mixing board, CD player, and a minimum of 2 speakers.

## **Performance Order**

Performance order for the Preliminary Round of competition is determined by a random drawing of numbers by the competition organisers.

Heats will be held for all categories that have more than 12 participants. The top 8 Individuals and Groups in each division of competition will move through to the Final round of competition.

## **Incidences of Extraordinary Circumstances**

- Incorrect music is cued
- Music problems due to equipment malfunction
- Disturbances caused by general equipment failure, (lighting, venue, stage, sound)
- The realisation of or introduction of any foreign object into the performance area, just before or during a performance, by an individual or means other than the competitors.
- Extraordinary circumstances that may cause a Walk Over or other disturbances that is not the responsibility of the performing competitor.

## **Management of Extraordinary Circumstances**

- It is the responsibility of the competitors to immediately stop the routine if an extraordinary circumstance occurs including but not limited to those mentioned above.
- The Judiciary Director and Competition Organisers will review the situation and upon decision, the athlete may restart the routine once the problem has been corrected.
- A complaint after the routine has been completed will NOT be accepted.

## **Uniform Requirements**

- Only STEP athletes can wear singlets/bike shorts/tights or a school PE Uniform
- Medium length or long hair should be secured close to the head in a sportsmanlike manner (e.g. braided and pinned to the head or in a bun). Ponytails are not acceptable.
- Hair paint or glitter, or inappropriate hair adornments or accessories must not be worn.
- Make-up must be minimal for females and non-existent for males.
- Undergarments must not be visible.
- Private body parts including nipples and glutei must not be exposed.
- Adequate support must be worn.
- Dirty or damaged attire is not acceptable.
- Body oils, body paint or body glitter of any kind are prohibited.
- Shoelaces must be properly tied and shoes must be clean.
- Ornaments and Props:
  - a. Jewelry other than stud earrings and one ring is not permitted
  - b. The application of sequins, rhinestones and other adornments must be minimal
  - c. Props or loose items including but not limited to gloves, scarves, belts, hats, exercise accessories etc are prohibited. (A deduction will be given to any part of the attire that comes loose and/or falls off during a performance).

*Incorrect Attire* refers to violation of Chap.2/2.3 A (Profile) which will give a deduction of 0.2 point. A competitor whose costume fails to stay in place during a performance will also receive a deduction of 0.2 point.

*Wrong Attire* is when a competitor appears on stage with totally different attire (other than described in Chap. 2/2.3 B (Attire) and will result in a deduction of 2.0 points.

## **NEW ZEALAND SECONDARY SCHOOLS AEROBIC CHAMPIONSHIPS EVENTS SCHEDULE:**

### **Regional:**

Bay of Plenty	5 <sup>th</sup> May 2012	ARGOS GymSports
Auckland	16 <sup>th</sup> June 2012	Avondale College
Christchurch	25 <sup>th</sup> June 2012	Villa Maria Auditorium
Waikato	26 <sup>th</sup> June 2012	Hamilton City GymSports

### **New Zealand Secondary Schools Gymsports Championships:**

Auckland	11 <sup>th</sup> & 12 <sup>th</sup> August 2012	Auckland Regional GymSports Centre, Keith Hay Park, Mt Roskill
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### **National Gymsports Championships**

#### **(Aerobics, Rhythmic Gymnastics & Trampoline):**

Dunedin	9 <sup>th</sup> -13 <sup>th</sup> October 2012	Edgar Centre
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## COMPETITION STREAMS DIVISION FRAMEWORK

**Please note:** Age groups may be combined if there are less than 3 entries per category.

STEP/LEVEL	Age Groups	Exercise Type	Elite Development
STEP 4 (AEROSkools Level 1)	12-14 Years 15-18 Years	AEROSkools Level 1 – Pre- choreographed routine	
STEP 5	12-14 Years 15-18 Years	Optional routine with required elements	<b>ADP 3</b> 12-14 Years Junior B Rules
STEP 6 AEROSkools Level 2)	12-14 Years 15-18 Years	AEROSkools Level 2 – Pre Choreographed routine	<b>ADP 4</b> 15-17 Years Junior A Rules
STEP 7 (AEROSkools Level 3)	12-14 Years 15-18 Years	AEROSkools Level 3 – Partly Pre Choreographed routine	
STEP 8	12-14 Years 15-18 Years	Optional routine with required elements	<b>INTERNATIONAL:</b> Age Group 1 (Sub Junior) 12-14 Years Age Group 2 (Junior ) 15-17 Years

## SPORT AEROBICS COMPETITION PATHWAY

There will be three separate streams of competition:

- **STEPS/Levels Stream (Steps 4-8)**
  - For athletes whose primary incentive for participating follows the four F philosophy (fun, fitness, friendship and fundamentals)
- **ADP: Aerobic Development Programme National Stream - Junior A, B**
  - For athletes developing their skill level with the aim to compete in the International Stream of competition
- **AGE GROUP - International Stream**
  - For athletes who aspire to represent their country in international competitions. (To be eligible these athletes must be affiliated to a member club and hold a New Zealand Passport – entry is through selection only).

Athletes/coaches select one “Stream” of competition at the beginning of the competition year and remain within this stream for the calendar year. Please note: the International Stream is subject to selection through the correct procedures. And will be reviewed annually.

## **ROUTINE REQUIREMENTS – LEVELS DIVISION – STEP 4-8**

### **Categories:**

Individual (Girls and Boys combined), Pairs (same sex or mixed), Teams (3-6).

### **STEP 4 (AEROSkools Level 1)**

Open aged ability based, pre-choreographed routine. A compulsory routine that focuses on basic movement patterns and presentation skills.

Choice of compulsory music from the 2009 – 2012 AEROSkools kits that range from between 154 and 156 beats per minute.

### **STEP 5**

A basic aerobic routine (any suitable AEROBIC music choice) that must contain the following:

- A 32 count rebound sport aerobic block instigated by 4 x Jumping Jacks (not travelling)
- 4 x Identical high leg kicks (LRLR or RLRL) – to a minimum of waist height
- 4 x Identical Push ups (can be performed from knees)

### **Plus a minimum of 1 x element from each family (Maximum Value of 0.50)**

- 1 x Dynamic strength, 1 x Static Strength, 1 x Jump or Leap, 1 x Balance or Flexibility
  - A total maximum of 8 elements are allowed, two elements from each group.
  - Only elements ranging from 0.1 to 0.5, value elements.
  - A maximum of 1 element landing to push-up is allowed.
  - A total maximum of 6 floor elements may be selected.
  - No one-arm push-up, No one-arm support, No one arm landing.

**Music length:** 1min 30 seconds – 2.00mins (+/- 5 seconds)

### **STEP 6 (AEROSkools Level 2)**

Open aged ability based, pre-choreographed routine that requires the athletes to compose a 32-count original section of choreography that is incorporated into the routine.

Choice of compulsory music from the 2009 – 2012 AEROSkools kits that range from between 154 and 156 beats per minute.

### **STEP 7 (AEROSkools Level 3)**

Open aged ability based, pre-choreographed routine that is more advanced and requires the athletes to compose a 32-count original section of choreography that is incorporated into the routine.

Choice of compulsory music from 2009 – 2012 AEROSkools kits that range from between 154 and 156 beats per minute.

### **STEP 8**

A more advanced aerobic routine (any suitable AEROBIC music choice) that must contain the following:

- 4 x Jumping Jacks
- 4 x Identical high leg kicks (LRLR or RLRL) – to a minimum of waist height
- 4 x Identical Push ups (may **not** be performed from knees)

#### **Plus a minimum of 2 x element from each family**

- 2 x Dynamic strength, 2 x Static Strength, 2 x Jump or Leap, 2 x Balance or Flexibility
  - A total maximum of 10 elements are allowed, two elements from each group.
  - One element of 0.6 value can be performed, all other element have a maximum value of 0.5.
  - A maximum of 2 elements landing to push-up is allowed. A maximum of 2 elements landing in splits is allowed.
  - A total maximum of 6 floor elements may be selected.
  - No one-arm push-up, No one-arm support, No one arm landing.

**Music length:** 1min 30 seconds – 2.00mins (+/- 5 seconds)

If there are sufficient entries in each STEP, the organisers reserve the right to subdivide each STEP

- Intermediate                      12-14 years in year of competition (Steps 4-8 only)
- Senior                                15-18 years in year of competition (Steps 4-8 only)

## **ROUTINE REQUIREMENTS – AEROBIC DEVELOPMENT PROGRAMME (ADP)**

FIG rules and regulations are applied to these categories

### **ADP 3 (12-14 years) – formally Junior B**

- A maximum of 8 skill elements up to 0.5 in value – at least one from each of the four groups
- A maximum of 6 elements on the floor and only 1 split landing and 1 push up landing allowed
- All elements must be from a different base family
- Music length 1:30 min +/- 5 sec

### **ADP 4 (15-17 years) – formally Junior A**

- A maximum of 10 skill elements up to 0.6 in value, with one element of 0.7 value – at least one from each of the four groups
- A maximum of 6 elements on the floor and only 2 split landings and 2 push up landings allowed
- All elements must be from a different base family
- Music length 1:30 min +/- 5 seconds)

## **ROUTINE REQUIREMENTS – INTERNATIONAL STREAM**

FIG Rules and regulations are applied to these categories

### **AGE GROUP 1 (12-14 years) – formally Sub Junior International**

A maximum of 8 skill elements up to 0.5 in value – at least one from each of the four groups

- A maximum of 6 elements on the floor and only 1 split landing and 1 push up landing allowed including the four compulsory elements:
  - Tricep Push-Up
  - Straddle Hold
  - Full air turn
  - Pancake
- All elements must be from a different base family
- Music length 1:30 min (+/- 5 seconds)

### **AGE GROUP 2 (15-18 years) – formally Junior International**

(eligible for Nationals)

- A maximum of 10 skill elements up to 0.6 in value, with one element of 0.7 value – at least one from each of the four groups including the four compulsory elements:
  - Wenson Push Up
  - 1/1 turn straddle hold
  - Straddle Jump
  - Free Vertical Split
- A maximum of 6 elements on the floor and only 2 split landings and 2 push up landings allowed
- All elements must be from a different base family
- Music length 1:30 min (+/- 5 seconds)

## COMPULSORY EXERCISES – STEP ROUTINES ONLY

Each STEP routine contains the following three (3) Aerobic Gymnastics Compulsories:

1. Four (4) consecutive **Push-ups**
2. Four (4) consecutive **High Leg Kicks**
3. **Jumping Jack Phrase** – 32 counts initiated with four (4) consecutive Jumping Jacks

### 1. Push-ups

- The start and finish position is with elbows extended, the weight evenly distributed between hands and knees or feet (full push-up), some part of both hands and feet in contact with the floor, the front of the body facing the floor.
- Movement begins by flexing the elbow joints causing the body to descend. The movement is completed by extending the elbows, raising the body back up to the starting position. The four Pushups must be performed consecutively, without interruption or movements in between.
- Each Push-up (upper body and leg action) must be repeated identically as performed on the video.
- Arm positions or movements are not restricted (reverse hand push-ups are not acceptable) as long as some part of both hands and feet contacts the floor during the execution of all 4 Push-ups.
- In Group all 4 Push-ups must be performed simultaneously.
- All four Push-ups must be performed Side On to the judges
- Travelling during the performance of the 4 Push-ups is not permitted in any direction
- Physical contact of Group members is prohibited during the performance of the 4 Push-ups.

### Minimum Competency Level for Push-ups

Ninety (90) degree angle as formed by the flexed elbow joints.

### 2. High Leg Kicks

- 4 consecutive repetitions
- Start and finish position is standing, with part of both feet in contact with the floor.
- All four kicks must be in the sagittal plane (forward from the body).
- The 4 kicks must alternate consecutively from right leg to left, or left to right. R, L, R, L or L, R, L, R without interruption or movements in between.
- The arm choreography is as performed on the video.
- All 4 high leg kicks must be performed side on to the judges.
- Physical contact of Group members is prohibited during the performance of the 4 high leg kicks.
- Travelling during the performance of the kicks is not permitted in any direction.

### Minimum Competency Level for High Leg Kicks

The path of the heel must reach waist level on each of the 4 kicks.

### 3. Jumping Jack Phrase (Please note only STEP 4-7 have a Jumping Jack Phrase)

This 32-count pattern must initiate with 4 consecutive Jumping Jacks.

- The Jumping Jack start and finish position must be the basic, standing anatomical position. There are no restrictions or requirements for arm choreography in the Level 2 and Level 3 routines.
- The Level 1 routines must be performed as stated in the choreography notes and as performed on the video.
- All 4 Jumping Jacks must be performed facing the front of the stage.
- Travelling and changing direction during the performance of the 4 Jumping Jacks is prohibited.

Immediately after the 4 Jumping Jacks have been completed, any combination of standing, rebound Aerobic Gymnastics movements and patterns (e.g. knee lifts, leg kicks, lunges, grapevines, leg curls, flick kicks, easy walks) must be choreographed for the remaining 24 counts, yielding a total of 32 counts. Seated/floor exercises or non-standing moves and lifts or supports must not be performed during the Jumping Jack Phrase.

This ruling only applies to the Level 2 and Level 3 routines. In the Level 1 routines the Jumping Jack Phrase has been fully choreographed for the competitor and must be performed exactly as displayed on the video.

#### Minimum Competency Level for Jumping Jack Phrase

Jumping Jack – the action is a minimum of thirty (30) degrees of hip abduction (15 degrees at each hip).

### PROHIBITED MOVES

#### Major Prohibited Moves (Judiciary Director Deduction – 0.20)

Bridge  
Back bend  
Regular Roll (forward, backward or judo roll)  
Aerial Somersault  
Dive roll  
Handstand (>45 degrees)  
Walkover (regular or free)  
Cartwheel (regular or free)  
Round off  
Kips (head or neck)  
Handspring  
Back flip  
Flic flac  
Butterfly  
Salto (any kind)  
Airborne death spiral  
Arch jump  
Split leap with arched torso  
Stag ring leap or jump (sometimes called double stag leap or jump)  
Ring jump  
Ring balance  
Standing back splits

#### Minor Prohibited Moves (Judiciary Director Deduction – 0.10)

Martial arts sidekick  
Martial arts whip kick  
Plough  
Toe hinge or toe spin hinge  
Turns, floor or airborne (>2 revolutions)  
Knee pirouettes  
Neck spin  
Back spin (>1 revolution)  
Flair (>1 revolution)  
Double leg circle (>1 revolution)

## RESOURCES AVAILABLE

**In addition to the Schools Competition manual, the following resources are available on request or order from GymSports NZ:**

1. The **AEROSKools** package is available for purchase from GymSports New Zealand. This package includes a DVD (illustrating the levels routines), a CD (containing all tracks of music) and a set of choreography notes (a count by count explanation of the movements). An order form is provided at the end of this document if you wish to purchase these packages.

**PLEASE NOTE: only routines and music from 2009 through to 2012 are authorised for use in 2012.**

2. **AEROSKools** Workshops  
Regional workshops are available in the main centres on the request of a group of schools.

Please email GymSports New Zealand if your school is interested in attending and or hosting a workshop: [office@gymsportsnz.com](mailto:office@gymsportsnz.com)

3. The FIG Code of Points containing the details on Attire, Element Pool and Values is available for download for free from: <http://www.fig-aerobic.com>

# RESOURCE ORDER FORM

**Please remove this page and send your order to:**

GymSports New Zealand  
PO Box 9485  
Newmarket  
Auckland

Or fax to 09-377-3608

Price:                      Affiliated Member                      \$70.00 plus P&P  
                                    Non-affiliated    \$85.00 plus P&P

Description	Price	Quantity	Total
AEROSkools Kit			
Postage and Packaging			
<b>Total order amount:</b>			

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Payment terms – On receipt of invoice