



NEW ZEALAND SECONDARY SCHOOLS GYMSPORTS CHAMPIONSHIPS

2018 AEROBICS MANUAL

Please also refer to the NZ Secondary Schools Gymsports Championships General Manual and the Aerobics Handbook on the GymSports NZ website for more information.

<https://www.gymnasticsnz.com/gymsports-member-resources/aer-2018-handbook/>



*“Growing Great New Zealanders through
Gymnastics”*

POLICIES AND GUIDELINES

Competition Requirements

- The competition technical requirements are summarized in this manual. Full details for all categories can be found in the Aerobics 2018 Handbook (Gymnastics NZ Website)
<https://www.gymnasticsnz.com/gymsports-member-resources/aer-2018-handbook/>
- In 2018, the following AeroSchools resources can be used: 2015, 2016, 2017 and 2018.

The AeroSchools (2015, 2016, 2017 and 2018) packages are available for purchase from Gymnastics NZ. Each package includes a DVD (illustrating the levels routines), a CD (containing all tracks of music) and a set of choreography notes (a count by count explanation of the movements). The price list and order form is available on the Gymnastics NZ website.

PLEASE NOTE: only routines and music specified above are authorised for use in 2018.

Eligibility

- Refer to the NZSS GENERAL MANUAL for all eligibility and entry policies.
- Please note 2018 will be the last year that year 7 and 8 students who attend a full Secondary School (year 7-13) will be permitted to compete at the NZSS Aerobics Championships. From 2018 Individual Aerobics will be offered at the NZ AIMS Games and therefore an alternative national competition for year 7 and 8 students is available.

Entries

- **Competing in more than one category:**
 - Students may compete in more than one category (individual, pair/trio or team) per competition, for a **maximum** of two categories, but not more than once in one category i.e. not perform in pair/trios or teams competing against each other.
- **Competing in more than one division (ADP and Age Group only)**
 - Students can compete in more than one division in a category. E.g. an ADP 3 athlete can compete as ADP 4 athlete in a combined aged Pair/Trio or Team. Individuals in the combined Pair/Trio or Team must compete in the highest age group/category of group i.e not compete down a category or age group.
 - Only athletes that have been accepted into the International Age Group stream may compete in that category.
- **Moving to the next level**
 - For AeroSchools Levels athletes, the decision as to when the student can move through to the next Level is determined by the teacher or the AeroSchools Instructor. This decision is based on performance and results.

Please note: Age groups will be combined if there are less than 3 entries per age division. Ages are taken as at 31st December in the year of competition.

Performance Order

- Performance order for the straight finals is determined by a random drawing of numbers by the competition organisers.

Music

- The competition organiser require music to be provided to be downloaded in digital form to a drop box prior to the competition. Full details on the requirements for this will be communicated to the schools.
- A back up CD must be brought to the venue

Technical Equipment / Sound and Lighting

- The musical equipment and light fixtures must provide professional standard sound and lighting quality for the competing students and the audience.
- The musical equipment should include an amplifier, mixing board, CD player, and a minimum of 2 speakers (or any other medium suitable to the event organisers).

Incidences of Extraordinary Circumstances

- Incorrect music is cued
- Music problems due to equipment malfunction
- Disturbances caused by general equipment failure, (lighting, venue, stage, sound)
- The realisation of or introduction of any foreign object into the performance area, just before or during a performance, by an individual or means other than the competitors.
- Extraordinary circumstances that may cause a Walk Over or other disturbances that is not the responsibility of the performing competitor.

Management of Extraordinary Circumstances

- It is the responsibility of the competitors to immediately stop the routine if an extraordinary circumstance occurs including but not limited to those mentioned above.
- The Judiciary Director and Competition Organisers will review the situation and upon decision, the athlete may restart the routine once the problem has been corrected.
- A complaint after the routine has been completed will NOT be accepted.

Uniform Requirements

- Only AeroSchools Levels athletes can wear singlet's/bike shorts/tights or a school PE Uniform
- Medium length or long hair should be secured close to the head in a sportsmanlike manner (e.g. braided and pinned to the head or in a bun). Ponytails are not acceptable.
- Hair paint or glitter, or inappropriate hair adornments or accessories must not be worn.
- Make-up must be minimal for females and non-existent for males.
- Undergarments must not be visible.
- Private body parts including nipples and glutei must not be exposed.
- Adequate support must be worn.
- Dirty or damaged attire is not acceptable.
- Body oils, body paint or body glitter of any kind are prohibited.
- Shoelaces must be properly tied and shoes must be clean.
- Ornaments and Props:
 - Jewellery other than stud earrings and one ring is not permitted
 - The application of sequins, rhinestones and other adornments must be minimal
 - Props or loose items including but not limited to gloves, scarves, belts, hats, exercise accessories etc. are prohibited. (A deduction will be given to any part of the attire that comes loose and/or falls off during a performance).

Incorrect/wrong attire will incur a deduction of points. ADP and International athletes are expected to follow the FIG Code of Points.

The FIG Code of Points containing the details on Attire, Element Pool and Values is available for download for free from: [FIG - AEROBIC GYMNASTICS Code of Points](#)

Awards

- All categories will run straight finals.
- AeroSchools Levels age categories will be combined if there are less than 3 athletes in an age group.
- Medals will be awarded to the 1st, 2nd and 3rd place getters, and certificates to the first six place getters in each category.

AEROBIC GYMNASTICS COMPETITION PATHWAY

There will be three separate streams of competition:

- **Levels Stream – AeroSchools Levels and Open Levels**
 - For athletes whose primary incentive for participating follows the four F philosophy (fun, fitness, friendship and fundamentals)
- **Aerobic Development Programme National Stream (ADP)**
 - For athletes developing their skill level with the aim to compete in the International Stream of competition.
 - Athletes that have competed in this stream previously are not permitted to compete in the Levels stream at this competition.
- **International Stream**
 - For athletes who aspire to represent their country in international competitions. To be eligible these athletes must be affiliated to a member club and hold a New Zealand Passport – entry is through selection only.
 - Athletes that have competed in this stream previously are not permitted to compete in the Levels stream at this competition.
 - International stream athletes are not permitted to compete as FISAF (NZCAF) athletes.

COMPETITION STREAMS DIVISION FRAMEWORK

Categories

- Individuals
- Pairs/Trios and
- Teams (4-6 athletes)

Divisions

- AeroSchools Levels and Aerodance will be split into Competitive and Novice for the individual category.
- Competitive athletes compete in the Gymnastics NZ Aerobics Competition Pathway.
- The Novice division is for athletes who have never competed for a club or retired from club competition for at least 2 seasons.

Retired Athletes

- At the end of each competition season a competitive athlete, may only go back one AeroSchools level or Division i.e. ADP down to Open Levels, Open Levels down to Aeroschools, International down to ADP.
- An athlete that is retiring from competitive aerobics but still wants to compete at NZSS is also only permitted to compete at one level lower than the one they finished competing at.

- Competitive Aeroschools athletes that are retired for less than two seasons may go back one level but must remain in the competitive divisions until two seasons have past.
- The exception to the two year rule for retired athletes is for an International athletes. Retired international athletes 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.

Summary of divisions for retired Aerobics athletes

<i>Competition Division before retiring</i>	<i>Retired previous season</i>	<i>Retired 1 season</i>	<i>Retired 2 seasons or more</i>
Aeroschools Competitive	Aeroschools Competitive	Aeroschools Competitive	Aeroschools Novice
Open Levels	Open Levels or Aeroschools Competitive	Open Levels or Aeroschools Competitive	Aeroschools Novice
ADP	ADP or Open Levels	ADP or Open Levels	Aeroschools Novice
International	ADP only	ADP or Open Levels	Aeroschools Novice

ASSISTANCE

Gymnastics NZ affiliated clubs are more than willing to assist schools with preparing for this event. Should you be interested in contacting a club, please visit the Gymnastics NZ website for contact details.

SUMMARY OF CATEGORIES

LEVEL	DIVISION	CATEGORY
AeroSchools Level 3 Under 15/15+ years	Novice	Individual Pair & Trios Teams (4-6 athletes)
	Competitive	Individual Pair & Trios Teams (4-6 athletes)
AeroSchools Level 4 Under 15/15+ years	Novice	Individual Pair & Trios Teams (4-6 athletes)
	Competitive	Individual Pair & Trios Teams (4-6 athletes)
AeroSchools Level 5 Under 15/15+ years	Novice	Individual Pair & Trios Teams (4-6 athletes)
	Competitive	Individual Pair & Trios Teams (4-6 athletes)
Open Level 3 12-14 years	Competitive	Individual Pair & Trios Teams (4-6 athletes)
Open Level 4 15+ years	Competitive	Individual Pair & Trios Teams (4-6 athletes)
ADP 3 12-14 years	Competitive	Individual Pair & Trios Teams (4-6 athletes)
ADP 4 15-17 years	Competitive	Individual Pair & Trios Teams (4-6 athletes)
ADP 5 18+ years	Competitive	Individual Pair & Trios Teams (4-6 athletes)
International: Age Group 1 12-13 years	Competitive	Individual Pair & Trios Teams (4-6 athletes)
International: Age Group 2 15-17 years	Competitive	Individual Pair & Trios Teams (4-6 athletes)
International: Senior 18+ Years	Competitive	Individual Pair & Trios Teams (4-6 athletes)
Aerodance Under 15/15+ years	Novice	Aerschools (Pre-choreographed)
	Competitive	Open (GNZ Aerobics Handbook)