



2009 Aerobics Manual

Please read 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 open categories are in the 2008 Aerobic Gymnastics Handbook and for AEROSkools in the AEROSkools Guidelines.

2. Music CD's must be clearly labeled with the athlete's name, school and grade. Music specifications are detailed in this competition manual.

Awards:

1. Junior International, Sub Junior International, Junior A, B, C athletes will compete in heats and finals. Levels 1, 2, 3 will compete in heats and finals.

2. The number of athletes progressing through to finals in Junior International, Sub Junior International Junior A, B, C grades will be announced by the organisers of the competition. The first 8 place getters in heats for Levels 1, 2 and 3 will qualify for finals.

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.

New Zealand Secondary Schools Aerobic Championships

Events Schedule:

Regional:

Auckland	20 th June 2009	Epsom Girls Grammar
Christchurch	15 th June 2009	Christchurch Girls High School

NZSS Championships:

Auckland	5 th and 6 th September 2009	Auckland Regional GymSports Centre, Keith Hay Park, Mt Roskill
----------	--	--

GSNZ National Championships and Aerobic Development Championships	26 th -30 th September 2009	Mystery Creek, Hamilton
--	---	-------------------------

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).

PLEASE NOTE- only routines and music from 2006 through to 2009 are authorised for use in 2009

2. AEROSKools Workshops

o 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

AEROSKOOLES Levels 1, 2 and 3

AEROSkools is an exciting Aerobic Gymnastics Participation Program, conducted in clubs and schools, that aims to introduce basic Aerobic Gymnastic movement patterns within a fun and challenging programme, culminating in the development of an Aerobic Gymnastics routine that can be entered into a regional or national competition.

AEROSkools therefore consists of both a participation program and a supporting event structure.

The Program is aimed at school aged children and youths aged between 10-18 years of age (Year 4 – Year 12), with both sexes actively encouraged to participate.

The AEROSkools Program aims to provide a grass roots entry-level participation program for youth and their coaches/teachers wishing to get involved in Aerobic Gymnastics.

The Program requires no previous knowledge or experience on behalf of either the coach/teacher or student(s)/athlete(s) and provides a sequential program of skill development over three separate levels (i.e. Level 1, Level 2 and Level 3).

Level 1

The Level 1 Routine involves the learning of a “compulsory Aerobic Gymnastics” routine that focuses on basic Aerobic Gymnastics movement patterns and presentation skills. No choreography is required. The routine may be performed as an individual or a group (3 - 6 team members).

Level 2

The Level 2 Routine involves the learning of a “compulsory Aerobic Gymnastics” routine that increases in complexity of choreography, whilst continuing to develop basic Aerobic Gymnastics movement patterns and presentation skills. This routine allows students/athletes to compose their own 32 counts of choreography and incorporate this into the routine. The routine may be performed as an individual or a group (3 - 6 team members).

Level 3

The Level 3 Routine involves the learning of a “compulsory Aerobic Gymnastics” routine that is more advanced than the two previous Levels and requires students/athletes to once again compose 32 counts of choreography within the routine. The routine may be performed as an individual or a group (3 – 6 team members).

Music

The choice of music used in the AEROSkools Programme allows for different tastes in music, musical appreciation and musical interpretation in choreography design. All the tracks of music are between 154 and 156 beats per minute.

For the 2008 competing year routines and music from the AEROSkools Programme from the years 2005 through to 2008 only are authorised to be used

Level 1

Choice of 8 routines

Level 2

Choice of 5 routines

Level 3

Choice of 4 routines

Video/DVD

The AEROSkools Video/ DVD is an important teaching tool that is used by the instructor/coach/teacher to assist in the teaching of the Levels routines. Each routine is clearly illustrated with the following breakdown:

- Aerobic Gymnastics compulsories are filmed to highlight correct execution
- Routine performed facing the camera
- Routine performed with the back to the camera
- Individual elements are filmed with optional degrees of difficulty

Choreography Notes

Choreography notes are included for each Level 1, Level 2 and Level 3 routine. For every 8 counts a detailed description of the arm lines, leg lines and travelling direction is included. Key words are highlighted to identify particular movements and movement patterns.

Entry Criteria

Number of Entries

Schools can enter an unlimited number of entries into the Regional Championships/NZSS Nationals/GSNZ Nationals.

Owing to the large number of entrants that may potentially enter the Regional Championships, it may be necessary to limit entries at some time in the future.

School Student Eligibility

- Students must abide by the eligibility rules of GymSports New Zealand.
- Students are entered into the Regional and National Championships through their school.
- Each school is responsible for certifying the eligibility of students representing the school.
- Entry forms must be completed and signed by a teacher. All forms must be returned to the event organizer(s) with the appropriate entry fee prior to the Regional Championships. For National events schools will be invoiced by GymSports New Zealand.
- Release of Liability – if required by the event organisers all participating students must have parental/guardian consent to enter the event and the parent/guardian must sign and submit a release of liability form prior to competition, releasing GymSports New Zealand, the event organiser(s), their staff and sponsors from liability for any accident or injury occurring to an athlete prior to, during, or after an AEROSkools competition or event.
- Release of Likeness – if required by the event organisers the parent/guardian of all participating students in an AEROSkools event must sign a Release of Likeness form permitting GymSports New Zealand or competition organiser(s), or sponsors to film, videotape, and/or record the student's performances and event participation for use in television, video, internet, press releases and media.

Entry Changes and Substitutions

For circumstances beyond the control of the student(s), entry substitutions may be up to 24 hours prior to the competition. Such circumstances must be submitted in writing and approved by the competition organisers and/or the Judiciary Director.

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 4 speakers (2 on the stage directed to the athlete and 2 directed to the audience).

Performance Order

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

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.

Compulsory Exercises

Each Levels 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

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)

AEROSKools Attire Violations:

- 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. Jewellery 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).

REGULATIONS SPECIFIC TO JUNIOR A, B & C

Junior A

Ages 15 – 19 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 A (0.1) to E (0.6), with one F (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 +/- either side.

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 A (0.1) to E (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 either side.

Junior C

Ages 10-12 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.

Only elements ranging from A (0.1) to D (0.4), value elements.

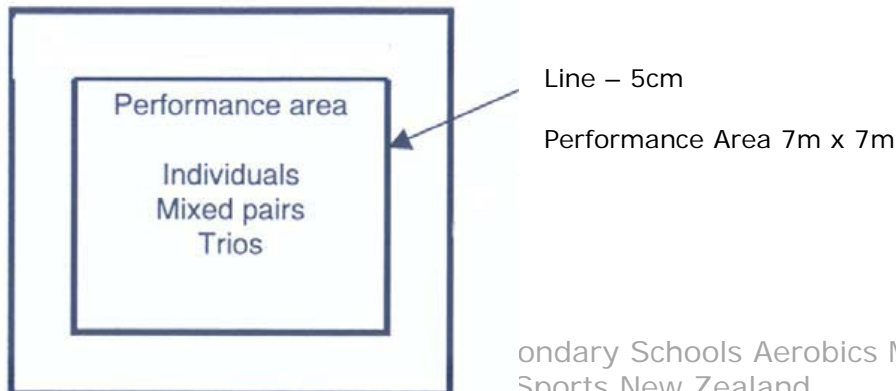
A total maximum of 4 floor elements may be selected.

No one-arm push-up, No one-arm support, No one-arm landing.

Music length – 1.15sec with +/- either side.

Competition

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.



Technical Equipment/Sound and Lighting

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

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.

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 CD players.

Performance Music Requirements

Athletes are required to record their competition music at the very beginning of a regular CD. The competition music must be the only music recorded on the CD. Athletes must bring two copies of their music to the competition, clearly marked with the competitors name, school and category.

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

Length – PLEASE NOTE: FOR 2009 THEIR WILL BE NO DEDUCTION FOR USING MUSIC CUT TO THE LENGTH OF THE 2009 CODE OF POINTS

JUNIOR A - 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 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.

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).

Competitive Rounds and Performance Order

- 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 organizer(s).
- Performance order for an open round (if required) and the preliminary (heats) round is determined by a random drawing of athletes.
- The number of athletes advancing from the preliminary (heats) round of competition to the finals will be announced by the competition organiser(s).

Incidences of Extraordinary Circumstances

Incorrect music is cued.

Music problems due to equipment malfunction.

Disturbances caused by general equipment failure.

The 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).

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

Management of Extraordinary Circumstances

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. 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. A complaint after the routine has been completed will not be accepted. Upon the decision of the Chair of Judges Panel, the competitor may restart the routine after the problem has been corrected. Any scores previously given will be disregarded. Where situations not stated above may arise, they will be resolved by a review of the circumstances by the Superior Jury. The decision of the Superior Jury is final.

Discrepancies

• 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. 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.

Junior A, B, C and Levels Attire

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

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).

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.

RESOURCE ORDER FORM

New Zealand Secondary Schools Aerobics Manual
GymSports New Zealand
Making Movement Matter

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			
Total order amount:			

~~~~~

SCHOOL NAME:

TEACHER NAME:

ADDRESS:

TELEPHONE NUMBER:

ORDER NUMBER:

Payment terms – On receipt of invoice

A COPY OF THE FIG CODE OF POINTS CONTAINING THE DETAILS ON ATTIRE ELEMENT  
POOL AND VALUES ARE AVAILABLE TO DOWNLOAD FROM:

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

AEROBICS  
CODE OF POINTS  
ENGLISH VERSION

FÉDÉRATION INTERNATIONALE  
DE GYMNASTIQUE



**AEROBIC GYMNASTICS**  
**Code of Points 2005 – 2008**

**APPENDIX III**

**DIFFICULTY TABLES / Element Pool & Values**

Group A – DYNAMIC STRENGTH  
Group B – STATIC STRENGTH  
Group C – JUMPS AND LEAPS  
Group D – BALANCE AND FLEXIBILITY