
AEROBIC
GYMNASTICS HANDBOOK

DIVISION REGULATIONS
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</table>
INTRODUCTION

Aerobic Gymnastics definition

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 aerobic steps, with a high degree of perfectly executed elements of difficulty.

2017 Aerobic Gymnastics Handbook

The objective of this competition handbook is to define the procedures and guidelines for competing in Aerobic Gymnastics in New Zealand. The handbook covers;

- Division Rules– AeroDance, AeroSchools levels, Open levels and ADP
- International streams as per the FIG Code of Points 2017-2020
- Judging criteria for AeroDance and Aerobic Gymnastics

In the event of a discrepancy between this handbook and AeroSchools rules, this handbook will apply.

GymSports New Zealand

GymSports New Zealand (GymSports NZ) is the recognised national governing body for Aerobic Gymnastics. GymSports NZ is closely aligned with the Federation Internationale De Gymnastique (FIG). More details in regards to FIG and the FIG Code of Points (CoP) can be found at www.fig-gymnastics.com

Contact Details

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

**Division**  The aerobic pathway selected i.e. AeroDance, AeroSchools Levels, Open Levels, ADP and International.

**Level**  The segmentation of the division i.e. Level 1, 2, 3, 4.

**Category**  Number and gender of the competitors i.e. Individual women, Individual Men, Mixed Pair, Trio, Group.

**Age Group**  The age ranges (taken at the 31st Dec of the competition year)

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The pathway through the Aerobics Levels and divisions gets progressively more difficult.

### Division table

<table>
<thead>
<tr>
<th>DVISIONS</th>
<th>AeroDance</th>
<th>AeroSchools Levels</th>
<th>Open Levels</th>
<th>ADP</th>
<th>International</th>
</tr>
</thead>
</table>
|                         | 5 – 8 years
|                         | Not eligible for Nationals | Level 2 | 5 – 6 years
|                         | 7 – 8 years
|                         | 9 – 11 years
|                         | Not eligible for Nationals | Level 1 | 5 – 6 years
|                         | 7 - 8 years
|                         | Not eligible for Nationals | ADP 1 | 7 – 8 years
|                         | 9 – 11 years
|                         | Not eligible for Nationals | National Development | 9 - 11 |
|                         | 9 – 14 years
|                         | Pre-choreographed or Open (separate categories) | Level 3 | 9 – 11 years
|                         | 12 – 14 years
|                         | 15 + years
|                         | Level 4 | 9 – 11 years
|                         | 12 – 14 years
|                         | 15 + years
|                         | Level 5 | 9 – 11 years
|                         | 12 – 14 years
|                         | 15 + years
| Groups of 5 – 8, Male, Female or Mixed | Individual Men, Individual Women, pairs – same sex or mixed, Groups 3 - 5 | Level 5 | 18 + Years
|                         | ADP 5 | 18 + years
|                         | Senior | 18 + years

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Individual Men, Individual Women, Mixed pairs, Trios, Groups 5
**Division descriptions**

**AeroDance**

AeroDance includes competition teams of 5 – 8 competitors, male, female or mixed, utilising aerobic movement patterns in conjunction with a 32 – 64 count block of contrasting high intensity dance well integrated into the choreography to enhance the artistic component of the routine.

*Clubs using the pre-choreographed routines on the AeroSchools resources will compete in the ‘AeroSchools’ stream within the appropriate age group. Those who choreograph their own routines will compete in the appropriate age group in an ‘open’ category.*

**Athletes are eligible to compete in AeroDance as well as their chosen aerobics categories.**

**AeroSchools Levels**

*Previously AeroSkools levels – name has been adjusted to align with the resource.*

AeroSchools is an Australian resource that aims to introduce basic Aerobic Gymnastic movement patterns through pre-choreographed routines. This division is for athletes whose primary incentive is participation and follows the four ‘F’ philosophy; fun, fitness, friendship and fundamentals. The AeroSchools resource contains teaching notes and a DVD which provides structured routines incorporating compulsory elements and a range of aerobic movement patterns. This resource can be purchased through GymSports NZ.

**Open Levels**

A New Zealand division for those athletes who would like a routine that uses optional choreography and follows the three ‘C’ philosophy, creativity, complexity and competition.

**Aerobics Development Pathway (ADP)**

A competitive New Zealand division for athletes with focus on developing their skill level difficulty and/or with the aim to compete in the International Stream of competition.

**International**

For athletes who aspire to represent their country in International competitions.

**The pathway through the Aerobics framework divisions gets progressively more difficult.**
Framework detail

AeroDance

Two categories introduced in 2017; AeroDance AeroSchools (Pre-choreographed) and AeroDance Open (choreographed).

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Time</th>
<th>Compulsories</th>
<th>Max Lifts</th>
<th>Max Acro</th>
<th>Floor (metres)</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 – 8 years (not eligible for nationals)</td>
<td>60s +/- 5s</td>
<td>Recognisably different 32 - 64 count of high intensity dance with different music from the aerobics</td>
<td>0</td>
<td>0</td>
<td>7 x 7</td>
</tr>
<tr>
<td>9 – 14 years</td>
<td>1m20s +/- 5s</td>
<td>Optional 1</td>
<td>1 x Cartwheel</td>
<td>10 x 10</td>
<td></td>
</tr>
<tr>
<td>15 + years</td>
<td>1m20s +/- 5s</td>
<td>Optional 1</td>
<td>2 from; Cartwheel Round off Walkover</td>
<td>10 x 10</td>
<td></td>
</tr>
</tbody>
</table>

Groups of 5 – 8, Male, Female or Mixed

AeroDance rules

- Teams between 5-8 athletes, males, females or mixed.
- Must include 32-64 counts of a high intensity dance style
- The dance content must have high correlations with the theme and style of the music. The second style must be clearly different from the rest of the choreography which must show a high degree of creativity without repetitions
- It is highly recommended to use a different music for your dance section.
- 1.20 sec +/- 5 seconds
• Elements and acrobatics may be performed, but they will not be awarded any value and should fit the theme of the routine.
• At this stage there is no option of an International pathway to AeroDance.
• Teams can choose from two categories; AeroDance AeroSchools or AeroDance Open.

AeroDance Attire

• The competitor’s attire must demonstrate proper athletic appearance.
• Leotard, unitard, two-piece leotard, pants, long leggings, shorts and close fitting tops are allowed.
• The attire of team members can be different but should be coordinated.
• The competitors must wear supportive aerobic or sports shoes.
• Hair must be secured close to the head.
• The undergarments must not be seen.
• Large (loose) clothes, additional items/props (tubes, sticks, balls, etc.) and accessories (belts, braces, bands, etc.) are not permitted.
• Attire depicting war, violence or religious themes is forbidden.
• Sequined attire for men is not permitted.

AeroSchools Levels

<table>
<thead>
<tr>
<th>AeroSchools Level</th>
<th>Age group</th>
<th>Time</th>
<th>Compulsories</th>
<th>Modified version</th>
<th>Max Lifts</th>
<th>Max Acro</th>
<th>Landings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 2</td>
<td>5 – 6</td>
<td>60s +/- 5s</td>
<td>None</td>
<td>None</td>
<td>N/A</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>7 – 8</td>
<td>60s +/- 5s</td>
<td>None</td>
<td>None</td>
<td>N/A</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>9 – 11</td>
<td>60s +/- 5s</td>
<td>None</td>
<td>None</td>
<td>N/A</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Level 3</td>
<td>9 – 11</td>
<td>1m30s +/- 5s</td>
<td>4 x Jacks</td>
<td>Push up on knees</td>
<td>Optional 1</td>
<td>1 x Cartwheel</td>
<td>0 Split landing 0 Push up landing</td>
</tr>
<tr>
<td></td>
<td>12 – 14</td>
<td>1m30s +/- 5s</td>
<td>4 x Kicks</td>
<td>L/Straddle support</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>15 +</td>
<td>1m30s +/- 5s</td>
<td>4 x Push ups (can be on knees)</td>
<td>Straight jump</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>9 – 11</td>
<td>1m30s +/- 5s</td>
<td>4 x Jacks as start of 32 count of aerobic block</td>
<td>Push up</td>
<td>Optional 1</td>
<td>1 x Cartwheel</td>
<td>0 Split landing 0 Push up landing</td>
</tr>
<tr>
<td></td>
<td>12 – 14</td>
<td>1m30s +/- 5s</td>
<td>4 x Kicks</td>
<td>L/Straddle support</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>15 +</td>
<td>1m30s +/- 5s</td>
<td>4 x Push ups (can be on knees)</td>
<td>Half tuck jump</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>
- 4 x Kicks
- 4 x Push ups (can be on knees)
- Full turn jump
- Scissor kick or Split leap
- Splits
- Vertical split
- 1/1 turn (Max total value 1.6)
- Stag to replace splits
- Tuck jump to replace half turn
tuck jump

| Level 5  | 12 – 14 15 + | 1m30s +/- 5s | - 4 x Jacks as start of 32 count aerobic block
- 4 x Kicks
- 4 x Push ups (can be on knees) | - Max. 8 elements each with a max. value of 0.4 as per FIG COP
- Min. one from every group (A, B, C, D)
- Max. 4 elements up
- Max. 4 elements down (Max total value 3.2) | Optional 1 x Cartwheel
Optional 1 Split landing or 1 Push up landing

Categories – Individual women, Individual men, Pairs (same sex or mixed), Groups 3 - 6

**AeroSchools rules**

**In addition to the tabled information above.**

- The **set** choreography on the AeroSchools DVD must remain the same.
- The floor size for each level, age group and category is 7 metres x 7 metres.
- Do not use any elements in the optional 8 count of aerobics at the beginning or end of the routine, this will be deducted as an additional element.
- All levels that contain split leaps can choose the option of a scissor kick.
- Consecutive push ups can be on knees or feet.
- All fundamental compulsories must be performed without travelling.
- Kicks and push ups must be performed side on to the judges.
- Jacks must be performed facing the judges.

**For Level 5 there must not be any repetition of element families including modified versions, e.g. 1 leg push up and a push up on knees, or free fall and air turn.**
Attire
The following exceptions to the FIG rules may be applied for AeroSchools Levels

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 supports may be worn.
h. White socks must be worn and visible.
i. The undergarments must not be seen.

In 2017 the following AeroSchools resources can be used;

<table>
<thead>
<tr>
<th></th>
<th>2014</th>
<th>2015</th>
<th>2016</th>
<th>2017</th>
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Please note: At the 2018 Gmysports National Championships there will be no AeroSchools Level 3 competition.

Open Levels Division.

One category introduced in 2017; Open Level 5, 18+ years

<table>
<thead>
<tr>
<th>Open Levels age group</th>
<th>Time</th>
<th>Compulsories</th>
<th>Optional Elements</th>
<th>Max elements including compulsories</th>
<th>Max floor elements</th>
<th>Max push up landing</th>
<th>Max split landing</th>
<th>Combos</th>
<th>Max Acro</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 1</td>
<td>1.05 +/- 5 sec</td>
<td>- Initiate 32 count with 4 x jacks (8 counts) then in any order; A. Push up B. Support C. Straight jump D. Turn</td>
<td>0</td>
<td>4 Can upgrade to 0.2 from NZ Handbook</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>1 x Cartwheel</td>
</tr>
<tr>
<td>Category</td>
<td>Age Range</td>
<td>Duration</td>
<td>Initiation</td>
<td>Repetitions</td>
<td>Additional Details</td>
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<tr>
<td>Not eligible for Nationals</td>
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<tr>
<td>Level 2</td>
<td>9 – 11 years</td>
<td>1.15 +/- 5 sec</td>
<td>Initiate 32 count with 4 x Jacks 4 x Push ups 4 x Kicks</td>
<td>1</td>
<td>5 Can upgrade to 0.3 from NZ Handbook (max total value 0.8)</td>
<td></td>
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<td></td>
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<td></td>
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<td></td>
<td>3 0 1 0 1 x Cartwheel</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Level 3</td>
<td>12 – 14 years</td>
<td>1.20 +/- 5 sec</td>
<td>Initiate 32 count with 4 x Jacks 4 x Push ups 4 x Kicks</td>
<td>2</td>
<td>6 Can upgrade to 0.4 from NZ Handbook (max total value 2.4)</td>
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<tr>
<td></td>
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<td></td>
<td></td>
<td></td>
<td>3 1 split or 1 push up landing 1 combo of 2 difficulty elements 2 from; Cartwheel Round off Walkover (f/b)*</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Level 4</td>
<td>15 - 17 years</td>
<td>1.20 +/- 5 sec</td>
<td>Initiate 32 count with 4 x Jacks 4 x Push ups 4 x Kicks</td>
<td>3</td>
<td>7 Can upgrade to 0.5 from NZ Handbook (max 3.5)</td>
<td></td>
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<tr>
<td></td>
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<td></td>
<td></td>
<td></td>
<td>4 2 split or push up landings 1 combo of 2 difficulty elements 2 from; Cartwheel Round off Walkover (f/b)*</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Level 5</td>
<td>18+ years</td>
<td>1.20 +/- 5 sec</td>
<td>Initiate 32 count with 4 x Jacks 4 x Push ups 4 x Kicks</td>
<td>3</td>
<td>7 Can upgrade to 0.7 from NZ Handbook (max 4.9)</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>4 2 split or push up landings 1 combo of 2 difficulty elements 2 from; Cartwheel Round off Walkover (f/b)*</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Categories – Individual women, Individual men, Pairs (same sex or mixed), Groups 3 - 5

* f – forward, b - backwards
Open Level rules
In addition to the tabled information above.

The NZ Aerobics handbook is effectively the NZ Code of Points and should be used as such.

- The floor size for each level, age group and category is 7 metres x 7 metres, except Level 4, 15 - 17 groups and 18+ years individual, pairs and groups which will be 10 metres x 10 metres.
- Lifts – no lifts for level 1, for all other levels 1 lift is optional.
- Compulsory elements cannot be performed in combination.
- All fundamental compulsories must be performed without travelling.
- Elements can be modified in the same way as AeroSchools Levels. For example, push up to push up on knees, straddle hold to straddle support with feet on the ground.
- One element from each of the specified element families must be performed, any additional elements can be from any group but there must not be any repetition of an element family.
- Athletes may compete in more than one category.

Attire

The following exceptions to the FIG rules may be applied for Open Levels Division

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.
i. The undergarments must not be seen.

Routine requirements for Open level age groups

5 – 6 and 7 – 8 years (Not eligible for Nationals)
A basic aerobic routine (any suitable AEROBIC music choice) that must include the following 32 count sequence and fundamental compulsories:

- **4 x Jumping Jacks** (8 counts) followed by (in any order) **8 x Jogging Steps** travelling (8 counts), **4 x Knee Lifts** (8 counts) and **Grapevine left, Grapevine right** (8 counts)
- **4 x Push Ups** performed side on to the judges
- **4 x High Leg kicks** performed side on to the judges

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

- 1 x Element from the Turns family (Balance and Flexibility Group D)
- 1 x Element from the Push Up family (Dynamic Strength Group A)
- 1 x Element from the Straight Jump family (Jumps and Leaps Group C)
- 1 x Element from the Support family (Straddle or L support held for 2 seconds: Static Strength Group B)
- Compulsory Elements can be upgraded to 0.2 from the NZ Handbook
- Music length 1 minute and 5 seconds plus or minus 5 seconds

**9 - 11 years**

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

- A 32 count rebound sport aerobic block instigated by 4 x Jumping Jacks (not travelling)
- **4 x Push Ups** performed side on to the judges
- **4 x High Leg kicks** performed side on to the judges

Plus at least one of the following elements from each group:

- 1 x Element from the Turns family (Balance and Flexibility Group D)
- 1 x Element from the Push Up family (Dynamic Strength Group A)
- 1 x Element from the Bent Legs Jump family (Jumps and Leaps Group C)
- 1 x Element from the Support family (Straddle or L support held for 2 seconds: Static Strength Group B)
- Compulsory Elements can be upgraded to 0.3 from the NZ Handbook
- Music length 1 minute and 15 seconds plus or minus 5 seconds
12 – 14 years

A more advanced aerobic routine using choreography of your choice and any suitable AEROBIC music choice that must contain the following fundamental compulsories:

- A 32 count rebound sport aerobic block instigated by 4 x Jumping Jacks (not travelling)
- 4 x Push Ups performed side on to the judges
- 4 x High Leg kicks performed side on to the judges

Plus at least one of the following elements from each group:

- 1 x Element from the Turns family (Balance and Flexibility Group D)
- 1 x Element from the Push Up family (Dynamic Strength Group A)
- 1 x Element from the Bent Legs Jump family (Jumps and Leaps Group C)
- 1 x Element from the Support family (Straddle or L support held for 2 seconds: Static Strength Group B)
- Compulsory Elements can be upgraded to 0.4 from the NZ Handbook
- Music length 1 minute and 20 seconds plus or minus 5 seconds

15 – 17 years

A more advanced aerobic routine using choreography of your choice and any suitable AEROBIC music choice that must contain the following fundamental compulsories:

- A 32 count rebound sport aerobic block instigated by 4 x Jumping Jacks (not travelling)
- 4 x Push Ups performed side on to the judges
- 4 x High Leg kicks performed side on to the judges

Plus at least one of the following elements from each group:

- 1 x Element from the Turns family (Balance and Flexibility Group D)
- 1 x Element from the Push Up family (Dynamic Strength Group A)
- 1 x Element from the Bent Legs Jump family (Jumps and Leaps Group C)
- 1 x Element from the Support family (Straddle or L support held for 2 seconds: Static Strength Group B)
- Compulsory Elements can be upgraded to 0.5 from the NZ Handbook
- Music length 1 minute and 20 seconds plus or minus 5 seconds
18+ years

A more advanced aerobic routine using choreography of your choice and any suitable AEROBIC music choice that must contain the following fundamental compulsories:

- A 32 count rebound sport aerobic block instigated by 4 x Jumping Jacks (not travelling)
- 4 x Push Ups performed side on to the judges
- 4 x High Leg kicks performed side on to the judges

Plus at least one of the following elements from each group:

- 1 x Element from the Turns family (Balance and Flexibility Group D)
- 1 x Element from the Push Up family (Dynamic Strength Group A)
- 1 x Element from the Bent Legs Jump family (Jumps and Leaps Group C)
- 1 x Element from the Support family (Straddle or L support held for 2 seconds: Static Strength Group B)
- Compulsory Elements can be upgraded to 0.7 from the NZ Handbook
- Music length 1 minute and 20 seconds plus or minus 5 seconds
- Performed on 10m x 10m area

ADP Division

<table>
<thead>
<tr>
<th>ADP Age group</th>
<th>Time</th>
<th>Max elements</th>
<th>Max floor elements</th>
<th>Max jump landing in push up OR split</th>
<th>Max Lifts</th>
<th>Max Acro</th>
<th>Combos</th>
<th>Floor (metres)</th>
</tr>
</thead>
<tbody>
<tr>
<td>ADP 1 7 - 8 years</td>
<td>1m15s +/- 5s</td>
<td>5 (0.1 to 0.2 with 1 @ 0.3) Max difficulty 1.1</td>
<td>3</td>
<td>0</td>
<td>0</td>
<td>1 x Cartwheel</td>
<td>0</td>
<td>7 x 7</td>
</tr>
<tr>
<td>ADP 2 9 – 11 years</td>
<td>1m15s +/- 5s</td>
<td>6 (0.1 to 0.3 with 1 @ 0.4) Max difficulty 1.9</td>
<td>4</td>
<td>1 landing in split only</td>
<td>0</td>
<td>2 from; Cartwheel Round off Walkover (b/f)*</td>
<td>0</td>
<td>7 x 7</td>
</tr>
<tr>
<td>ADP 3</td>
<td>12 – 14 years</td>
<td>1m15s +/- 5s</td>
<td>8 (0.1 to 0.5) Max difficulty (not including combos) 4.0</td>
<td>5</td>
<td>1 landing in split</td>
<td>1 landing push up</td>
<td>1 Optional</td>
<td>2 from; Cartwheel Round off Walkover (b/f) Headspring Handspring (f) Flic Flac</td>
</tr>
<tr>
<td>-------</td>
<td>---------------</td>
<td>---------------</td>
<td>----------------------------------------------------------</td>
<td>----</td>
<td>------------------</td>
<td>------------------</td>
<td>------------</td>
<td>---------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>ADP 4</td>
<td>15 - 17 years</td>
<td>1m20s +/- 5s</td>
<td>9 (0.1 to 0.6) Max difficulty (not including combos) 5.4</td>
<td>5</td>
<td>3 landings in split or push up</td>
<td>1 Compulsory</td>
<td>2 from; Cartwheel Round off Walkover (b/f) Headspring Handspring (f) Flic Flac Salto 360 without twist (f/b/s)</td>
<td>2 combo of 2 difficulty elements</td>
</tr>
<tr>
<td>ADP 5</td>
<td>18+ years</td>
<td>1m20s +/- 5s</td>
<td>10 up to 0.8 Max difficulty (not including combos) 8.0</td>
<td>5</td>
<td>3 landings in split or push up</td>
<td>1 Compulsory</td>
<td>2 from; Cartwheel Round off Walkover (b/f) Headspring Handspring (f) Flic Flac Salto 360 without twist (f/b/s)</td>
<td>2 combo of 2 difficulty elements</td>
</tr>
</tbody>
</table>

**Categories** – Individual women, Individual men, Pairs, Groups 3 - 5

* b – backwards / f – forwards / s – side

**Notes on ADP**

- A minimum of 1 element from each group must be performed.
- **MUST NOT** have two elements from the same family.
- Attire as per FIG COP.
- Pairs can be same sex or mixed.
Routine requirements for ADP

**ADP 1 (7-8 Years) Not eligible for Nationals**
- A maximum of 5 skill elements up to 0.2 in value with one 0.3 element optional at least one from each of the four groups
- A maximum of 3 elements on the floor
- No push up or split landings
- Maximum of 1 x cartwheel allowed, no other acrobatic moves
- Music length 1:15 min (+/- 5 seconds)

**ADP 2 (9-11 years)**
- A maximum of 6 skill elements up to 0.3 in value with one 0.4 element optional 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 landing
- Maximum of 2 acrobatic moves from: Cartwheel, Round off, Backwards or Forwards Walkover
- Music length 1:15 min (+/- 5 seconds)

**ADP 3 (12-14 years)**
- A maximum of 8 skill elements up to 0.5 in value – at least one from each of the four groups
- A maximum of 5 elements on the floor
- Max 2 landings in push up or split
- Maximum of 2 acrobatic moves from; Cartwheel, Round off, Backwards or Forwards Walkover, Headspring, Forward Handspring, Flic Flac
- Music length 1:15 min (+/- 5 seconds)

**ADP 4 (15-17 years)**
- A maximum of 9 skill elements up to 0.6 in value – at least one from each of the four groups
- A maximum of 5 elements on the floor
- Max 3 landings in push up or split
- Maximum of 2 acrobatic moves from; Cartwheel, Round off, Backwards or Forwards Walkover, Headspring, Forward Handspring, Flic Flac, Front, Back or Side Salto 360 without twist
- Music length 1:20 min +/- 5 seconds

**ADP 5 (18+ years)**
- A maximum of 10 skill elements up to 0.8 in value – at least one from each of the four groups
- A maximum of 5 elements on the floor
- Max 3 landings in push up or split
- Maximum of 2 acrobatic moves from; Cartwheel, Round off, Backwards or Forwards Walkover, Headspring, Forward Handspring, Flic Flac, Front, Back or Side Salto 360 without twist
- Music length 1:20 min +/- 5 seconds (individual)

International – FIG Rules and regulations are applied to this category and can be found in the FIG COP.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Time</th>
<th>Compulsories</th>
<th>Max elements</th>
<th>Max floor elements</th>
<th>Max jump landing in push up</th>
<th>Max jump landing in split</th>
<th>Max Lifts</th>
<th>Combos</th>
<th>Max Acro</th>
<th>Floor</th>
</tr>
</thead>
</table>
| National Development 9 – 11 years | 1m15s +/- 5s | - Push up  
- Straddle support  
- Air turn  
- Vertical Split | 6 
(0.1 to 0.4)  
1 element  
0.5 optional | 4 | 0 | 1 | 0 | 0 | 2 from; Cartwheel Round off Walkover (b/f)* NO off axis jumps | 7 x 7 (IM, IW, MP, trio) 10 x 10 (group) |

| Age Group 1 12 – 14 years | 1m15s +/- 5s | - Helicopter to push up  
- Straddle support (MAX 1/1 Turn)  
- Tuck jump 1/1 turn  
- 1/1 Turn to Vertical | 8 
(0.1 to 0.6)  
1 element  
0.7 optional | 5 | 1 | 1 | 1 optional 0 value | 1 of 2 difficulty elements | 2 from; Cartwheel Round off Walkover (b/f) Headspring Handspring (f) Flic Flac NO off axis jumps | 7 x 7 (IM, IW, MP, trio) 10 x 10 (group) |

| Age Group 2 15 - 17 years | 1m20s +/- 5s | - Helicopter to split or Wenson  
- Straddle support (MAX 2/1 turns)  
- Straddle jump  
- Illusion to Vertical / Free Illusion to Vertical | 9 (8 ELTs MP, TR, GR)  
(0.2 to 0.7)  
(1 @ 0.8) | 5 | 1 compulsory 0 value | 2 of 2 difficulty elements | 2 from; Cartwheel Round off Walkover (b/f) Headspring Handspring (f) Flic Flac NO off axis jumps | 10 x 10 |

<p>| Senior 18+ years | 1m20s +/- 5s | | 10 | 5 | 2 compulsory | 2 of 3 ACRO or | 2 from; Cartwheel | 10 x 10 |</p>
<table>
<thead>
<tr>
<th>Elements 0.3 and above</th>
<th>difficulty elements</th>
<th>Round off Walkover (b/f) Headspring Handspring (f) Flic Flac Salto 360 without twist (f/b/s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Categories – Individual women, Individual men, Mixed Pairs, Trios, Groups 5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>* b – backwards / f – forwards / s – side</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Notes on International**
- All age groups are eligible for Nationals
- Entry into the International Division is by trial only (details below)

**National Development (9 – 11 years)**
- A maximum of 6 skill elements up to 0.4 value with one 0.5 element optional – at least one from each of the four groups and including the 4 compulsory elements;
  - Push up
  - Straddle support
  - Air turn
  - Vertical Split
- Maximum of 4 elements on the floor and only 1 split landing
- No push up landing and no combinations
- Maximum of 2 acrobatic moves from A1 to A3; Cartwheel, Round off, Backwards or Forwards Walkover - NO off axis jumps
- Music length 1:15 min (+/- 5 seconds)
- Acro and difficulty elements are not to be combined

**AGE GROUP 1 (12-14 years)**
- A maximum of 8 skill elements up to 0.6 in value with one 0.7 element optional – at least one from each of the four groups including the four compulsory elements:
  - Helicopter to push up
  - Straddle support (maximum 1/1 Turn)
  - Tuck jump 1/1 turn
  - 1/1 Turn to Vertical
- A maximum of 5 elements on the floor and only 1 split landing and 1 push up landing allowed
- One combination of 2 difficulty elements allowed
- Maximum of 2 acrobatic moves from A1 to A6; Cartwheel, Round off, backwards or forwards Walkover, Head Spring, forward Handspring or Flic Flac - NO off axis jumps
- All elements must be from a different base family
- Music length 1:15 min (+/- 5 seconds)
- Acro and difficulty elements are not to be combined

**AGE GROUP 2 (15-17 years)**
- A maximum of 9 skill elements for IM and IW and 8 skill elements for MP, TR, GR between 0.2 – 0.7 in value, with one element of 0.8 value – at least one from each of the four groups including the four compulsory elements:
  - Helicopter to split or Wenson
  - Straddle support (maximum 2/1 Turn)
  - Straddle Jump
  - Illusion to Vertical Split or Free Illusion to Vertical Split
- A maximum of 5 elements on the floor and only 2 split landings and 2 push up landings allowed
- TWO combinations of 2 difficulty elements allowed
- Maximum of 2 acrobatic moves from A1 to A7; Cartwheel, Round off, backwards or forwards Walkover, Head Spring, forward Handspring, Flic Flac or forward, backwards or side Salto 360 without twist
- All elements must be from a different base family
- Music length 1:20 min (+/- 5 seconds)
- Each team/group/MP must have 1 lift
- Acro and difficulty elements are not to be combined

**SENIOR INTERNATIONAL (18+ years)**
- A maximum of 10 skill elements for IW and IM and 9 skill elements for MP, TR, GR (no compulsories)
- Elements with a value of 0.1 and 0.2 will not be considered difficulty
- A maximum of 5 elements on the floor
- Max 3 push up or split landings allowed
- Maximum of 2 acrobatic moves from A1 to A7; Cartwheel, Round off, backwards or forwards Walkover, Head Spring, forward Handspring, Flic Flac or forward, backwards or side Salto 360 without twist
- All elements must be from a different base family
- 2 combinations of 3 difficulty or Acro elements allowed
- Music length 1:20 min (+/- 5 seconds)
- Each team/group/MP must have 1 lift which will be awarded value

**An international athlete cannot move into the AeroSchools level or open level divisions.**
### Rules of entry into the International Division

In 2017 the International division will be split into two pathways. Please see the table below for details.

<table>
<thead>
<tr>
<th>International Participation</th>
<th>Event choices</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>ANAC – 29th July to 2nd August 2017 in Phoenix, Arizona.</td>
<td>Athletes wishing to compete in the International division <strong>must</strong> compete in at least one of these International competitions in 2017 (dispensation will be considered in exceptional cases).</td>
</tr>
<tr>
<td></td>
<td>Australian Nationals – September 2017.</td>
<td>Athletes who do not wish to travel internationally will not be eligible to compete in the International division.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>International Performance</th>
<th>Event choices</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>World Cup/World Championship Events.</td>
<td>For athletes on the Aerobics International performance pathway. Attendance at world cups and world championships will be by Expression of Interest.</td>
</tr>
<tr>
<td></td>
<td>ANAC – as above (participation tour).</td>
<td>Athletes on this pathway will still be eligible to attend ANAC and Australian Nationals in 2017.</td>
</tr>
<tr>
<td></td>
<td>Australian Nationals – as above (participation tour).</td>
<td></td>
</tr>
</tbody>
</table>

- All athletes wishing to represent New Zealand must be a current New Zealand passport holder.

- **FIG rules dictate that International athletes must not compete as FISAF (NZCAF) athletes.**

- Any individual athlete, Mixed Pair, Trio or Group wishing to trial for the International division must complete an Intention to Trial (ITT) form (available from GymSports NZ) two weeks prior to the first competition of the year.

- Individuals, Mixed Pairs, Trios or Groups must trial at the first and/or second sanctioned competition of the year in the North or South Island, qualification attempts can only be made at two competitions (four attempts in total with heats and finals). All routines will be recorded on the day for analysis, if required.
- An athlete wishing to compete in more than one International category must qualify as both an individual and as part of a team – qualifying as part of a team does not grant entry as an individual.

- In International teams, all members must be in the same age category.

- Individuals, Mixed Pairs, Trios or Groups must meet minimum requirements for 3 of the 4 compulsory elements in the routine, excluding Senior who do not have compulsory elements.

- Individuals, Mixed Pairs, Trios or Groups must reach the minimum difficulty score as outlined below;

<table>
<thead>
<tr>
<th></th>
<th>Individuals Qualifying score</th>
<th>Multiples Qualifying score</th>
<th>Compulsory elements</th>
<th>Minimum Raw Difficulty</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Development</td>
<td>15.50</td>
<td>15.00</td>
<td>Must meet minimum requirements for 3 of the 4 compulsory elements in the routine</td>
<td>1.1</td>
</tr>
<tr>
<td>AG1</td>
<td>16.00</td>
<td>15.50</td>
<td></td>
<td>2.6</td>
</tr>
<tr>
<td>AG2</td>
<td>16.50</td>
<td>16.00</td>
<td></td>
<td>3.6</td>
</tr>
<tr>
<td>Senior</td>
<td>17.50</td>
<td>17.00</td>
<td></td>
<td>4.4</td>
</tr>
</tbody>
</table>

- If an athlete is staying in the same age group and meets the qualifying criteria at the GymSports National Championships, they will automatically gain entry into the same International category for the following year.

- If an athlete is moving up an age group, or wishing to compete in an additional category, they must re-trial in the new year.

- A challenge process will be available for Individuals, Mixed Pairs, Trios or Groups trialling for International division at the first two competitions of the year in their region. Routines will be recorded by GymSports NZ in order for any challenge on difficulty scores to be assessed.

- An athlete that does not meet the requirements for the International Division will still need to qualify for the GymSports National Championships in their alternative division.
Please note that the 2017 GymSports National Championships will be a qualifier for Suzuki 2018.

**Rules of movement between divisions**

**AeroDance is treated as a division in its own right and can be competed in without impacting on the regulations below.**

- Athletes can commence in any division provided they are aligned with the age group e.g. a 12 year old can commence in AeroSchools level 3, 4 or 5, Open level 3, ADP 3 or International Age Group 1 (subject to international division selection criteria on page 19).

- There is no restriction for moving up an AeroSchools level or changing to another division, provided the athlete stays within their age group. In any calendar year, once an athlete has gone up an AeroSchools level or another division, that is the level/division that they must continue to compete in for the remainder of that year.

- Athletes must qualify twice in the Division they wish to enter in for Nationals. The Division entered must be the highest Division that the athlete has competed in that calendar year.

- 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).

- An athlete may not move to a lower AeroSchools level or Division after the completion of their first competition.

- One member of a pair can compete up one age group level and/or division. They must compete in the highest division, for example a 13 year old AeroSchools level 4 and a 15 year old Open Level must compete in Open Level 4, 15+. Note: An athlete cannot compete up two or more levels or Divisions e.g. An AeroSchools athlete cannot compete as a mixed pair in ADP and an ADP athlete must not compete as a pair in the open division.

- Trios and Groups can compete up or down one age group level or division, however, the majority of the group must be from the division and age group they are competing in.

- At the end of each competition season an athlete, or returning athlete, may go back one AeroSchools level or Division. Note: a returning international athlete may not start a new competition season lower than ADP. Once they have completed one full competition season at ADP they may then elect to go back to a lower division.

**Non-compliance with these rules will result in disqualification. Please seek clarification from GymSports NZ if you are unsure.**
General rules and regulations

Participation Criteria

Age requirements

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 age group, even though they may still be 11 years of age at the date of the competition).

Residency

To hold a National New Zealand title an athlete must be a resident of New Zealand or a New Zealand Citizen residing in New Zealand for a minimum of 6 months in the current competition year.

GymSports New Zealand affiliation

To be eligible for selection to attend the GymSports NZ National Championships or to represent New Zealand, an athlete must be affiliated to GymSports NZ (as per GymSports NZ rules), and turning a minimum of nine years of age in the year of competition.

Dispensation

Dispensations relating to the GymSports National Championships must be sent to the GymSports Event Manager at Rebecca.weber@gymsportsnz.com

All other dispensations should be sent to Danielle.halliday@gymsportsnz.com

National Championships

National Competition Categories

- Individual Men/Boys
- Individual Women/Girls
- AeroSchools Levels, Open Levels and ADP categories pairs can be same sex or mixed
- AeroSchools Levels, Open Levels and ADP category groups of 3 to 5 (Any combination of males and/or females)
- International mixed pair - one (1) male and one (1) female
- International trios (Any combination of males and/or females)
- International groups of 5 (Any combination of males and/or females)
- AeroDance groups 5 to 8 (Any combination of males and/or females)

There is currently no limit to the number of entrants that may enter the National Championships. Athletes must attain the qualifying mark in the category they wish to enter, at a **MINIMUM OF TWO QUALIFYING EVENTS**. Entries are accepted from the provincial coordinator.

**GymSports National Championship qualifying marks for 2017**

<table>
<thead>
<tr>
<th>Division</th>
<th>Individual</th>
<th>Multiples</th>
<th>Proficiency</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Individual</td>
<td>Multiples</td>
<td></td>
</tr>
<tr>
<td>AeroDance 9 – 14 years</td>
<td>N/A</td>
<td>14.00</td>
<td>N/A</td>
</tr>
<tr>
<td>AeroDance 15+ years</td>
<td>N/A</td>
<td>14.50</td>
<td>N/A</td>
</tr>
<tr>
<td>All AeroSchools levels</td>
<td>14.50</td>
<td>14.00</td>
<td>16.50</td>
</tr>
<tr>
<td>Open 9 – 11 years</td>
<td>14.50</td>
<td>14.00</td>
<td>16.50</td>
</tr>
<tr>
<td>Open 12 – 14 years</td>
<td>14.75</td>
<td>14.25</td>
<td>16.75</td>
</tr>
<tr>
<td>Open 15+ years</td>
<td>15.00</td>
<td>14.50</td>
<td>17.00</td>
</tr>
<tr>
<td>ADP 2</td>
<td>14.75</td>
<td>14.25</td>
<td>16.75</td>
</tr>
<tr>
<td>ADP 3</td>
<td>15.00</td>
<td>14.50</td>
<td>17.00</td>
</tr>
<tr>
<td>ADP 4</td>
<td>15.25</td>
<td>14.75</td>
<td>17.25</td>
</tr>
<tr>
<td>ADP 5</td>
<td>15.50</td>
<td>15.00</td>
<td>17.50</td>
</tr>
<tr>
<td>National Development</td>
<td>15.50</td>
<td>15.00</td>
<td>17.50</td>
</tr>
<tr>
<td>Age Group 1</td>
<td>16.00</td>
<td>15.50</td>
<td>18.00</td>
</tr>
<tr>
<td>Age Group 2</td>
<td>16.50</td>
<td>16.00</td>
<td>18.50</td>
</tr>
<tr>
<td>Senior International</td>
<td>17.50</td>
<td>17.00</td>
<td>19.50</td>
</tr>
</tbody>
</table>
Performance Music Requirements

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

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

Incidences of Extraordinary Circumstances

- Incorrect music is cued
- Music problems due to equipment malfunction
- Disturbances caused by general equipment failure
- 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).
- Extraordinary circumstances that may cause a Walk Over (see judging guidelines for reference) or other disturbances that are 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.

Judging guidelines will be added to this document following the International judging course in January 2017.
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.

GymSports New Zealand would like to thank the following people for dedicating their knowledge and time towards the review of this handbook;

Amy Williams
Bronte Coluccio
Catherine Thomson
Zita Davies