



2007

**AEROBIC
GYMNASTICS HANDBOOK**

AEROSkools (Levels Rules)

JUNIOR RULES

SENIOR RULES

GENERAL

1.1. 2007 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 the Aerobic Gymnastics Challenge and the National Championships. The handbook should be read in conjunction with:

- Competition Rules– Seniors and Juniors - FIG Code of Points 2005-2008
- Levels – Gymnastics Australia AEROSkools Rules and Regulations.

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 Aerobic Gymnastics National 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.

Athletes must abide by the eligibility rules of this competition.

Entries are accepted from Regional Service Centres, Clubs, Associate Organisations and individual athletes who are affiliated through a club to a region or associate members of GSNZ (this dispensation is granted to encourage participation of individuals where RSC's/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.

- 1.6.1. Exception, Page 3, Note 4 trios/teams.
- 1.6.2. Residency – there is no residency requirement for this competition.
- 1.6.3. To be eligible for selection to represent New Zealand an athlete must be a minimum of 9 years of age in the year of competition and must be an NZ 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 New Zealand.

- 1.7.2. **Identity** – Athletes representing a given Club/Organisation must wear similar or identical warmup/tracksuits throughout the opening and medal ceremonies as applicable.
- 1.7.3. **Logo identity and Presentation**
- 1.7.3.1. Warmup/tracksuits may display the identifying logo(s) or an athlete or Region/Club /Organisation sponsor.
- 1.7.3.2. Logos may be placed on the sleeve, leg or front of the pant or jacket of a warmup/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. An athlete may place the identifying logo(s) of the athlete's sponsor(s) only on the front of the competition attire. Logos must not be placed on the tights of competing female athletes and doing so will incur a deduction accordingly.
- 1.7.3.4. Publicity can be displayed on the athlete twice only on competition attire and once only on warmup/tracksuit.
- 1.7.3.5. 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 warmup/tracksuits eighty (80) sq centimetres; men's leotards sixty (60) sq centimetres, women's Leotards forty (40) square centimetres.
- 1.7.3.6. 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 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 anytime 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.
- 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.

1.8 Drugs and Sanctions

- 1.8.3 GymSports New Zealand 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 New Zealand 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 New Zealand 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/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 (Senior/Open, Junior Open - one (1) male and one (1) female)
- 1.11.4 Trios/Teams (Any combination of males and/or females)

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 not compete in two divisions, for example, an athlete may not compete in both the senior and youth divisions; an athlete may not compete in both the youth and levels divisions.

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).

Note #4: If athletes are competing in more than one category, within a division, they must compete in the sub-division in which the oldest age competitor of the Pair or Trio/Team is eligible. Athletes who are competing in more than one category may compete in the sub-division in which they are eligible as individuals. For example, an athlete may compete as a Junior B as an individual and enter in a higher sub-division, Junior A as a member of a Team or Open as part of a Mixed Pair. Athletes are allowed to compete in two different streams. Eg. Junior B Team (International Stream) and Junior B Individual (National Stream).

Note #5: Refer to AEROSkools Guidelines for regulations applicable to Level 1, 2 and 3.

1.12 Competition Divisions

ELEMENTS

The routine must include one element minimum from each of the following groups of the element pool:

GROUP A	Dynamic Strength
GROUP B	Static Strength
GROUP C	Jumps and Leaps
GROUP D	Balance and Flexibility

In Open and Junior Division where a difficulty range is specified, a deduction of 1.00 point will be assigned for each element performed in violation, as follows:

- Performing an element(s) that is valued higher than the value(s) allowed per division.
- Performing more than the total number of elements allowed per division.

1.12.1. International Stream

Senior International

- A minimum of eighteen years of age in the year of competition.
- Categories – Individual Women, Individual Men, Mixed Pairs, Trios.
- FIG Code of Points
 - a maximum of 12 elements performed by each competitor.
 - the elements of difficulty are optional, however, for Senior International, elements with a value of 0.10 and 0.20 will not be considered elements.
 - an element which does not meet a minimum requirement is also counted in the 12 elements but its value is 0.0.
 - difficulty score is the 12 valued elements performed.
 - at least one element from each group of the element pool, an element with 0 value will not count for the group of the element pool.

- all elements performed must be from a different base named elements (must not repeat the same base element).
- 6 elements maximum on the floor (includes landings on the floor in splits).
- 2 elements maximum landing in push up position
- Music length – 1.45 with +/- 5 sec.

Junior International

- Ages 15 – 17 years in the year of competition.
- Categories – Individual Girls, Individual Boys,
- Teams (3 – 6)
- A total maximum of 10 elements are allowed, with two elements from each group
- 1 of each compulsory – 1/1 turn straddle, straddle jump, wenson push-up, free support needle-point. (National Stream excluding compulsories)
- Only elements ranging from 0.1 to 0.6, with one 0.7 value element allowed.
- A maximum of 2 elements landing to push-up (push-up variation) are allowed.
- A total maximum of 6 floor elements may be selected.
- No one arm landing.
- Music length – 1.45 with +/- 5 sec.

Sub-Junior International

- Ages 12-14 years in the year of competition.
- Categories - Individual Girls, Individual Boys, Teams (3 – 6)
- A total maximum of 8 elements are allowed, two elements from each group.
- 1 of each compulsory – straddle hold, tricep push-up, pancake, 1/1 jump turn. (National Stream excluding compulsories)
- 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 – 1.30sec with +/- 5 Sec

1.12.2. National Stream

Open Senior

- A minimum of eighteen years of age in the year of competition.
- Ages 18+ years in the year of competition.
- Categories – Individual Girls, Individual Boys, Teams (3 – 6)
- A total maximum of 10 elements are allowed, with two elements from each group.
- Only elements ranging from 0.1 to 0.6, with one 0.7 value element allowed.
- A maximum of 2 elements landing to push-up (push-up variation) are allowed.
- A total maximum of 6 floor elements may be selected.
- No one arm landing.
- Music length – 1.45 with +/- 5 Sec

Junior A Individual and Mixed Pairs

- Ages 15 – 17 years in the year of competition.
- Categories – Individual Girls, Individual Boys, Teams (3 – 6)
- A total maximum of 10 elements are allowed, with two elements from each group.
- Only elements ranging from 0.1 to 0.6, with one 0.7 value element allowed.
- A maximum of 2 elements landing to push-up (push-up variation) are allowed.
- A total maximum of 6 floor elements may be selected.
- No one arm landing.
- Music length – 1.45 with +/- 5 Sec

Junior B

- Ages 12-14 years in the year of competition.
- Categories - Individual Girls, Individual Boys, Teams (3 – 6)
- 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 – 1.30sec with +/- 5 sec.

Junior C

- Ages 10-12 years and 7-9 years in the year of competition.
- Categories – Individual Girls, Individual Boys, Teams (3-6)
- A total maximum of 6 elements are allowed, one element from each group.
- National Stream only event for Junior C, therefore, no compulsories required.
- Only elements ranging from 0.1 to 0.4, value elements.
- A total maximum of 4 floor elements may be selected.
- No one-arm push-up, No one-arm support, No one-arm landing.
- Music length – 1.15sec with +/- 5 Sec.

Levels Division

Level 1

- Open aged ability based, pre-choreographed routine. Compulsory routine that focuses on basic movement patterns and presentation skills.
- Categories – Individual (Girls & Boys combined), Teams (3 – 6).
- Choice of 5 pieces of compulsory music that range from between 154 and 156 beats per minute.

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.
- Categories - Individual (Girls & Boys combined), Teams (3 – 6)
- Choice of 4 pieces of compulsory music that range from between 154 and 156 beats per minute.

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.
- Categories - Individual (Girls & Boys combined), Teams (3 – 6)
- Choice of 3 pieces of compulsory music that range from between 154 and 156 beats per minute.

1.12.4 Entries

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

- Junior 10 – 12 years in year of competition
- Intermediate 12-14 years in year of competition
- Senior 15-18 years in year of competition

1.12.5 AEROSkools

For 2007, Aerobic Gymnastics Challenge and Secondary Schools events athletes use the AEROSkools Level 1, 2, and 3 compulsory routines and music.

NOTE: Only the music and set routines for 2005, 2006 and 2007 will be accepted.

1.12.6 AEROSkools (Levels Program) resources available for purchase from GymSports New Zealand

- Kit comprising of Teaching Guidelines, DVD and Music CD
- Individual components:

- Teaching Guidelines incorporating Rules and Regulations; Choreography notes for each level 1, 2 & 3 routines.
 - VHS Video – the AEROSkools video is an important teaching tool. Each routine is clearly illustrated including performances facing the camera; back to the camera; individual elements with optional degrees of difficulty; correct technical execution.
 - Music CD – Level 1 choice of 8; Level 2 – choice of 7; Level 3 – choice of 4.
- Only the music and set routines for 2005, 2006 and 2007**

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 athletes ranking in a competition.

Applicable Levels

The Ribbon Award Scheme operates in Levels 1, 2 and 3.

Applicable competitions

Ribbons may be awarded at regional championships, specific ribbon award competitions or club competitions conducted by GSNZ, RSC's 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 5.000 = Green

5.000 to 6.999 = Blue

7.000 to 8.499 = Red

More than 8.500 = Gold

Thereafter, the athlete will be awarded additional ribbons if the score improves to a higher score group, e.g. if at the athletes first competition at a given level, the athlete scores 4.999 or less they will be awarded a green ribbon; to gain a further ribbon at a subsequent event, they must score at least 5.000.

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.

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

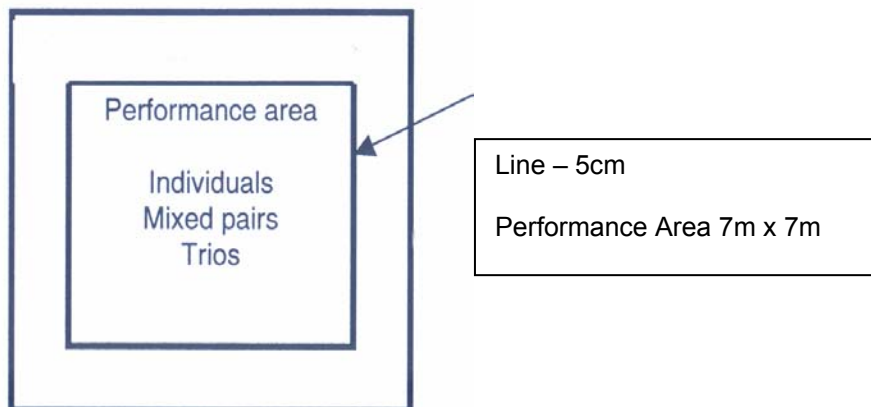
All materials can be purchased from GymSports New Zealand

Ribbons

Levels cards

1.14 Competition Performance Area

The competition performance area is 7m x 7m for all events. 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, dual tape deck, 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 at the very beginning of Side A on a regular cassette tape or CD. The competition music must be the only music recorded on the tape or 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 tape recording must meet professional standards regarding sound.

1.16.4 **SENIOR INTERNATIONAL** - The routine must be performed, in its entirety, to music. The length of the routine is 1 minute and 45 seconds with a tolerance of plus or minus 5 seconds, resulting in a minimum of 1 minute, 40 seconds, and a maximum of 1 minute, 50 seconds.

OPEN NATIONAL - The routine must be performed, in its entirety, to music. The length of the routine is 1 minute and 45 seconds with a tolerance of plus or minus 5 seconds, resulting in a minimum of 1 minute, 40 seconds, and a maximum of 1 minute, 50 seconds.

JUNIOR INTERNATIONAL / JUNIOR A - The routine must be performed, in its entirety, to music. The length of the routine is 1 minute and 45 seconds with a tolerance of plus or minus 5 seconds, resulting in a minimum of 1 minute, 40 seconds, and a maximum of 1 minute, 50 seconds.

SUB-JUNIOR INTERNATIONAL / JUNIOR B - The routine must be performed, in its entirety, to music. The length of the routine is 1 minute and 30 seconds with a tolerance of plus or minus 5 seconds, resulting in a minimum of 1 minute, 25 seconds, and a maximum of 1 minute, 35 seconds.

JUNIOR C – The routine must be performed, in its entirety, to music. The length of the routine is 1 minute and 15 seconds with a tolerance of plus or minus 5 seconds, resulting in a minimum of 1 minute and 10 seconds and a maximum of 1 minute 20 seconds.

1.16.5 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).

1.17. 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 draw will decide the starting order of the qualification rounds and the finals. Lots will be drawn by a 'neutral' person 3 weeks before the start of the competition.

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 the 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 Pre Start

A pre start occurs when prior to taking the start position; the athlete(s) demonstrates excessive posing or unnecessary delays for longer than twenty (20) seconds, causing a deduction.

2.4 Grandstanding

The performance of an element prior to taking the starting position or after the ending pose has been completed will result in a deduction.

2.5 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).

2.6 Falls

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

2.6.2 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.

2.7 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.

2.8 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 immediately approach the Superior Jury and request an appropriate enquiry. This enquiry must take place before the end of the competition and before the final results are published.

2.9 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.

2.10 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:

- Seniors & Juniors – FIG Code of Points (Refer to handbook for Junior modifications)
- Levels – GymSports New Zealand AEROSkools Rules and Regulations.

FIG Code of Point Attire:

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

AEROBICS
CODE OF POINTS
ENGLISH VERSION

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 a 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 – Exceptions to the FIG Senior Attire.

The following exceptions to the FIG Senior Attire rules may be applied for Junior A,B,C and Levels Divisions (New Zealand competitions only): Refer to competition specific rules for international competitions.

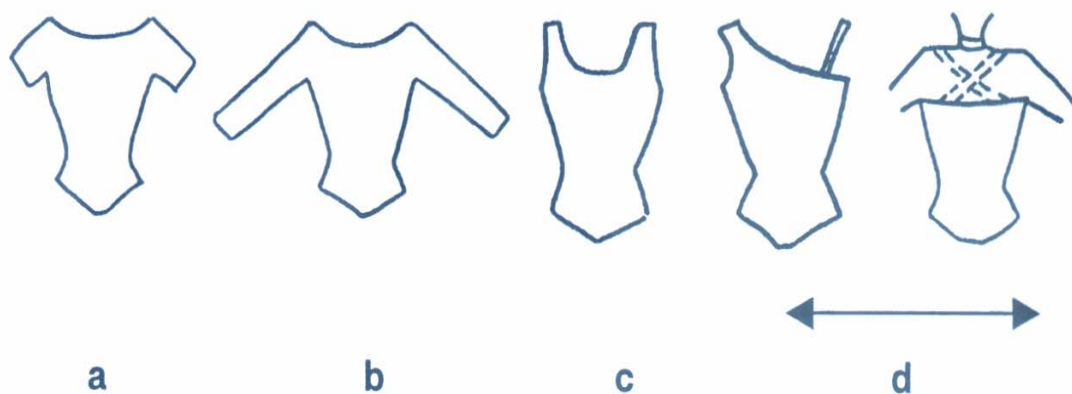
- Attire must be neat and discreet.
- Crop tops are acceptable. Brief bikini tops are not acceptable.
- One piece leotards are acceptable (with or without key holes).
- Full length tights are acceptable (with or without flared bottoms).
- Long singlet tops and bike pants are acceptable provided that they are form fitting.
- Boys may wear shorts (above the knee).
- Clean shoes, aerobic or athletic must be worn.
- Wrist bands may be worn.
- White socks must be worn and visible.

The following minor violations apply:

- Medium length or long hair should be secured/tied neatly to the head.
- Hair Paint or glitter, or inappropriate hair adornments or accessories must not be worn.
- Make up must be minimal for girls and non-existent for boys.
- Undergarments must not be visible.
- Private body parts including navel, 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 unsoiled.
- Ornaments and Props
 - Jewellery, other than post (stud) earrings is not permitted.
 - 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).

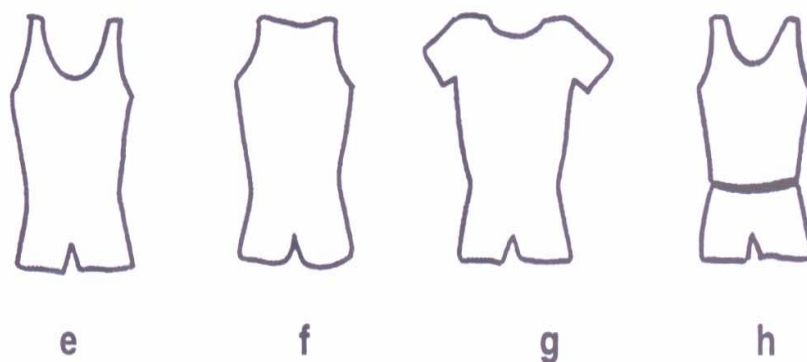
Examples acceptable for WOMEN



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.

JUDGING AND SCORING

3.1. Judging

3.1.1. **Artistic** – Artistic evaluation is not only “WHAT” the competitor(s) perform but also “HOW” they perform.

Choreography – Total 10 Points

WHAT - Aerobic movement patterns
selection and placement

Elements

Transitions/Linking

Formations and positioning

Lifts

Physical Interaction

originality

HOW - Well balanced is the

Fluent is the linking

Smooth are the transitions

Many variations, how much

3.1.2. **Execution** – The judging of Execution is based on the following:

Execution Judges evaluate the technical EXECUTION of all movements, including elements of difficulty, choreography (basic steps, combinations, upper limb movements and transitions)

For MP, TR, GROUPS, judges will evaluate the matched performance of lifts, skill execution, as well as the ability to execute the routine as a single unit. Also looking for TIMING and SYNCHRONISATION.

Deductions are made for every error as follows:

- minor error each time 0.1
- small error each time 0.2
- medium error each time 0.3
- large error each time 0.4
- unacceptable execution or fall each time 0.5
- the maximum deduction for an element is 0.5
- the maximum deduction for timing for the whole routine is 0.5

3.1.3. **Difficulty** – The Difficulty Judges record the whole routine (all elements), using the official FIG shorthand and perform the following functions:

- Count the number of elements.
- Deduct for every element performed more than 12 (International), 10 (Senior Open), 8 (Junior A&B), 6 (Junior C).
- Provide a difficulty value of 0.0 – 1.0 for the first 12 elements (International), 10 elements (Senior Open), 8 elements (Junior A&B), 6 elements (Junior C).
- Evaluate new elements on sight (elements not listed in FIG Code of Points Appendix II and III, and new elements list).
- Deduct for missing groups of the element pool considering the first required number of elements performed.
- Deduct for more than the required number of elements on the floor and/or landing in push up position and repetitions considering the first required number of elements performed.
- When the two judges have considered all the previous functions, they should then compare their scores and deductions to ensure that they are in agreement and then send the score. In the case of an irreconcilable difference, the scores will be averaged.
- Difficulty Judges must make a written report of all new elements on sight on behalf of the Chair of Judges Panel at the conclusion of the competition.

3.1.4. **Chair** – Scored negatively, the Chair of the Judges Panel is a “deductions” judge. Deductions are taken from the sub total score.

3.1.5. **Line and Time** judge(s) deductions are taken from the sub total score.

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 immediately approach the Superior Jury and request an appropriate enquiry. This enquiry must take place before the end of the competition and before the final results are published.

3.2 Scoring

A score = difficulty

- Elements will get a value according to their difficulty level.

- All elements that have received a value will be added together and divided by 2.

B Score = Execution - 10.00

C Score = Artistic - 10.00

Final Score AER = A score + B score + C score

3.3 Example Score Development

				Scores Counted	
Artistic	8.5	8.0	8.3	8.1	8.2
Execution	9.1	9.2	8.8	9.0	9.05
Difficulty score	2.2	2.0			2.1
				<hr/>	
				Score 19.25	
Deductions of the Difficulty Judges					
	1.0	1.0			-1.0
Line	1 x 0.1				-0.1
Deductions Chair of the Judges Panel					
Time	OK				
More than 3 lifts		1 x 0.5			-0.5
Attire infraction		1 x 0.2			-0.2
				<hr/>	
				Final Score =	17.12

3.4 Levels Division

Refer to the AEROSkools Guidelines.

3.5 Judges Panel

All judges must meet the eligibility, training, judge skill level and certification requirements.

3.5.1 Two (2) to four (4) Execution judges.

3.5.2 Two (2) to four (4) Artistic judges.

3.5.3 One (1) or Two (2) Difficulty or Compulsory (Levels Division) Judges .

3.5.4 One Chair of the Judging Panel.

3.5.5 If applicable, one (1) Time judge and one (1) Line judge.

3.6 Judges Seating at the Competition

- 3.6.1 The judges will be seated at a table placed parallel to the front of the competition stage, distanced to provide a clear unobstructed view of each athlete from "head to toe". The Artistic and Technical judges will be seated in alternating positions (artistic, technical, artistic, technical etc). Adequate lighting must be provided.
- 3.6.2 Photographers and the media will not be positioned so as to obstruct the judge's view of the athletes/competition stage.
- 3.6.3 There will be adequate area separation between the seating of the judges and the public/spectator area.

GSNZ HIP HOP & FUNK – TEAM EVENT

(competition available at New Zealand Secondary Schools event only)

Competition Categories

Open Senior - 15 Years and over in the year of competition.

Intermediate 11 – 14 years in the year of competition

Junior 10 years and under

Team Size

Teams are to consist of 5-8 members male, female or mixed gender.

Attire

Attire should be reflective of Funk and Hip Hop style.

Performance area

The competition performance area will be clearly defined. It will be marked with tape of a contrasting colour to a 9m x 9m square which is inclusive of the safety surround.

Music

Routines should be 2 minutes long. A grace period of 5 seconds will be allowed either way to allow for variations on equipment speed, resulting in a minimum of 1:55 min and maximum of 2:05 min. Timing begins with the first audible sound and ends with the last audible sound. Routines outside of these time restrictions will incur a deduction.

Teams are required to supply their own music. It can be either one song or a mix. Music should be on Side A of a cassette or the only track on a CD.

False/Late Starts & Grandstanding

Once your team name is called you are to briefly acknowledge the audience before promptly assuming your starting position. Following your performance you may briefly thank the audience and exit the stage.

Excessive posing performance of an element before the music has started or after the music is finished will not be permitted and teams who breach this rule will receive a penalty.

A team who fails to appear on stage and strike a starting position within 20 seconds of being called will receive a deduction from the Control Judge.

A false start occurs at the opening of the routine when circumstances are beyond the teams control prevent them from continuing their performance (eg: wrong tape, tape put in the wrong way). The team will be permitted to restart if it is deemed an acceptable false start.

Judging

The judging panel consists of GSNZ Aerobic Gymnastics judges and accredited dance teachers as well as a control judge to oversee the proceedings. Each judge will assess the performance out of a possible maximum of 30 points each for Technical and Artistic and 40 points for Dance Content. The

scores are added together and divided by 10, the final score being a maximum of 10.00. There will be judges judging three different aspects of your performance:

Technical	30
Artistic	30
Dance Content	40

If there is a tie the highest artistic score will determine the winner.

Technical Criteria (30 points)

Alignment (10)

Judges will consider the correct technique and safety of chosen movements. Unsatisfactory execution includes but is not limited to jamming/locking of joints, excessive or rapid hyperflexion/hyperextension, uncontrolled ballistic movements, poor landing technique, excessive knee torque and unsupported excessive spinal flexion/rotation.

Precision (10)

This is determined by the control, alignment and precise placement of joints and limbs (arm lines, legs & footwork, clear isolations of head & body). The competitor's posture and speed of movement will also be considered.

Synchronisation (10)

All team members need to be of an equal level of ability and execution between all members. All movements should be synchronised and solo performances within the routine should be avoided

Artistic Criteria (30 points)

Funk/Hip Hop Choreography (10)

In the scoring of choreography judges will consider the creativity of the routine taking into account the avoidance of repetition through choosing a wide range of hip hop & funk movements as well as the variety in arm lines, leg and footwork. As well as unpredictable sequencing the creative use of transitions and linking. The overall use of space including the stage and all levels (floor and air). Use of formations, space and stage relative to all members to create a variety for formations and patterns. There will be deductions for any unacceptable movements.

Music Interpretation (10)

The judges will watch for a routine that is well integrated with the music – the two should be inseparable! If a theme is chosen the music and routine should both reflect it. The ability of the competitors to stay in time with the music will also be taken into consideration as will the use of highs, lows any rhythm changes phrasings and vocals.

Showmanship (10)

The judges want to see you having fun. They will consider the ability of your team to confidently interact with the audience and judges to generate excitement throughout the performance. Your attire should suit the theme chosen and present the culture of funk and hip hop style and remain in tact throughout the performance. No props are permitted. Hats, caps, jewellery and other forms of theatrical attire are acceptable although may be subject to approval before heats.

Dance Criteria (40 points)

Appropriate Hip Hop & Funk content (10)

The choreography should involve as much hip hop and funk content as possible. All movements should reflect the styles of the dance form as should the music. The ability to create an atmosphere through the routine content will also be taken into consideration.

Intensity (10)

Intensity is the amount of physical exertion from the beginning to end of the routine. You should select movements which utilize multiple muscle groups simultaneously. Speed of movement as well as use of short & long levers, vertical and horizontal movements (floor and air) and the overall movement of the body is considered.

Complexity (Difficulty) (10)

Difficulty is judged on the use of leg and footwork reflective of Hip hop and Funk style in conjunction with complex arm lines and opposing planes.

Performance (10)

Judges want to see a high standard in all areas of the performance.

TIPS TO HELP YOU ACHIEVE A HIGH SCORE

Formations: To achieve a high artistic score and dance score make sure your routine has a minimum of 5 formation changes.

Style: Make sure your routine is reflective of Hip Hop & Funk and not Jazz or Ballet.

Props: The use of PROPS IS NOT PERMITTED. Props include but are not limited to chairs, stools & bikes (of any description). The use of props will result in major deductions if not disqualification.

UNACCEPTABLE MOVES

This category is all about enjoyment and style so Gymnastic & Break dancing movements are unacceptable. Team lifts and acrobatic movements where members lift or propel one or more members off the floor are also deemed unacceptable. Any variations of these movements will not be acceptable.