



2018 Handbook

AEROBIC

GYMNASTICS HANDBOOK

Version 3 - December 2017

DIVISION REGULATIONS

AEROBIC GYMNASTICS HANDBOOK

Gymnastics New Zealand

Contents

Introduction - Definitions - Gymnastics NZ contact details	Page 4
Framework summary - Glossary - Division table - Division descriptions	Page 5
Framework details – AeroDance - AeroDance details and rules	Page 7
Framework details – AeroSchools Levels - AeroSchools levels details and rules - AeroSchools resource use for 2018	Page 9
Framework details – Open Levels - Open levels details and rules	Page 11
Framework details – ADP - ADP details and rules	Page 16
International – - Framework details and rules - Tours Information - Entry and Qualifying Criteria - Regulations	Page 19
Movement between divisions	Page 26
General Rules	Page 27
Dispensation Process	Page 28

Nationals <ul style="list-style-type: none"> - Competition categories - Qualifying marks and proficiency scores for 2018 - Performance music requirements - Extraordinary circumstances 	Page 29
Judging Guidelines – Artistic	Page 32
Judging Guidelines – Execution	Page 37
Judging Guidelines - Difficulty	Page 44
Judging Guidelines – Chair of Judges Panel	Page 50
Judging Guidelines – Composition of Panels	Page 52
Difficulty Tables	Page 53

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.

2018 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.

Gymnastics NZ

Gymnastics New Zealand (formerly GymSports New Zealand) is the recognised national governing body for Aerobic Gymnastics. Gymnastics 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

Gymnastics NZ

PO Box 9485, Newmarket, Auckland.

Level 2, 6 Arawa St, Auckland

Telephone 09 377 3600

E-mail office@gymnasticsnz.com

Web Site www.gymnasticsnz.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 competitor's i.e. Individual women, Individual Men, Mixed Pair, Trio, Group.

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

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

Division table

DIVISIONS				
AeroDance	AeroSchools Levels	Open Levels	ADP	International
5 – 8 years <i>Not eligible for Nationals</i>	Level 2 5 – 6 years 7 – 8 years 9 – 11 years <i>Not eligible for Nationals</i>	Level 1 5 – 6 years 7 – 8 years <i>Not eligible for Nationals</i>	ADP 1 7 – 8 years <i>Not eligible for Nationals</i>	
9 – 14 years <i>Pre-choreographed or Open (separate categories)</i>	Level 3 9 – 11 years 12 – 14 years 15 + years <i>Not eligible for Nationals</i>	Level 2 9 – 11 years	ADP 2 9 – 11 years	National Development 9 - 11 years
15+ years <i>Pre-choreographed or Open (separate categories)</i>	Level 4 9 – 11 years 12 – 14 years 15 + years	Level 3 12 - 14 years	ADP 3 12 – 14 years	Age Group 1 12 – 14 years
	Level 5 9 – 11 years 12 – 14 years 15 + years	Level 4 15 - 17 years	ADP 4 15 – 17 years	Age Group 2 15 -17 years
		Level 5 18 + Years	ADP 5 18 + years	Senior 18 + years
Groups of 5 – 8, Male, Female or Mixed	Individual Men, Individual Women, Pairs & Trios – same sex or mixed, Groups 4 - 5			Individual Men, Individual Women, Mixed pairs, Trios, Groups 5

Division descriptions

AeroDance

AeroDance is 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 in 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

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 Gymnastics 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.

Framework detail

AeroDance

There are two categories within the AeroDance division.

- 1) AeroDance AeroSchools (Pre-choreographed)
- 2) AeroDance Open (own choreography).

Age Group	Time	Compulsories	Max Lifts	Max Acro	Floor (metres)
5 – 8 years (not eligible for nationals)	60s +/- 5s	Recognisably different 32 - 64 count of high intensity dance with different music from the aerobics	0	0	7 x 7
9 – 14 years	1m20s +/- 5s		Optional 1	1 x Cartwheel	10 x 10
15 + years	1m20s +/- 5s		Optional 1	2 from; Cartwheel Round off Walkover	10 x 10
		Groups of 5 – 8, Male, Female or Mixed			

AeroDance rules

- Teams of 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 that different music is used for the second style 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.
- There is no option of an International pathway to AeroDance.
- Teams can choose from two categories; AeroDance AeroSchools or AeroDance Open.
- Teams choosing AeroSchools AeroDance can choreograph their own 32-64 count second style that is different from the pre-set choreography if they wish to.

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

AeroSchools level	Age group	Time	Compulsories		Modified version	Max Lifts	Max Acro	Landings
			Fundamental Compulsories	Compulsory Elements				
Level 2 Not eligible for Nationals	5 – 6 7 – 8 9 – 11	60s +/- 5s	None	None	N/A	0	0	0 Split landing 0 Push up landing
Level 3 Not eligible for Nationals	9 – 11 12 – 14 15 +	1m30s +/- 5s	<ul style="list-style-type: none"> - 4 x Jacks - 4 x Kicks - 4 x Push ups (can be on knees) 	<ul style="list-style-type: none"> - Push up - L/Straddle support - Straight jump - Tuck jump - Scissor kick or Split leap - Splits - ½ turn (Max total value 1.2*)	<ul style="list-style-type: none"> - Push up on knees - L/Straddle support with feet on ground - Stag to replace splits 	Optional 1	1 x Cartwheel	0 Split landing 0 Push up landing
Level 4	9 – 11 12 – 14 15 +	1m30s +/- 5s	<ul style="list-style-type: none"> - 4 x Jacks as start of 32 count aerobic block - 4 x Kicks - 4 x Push ups (can be on knees) 	<ul style="list-style-type: none"> - Push up - L/Straddle support - Half tuck jump - Full turn jump - Scissor kick or Split leap - Splits - Vertical split - 1/1 turn (Max total value 1.7*)	<ul style="list-style-type: none"> - Push up on knees - L/Straddle support with feet on ground - Stag to replace splits - Tuck jump to replace half turn tuck jump 	Optional 1	1 x Cartwheel	0 Split landing 0 Push up landing
Level 5	12 – 14 15 +	1m30s +/- 5s	<ul style="list-style-type: none"> - 4 x Jacks as start of 32 count aerobic block - 4 x Kicks - 4 x Push ups (can be on knees) 	<ul style="list-style-type: none"> - Max. 8 elements each with a max. value of 0.4 - Min. one from every group (A, B, C, D) - Max. 4 elements up - Max. 4 elements down (Max total value 3.2*)	Modified versions acceptable as per above	Optional 1	1 x Cartwheel	1 Split landing or 1 Push up landing
Categories – Individual women, Individual men, Pairs & Trios (same sex or mixed), Groups 4 - 5 * MAX D Values DO NOT include the bonus points for full Push Ups and High Leg Kick height.								

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 2018 the following AeroSchools resources can be used;

2015	2016	2017	2018
------	------	------	------

The resource can be purchased from the Gymnastics New Zealand website <http://www.gymnasticsnz.com/gymsports-member-resources/productorders/>

Open Levels Division.

Open Levels age group	Time	Compulsories		Optional Elements	Max elements including compulsories	Max floor elements	Max Push-up landing	Max Split landing	Combos	Max Acro
		Fundamental	NZ Handbook Family							
Level 1 5 – 6 years 7 – 8 years <i>Not eligible for Nationals</i>	1.05s +/-5s	- Initiate 32 count with 4 x jacks (8 counts) then in any order; • 4 x Knee lifts (8 counts) • 4 x Jogs (8 counts) • Grapevine left and right (8 counts) - 4 x Push Ups - 4 x High Leg Kicks	A. Push up B. Support C. Straight jump D. Turn	0	4 <i>Can upgrade to 0.2 from NZ Handbook (max total value 0.8*)</i>	2	0	0	0	1 x Cartwheel
Level 2 9 – 11 years	1.15s +/-5s	- Initiate 32 count aerobic block with 4 x Jacks - 4 x Push ups - 4 x Kicks	A. Push up B. Support C. Bent legs jump D. Turn	1	5 <i>Can upgrade to 0.3 from NZ Handbook (max total value 1.5*)</i>	3	0	1	0	1 x Cartwheel
Level 3 12 – 14 years	1.20s +/-5s	- Initiate 32 count aerobic block with 4 x Jacks - 4 x Push ups - 4 x Kicks	A. Push up B. Support C. Bent legs jump D. Turn	2	6 <i>Can upgrade to 0.4 from NZ Handbook (max total value 2.4*)</i>	3	1 split or 1 push up landing		1 combo of 2 difficulty elements	2 from; Cartwheel Round off Walkover (f/b)
Level 4 15 – 17 years	1.20s +/-5s	- Initiate 32 count aerobic block with 4 x Jacks - 4 x Push ups - 4 x Kicks	A. Push up B. Support C. Bent legs jump D. Turn	3	7 <i>Can upgrade to 0.5 from NZ Handbook (max 3.5*)</i>	4	2 split or push up landings		1 combo of 2 difficulty elements	2 from; Cartwheel Round off Walkover (f/b)
Level 5 18+ years	1.20s +/-5s	- Initiate 32 count with 4 x Jacks - 4 x Push ups - 4 x Kicks	A. Push up B. Support C. Bent legs jump D. Turn	3	7 <i>Can upgrade to 0.7 from NZ Handbook (max 4.9*)</i>	4	2 split or push up landings		1 combo of 2 difficulty elements	2 from; Cartwheel Round off Walkover (f/b)
Categories – Individual women, Individual men, Pairs & Trios (same sex or mixed), Groups 4 – 5 * MAX D Values DO NOT include the Bonus points for Full Push Ups and High Leg Kick Height - (f/b) f – forwards, b - backwards										

Open Levels Rules

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

In addition to the tabled information above:

- 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 Levels

Open Level 1: 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

Open Level 2: 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 initiated 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

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 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

Open Level 3: 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 initiated 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

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 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

Open Level 4: 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 initiated 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

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 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

Open Level 5: 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 initiated 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

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 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

ADP Age group	Time	Max Elements	Max floor Elements	Max jump landing in push up OR split		Max Lifts	Max Acro	Combos	Floor (metres)
ADP 1 7 - 8 years <i>Not eligible for Nationals</i>	1m15s +/- 5s	5 (0.1 to 0.2 with 1 @ 0.3) Max difficulty 1.1	3	0		0	1 x Cartwheel	0	7 x 7 (ALL)
ADP 2 9 – 11 years	1m15s +/- 5s	6 (0.1 to 0.3 with 1 @ 0.4) Max difficulty 1.9	4	1 landing in split only		0	2 from; Cartwheel Round off Walkover (b/f)	0	7 x 7 (ALL)
ADP 3 12 – 14 years	1m15s +/- 5s	8 (0.1 to 0.5) Max difficulty (not including combos) 4.0	5	1 landing in split	1 landing push up	1 Optional	2 from; Cartwheel Round off Walkover (b/f) Headspring Handspring (f) Flic Flac	1 combo of 2 difficulty elements	7 x 7 (IM, IW, PR & TR) 10 x 10 (GR)
ADP 4 15 - 17 years	1m20s +/- 5s	9 (0.1 to 0.6) Max difficulty (not including combos) 5.4	5	3 landings in split or push up		1 Compulsory (GR) Optional (PR & TR)	2 from; Cartwheel Round off Walkover (b/f) Headspring Handspring (f) Flic Flac Salto 360 without twist (f/b/s)	2 combo of 2 difficulty elements	10 x 10 (ALL)
ADP 5 18+ years	1m20s +/- 5s	10 up to 0.8 Max difficulty (not including combos) 8.0	5	3 landings in split or push up		1 Compulsory	2 from; Cartwheel Round off Walkover (b/f) Headspring Handspring (f) Flic Flac Salto 360 without twist (f/b/s)	2 combo of 2 difficulty elements	10 x 10 (ALL)
Categories – Individual women, Individual men, Pairs & Trios, Groups 4 – 5 (f/b/s) – f – forward, b – backward, 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.

Age Group	Time	Compulsories	Max elements	Max floor elements	Max jump landing in push up	Max jump landing in split	Max Lifts	Combos	Max Acro	Floor
National Development 9 – 11 years	1m15s +/- 5s	<ul style="list-style-type: none">- 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	<ul style="list-style-type: none">- 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	<ul style="list-style-type: none">- Helicopter to split or Wenson- Straddle support (MAX 2/1 turns)- Straddle jump- Illusion to Vertical / Free Illusion to Vertical	10 (9 ELTs MP, TR, GR) (0.2 to 0.7) (1 @ 0.8)	5	Max 3 landing in push up or split		1 compulsory 0 value	2 of 2 difficulty elements	2 from; Cartwheel Round off Walkover (b/f) Headspring Handspring (f) Flic Flac Salto 360 without twist (f/b/s)	10 x 10
Senior 18+ years	1m20s +/- 5s		10 Elements 0.3 and above	5	Max 3 landing in push up or split		1 compulsory Value Awarded	2 of 3 ACRO or difficulty elements	2 from; Cartwheel Round off Walkover (b/f) Headspring Handspring (f) Flic Flac Salto 360 without twist (f/b/s)	10 x 10
Categories – Individual women, Individual men, Mixed Pairs, Trios, Groups 5 (f/b/s) b – backwards / f – forwards / s – side										

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, headspring, 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 10 skill elements for IM and IW and 9 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, headspring, 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)
- Must perform 1 element from 3 out of 4 groups
- 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, headspring, 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 if they fail to qualify for the International division, they must compete in the ADP division.

Rules of entry into the International Division

In 2018 International Tours will be split into separate divisions. Please see the table below for details.

International Tours 2018 - 2020

	New Zealand Trial Date	Definitive Registration (2 months)	Nominative Registration (1 month)	Competition Date	Ranking	Qualification Scores Ind/Multiples/D RAW
Suzuki World Cup (JPN)	Nationals	Week of 19 th February	Week of 19 th March	21 st /22 nd April 2018	Performance (Level 2)	ND = 16.8/16.3/1.5 AG1 = 17.5/17.0/3.0 AG2 = 18.5/18.0/4.0 SNR = 19.3/18.8/5.0
Alternate years: FIG World Cup (POR)/WORLD CHAMPIONSHIPS	Nationals – Fitness Test February	March	April	Late May	Performance (Level 1)	ND = 17.5/17.0/1.9 AG1 = 18.5/18.0/3.4 AG2 = 19.5/19.0/4.4 SNR = 20.3/19.8/5.4
Heathrow Open (GBR)	Nationals – Fitness Test February	Early April	Early May	Early June	Performance (Level 2)	ND = 16.8/16.3/1.5 AG1 = 17.5/17.0/3.0 AG2 = 18.5/18.0/4.0 SNR = 19.3/18.8/5.0
ANAC International Championship (USA)	April	May	June	July/August	Participation (Level 3)	ND = 16.0/15.5/1.1 AG1 = 16.8/16.3/2.6 AG2 = 17.3/16.8/3.6 SNR = 17.8/17.3/4.6
Australian National Championships (AU)	Nationals – Fitness Test February	February??	March??	April??	Participation (Level 3)	ND = 16.0/15.5/1.1 AG1 = 16.8/16.3/2.6 AG2 = 17.3/16.8/3.6 SNR = 17.8/17.3/4.6
Plovdiv Cup (BUL)	22 nd July 2017	18 th August 2017	15 th September 2017	19 th -23 rd October 2017	Performance (Level 1)	ND = 17.5/17.0/1.9 AG1 = 18.5/18.0/3.4 AG2 = 19.5/19.0/4.4 SNR = 20.3/19.8/5.4

Table Notes:

1. Athletes/Coaches/Judges shall progress through the competitions according to ranking
 - i.e. Before attending a performance level event (e.g. World Championships) athletes are required to attend a participation level event (e.g. ANAC)
2. New entrants into the international stream are ineligible for all Performance level events.

Performance (Level 1)

- These events are the most prestigious
- Highly competitive
- Maximum of 2 athletes per country allowed attendance, in some cases only 1.

Performance (Level 2)

- These events are still of very high quality.
- Several competitive countries do not regularly attend.
- The athlete cap is higher than Level 1 events

Participation (Level 3)

- These events have a high or no athlete cap
- Large spread of scores
- ANAC - many countries send their 'B-teams' or development teams
- Australian Nationals – only 2 countries in attendance.
- Meeting the Qualifying score for the international division will automatically qualify athletes for participation tours.

Qualifying Information:

- Nationals will be the trial event for **all international tours** for the following year, with the exception of the Plovdiv Cup and ANAC tours which will have a trial events early the next year.
- If an athlete is staying in the same age group and meets the qualifying criteria at the New Zealand Gymnastics National Championships, they will automatically gain entry into the same international category for the following year.
- National Development and Age Groups 1 and 2 athletes must still successfully perform 3 out of the 4 compulsory elements in the routine.
- All athletes in all age groups and categories must meet the raw difficulty and total score set out in the table above in the same routine.
- Athletes will only be required to travel every 2nd year. The second year does not need to be consecutive. If it is the athletes 2nd year in the international division they will be expected to travel.
- Athletes new to the international stream in 2018 will have two opportunities to qualify at the first two sanctioned events in each Island (four attempts in total with heats and finals) in 2018, however only the **first event in each Island** will be a trial for the ANAC Tour. All routines will be recorded on the day for analysis, if required.
- Current International athletes who do not meet qualifying scores for the international division at this year's Nationals or are moving to a different age group in 2018 will be able to trial for the international division and ANAC tour as stated in point 6.

Additional Regulations for International Division

- 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 New Zealand Gymnastics) two weeks prior to the first competition of the year.
- 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.
- An athlete that does not meet the requirements for the International Division will still need to qualify for the New Zealand Gymnastics National Championships in their alternative division.
- An athlete will only be considered as international for the category they successfully trialled in. If they did not trial or they failed to meet criteria to qualify for a particular category, then they will compete in that category in the ADP division.

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 pair in ADP and an ADP athlete must not compete as a pair in the AeroSchools 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 Gymnastics New Zealand 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.

New Zealand Gymnastics affiliation

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

Dispensation

A dispensation can be applied for when extra ordinary circumstance arise in which an athlete or multiple athletes fail to meet the regulations outlined in this handbook. Dispensations can be applied for in a variety of circumstances to meet a variety of needs, however there must be clearly outlined and justified reasons as to why there is a need for the dispensation. If you need to apply for a dispensation then you must follow the following process:

- 1) For dispensations that relate to this handbook and the regulations outlined in it e.g. the creation of a composite trio that is made up of athletes from 3 different age groups with no majority age grouping, complete the dispensation form which can be found at www.gymnasticsnz.com/gymsports-member-resources/re-grading-and-dispensations/ and send it to Danielle.halliday@gymnasticsnz.com
- 2) Dispensations relating to the New Zealand Gymnastics National Championships must be sent to the Gymnastics NZ Event Manager at Rebecca.weber@gymnasticsnz.com. Please use the same form as above.

Please be aware of the following when applying for any dispensation:

- 1) You will be required to explain why you were unable to meet the qualification criteria/regulations. Reasons that will not be accepted may include, but are not limited to:
 1. My routine was not ready.
 2. I wanted to focus on my individual first.
- 2) An athlete or team *may* not be granted dispensation to compete at the New Zealand Gymnastics National Championships if they have not attempted at least two qualification events during the competition year for each category they are attempting qualification. Athletes unable to compete from the start of the competition season must submit a dispensation request as soon as possible including evidence of why their qualification attempts will be limited. Lack of participation WILL NOT be considered a valid reason for dispensation.
- 3) You need to apply for a dispensation (for any reason) at the earliest possible time to ensure the timely processing of the dispensation.

National Championships

National Competition Categories

- Individual Men/Boys
- Individual Women/Girls
- AeroSchools Levels 4 & 5, Open Levels and ADP categories pairs and trios can be same sex or mixed
- AeroSchools Levels 4 & 5, Open Levels and ADP category groups of 4 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.

Aerobic Gymnastics National Championship qualifying marks for 2018

Division	Individual	Multiples	Proficiency	
			Individual	Multiples
AeroDance 9 – 14 years	N/A	14.00	N/A	16.00
AeroDance 15+ years	N/A	14.50	N/A	16.50
All AeroSchools levels	14.50	14.00	16.50	16.00
Open 9 – 11 years	14.50	14.00	16.50	16.00
Open 12 – 14 years	14.75	14.25	16.75	16.25
Open 15+ years	15.00	14.50	17.00	16.50
ADP 2	14.75	14.25	16.75	16.25
ADP 3	15.00	14.50	17.00	16.50
ADP 4	15.25	14.75	17.25	16.75
ADP 5	15.50	15.00	17.50	17.00
National Development	16.00	15.50	18.00	17.50
Age Group 1	16.80	16.30	18.60	18.30
Age Group 2	17.30	16.80	19.30	18.80
Senior International	17.80	17.30	19.80	19.30

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

All divisions within the NZ framework are judged by the same panels, however the regulations within those panels can differ depending on the division they are judging. There will always be judges looking at 3 separate criteria within a routine and presiding over the panel will be the Chair Judge who ensures the regulations are being met for each routine. This section of the handbook will explain each of the different roles on the panel and what they are specifically judging while a routine is being performed.

Each Judging panel consists of a minimum of 5 judges who will judge the following areas:

- 1) The artistic component of the routine
- 2) The execution of the routine
- 3) The difficulty and compulsory requirements of the routine

Each judge will be judging each routine in accordance with one of the areas outlined above.

1) ARTISTIC JUDGING

The Artistic Judge evaluates the choreography of the routine, looking at **what** is being performed, **how** it is being performed and **where** it is being performed. This is positive judging meaning the athlete starts the routine with a score of zero and the judge adds to the score based on how well the athlete performs certain criteria.

Artistic Requirements:

The Artistic criteria are divided into 5 groups and for each group there are different aspects of the routine being evaluated:

- 1. Music and Musicality (Max. 2 Points)** The selection and use of the music becomes an essential aspect of the routine.
 - 1.1 Selection and composition
 - 1.2 Usage (Musicality)

A good musical selection will help establish the structure and tempo, as well as the theme of the exercise. It will support and highlight the performance. It must also be used to inspire the overall choreography and contribute to the style and quality of execution, as well as to the expression of the gymnasts. Music should be adapted for Aerobic Gymnastics. There must be a strong cohesion between the overall performance and the choice of music. The performer(s) have to interpret the music and demonstrate not only its rhythm and speed and stay in time with beats / phrases (TIMING), but its flow, shape, intensity and passion within his/her or their physical performance.

For AeroSchools routines, which are pre-choreographed, the judges are evaluating only 1.2 Usage. This means that timing and understanding of rhythm are essential for higher scores.

2. Aerobic Content (Max. 2 Points) Perform recognisable Aerobic Movement Pattern (AMP) sequences throughout the routine. An AMP sequence is a complete set of counts 1-8 comprising only of the 7 basic aerobic steps. AMP is the identity of aerobic gymnastics and is also one of the most important aspects of the composition of routines, providing the use of the 7 basic steps together with arms in a balanced way, with a high level of body coordination and are performed with good technique and quality

2.1 Amount of AMP

2.2 Complexity / Variety

Clarity of the 7 basic steps is a key component for all divisions in the New Zealand framework. Judges need to be able to observe the difference between a knee lift and a jog, a lunge and a jack. Judges will use the following criteria to award A+ for an 8 count AMP sequence. (Criteria in bold are specific for AeroSchools routines):

- Involving more body parts (head, shoulders, etc...)
- Using different joint actions / planes / range of motion / lever length
- Using symmetric and asymmetric moves
- Using different rhythm
- Using both arms simultaneously
- The speed of motion.
- **Orientation changing**
- **Formation changing (for MP/TR/GR)**
- **Travelling with AMP sequences**
- **Clarity (precise shapes) and Dynamism (Rebound)**

3. General Content (Max. 2 Points) General content includes: Transitions, Links, Lift Physical Interactions; Collaborations. All these movements should enhance the routine, and should be performed with good technique and quality, and without unnecessary pauses.

3.1 Complexity / Variety

3.2 Fluidity

It is essential that movements flow smoothly from different levels, interactions and links. If an athlete is pausing excessively or performs movements too slowly this detracts from the intensity that characterises aerobic gymnastics. An athlete may perform one complex movement to be rewarded, or they may perform a series of simpler movements cleanly and smoothly and can still receive G+ for general content. An athlete's age and division is also taken into consideration here.

AeroSchools athletes may utilise the first and last 8 counts of their routine (as long as there are no elements or fundamental compulsories needing to be completed in this time) to create a dynamic and interesting moment of general content.

4. Use of the Space (Max. 2 Points) Under these criteria A judges evaluate the effective use of the competition area, placement and distribution of the movements in the routine, and the formations (positioning, formation changes and distances) for MP/TR/GR. The routine should be well balanced in all areas.

4.1 Use of the competition area (formations)

4.2 Distribution of the routine components

This means that coaches and athletes need to make sure they do different things in different places on the floor. They need to think about facing different directions and using different pathways (circle, zig zag, line etc.). Try to avoid performing all your elements in the centre of the space.

5. Artistry (Max. 2 Points)

5.1 Quality of the performance

5.2 Originality/Creativity/Expression

Artistry is the ability of the athlete(s) to transform the composition from a well-structured routine into an artistic performance to express themselves with high quality level of movements respecting their gender (male, female, age group).

They must combine the elements of the art and the sport into one attractive message towards the audience, in sport manner.

Unique/memorable routines include details to enhance the quality of the routine, through expression, the ability to transform movements, both gymnastic elements and choreography, into a singular artistic whole.

For MP, TR and GR: the competitors must demonstrate that they are a team, as a unit and therefore show the advantages of being more than one person. This includes the working relationship between the members.

Sample of the Artistic Judging Sheet

	Unacceptable		Poor		Satisfactory		Good		Very Good		Excellent	TOTAL
Music & Musicality	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	
Aerobic Content / Step Content	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	
General Content	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	
Space & Formation	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	
Artistry	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	
TOTAL												

When looking to improve an artistic score, once the routine has been choreographed, coaches and athletes should focus on the following:

- Dynamism and Fluency – how well they move throughout the routine.
- Use of Space – making sure they utilise the whole space (corners, lines, middle, floor & air).
- Presentation – make the routine clean and strong. Have a happy face and look like they are having fun.
- Music – make sure they are on time. DO NOT rush.

General Advice for Artistic performance

- 1) The more that the athletes utilise the space the better.
 - Each block of 8 counts should travel as much as possible.
 - Athletes should travel to each of the 4 corners of the area.
 - The direction of the movement should vary ie circle, diagonal, line, zig zag.
- 2) The more confidence that the athlete can display the better.
 - We want to see a confident/happy expression.
 - Athletes should display strong/clean movements.

3) If you are choreographing Open Levels, ADP or International routines here are some tips:

- Choreograph a routine that suits your athlete's ability. Not too easy, but not too hard.
- Ensure you have a variety of elements and that they are spaced out through the routine (it is not good to do a number of elements from the same family in a row).
- Create interesting 8 counts of aerobics using all 7 basic steps in a variety of ways and ensure you have at least 9 blocks of aerobics in your routine.
- Choose an exciting piece of music that your athletes would like to perform to.
- Ensure any compulsories (both Fundamental Compulsories and Element Compulsories) are spaced throughout the routine and they are performed well.
- Choreograph different movements and formations. Try to avoid repetition as much as possible.
- Balance the routine so that there is a variety of elements, transitions and levels throughout. Try to avoid element loading the start of the routine.
- Be particular about the correct execution of the routine.

EXECUTION JUDGING

The Execution Judge evaluates the technical execution of every movement seen during the performance.

It is negative judging, meaning athletes start the routine with a perfect score of 10 and points are taken away for the mistakes made.

Judges take deductions for errors in the following things:

- a) Alignment;
 - i. Degree of completion/precision
 - ii. Synchronicity
- b) The deductions taken will vary in accordance to the degree of error.
 - -0.1 Small error
 - -0.3 large error
 - -0.5 unacceptable execution
 - -1.0 fall

Each time an execution judge observes an error they will take 0.1, 0.3, 0.5 or 1.0 from the score. The tables below give examples of these errors.

General Errors			
	Small	Medium	Unacceptable
	0.1	0.3	0.5
Incorrect body alignment	0.1	0.3	0.5
Incorrect body form	0.1	0.3	0.5
Legs not parallel to the floor	0.1	0.3	0.5
Legs / feet bent or apart	0.1	0.3	
Incorrect / Uncontrolled landing position in standing or PU	0.1	0.3	0.5
Incorrect / Uncontrolled landing position in Split	0.1	0.3	0.5
Incomplete rotation/turn	0.1	0.3	
Incorrect technique	0.1	0.3	0.5
Touching the floor		0.3	0.5

DEDUCTIONS FOR DIFFICULTY/ ACROBATIC ELEMENTS			
Small	Medium	Unacceptable	Fall
0.1	0.3	0.5	1.0
Maximum deductions for an element 0.5			1.0
Deviation from Perfection			
	Small	Medium	Fall
AMP (each 8 counts)	0.1	0.3	1.0
Transitions / Links (each time)	0.1	0.3	1.0
Lift	0.1	0.3	1.0
Partnership & Collaboration	0.1	0.3	1.0
Synchronisation Each time			
			0.1 point
Whole routine (MP, TR, GR)			Maximum -2.0
Whole routine (AD, AS)			Maximum -3.0

Specific Mistakes for Group A	0.1	0.3	0.5
Adjust or correct hand position	0.1		
Shoulder is not in line with the upper arm	0.1	0.3	
Hands and feet not leaving the floor at the same time (explosive elements)		0.3	
Direction of the elbow in lateral and hinge is incorrect		0.3	
Hands and feet not landing at the same time in elements ending in PU		0.3	
"Wenson shape" – Leg lower than upper triceps /not supported		0.3	
The hips are not lifted during the extension phase for leg circles and flairs		0.3	
Incomplete rotation/turn	0.1	0.3	
In Helicopter to PU, finishing with extended arms		0.3	
In High V support elements, back not parallel to the floor		0.3	
Ending in Split position: Incorrect arm position	0.1	0.3	0.5
Elements without airborne phase		0.3	
Touching the floor one time in group A		0.3	
Touching the floor more than one time in group A			0.5

Specific Mistakes for Group B	0.1	0.3	0.5
Incorrect position in Support and V-Support Families	0.1	0.3	
Back not parallel to the Floor in High V Support		0.3	
In horizontal support families the body/legs are not parallel to the floor	0.1	0.3	
The skill is not held for at least 2 seconds			0.5
Touching the floor one time in group B			0.5
Touching the floor more than one time in group B	1.0		
Specific Mistakes for Group C	0.1	0.3	0.5
Uncontrolled arms in airborne phase	0.1		
Knees not at the waist level in Tuck	0.1	0.3	0.5
Legs not parallel to the floor in Straddle, Pike, Cossack, Split families	0.1	0.3	0.5
Leading leg not parallel to the floor in Scissors Kick, Scissors Leap and Switch Split Leap	0.1	0.3	
In Split and Scissors families legs less than 180°	0.1	0.3	0.5
Legs and hand(s) not landing on the floor at the same time.		0.3	0.5
Off Axis & Butterfly: body and legs under horizontal	0.1	0.3	0.5
Ending in Split position: Incorrect arm position	0.1	0.3	0.5
Touching the floor one time in group C		0.3	

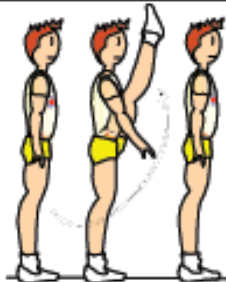

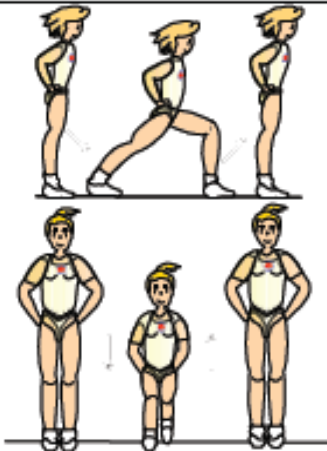
Touching the floor more than one time in group C			0.5
--	--	--	-----


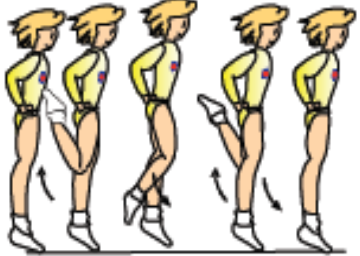
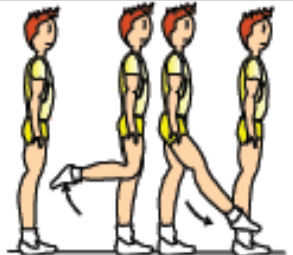
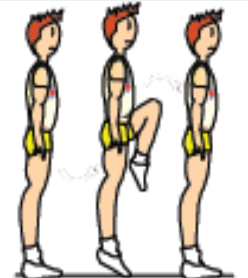
Specific Mistakes for Group D	0.1	0.3	0.5
Leg position not horizontal		0.3	
Inability to complete the rotation in the vertical plane with the lifted leg (Illusion)		0.3	
Vertical split out of vertical line	0.1	0.3	
Loss of balance	0.1	0.3	0.5
Lack of continuity (flow) in turns & illusion	0.1	0.3	
Slide or hopping during Illusion and turn		0.3	
Extra turn after the Illusion	0.1	0.3	
Incomplete rotation / turns	0.1	0.3	
Turn not on the ball of the foot		0.3	
Hand in support on the leg during the free Illusion or free vertical split		0.3	
One hand touching the floor finishing in vertical or free vertical split position		0.3	
For Illusion and turns to vertical split, the supporting foot is off the floor in the vertical split			0.5
Touching the floor one time in group D		0.3	
Touching the floor more than one time in group D			0.5

When looking to improve an execution score coaches and athletes should focus on the following:




- 1) Precision of the 7 basic steps. Closing feet together, pointing their toes, extending their limbs.
- 2) Specific element requirements, for example; full rotations in turns and jumps, knees to chest in tuck jumps, L support/Straddle support held for 2 seconds.
- 3) Performing elements that they are successful at, not trying to compete harder elements for difficulty, but sacrificing execution.
- 4) Body alignment – POSTURE throughout the routine.

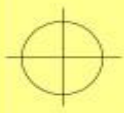

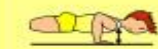
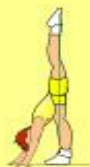

7 BASIC AEROBIC STEPS




















Name	Description	Optimal Step
Kick	<ul style="list-style-type: none"> • Straight leg high kick, minimum amplitude: heel at shoulder height, approx. 145°. • Only movement is hip flexion. Leg is straight – knee joint is showing no movement. • Ankle is plantar flexed throughout movement. • Standing leg stays straight, maximum knee/hip flexion approx 10°. • Upper body stays erect with neutral spine, natural alignment. • Amplitude: From neutral position to 150-180° hip flexion in working leg. Knee shows full extension throughout movement. 	
Jack	<ul style="list-style-type: none"> • A hop out and in with legs bending. Natural outwards rotation in hip joint. • Landing is with feet further than shoulder width apart, knees and feet point outwards. • Controlled but powerful take off and landing. Precise and controlled movement of ankle and foot – toe-ball-heel action. • Hopping in: Feet/heels together, toes point forward (preferred) or outward. • Upper body is erect with neutral spine, natural alignment. • Amplitude: From neutral position to approx shoulder width plus 2 foot lengths apart with 25-45° flexion in hip/knees (more if in super low or low with grand plié position) 	
Lunge	<ul style="list-style-type: none"> • Legs/feet start together or shoulder width apart, no outward rotation at hip. One leg is extended (without locking the knee) backwards in the sagittal plane. • Heels are lowered with control. • Feet stay in sagittal plane. Whole body moves (side to side) as a unit. • Low impact: Body slightly forward (front leg is weight bearing), straight line from neck to heel. • High impact: Legs are hopping, alternating, in the sagittal plane in a cross country skiing motion. • Amplitude: Approx. 2-3 feet apart in sagittal plane. (Lunge variations = different amplitudes). 	



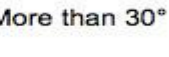


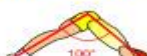











Name	Description	Optimal Step
March	<ul style="list-style-type: none"> • Leg is bending in front of body: Hip and knee flexion. • Ankle shows clear movement, toe-ball-heel. • Total movement is upwards, not downwards. • Upper body is erect with neutral spine, natural alignment. • Upper body shows core strength, no co-movement upwards-downwards or forwards-backwards. • Amplitude: From neutral position to full plantar flexion of ankle, 30-40° flexion in hip and knee 	
Jog	<ul style="list-style-type: none"> • Lower leg is lifted maximally backwards to the gluteus. • Neutral hip or slight hip flexion or extension (+/- 10°). • Knee flexion. • Ankle is showing plantar flexion at top position. • Feet show controlled movement, landing toe-ball-heel. • Upper body is erect with neutral spine, natural alignment. • Amplitude: Neutral position to 0-10° hip extension, 110-130° knee flexion, full plantar flexion 	
Skip	<ul style="list-style-type: none"> • Skip starts as a jog with hip extension, knee flexion and heel backwards to the gluteus to set of a low kick with hip flexion of 30-45° and full knee extension to 0° - a skip. • Movement is seen in both hip and knee. • Muscle control is shown through all of the movement. Lower leg is stopped by the quadriceps. • Upper body stays erect with neutral spine, natural alignment. • Amplitude: From neutral hip to 30-45° flexion, from full knee flexion to complete extension 	
Knee lift	<ul style="list-style-type: none"> • Working leg shows a high degree of flexion in hip and knee, minimum 90° flexion in both joints. • When thigh of moving is at the top position, the lower leg is vertical, with ankle plantar flexion. • Elevated Ankle can be dorsal or plantar flexed but muscle control must show. • Standing leg is straight, maximum knee/hip flexion is approx. 10°. • Upper body stays erect with neutral spine, natural alignment. • Amplitude: From neutral position to minimum 90° flexion in hip and knee of working leg. 	

COMMON EXECUTION ERRORS and DEDUCTIONS

EXAMPLES	SMALL 0.1	MEDIUM 0.3	UNACCEPTABLE 0.5
 <p>AMP Sequence (each 8-counts)</p>	INCORRECT BODY ALIGNMENT		
	1 part or 2 parts	3 parts or more	
	UNCONTROLLED FEET POSITION		
	FEET APART		
	≤ shoulder width	> shoulder width	
<p>V-Support</p>	LEGS APART		
	≤ shoulder width	> shoulder width	

EXAMPLES	SMALL 0.1	MEDIUM 0.3	UNACCEPTABLE 0.5
	INCOMPLETE ROTATION / TURN		
	±45°	±45° - 90°	
	INCORRECT BODY ALIGNMENT		
	1 part or 2 parts	3 parts or more	
	SHOULDERS NOT IN THE LINE WITH THE UPPER ARM		
	170° to 160°	< 160°	
	NOT IN VERTICAL LINE		

EXAMPLES	SMALL 0.1	MEDIUM 0.3	UNACCEPTABLE 0.5
BODY / LEGS NOT PARALLEL TO THE FLOOR			
			
KNEES NOT AT WAIST LEVEL			
			
LEGS NOT PARALLEL TO THE FLOOR			
 PIKE	80° 	75° 	70° 
 COSSACK			
 STRADDLE			

EXAMPLES	SMALL 0.1	MEDIUM 0.3	UNACCEPTABLE 0.5
LEGS LESS THAN 180°			
		More than 30° 	
INCORRECT BODY FORM			
			
	-15° 	-20° 	
	70° 	65° 	
	-15° 	-20° 	

General advice for Execution performance

- 1) With execution, judges are looking at each movement for perfection. This means that the athlete needs to point their toes and close their feet for the majority of movements performed. They need to have sharp arm and leg lines to demonstrate clean movements. When they are performing difficulty elements they need to ensure each movement is performed in much the same way as aerobic blocks, clean, tidy and sharp and closing feet and pointing toes where possible.
- 2) The more intense you can make the routine the better.
 - Choose the hardest elements the athlete can perform without sacrificing execution.
 - Use the first and last 8 counts (AeroSchools Levels) to create interesting starting/ending transitions
 - Move around the space as much as possible.

DIFFICULTY JUDGING

The Difficulty Judge evaluates and gives a value to the elements performed provided the minimum requirements for that element are met during the performance. The final difficulty score is halved and added onto the artistic and execution scores.

Positive judging – this is an opportunity for the judge to reward athletes who are performing harder skills. For every element performed to minimum requirements, that value will be added to the overall score.




Be aware that there WILL be deductions in execution for any mistakes that are made so you need to ensure that you choose elements your athlete can perform. For all divisions it is BETTER to choose a lower value element that is performed well than to go for a harder element and make many mistakes.

For example - A Tricep Hinge push up is worth 0.2 for difficulty which is added onto the routine, however, if it is not executed well it could get up to 0.3 deduction. Therefore, the athlete would lose more points than they have gained.

The table below shows the Difficulty groups and specific families for each group:

Groups	Element Families	Base Elements
GROUP A Dynamic Strength Elements	PUSH UP EXPLOSIVE PU EXPLOSIVE SUPPORT LEG CIRCLE HELICOPTER	PU, WENSON PU A-FRAME, CUT HIGH V, REVERSE CUT LEG CIRCLE, FLAIR HELICOPTER
GROUP B Static Strength Elements	SUPPORT V-SUPPORT HORIZONTAL SUPPORT	STRADDLE SUPPORT, L-SUPPORT V-SUPPORT, HIGH V-SUPPORT WENSON SUPPORT, PLANCHE
GROUP C Jumps & Leaps Elements	STRAIGHT JUMP HORIZONTAL JUMP BENT LEG(S) JUMP PIKE JUMP STRADDLE JUMP SPLIT JUMP SCISSORS LEAP SCISSORS KICK OFF AXIS JUMP BUTTERFLY JUMP	AIR TURN, FREE FALL GAINER, TUCK, COSSACK PIKE STRADDLE, FRONTAL SPLIT SPLIT, SWITCH SCISSORS LEAP SCISSOR KICK OFF AXIS ROTATION BUTTERFLY
GROUP D Balance & Flexibility Elements	SPLIT TURN BALANCE TURN ILLUSION KICK	SPLIT, FRONTAL SPLIT, VERTICAL SPLIT WITH TURN, TURN, TURN WITH LEG AT HORIZONTAL BALANCE TURN ILLUSION HIGH LEG KICKS

In order to help develop some of the fundamental skills linked to some of the difficulty elements, New Zealand have given the following movements a difficulty value:

Group	Family	Element	Minimum Requirements	Value	Short hand
A	Push Up	Front Support	Full Push Up position, straight back, held for 2 seconds	0.05	fs
C	Straight Jump	Straight Jump	A jump straight in the air from 2 feet, landing on 2 feet	0.1	
C	Air Turn	½ Air Turn	A jump straight in the air from 2 feet, performing a ½ turn in the air and landing on 2 feet	0.2	
D	Turn	Stalk Stand	Balance on the ball of one foot with the other leg bent, the bent leg foot is resting by the knee of the straight leg and the bent knee is pointing forwards. Held for 2 seconds	0.05	
D	Turn	½ Turn	Half turn on the ball of 1 foot. Turn is to a minimum of 45 degrees	0.1	

New Zealand has also decided to continue to allow the following elements:

1. ½ turns in B, C and D groups to assist with the fundamental development of these key skills. E.g. ½ Turn Straddle/L Support, ½ Turn tuck jump. These skills will be awarded the same values as the previous code
2. Plio Push Up - value 0.2
3. Sagittal and Frontal Splits on the floor value 0.1

Elements Performed in Combination

In some divisions and age groups, athletes may perform 2 elements from different base families in combination without any stop, hesitation or transition. If both elements are performed to minimum requirements athletes will receive a bonus 0.1 for difficulty. Examples of this are:

- Helicopter + A-Frame
- 1/1 Air Turn + Tuck Jump
- Free Fall + Plio

Please Note:

- For AeroSchools and Open Levels a Straight Jump and Tuck Jump are considered as 2 separate elements and will count as 2 towards the number of elements performed. However, if performed in combination they WILL NOT receive the 0.1 bonus as a straight jump is not a COP element.
- If an athlete puts their foot on the floor after a turn and then does a vertical split this will also count as 2 separate elements and will count as 2 towards the number of elements performed.
- All athletes performing AeroSchools routines may choose to do either a Split Leap OR a Scissor Kick regardless of what is written in the AeroSchools manual.
- Athletes may NOT repeat elements from the same base family, for example an athlete may not have an L support and a Straddle support in their routine, or a Tuck Jump and a Cossack Jump as those elements are in the same family.
- AeroSchools Levels and Open levels have 2 different types of compulsory requirements. The first are fundamental compulsory requirements. The second compulsory requirements are compulsory elements, these are specified element families that MUST be included in the routine to meet the routine requirements.

Fundamental Compulsory Requirements (AeroSchools and Open levels ONLY)

The fundamental compulsories are repetition of key aerobic skills that need to be developed well in order to progress in difficulty skill. The repetition of these compulsories allows athletes to focus on the key techniques required to develop more complex difficulty elements. The fundamental compulsories can be performed at any time during the routine and they consist of:

- 4 Consecutive High Leg Kicks – Must be performed SIDE ON to the judges
- 4 Consecutive Push Ups – Must be performed SIDE ON to the judges
- 4 Consecutive Jumping Jacks – Must be performed FRONT ON to the judges (followed by 24 counts of aerobics in all AeroSchools Level routines)

Each compulsory element **MUST** be performed on the same spot and has minimum competency criteria. Athletes will be deducted by the execution judge for failing to meet these requirements. If an athlete fails to complete all of these compulsories or completes them facing the wrong direction, they will receive a 0.2 deduction from the difficulty judge for each one that is missing or performed incorrectly.

Specific Requirements for each fundamental compulsory

High Leg Kicks

Start & finish position: standing side on to the judges with both feet together and in contact with the floor.

- Kick Movement
 - 4 kicks in the sagittal plane
 - Alternate consecutively Right/Left/Right/Left or Left/Right/Left/Right
 - No travelling permitted
- Minimum competency level - The path of the heel must reach waist height on all 4 kicks.
- Difficulty Value - Athletes who perform **all** 4 High Leg Kicks to a minimum of their shoulder height will receive a difficulty value of 0.2.

Push Ups

Start and finish position: Side on to the judges with elbows extended, weight evenly distributed between hands & feet. Push ups can be performed on knees or on toes.

- Push Up Movement
 - Begins flexing elbow joint
 - Body descends
 - Movement completed by extending elbows, raising body back up
- Minimum competency level – Shoulder in line with upper tricep – formed by flexed elbow joints
- Difficulty Value - Athletes who perform **all** 4 Push Ups on their toes to minimum requirements will receive a difficulty value of 0.2.

Jumping Jacks & Jumping Jack (JJ) Phrase

JJ Phrase must initiate with 4 JJ

Start and finish position – basic standing anatomical position, **all** 4 JJs must be performed facing front, after 4 JJs 24 counts of standing rebound AER movements (total 32 counts).

- Minimum competency level – Jumping Jacks
 - 15° abduction at each hip joint on 'jump out'
 - knees must bend symmetrically on 'jump out'
 - feet shoulder width apart on 'jump out'
 - 30° of hip flexion at each hip
- Minimum competency level – JJP
 - Utilise 32 counts of music
 - Begins count 1 and ends count 32
 - Sequential movements

General advice for fundamental compulsory performance

It is beneficial for athletes and coaches to adopt a 'less is more' approach.

- If athletes perform kicks perfectly, but the height is only waist height this is better than trying for huge height but sacrificing posture and alignment.
- A half push up performed well is better than full push ups performed poorly.
- Jumping Jacks must start and finish with the feet squarely together for all 4 jacks and they all must face the front.

DIFFICULTY DEDUCTIONS:

All divisions will receive difficulty deductions. These deductions are given when the routine has not fulfilled the difficulty requirements correctly. The difficulty deductions are halved and taken off the final difficulty score. If the deductions will make the difficulty score a negative number the final difficulty score will be 0.

Difficulty deductions will be given for the following faults:

- 1) Fundamental compulsory missing or performed facing wrong direction = 0.2 *per fault*
- 2) More elements in the routine than specified in the regulations = 1.0 *per element*
- 3) Element value higher than allowed = 1.0 *per element*
- 4) More elements on the floor than specified in the regulations = 1.0 *per element*
- 5) More elements landing in Push Up / split position than specified in the regulations = 1.0 *per element*
- 6) Repetition of an element or element family = 1.0 *per element*
- 7) Missing a fundamental compulsory element or element group A □ B □ C □ D □ = 1.0 *per element*
- 8) Combination of more than 2 elements = 1.0 *per element*

General advice for Difficulty performance

- 1) As with compulsories, it can be sensible to adopt a less is more approach. Avoid having athletes performing the full version of elements they find extremely difficult. (Usually full push ups and supports).
- 2) Where possible allow the athlete to perform the harder version of the element as this will develop their confidence and increase their score.
- 3) Always work on the full elements in training with the expectation the athlete will eventually perform the harder skills.

CHAIR OF JUDGES PANEL

The Chair of Judges Panel's role is to maintain the integrity of the judging by ensuring the scores sent in fit within a range of tolerance and take deductions from the total score for infringements according to the Code of Points. Any deductions taken by the Chair of Judges panel will be taken in full from the final score. The scores will NOT be halved. The Chair of Judges Panel can also sanction a disqualification if a serious breach occurs.

In New Zealand, the Chair of Judges Panel will take deductions for the following:

Line Fault (each time) – Each time an athlete makes contact with the floor outside of the competition space, 0.1 will be deducted from their score. If the body part is in the air and does not contact the ground, no deduction will be taken. The outside of the space is counted when any body part is over the line. ON the line is considered part of the competition space.

Incorrect attire – Deductions will be taken for issues with attire such as: Body glitter, body paint, body oil, jewellery (including studs) as these are safety issues. An attire deduction can also be taken for the following obvious attire violations: shoe laces not secured that can be tripped on, unsupportive shoes (no canvas shoes to be worn), a visible gusset, hair not secured and not in eyes, ladders and obvious unsupportive attire. 0.2 will be deducted for each violation.

Time infraction (+/- 2 sec routine limit) – An 0.2 deduction can be taken if the routine length is either too short or too long in accordance with the routine requirements.

Presentation Fault – This is when athletes over acknowledge the audience and the judges prior to and/or at the end of their routine. An athlete should acknowledge the audience and judges in a clean, sportive manner and immediately stand in their start position or leave the stage. A 0.2 deduction will be taken if an athlete is deemed to be grandstanding.

Missing or Additional National Emblem – Only Athletes who have represented New Zealand internationally are eligible to wear a New Zealand flag on their leotard. If an athlete has a National Emblem on their performance attire in an ADP or lower division they will receive a 0.3 deduction. The same deduction is taken if an international athlete does not have a National Emblem visible on their performance attire.

Time Fault (+ / - 3 second routine limit) - An 0.5 deduction can be taken if the routine length is either too short or too long in accordance with the routine requirements.

Appear later than 20sec – This deduction of 0.5 is taken if it takes an athlete longer than 20 seconds to appear on stage after their name has been called to the floor.

Missing or too many lifts (per fault) – If a Pair, Mixed Pair, Trio or Group does not meet the lift requirements for their category an 0.5 deduction will be taken.

Prohibited lift / Prohibited move (each time) – If an illegal move or lift is performed then 0.5 will be deducted from their score.

Extra or incorrect acrobatic movements (each time) – If an athlete performs an acrobatic move that is not allowed for their category or they have too many in the routine then 0.5 will be deducted from their score.

Interruption of performance (each time 2-10 sec) – If an athlete forgets their routine (this does not just mean standing still, it can be running around the floor having clearly forgotten their routine) for a period of time between 2 and 10 seconds then 0.5 will be deducted from their score.

Maximum line fault and/or whole routine performed in the wrong space – If an athlete is continually performing outside of the competition space, or they perform in the wrong space a MAXIMUM of 1.0 will be deducted from their score.

Stop of performance (more than 10 sec) - If an athlete forgets their routine and STAYS IN THE SAME SPOT for a period of time longer than 10 seconds then 2.0 will be deducted from their score.

Theme in contravention of Olympic charter and COP – If an athlete's routine or attire in any way contravenes the Olympic Charter and/or the Code of Points then 2.0 will be deducted from the routine.

Walk over – This is when a competitor fails to appear on the competition floor within 60 seconds of their name being called, or they leave the floor in the middle of the routine. If this happens the athlete will be disqualified from the category in question.

Misuse of AeroSchools Levels routines – This is when a routine uses either AeroSchools music and/or movements in a way other than what it was developed for. This relates to all music currently being used in our framework. If this happens the athlete will be disqualified.

Improper behaviour/Manners and/or presence in a prohibited area – The Chair of Judges Panel may give a verbal warning to athletes or coaches who are behaving in an un-sportive or inappropriate manner, or are standing in a prohibited area.

Composition of judging panels.

	AeroDance	AeroSchools Levels	Open Levels	ADP	International	
Chair/Difficulty	Senior	Junior Advanced	Senior	Senior	Nationals and International trial events	Brevet
					Other sanctioned	Senior
Difficulty (Optional)	Senior	Junior Advanced	Junior Advanced	Senior	Senior	
Artistic and Execution (minimum 2 of each)	Junior	Elementary	Elementary	Junior	Junior	

General

During a competition, only event officials should be approaching the panel during the session. Coaches may approach the Chair of Judges panel at the end of the session to ask for feedback. At no stage should any coach, athlete, parent or member of the audience approach the panel during a session for any reason.











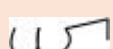

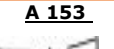
As per FIG regulations no protests are allowed against scores or results.

Difficulty sheets will be made available to coaches at the end of the session if this has been cleared with the event organiser.








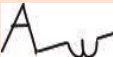
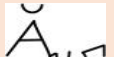




DIFFICULTY TABLES

GROUP A



PUSH UP FAMILY (PU, Wenson PU)

	0.05	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
<u>NZ ELEMENT</u>		A 101	A 102	A 103	A 104				
fs									
FRONT SUPPORT		PUSH UP	1 LEG PUSH UP	1 ARM PUSH UP	1 ARM 1 LEG PUSH UP				
			A 112 		A 114 				
			STRADDLE LATERAL PUSH UP		1 ARM STRADDLE LATERAL PUSH UP				
			A 122 	A 123 		A 125 			
			LATERAL PUSH UP	1 LEG LATERAL PUSH UP		1 ARM 1 LEG LATERAL PUSH UP			
			A 132 	A 133 	A 134 	A 135 			
			HINGE PUSH UP	1 LEG HINGE PUSH UP	1 ARM HINGE PUSH UP	1 ARM 1 LEG HINGE PUSH UP			
			A 142 	A 143 					
			WENSON PUSH UP	WENSON HINGE PUSH UP OR LATERAL PUSH UP					
				A 153 	A 154 				
				FREE SUPPORT WENSON PUSH UP	LIFTED WENSON HINGE PUSH UP OR LATERAL PUSH UP				









EXPLOSIVE PUSH UP FAMILY (A Frame, Cut)

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
	NZ ELEMENT  PLIO PUSH UP AIRBORNE		A 184  EXPLOSIVE A- FRAME		A 186  EXPLOSIVE A- FRAME ½ TURN		
			A 194  EXPLOSIVE A- FRAMETO SPLIT		A 196  EXPLOSIVE A- FRAME ½ TURN TO SPLIT		A 198  EXPLOSIVE A- FRAME ½ TURN TO SPLIT
					A 205  EXPLOSIVE A- FRAME TO WENSON	A 206  EXPLOSIVE A- FRAME TO LIFTED WENSON	A 207  EXPLOSIVE A- FRAME ½ TURN TO WENSON
				A 215  STRADDLE CUT	A 216  STRADDLE CUT TO L- SUPPORT	A 217  STRADDLE CUT TO STRADDLE V-SUPPORT	A 218  STRADDLE CUT TO V- SUPPORT






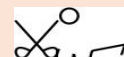


EXPLOSIVE SUPPORT FAMILY (High V and Reverse Cut)

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
				A 225	A 226 	A 227	A 228
				HIGH V SUPPORT TO FRONTAL SPLIT	HIGH V- SUPPORT REVERSE CUT TO SPLIT	HIGH V SUPPORT ½ TURN TO FRONTAL SPLIT	HIGH V SUPPORT REVERSE CUT ½ TURN TO SPLIT
						A 237 	
						HIGH V-SUPPORT ½ TWIST TO PUSH UP	







LEG CIRCLE

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
				A 265 	A 266 	A 267 	A 268 
				DOUBLE LEG 1/1 CIRCLE (or 2/1)	DOUBLE LEG ½ CIRCLE ½ TWIST TO PUSH UP	DOUBLE LEG 1/1CIRCLE 1/2 TURN TO WENSON	DOUBLE LEG 1/1CIRCLE 1/1TURN TOWENSON
						A 277 	A 278 
						DOUBLE LEG 1/1CIRCLE TO LIFTED WENSON	DOUBLE LEG 1/1CIRCLE 1/2 TURN TO LIFTED WENSON
				A 285 		A 287 	
				DOUBLE LEG 1/1CIRCLE TOSPLIT		DOUBLE LEG 1/1CIRCLE TO LIFTED WENSON	

FLAIR

















0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
				A 305  FLAIR or 2 FLAIR			
				A 315  FLAIR TOSPLIT		A 317  FLAIR 1/1 TURN TOSPLIT	
					A 326  FLAIR TO WENSON	A 327  FLAIR 1/2 TURN TO WENSON	A 328  FLAIR 1/1 TURN TO WENSON
						A 337  FLAIR TO LIFTED WENSON	A 338  FLAIR 1/2 TURN TO LIFTED WENSON

HELICOPTER FAMILY





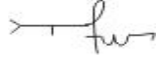


0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
			A 364  HELICOPTER	A 365  HELICOPTER TO WENSON	A 366  HELICOPTER TO LIFTED WENSON		A 368  HELICOPTER TO WENSON
			A 374  HELICOPTER TO SPLIT	A 375  HELICOPTER 1/2 TURN TO SPLIT			

GROUP B










SUPPORT FAMILY (Straddle & L Support)

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
	B 102  STRADDLE SUPPORT	NZ ELEMENT  STRADDLE SUPPORT 1/2 TURN	B 104  STRADDLE SUPPORT 1/1 TURN	NZ ELEMENT  STRADDLE SUPPORT 1 1/2 TURN	B 106  STRADDLE SUPPORT 2/1 TURN OR MORE		
			B 114  1 ARM STRADDLE SUPPORT	B 115  1 ARM 1/2 TURN STRADDLE SUPPORT	B 116  1 ARM 1/1 TURN STRADDLE SUPPORT (LACATUS)	B 117  1 ARM 1 1/2 TURN STRADDLE SUPPORT	
			B 124  STRADDLE / L SUPPORT 1/1 TURN		B 126  STRADDLE / L SUPPORT 2/1 TURN (MOLDOVAN)		
	B 132  L-SUPPORT	NZ ELEMENT  L-SUPPORT 1/2 TURN	B 134  L-SUPPORT 1/1 TURN	NZ ELEMENT  L-SUPPORT 1 1/2 TURN	B 136  L-SUPPORT 2/1 TURN OR MORE		

HORIZONTAL SUPPORT FAMILY (Static Wenson / Planche)
















0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
		B 173  LIFTED STATIC WENSON SUPPORT	B 174  LIFTED STATIC WENSON SUPPORT				
					B 186  STRADDLE PLANCHE	B 187  STRADDLE PLANCHE TO PUSH UP	B 188  STRADDLE PLANCHE TO LIFTED WENSON
							B 208  STRADDLE PLANCHE TO LIFTED WENSON BOTH SIDE
							B 218  PLANCHE

V SUPPORT FAMILY (V & High V Support)



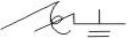

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
		B 143  STRADDLE V-SUPPORT	NZ Element  STRADDLE V-SUPPORT 1/2 TURN	B 145  STRADDLE V-SUPPORT 1/1 TURN	NZ ELEMENT  Straddle V-SUPPORT 1 1/2 TURN	B 147  STRADDLE V-SUPPORT 2/1 TURN	
				B 155  V-SUPPORT	NZ ELEMENT  V-SUPPORT 1/2 TURN	B 157  V-SUPPORT 1/1 TURN	
							B 168  HIGH V-SUPPORT

GROUP C




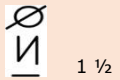

























STRAIGHT JUMP FAMILY (Air Turn, Free Fall)

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
<u>NZ ELEMENT</u>  STRAIGHT JUMP		C 103  1/1 AIR TURN	<u>NZ ELEMENT</u>  1 1/2 AIR TURN	C 105  2/1 AIR TURNS			C 108  3/1 AIR TURNS
		C 113  1/2 AIR TURN TO SPLIT	C 114  1/1 AIR TURN TO SPLIT	C 115  1 1/2 AIR TURN TO SPLIT	C 116  2/1 AIR TURNS TO SPLIT		C 118  2 1/2 AIR TURNS TO SPLIT
		C 123  FREE FALL AIRBORNE	C 124  FREE FALL 1/2 TWIST AIRBORNE	C 125  FREE FALL 1/1 TWIST AIRBORNE	C 126  FREE FALL 1 1/2 TWIST AIRBORNE	C 127  FREE FALL 2/1 TWIST AIRBORNE	









HORIZONTAL JUMP FAMILY (Gainer)

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
			C 144  GAINER 1/2 TWIST			C 147  GAINER 1 1/2 TWIST AIRBORNE	
			C 153  GAINER 1/2 TWIST TO SPLIT		C 156  GAINER 1 1/2 TWIST TO SPLIT		

BENT LEG(S) JUMP FAMILY (Tuck, Cossack Jump)

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
	C 182  TUCK JUMP	NZ ELEMENT  ½ TURN TUCK JUMP	C 184  1/1 TURN TUCK JUMP	NZ ELEMENT  1 ½ TURN TUCK JUMP	C 186  2/1 TURN TUCK JUMP		
		C 193  TUCK JUMP TO SPLIT	C 194  ½ TURN TUCK JUMP TO SPLIT	C 195  1/1 TURN TUCK JUMP TO SPLIT	C 196  1 ½ TURN TUCK JUMP TO SPLIT	C 197  2/1 TURNS TUCK JUMP TO SPLIT	
			C 204  TUCK JUMP TO PUSH UP	C 205  ½ TURN TUCK JUMP TO PUSH UP	C 206  1/1 TURN TUCK JUMP TO PUSH UP	C 207  1/1 TURN TUCK JUMP ½ TWIST TO PUSH UP	C 208  1 ½ TURN TUCK JUMP ½ TWIST TO PUSH UP
		C 223  COSSACK JUMP	NZ ELEMENT  ½ TURN COSSACK JUMP	C 225  1/1 TURN COSSACK JUMP	NZ ELEMENT  1 1/2 TURN COSSACK JUMP	C 227  2/1 TURN COSSACK JUMP	
			C 234  COSSACK JUMP TO SPLIT	C 235  ½ TURN COSSACK JUMP TO SPLIT	C 236  1/1 TURN COSSACK JUMP TO SPLIT	C 237  1/1 TURN COSSACK JUMP ½ TURN TO SPLIT	C 238  1 ½ TURN COSSACK JUMP ½ TURN TO FRONTAL PRONE SPLIT
			C 245  COSSACK JUMP TO PUSH UP	C 246  ½ TURN COSSACK JUMP TO PUSH UP	C 247  ½ TURN COSSACK JUMP ½ TWIST TO PUSH UP	C 248  1/1 TURN COSSACK JUMP ½ TWIST TO PUSH UP (JULIEN)	

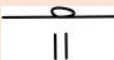

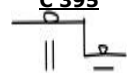
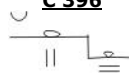

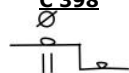
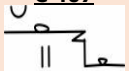
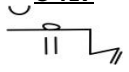
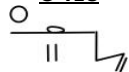


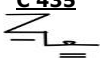
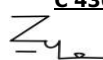
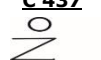
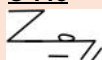
PIKE JUMP FAMILY

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
			C 264  PIKE JUMP	NZ ELEMENT  PIKE JUMP ½ TURN	C 266  1/1 TURN PIKE JUMP	NZ ELEMENT  PIKE JUMP 1 ½ TURN	C 268  2/1 TURN PIKE JUMP
				C 275  PIKE JUMP TO SPLIT	C 276  ½ TURN PIKE JUMP TO SPLIT	C 277  1/1 TURN PIKE JUMP TO SPLIT OR FRONTAL SPLIT	C 278  1 ½ TURN PIKE JUMP TO SPLIT OR FRONTAL SPLIT
					C 286  PIKE JUMP TO PUSH UP	C 287  PIKE JUMP ½ TWIST TO PUSH UP	C 288  1/2 TURN PIKE JUMP 1/2 TWIST TO PUSH UP











STRADDLE JUMP Family (Straddle Leap, Straddle Jump, Frontal Split Jump)

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
						C 307 STRADDLE LEAP 1/2 TWIST TO PUSH UP	C 308 1/1 TURN STRADDLE LEAP TO PUSH UP
			C 314 STRADDLE JUMP	NZ ELEMENT 1/2 TURN STRADDLE JUMP	C 316 1/1 TURN STRADDLE JUMP	NZ ELEMENT 1 1/2 TURN STRADDLE JUMP	C 318 2/1 TURN STRADDLE JUMP
				C 325 STRADDLE JUMP TO SPLIT	C 326 STRADDLE JUMP TO SPLIT 1/2 TURN	C 327 1/1 TURN STRADDLE JUMP TO SPLIT	C 328 1 1/2 TURN STRADDLE JUMP TO SPLIT
					C 336 STRADDLE JUMP TO PUSH UP	C 337 1/2 TURN STRADDLE JUMP TO PUSH UP	C 338 1/1 TURN STRADDLE JUMP TO PUSH UP
						C 347 STRADDLE JUMP 1/2 TWIST TO PUSH UP	C 348 1/2 TURN STRADDLE JUMP 1/2 TWIST TO PUSH UP
			C 384 SPLIT JUMP	NZ ELEMENT 1/2 TURN SPLIT JUMP	C 386 1/1 TURN SPLIT JUMP		C 388 2/1 TURNS SPLIT JUMP
				C 395 SPLIT JUMP TO SPLIT	C 396 1/2 TURN SPLIT JUMP TO SPLIT	C 397 1/1 TURN SPLIT JUMP TO SPLIT	C 398 1 1/2 TURN SPLIT JUMP TO SPLIT
					C 406 SPLIT JUMP SWITCH TO SPLIT	C 407 1/2 TURN SPLIT JUMP SWITCH TO SPLIT	C 408 1/1 TURN SPLIT JUMP SWITCH TO SPLIT
					C 416 SPLIT JUMP TO PUSH UP	C 417 1/2 TURN SPLIT JUMP TO PUSH UP	C 418 1/1 TURN SPLIT JUMP TO PUSH UP




SPLIT JUMP FAMILY (Split jump/Split Leap, Switch Split leap)

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
			C 384  SPLIT JUMP/LEAP	NZ ELEMENT  ½ TURN SPLIT JUMP	C 386  ½ TURN SPLIT JUMP ½ TURN	NZ ELEMENT  1 ½ TURN SPLIT JUMP	C 388  2/1 TURNS SPLIT JUMP
				C 395  SPLIT JUMP TO SPLIT	C 396  ½ TURN SPLIT JUMP TO SPLIT	C 397  SPLIT JUMP 1/1 TURN TO SPLIT	C 398  SPLIT JUMP 1 1/2 TURN TO SPLIT
					C 406  SPLIT JUMP SWITCH TO SPLIT	C 407  ½ TURN SPLIT JUMP SWITCH TO SPLIT	C 408  1/1 SPLIT JUMP SWITCH TO SPLIT
					C 416  SPLIT JUMP TO PUSH UP	C 417  SPLIT JUMP ½ TURN TO PUSH UP	C 418  1/1 TURN SPLIT JUMP TO PUSH UP
			C 424  SWITCH SPLIT LEAP	C 425  SWITCH SPLIT LEAP ½ TURN	C 426  SWITCH SPLIT LEAP ½ TURN		
				C 435  SWITCH SPLIT LEAP TO SPLIT	C 436  SWITCH SPLIT LEAP ½ TURN TO SPLIT	C 437  SWITCH SPLIT LEAP 1/1 TURN TO SPLIT	
					C 446  SWITCH SPLIT LEAP TO PUSH UP		









SCISSORS LEAP FAMILY

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
				C 465  SCISSORS LEAP 1/2 TURN	C 466  SCISSORS LEAP 1/1 TURN	C 467  SCISSORS LEAP 1/2 TURN 1/1 TURN	
					C 476  SCISSORS LEAP 1/2 TURN TO SPLIT	C 477  SCISSORS LEAP 1/2 TURN 1/2 TURN TO SPLIT	C 478  SCISSORS LEAP 1/2 TURN 1 TURN TO SPLIT
						C 487  SCISSORS LEAP 1/2 TURN SWITCH TO SPLIT	C 488  SCISSORS LEAP 1/1 TURN SWITCH TO SPLIT
						C 497  SCISSORS LEAP 1/2 TURN TO PUSH UP	C 498  SCISSORS LEAP 1/2 TURN 1/2 TWIST TO PUSH UP



KICK JUMP

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
	NZ ELEMENT  SCISSORS KICK			C 505  SCISSORS KICK 1/2 TWIST TO PUSH UP	C 506  1/2 TURN SCISSORS KICK 1/2 TWIST TO PUSH UP		

OFF AXIS JUMP FAMILY







0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
				C 545  1/2 TWIST OFF AXIS TUCK JUMP	C 546  1/1 TWIST OFF AXIS TUCK JUMP		C 548  1 1/2 TWIST OFF AXIS TUCK JUMP
				C 555  1/2 TWIST OFF AXIS TUCK JUMP	C 556  1/1 TWIST OFF AXIS TUCK JUMP		C 558  1 1/2 TWIST OFF AXIS TUCK JUMP
					C 566  1/2 TWIST OFF AXIS TUCK JUMP	C 567  1/2 TWIST OFF AXIS TUCK JUMP	

BUTTERFLY FAMILY

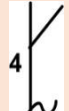

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
			C 584  BUTTERFLY			C 587  BUTTERFLY 1/1 TWIST	

GROUP D






















SPLIT FAMILY (split vertical and split with turn)

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
NZ ELEMENT  SPLIT	D 112  SPLIT THROUGH (PANCAKE)	D 113  SPLIT ROLL					
D 121  VERTICAL SPLIT	D 122  FREE SUPPORT VERTICAL SPLIT			D 124  FREE VERTICAL SPLIT WITH 1/1 TURN			





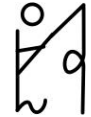



KICK FAMILY

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
	D 302  FREE SUPPORT SAGITTAL BALANCE	D 303  FOUR (4) CONSECUTIVE SAGITTAL HIGH LEG KICKS VERTICAL 1/1 TURN					












TURN FAMILY (turn and turn with Leg at horizontal)

0.05	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
NZ ELEMENT STALK  STAND	NZ ELEMENT  1/2 TURN	D 142  1/1 TURN	NZ ELEMENT 1 1/2 TURNS 	D 144  2/1 TURNS	NZ ELEMENT 2 1/2 TURNS 	D 146  3/1 TURNS		D 148  4/1 TURNS
			D 153  1/1 TURN TO VERTICAL SPLIT	NZ ELEMENT 1 1/2 TURN TO VERTICAL SPLIT 	D 155  2/1 TURNS TO VERTICAL SPLIT		D 157  3/1 TURNS TO VERTICAL SPLIT	
				D 164  1/1 TURN TO FREE VERTICAL SPLIT		D 166  2/1 TURNS TO FREE VERTICAL SPLIT		D 168  3/1 TURNS TO FREE VERTICAL SPLIT
					D 185  1/1 TURN WITH LEG AT HORIZONTAL	NZ ELEMENT 1 1/2 TURN WITH LEG AT HORIZONTAL 	D 187  2/1 TURNS WITH LEG AT HORIZONTAL	
						D 196  1/1 TURN WITH LEG AT HORIZONTAL TO VERTICAL SPLIT		D 198  2/1 TURNS WITH LEG AT HORIZONTAL TO VERTICAL SPLIT
							D 207  1/1 TURN WITH LEG AT HORIZONTAL TO FREE VERTICAL SPLIT	

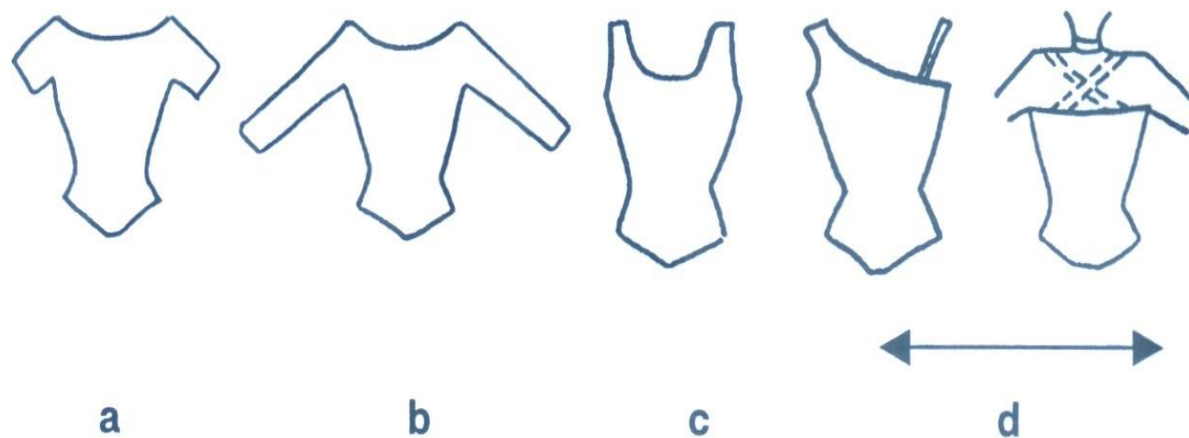
BALANCE TURN FAMILY

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
			D 224  BALANCE 1/1 TURN	NZ ELEMENT  BALANCE 1 1/2 TURN	D 226  BALANCE 2/1TURNS		D 228  BALANCE 3/1TURNS
				D 235  BALANCE 1/1 TURN SAGITTAL TO VERTICAL SPLIT		D 237  BALANCE 2/1 TURNS SAGITAL TO VERTICAL SPLIT	
					D 246  BALANCE 1/1 TURN SAGITTAL TO FREE VERTICAL SPLIT		D 248  1 1/2 TURN SAGITTAL TO FREE VERTICAL SPLIT

ILLUSION FAMILY

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
			D 264  ILLUSION	D 265  ILLUSION TO VERTICAL SPLIT	D 266  ILLUSION TO FREE VERTICAL SPLIT		
					D 276  DOUBLE ILLUSION	D 277  DOUBLE ILLUSION TO VERTICAL SPLIT	D 278  DOUBLE ILLUSION TO FREE VERTICAL SPLIT
				D 285  FREE ILLUSION	D 286  FREE ILLUSION TO VERTICAL SPLIT	D 287  FREE ILLUSION TO FREE VERTICAL SPLIT	
						D 297  FREE DOUBLE ILLUSION	D 298  FREE DOUBLE ILLUSION TO VERTICAL SPLIT

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.

Gymnastics New Zealand would like to thank the Aerobics Sport Development Committee for dedicating their knowledge and time towards the review of this handbook;

Catherine Thomson
Bronte Coluccio
Mike Groom
Rachel Harvey
Sally Hart
Zita Davies