



2012

**AEROBIC
GYMNASTICS HANDBOOK**

STEPS PROGRAMME REGULATIONS

AEROBIC DEVELOPMENT PROGRAMME (ADP) REGULATIONS

INTERNATIONAL REGULATIONS

GENERAL

1.1. 2012 Aerobic Gymnastics Handbook

The objective of this competition handbook is to define the procedures and guidelines for competing in Aerobic Gymnastics competitions in New Zealand. This handbook is particular to all sanctioned events and the New Zealand National Gymsport Championships. The handbook should be read in conjunction with:

- Competition Rules– ADP and International - FIG Code of Points 2009-2012
- STEPS REGULATIONS– Please see the 'Rules to judging STEPS 2012

In the event of a discrepancy between this handbook and the rules, this handbook will apply for New Zealand competitions.

1.2. GymSports New Zealand

GymSports New Zealand is the national governing body for Aerobic Gymnastics. The New Zealand National Gymsport Championships are the official recognised National Championships.

1.3. Aerobic Gymnastics

Aerobic Gymnastics is the ability to perform continuous complex and high intensity movement patterns to music, which originate from traditional aerobic dance. The routine must demonstrate continuous movement, flexibility, strength and utilisation of the seven basic steps, with a high degree of perfectly executed elements of difficulty.

1.4. Contact Details

GymSports New Zealand
PO Box 9485, Newmarket, Auckland
Level 2, 6 Arawa St, Auckland
Telephone 09 377 3600
Facsimile 09 377 3608
E-mail office@gymsportsnz.com
Web Site www.gymsportsnz.com

1.5. Entry Criteria

There is no limit to the number of entrants that may enter the competitions. Provided they have reached the qualify mark for each entry category at a sanctioned event. Athletes must abide by the eligibility rules of this competition. Athletes must be a member of an affiliated gymnastics club in order to compete at a sanctioned event including the New Zealand National Gymsport Championships. Entries are accepted from Regional Boards, Clubs, Associate Organisations and individual athletes who are affiliated through a club to a region or associate members of GymSports NZ (this dispensation is granted to encourage participation of individuals where regions/club's do not provide Aerobic Gymnastic services). Athletes must complete and sign all forms/documents, including and not limited to entry, music, and difficulty forms/documents.

1.6. Participation Criteria

Age Requirement – athletes must be within the age ranges listed within this handbook. Proof of age may be requested at the time of competition. Ages are taken as at **31st December in the year of competition** (i.e. an athlete turning 12 years on the 10th of December must compete in the 12-14 years category even though they may still be 11 years of age at the date of the competition).

- 1.6.1. Exception, Page 3, Note 4 trios/teams.
- 1.6.2. Residency – to hold a National New Zealand title you must be a resident of New Zealand or a New Zealand Citizen.
- 1.6.3. To be eligible for selection to represent New Zealand an athlete must be a member of an affiliated member club, a minimum of 9 years of age in the year of competition and must be a current New Zealand passport holder.

1.7.Sponsorship

- 1.7.1. **Financial/Product Support** - An athlete may receive financial and/or product support subject to the regulations of GymSports NZ.
- 1.7.2. **Identity** – Athletes representing a given Province at Nationals must wear similar or identical warm-up/tracksuits throughout the opening and medal ceremonies as applicable. At sanctioned events it is up to the competition organiser if athletes wear competition attire or club tracksuits for ceremonies.
- 1.7.3. **Logo identity and Presentation**
 - 1.7.3.1. Warm-up/tracksuits may display the identifying logo(s) or an athlete or Province/Club /Organisation sponsor.
 - 1.7.3.2. Logos may be placed on the sleeve, leg or front of the pant or jacket of a warm-up/tracksuit. The back of the suit must be reserved solely for the placement of the name of the athlete’s Region or Club/Organisation.
 - 1.7.3.3. The logos must not exceed ten (10) centimetres by ten (10) centimetres. Note: the size of logo does differ for international competitions. Refer to regulations for specific championships. For example, Australian Championships as detailed in this handbook. IAF World Cup fifty-one (51) square centimetres. FIG World Championships warm-up/tracksuits eighty (80) sq centimetres; men’s leotards sixty (60) sq centimetres, women’s Leotards forty (40) square centimetres.
 - 1.7.3.4. An athlete may be required to affix an identification number to the front of the leotard, unitard, shirt or shorts. It may not be placed on athlete’s tights.

1.7 Medical Attention

- 1.7.3 A current accredited first aid person will be on-site at sanctioned events in the event of injury or illness. It is the responsibility of the athlete, coach or team official to report the athlete’s injury or illness to the event organiser(s).
- 1.7.4 If at any time prior to or during competition an athlete is ill, injured, and/or his/her physical condition is at risk by competing, he/she may be declared ineligible to compete, or disqualified from competing further. The competition organiser reserves the right to withdraw any competitor who appears to have such serious injury or medical condition.
- 1.7.5 Medical apparatus such as casts, plastic or metal joint braces must not be worn during competition. Dispensation may be given for an athlete with an injury that cannot compete at a qualifying event upon submission of a valid medical certificate to the Sports Development Committee.
- 1.7.6 The competition organiser(s) reserves the right to request the submittal of a physician’s written authorisation for an athlete to compete.
- 1.7.7 If a selection trial is being held in conjunction with the competition and an athlete is unable to compete due to medical reasons, a medical certificate must be submitted prior to the commencement of the competition. This same criteria applies to athletes who trial whilst in injury/illness rehabilitation.
- 1.7.8 In the event of an unforeseen circumstance where an athlete is unable to attend a qualifying event, or there is no event in their local region, submission for video trail can be made to the Sports Development Committee.

1.8 Drugs and Sanctions

- 1.8.3 GymSports NZ condemns the use of performance-enhancing drugs and doping practices in sport. Those engaged in such activity may be held liable to sanctions in accordance with the GymSports NZ Anti Doping Policy, WADA, the New Zealand Sports Drug Agency Act (NZSDA) and the Federation of Internationale de Gymnastique (FIG).
- 1.8.4 Performance enhancing drugs and doping methods are forbidden. For the purpose of this policy “doping” is defined as the taking of or the assisting of others in the taking of substances prohibited by the WADA, FIG and NZSDA, which, except for where duly indicated, is identical to that of the IOC.

1.8.5 GymSports NZ reserves the right to conduct random drug testing at any level of competition, at any time. Full cooperation of all athletes is compulsory.

1.9 Entry Changes or Substitutions

For circumstances beyond the control of the athlete(s), entry or substitutions maybe made up to one hour prior to the preliminary (heats) round. Such circumstances must be submitted in writing and approved by the competition organiser(s) and/or the Chair Judge. (This regulation applies to Mixed Pair/Pair/Trio/Team categories only).

1.10 Competition Categories

- 1.11.1 Individual Men/Boys
- 1.11.2 Individual Women/Girls
- 1.11.3 Mixed Pairs (ADP)- one (1) male and one (1) female)
- 1.11.4 STEP categories pairs can be same sex or mixed.
- 1.11.5 Trios/Teams (4-6) (Any combination of males and/or females)
- 1.11.6 AeroDance and AeroStep please see notes at the end of this document.

Note #1: The order of appearance for the open and/or preliminary (heats) round and for the finals will be determined by the number of entries in each category taking into consideration athletes who are competing in more than one category.

Note #2: Athletes may compete in two divisions within a category e.g. ADP an athlete may compete in ADP 4 as an individual and ADP 5 as a Mixed Pair/Trio or Team. The Mixed Pair/Trio or team must compete in the highest age category.

Note #3: Athletes may compete in more than one category within a division. Athletes may not compete in the same category more than once (cannot compete against themselves). Step athletes may compete in all categories at sanctioned events (Individual, Pairs and Teams). The eligibility for the number of categories a STEP athlete will be able to compete in at the New Zealand National Gymsport Championships will be confirmed by the Sport Development Committee closer to the competition. For New Zealand Secondary Schools only two STEP categories is allowed.

Note #4: An athlete is not able to compete in two different streams e.g. STEP and ADP.

Note # 5: All athletes are eligible to compete in AeroDance and/or AeroStep as well as the other sports aerobics categories.

1.12 Competition Divisions

COMPETITION STREAMS DIVISION FRAMEWORK

Please note: Age groups in the STEP division may be combined if there are less than three entries per category.

STEP/LEVEL	Age Groups	Exercise Type	Eligibility	Elite Development
STEP 1	5-6 /7-8/9-11 Yrs	Beginner routine	Entry Level - (Recreational)	N/A
STEP 2 (AEROSkools Level 0)	5-6 / 7-8/9-11Yrs	AEROSkools Level 0: Pre-choreographed routine	Entry Level - (Recreational)	N/A
STEP 3	7-8/9-11/12-14 Yrs	Optional routine with required elements	Local Competitions	ADP 1 7- 8 Yrs Junior C Rules
STEP 4 (AEROSkools Level 1)	9-11/12-14/15-17 Yrs	AEROSkools Level 1 – Pre-choreographed routine	Eligible for Nationals	ADP 2 9-11 Yrs Junior C Rules
STEP 5	9-11/12-14/15-17 Yrs	Optional routine with required elements	Eligible for Nationals	ADP 3 12-14 Yrs Junior B Rules
STEP 6 AEROSkools Level 2)	9-11/12-14/15-17 Yrs	AEROSkools Level 2 – Pre Choreographed routine	Eligible for Nationals	ADP 4 15-17 Yrs Junior A Rules
STEP 7 (AEROSkools Level 3)	12-14/15-17/18 Yrs+	AEROSkools Level 3 – Partly Pre Choreographed routine	Eligible for Nationals	ADP 5 18 Yrs + Open Men/Women
STEP 8	12-14/15-17/18 Yrs +	Optional routine with required elements	Eligible for Nationals	INTERNATIONAL: Age Group 1 (Sub Junior) 12-14 Yrs Age Group 2 (Junior) 15-17 Yrs Senior 18 Yrs +

SPORT AEROBICS COMPETITION PATHWAY (Steps 4 and up are eligible for selection to Nationals)

There will be three separate streams of competition:

- **STEPS/Levels Stream (Steps 1-8)**
 - For athletes whose primary incentive for participating follows the four F philosophy (fun, fitness, friendship and fundamentals)
- **National Stream (ADP: Aerobic Development Programme- Junior A, B, or C) and Open Men /Women**
 - For athletes developing their skill level with the aim to compete in the International Stream of competition
- **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.

1.12.1 LEVELS DIVISION – STEP 1-8

Athletes may compete up one STEP for a pair or team. Athletes must qualify in each category at a sanctioned event to compete at Nationals. In the event of unforeseen circumstances one athlete may be replaced as per conditions above.

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

ROUTINE REQUIREMENTS FOR STEP 1-8

STEP 1

- A basic aerobic routine (any suitable AEROBIC music choice) that must commence with the following 32 count sequence:
 - **8x jogging steps**, travelling (8 counts) ,followed by **4 x Jumping Jacks**, not travelling (8 counts) followed by **4 x Knee Lifts**, not travelling (8 counts) followed by **Grapevine right, Grapevine left** - 8 counts

The routine must also contain one of each of the following:

- 1 x Stork Balance held for 2 seconds (Turn preparation – Balance and Flexibility Family)
- 1 x Front Support held for 2 seconds (Push up preparation – Dynamic Strength Family)
- 1 x Straight Jump (Jump preparation - Jumps and Leaps Family)
- 1 x Straddle or pike support held for 2 seconds, feet may remain on the floor (Static Strength Family)

Music length: 60 – 90 seconds (+/- 5 seconds). Athletes may compete in more than two categories.

STEP 2 (AEROSkools Level 0)

- Pre-choreographed routine. Compulsory routine that focuses on the seven basic steps
- Categories: Individual (Girls and Boys combined), Pairs (same sex or mixed), Teams (3-6).
- Choice of compulsory music from AEROSkools release 2011 and 2012.

Music length: 60 seconds (+/- 5 seconds) Athletes may compete in more than two categories

STEP 3

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 (Performed from knees)

Plus the following elements from each family:

- 1 x Stag sit (Half split) or straddle sit or split and 1 x ½ turning pirouette (Balance and Flexibility Family)
- 1 x Straight Jump and 1 x Tuck Jump, performed consecutively (Jump and Leaps Family)
- 1 x Straddle or L- support held for 2 seconds, feet may remain on the floor (Static Strength Family)
- 1 x Single push up (Dynamic Strength Family)

Music length: 1 min 30 seconds to 1 min 45 +/- 5 secs Athletes may compete in more than two categories.

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)

1.12.1.1 Entries

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

- Mini 5- 6 years in year of competition (Steps 1-2 only)
- Pre-Junior 7- 8 Years (Steps 1-3 only)
- Junior 9-11 years in year of competition (Steps 1-6 only)
- Intermediate 12-14 years in year of competition (Steps 3-8 only)
- Senior 15-17 years in year of competition (Steps 4-8 only)

1.12.2

AEROBIC DEVELOPMENT PROGRAMME (ADP) – FIG rules and regulations are applied to these categories.

ADP 1 (7-8 Years) – formally Junior C ineligible for Nationals due to age

- A maximum of 6 skill elements up to 0.4 in value – at least one from each of the four groups
- A maximum of 4 elements on the floor and only 1 split landing allowed (no push up landings)
- All elements must be from a different base family
- Music length 1:15 min (+/- 5 seconds)

ADP 2 (9-11 years) – formally Junior C eligible for Nationals

- A maximum of 6 skill elements up to 0.4 in value – at least one from each of the four groups
- A maximum of 4 elements on the floor and only 1 split landing allowed (no push up landings)
- All elements must be from a different base family
- Music length 1:15 min (+/- 5 seconds)

ADP 3 (12-14 years) – formally Junior B eligible for Nationals

- 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 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
- 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)

ADP 5 (18+ years) – formally Open eligible for Nationals

- A maximum of 10 skill elements (individual) and 12 elements (MP/Trio/Groups)
- A maximum of 5 elements (individual) and 6 elements (MP/Trio/Groups) 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 (individual), 1:45 +/- 5 seconds (MP/Trio/Groups)

12.2.3

INTERNATIONAL STREAM – FIG Rules and regulations are applied to these categories.

AGE GROUP 1 (12-14 years) – formally Sub Junior International eligible for Nationals

- A maximum of 8 skill elements up to 0.5 in value – at least one from each of the four groups including the four compulsory elements:
 - Tricep Push-Up
 - Straddle Hold
 - Full air turn
 - Pancake
- 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 seconds)

AGE GROUP 2 (15-17 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)

SENIOR INTERNATIONAL (18+ years) –eligible for Nationals

- A maximum of 10 skill elements (individual) and 12 elements (MP/Trio/Groups)
- A maximum of 5 elements (individual) and 6 elements (MP/Trio/Groups) 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) (individual), 1:45 +/- 5 seconds (MP/Trio/Groups)

1.13 Ribbon Award Scheme

Introduction

The Ribbon Award Scheme is an incentive performance based scheme, which gives instant recognition to individual achievement independent of an athlete's ranking in a competition.

Applicable Levels

The Ribbon Award Scheme operates in all STEP levels

Applicable competitions

Ribbons may be awarded at regional championships, specific ribbon award competitions or club competitions conducted by GymSports NZ, Regions or Clubs provided there is compliance with the requirements and sanctioned by GymSports New Zealand.

Ribbon Awards

When competing in the first competition at any level, an athlete will be awarded a ribbon of a colour depending on the score achieved:

Less than 11.0	= Green
11.0-12.9	= Blue
13.0 – 14.9	= Red
Over 15.0	= Gold

Thereafter, the athlete will be awarded additional ribbons if the score improves to a higher score group, e.g. if at the athlete's first competition at a given level, the athlete scores 11.0 or less they will be awarded a green ribbon; to gain a further ribbon at a subsequent event, they must score at least 11.00

Ribbons may be awarded for the higher score from each competition (heats or finals).

Athletes must present their card at the beginning of the competition to the Competition Organisers, who will hand back the completed card to the athlete at the end of the competition. The athlete may obtain the applicable ribbon for which they may be awarded, from the Competition Organisers at the completion of the competition. This is where the scores are recorded, and handy to keep a track and see if athlete's scores are consistent/improving etc

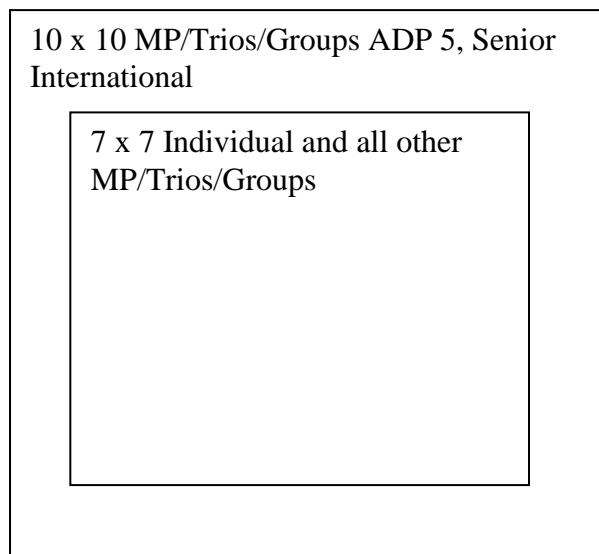
It is the responsibility of the Competition Organisers to purchase ribbons from GymSports New Zealand and to have these ribbons available at the completion of the competition.

Ordering

All materials can be purchased from GymSports New Zealand

- Ribbons
- Levels cards

1.14 Competition Performance Area



The competition performance area is 7m x 7m for all individual events. There is also a 10 x 10 square for all ADP 5 and Senior International Mp/Trios and Groups. The performance area will be clearly marked by a line of contrasting colour that shall be between five (5) cm and seven point five (7.5) cm in width. The outside of the line is the outside edge of the competition area, i.e., the line is inside the competition area.

1.15 Technical Equipment/Sound and Lighting

1.15.1

The musical equipment and light fixtures must provide professional standard sound and lighting quality for the athletes and audience.

1.15.2

The event should include an amplifier, mixing board, CD player and a minimum of four (4) sound speakers; two (2) on stage directed at the athlete and two (2) directed at the audience.

1.15.3

Speaker control (pitch) of the musical equipment is not guaranteed. Athletes are encouraged to make copies of their competition music at different speeds to accommodate for speed variances among cassette tape players.

1.16 Performance Music Requirements

1.16.1

Athletes are required to record their competition music on a CD. The competition music must be the only music recorded on the CD.

1.16.2

Athletes must bring two copies of their music to the competition, clearly marked with the competitors name, club/region/category, and category.

1.16.3

Recording – One or more pieces may be mixed. Original music and sound effects are allowed. The recording must meet professional standards regarding sound.

1.16.4

If requested by the competition organiser(s) athletes must submit the following in writing prior to the event; all the music title(s), artist(s), composer(s), publisher(s), recording company(s).

1.16.5

All music must be handed in at the required time stipulated by the competition organisers.

1.16.6

All athletes must use the same music for heats and finals otherwise they will be disqualified.

1.17. Competitive Rounds and Performance Order

1.17.1

If required, an Open round of competition will be conducted prior to the preliminary round (heats), in order to advance additional athletes to the preliminary (heats) round of competition. The number of athletes advancing from the open round to the preliminary (heats) round of competition will be announced by the competition organiser(s).

1.17.2

Performance order for an open round (if required) and the preliminary (heats) round is determined by a random drawing of athletes.

1.17.3

The number of athletes advancing from the preliminary (heats) round of competition to the finals will be announced by the competition organiser(s).

1.17.4

A random draw will decide the starting order of the qualification rounds and the finals. Lots will be drawn by a 'neutral' person before the start of the competition.

1.17.5

STEP categories – where there are 6 or less in a category straight finals may apply, where there are more than 8 in a category heats and finals will occur at the discretion of the organiser.

1.17.6

Sanctioned Events – Heats and finals for all categories eligible for Nationals may only occur when there are more than 10 entries at the discretion of the event organiser.

1.18 Incidences of Extraordinary Circumstances

1.18.1 Incorrect music is cued.

1.18.2 Music problems due to equipment malfunction.

1.18.3 Disturbances caused by general equipment failure.

1.18.4 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 athlete(s).

1.18.5 Extraordinary circumstances that may cause a Walk Over or other disturbances that is not the responsibility of the performing athlete.

1.19 Management of Extraordinary Circumstances

1.19.1 It is the responsibility of the athlete to immediately stop the routine if an extraordinary circumstance occurs including but not limited to those mentioned above.

1.19.2 The Chair Judge and competition organiser(s) will review the situation, and upon decision, the athlete may restart the routine once the problem has been corrected.

1.19.3 A complaint after the routine has been completed will not be accepted

1.20 Discrepancies

1.20.1 In the event of discrepancies between this handbook and the rules, the handbook will apply for New Zealand Competitions. The English version of the most current rules will stand. Misinterpretation due to translation or interpretation will be resolved according to the English version.

1.20.2 Any other problem or discrepancy not mentioned herein will be brought to the attention of the event organiser(s) or the Chair Judge, and their respective decision(s) will be final.

COMPETITION GENERAL RULES

2.1. False Start

A false start occurs at the opening of a routine when circumstances beyond the athlete's control prevent him/her from continuing the performance. Examples of a false start may include playing the wrong tape or the tape not being played from the beginning. The athlete will be permitted to restart.

2.2. Late Start

An athlete who fails to appear on stage and strike a starting position within twenty (20) seconds after being called will receive a -0.50 deduction from the Chair Judge.

2.3 Presentation in the Competition Area

When called upon by the announcer, the competitors are expected to go directly to their starting position without any excessive posing and theatrical presentation. **Any infraction will result in a deduction of 0.5.**

2.4 Walk Over

An athlete who fails to appear on the stage and strike their starting pose within sixty (60) seconds after being called will be deemed as a Walk Over and the athlete(s) loses his/her right to participate in the category in question. (For extraordinary Circumstances refer to section 1).

2.5 Falls

2.5.1 Fall (each time 0.50) - where one or more body parts other than perfect execution touches the floor.

2.5.2 Elements with a fall will be counted as elements performed BUT will receive ZERO (0) value and will not count for the GROUP OF ELEMENT.

2.6 Final Results

For each final there is no carry-over score. The score obtained in the final determines the classification.

- In case of a tie at any place the tie will be broken based on the following criteria in this order:
 - The highest total score in Execution
 - The highest total score in Artistic
 - The highest total score in Difficulty
 - All Execution judges' scores are taken into consideration (without deleting the highest and the lowest)
 - The three highest Execution judges' scores are taken into consideration
 - The two highest Execution judges' scores are taken in consideration etc. same procedure with the Artistic judges.

2.7 Protests

No protests are allowed against scores or results (for extraordinary circumstances see section 1). Protests of judges' scores are not allowed. In the case where a published Difficulty Score appears to be incorrect, the coach or head of delegation has the right to approach the Superior Jury (Head Judge) in the next break and request an appropriate enquiry. This enquiry must take place before the end of the competition and before the final results are published.

2.8 Awards Ceremony

The competition will conclude with a ceremony honouring athletes with the highest total scores. Certificates, medals and/or prizes will be awarded to the top three (3) athletes in each category of competition.

2.9 Display and Distribution of Results

The final score given for each competitor will be displayed to the public. After the qualification and finals rounds copies of the results will be available for distribution.

Note: COMPETITION SPECIFIC RULES – refer to:

- ADP and International– FIG Code of Points (Refer to handbook for Junior modifications)
- STEPS – refer to STEP judging guidelines

FIG Code of Points Attire:

<http://www.fig-gymnastics.com>

AEROBICS
CODE OF POINTS
ENGLISH VERSION

For National Events all qualified athletes must adhere to the FIG Code of Points for attire. For sanctioned events only ADP and international athletes will receive deductions for attire. 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.

Attire Code

The following exceptions to the FIG Senior Attire rules may be applied for STEP divisions (sanctioned competitions only): Refer to competition specific rules for international competitions.

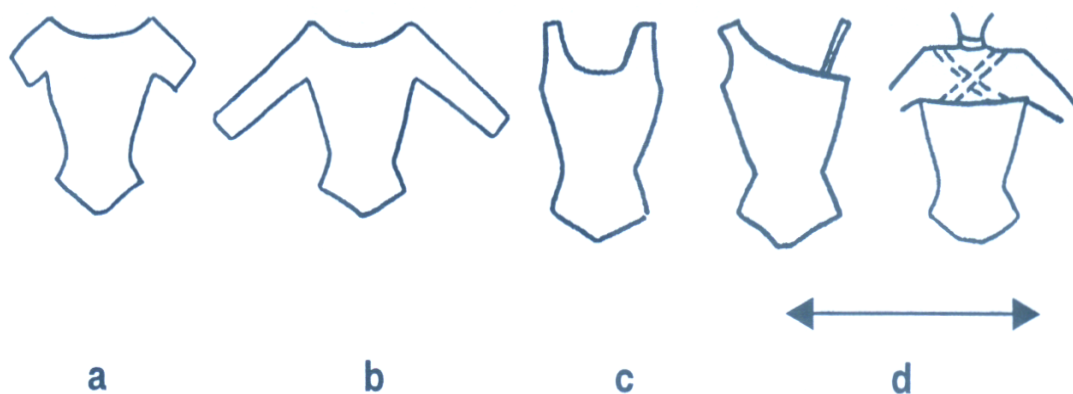
- a) Attire must be neat and discreet.
- b) One piece leotards are acceptable (with or without key holes)
- c) Full length tights are acceptable (with or without flared bottoms).
- d) Long singlet tops and bike pants are acceptable provided that they are form fitting.
- e) Boys may wear shorts (above the knee).
- f) Clean shoes, aerobic or athletic must be worn.
- g) Wrist bands may be worn.
- h) White socks must be worn and visible.

The following minor violations apply:

- a) Medium length or long hair should be secured/tied neatly to the head.
- b) Hair Paint or glitter, or inappropriate hair adornments or accessories must not be worn.
- c) Make up must be minimal for girls and non-existent for boys.
- d) Undergarments must not be visible.
- e) Private body parts including navel, nipples and glutei must not be exposed.
- f) Adequate support must be worn.
- g) Dirty or damaged attire is not acceptable.
- h) Body oils, body paint or body glitter of any kind are prohibited.
- i) Shoelaces must be properly tied, and shoes must be unsoiled.
- j) Ornaments and Props
- k) Jewellery, other than post (stud) earrings is not permitted.
- l) The application of sequins, rhinestones and other adornments must be minimal. If used, must not exceed thirty (30%) percent of the total costume and may not exceed thirty (30%) percent in one given area.

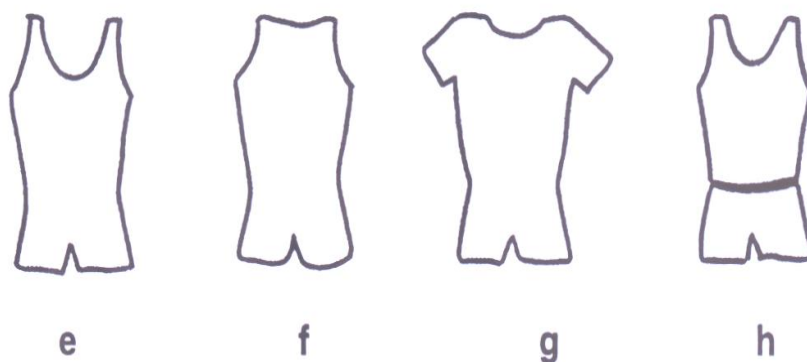
Props or loose items, including but not limited to gloves, scarves, belts, suspenders, hats, exercise accessories, etc are prohibited. (A deduction will be given to any part of the attire that comes loose and/or falls off during performance).

Examples acceptable for WOMEN



The examples shown “a to c” can represent the same front and back of the leotard.
The example “d” is the same leotard front and back.

Examples acceptable for MEN



The examples shown “e to h” represent the same front and back of the leotard.