







PERFORMANCE GROUPS – AEROBICS

Choreography Information 2018

Performance Groups Aerobics – Routine Requirements

Team Size	Minimum 5 participants – maximum 12 participants. May be all female, all male or mixed gender. May be a mixture of ages but must be from the same eligible school.								
Competition Performance Space	Approx. 10 m wide by 8 m deep on a wooden stage area. There are no mats for performance group aerobics. This is a guide to performance space only to help with choreography and formation. No specific out of bounds deductions will be taken.								
Timing	1 min 30 seconds – 2 minutes (+/- 5 seconds)								
Music	Own discretion – with or without vocals but must be suitable for general public listening. The cut of music can be one or more pieces, may be mixed and can include original cuts, but must seem to be one seamless piece of music. Original music and sound effects are allowed. Teams must supply their own music as per the 2018 Performance Groups requirements outlined in the registration book.								
Attire	Attire is to be any tight-fitting top or leotard, bike shorts or tights/pants suitable for aerobic gymnastics, and aerobic or any supportive sports shoes with socks.								
Performances	One								
Composition	<ul style="list-style-type: none"> • Movements on all levels and in all directions, showing varying group formations. Movements should correspond to the music, changes in tempo, including smooth transitions and connecting compulsory requirements. To score well a performance must reflect the style of aerobics combining the seven basic steps of aerobics in continuous movement with a high level of energy and intensity. • All compulsory requirements to be included in the routine composition as per below. To be credited all compulsory requirements must be: <ul style="list-style-type: none"> • performed by every team member; • at the same time; • to the minimum requirements; • and be the same skill (unless the 25% rule is being applied). • To achieve the compulsory requirements for A, B, C and D skills only skills in the Skills Table will be counted. Other skills may be performed but will not be credited to meet compulsory requirements but may be additional to add to overall performance. Athletes must ONLY perform skills that they are competent in and can perform safely. 								
Compulsory Requirements	<ol style="list-style-type: none"> 1. 4 x consecutive Jumping Jacks 2. 4 x consecutive Push Ups 3. 4 x consecutive High Leg kicks 4. 4 skills from the Skills Table consisting of: <ul style="list-style-type: none"> - 1 x dynamic strength skill (A) - 1 x static strength skill (B) - 1 x jump or leap (C) - 1 x balance or flexibility skill (D) <p>NOTE: In 2018 acrobatic skills and lifts are optional and may be used to add to the overall performance however they must not exceed the set difficulty level as per below.</p>								
25% Rule	<p>This rule is to allow for a range of ability levels within a team and applies to the compulsory requirements 4 as above only. A team can choose to have 25% of the team perform a skill of the same base skill at a higher or lower level to the rest of the team and still get it credited. For example: 3 members do a L hold with feet on the ground and the rest do it with feet off. It can be applied as per the table below:</p> <table border="1"> <thead> <tr> <th>Team Size</th> <th>Number of members allowed to perform at a lower/higher level</th> </tr> </thead> <tbody> <tr> <td>5-7</td> <td>1-2</td> </tr> <tr> <td>8-11</td> <td>2-3</td> </tr> <tr> <td>12</td> <td>3</td> </tr> </tbody> </table>	Team Size	Number of members allowed to perform at a lower/higher level	5-7	1-2	8-11	2-3	12	3
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Skills Table

A Skills - Dynamic Strength			
Beginner			Advanced
Single push up on knees	Single push up	One leg push up	One leg hinge push-up
		Wenson push-up	Wenson hinge push-up
		Plio push up	
NOTE: a push up skill from A skills above needs to be performed in addition to the 4 compulsory push-ups. Minimum competency: A push-up must start with straight arms, with arms bending to 90 degrees (shoulders level with elbows) at the bottom and push up to straight arms.			
B Skills - Static Strength			
Beginner			Advanced
Straddle support heels on	Straddle support	½ turning straddle	1/1 turning straddle
L support heels on floor	L support	½ turning L support	1/1 turning L support
		Straddle V support	½ turn straddle V support
Minimum competency: Support must be <u>held</u> for 2 seconds (approx. 6-8 counts)			
C Skills – Jumps and Leaps			
Beginner			Advanced
Straight jump	½ turning straight jump	1/1 turning straight jump	
	Tuck jump	1/2 turn tuck jump	1/1 Turn tuck jump
		Cossack jump	½ Turning Cossack jump
	Scissor kick		split leap or jump
Star jump			Straddle jump
Minimum competency: The jump shape must be clear in the air (i.e. tuck or straddle) and full rotation complete (if ½ or 1/1 turning jump). Jumps must have 2 foot take off and landings (except scissor kick and split leap which both have a one foot take-off and landing).			
D Skills - Balance & Flexibility			
Beginner			Advanced
Splits (front or side)	Vertical split	Free vertical split	Illusion
	Split through (pancake)		
½ turn (passé)	1/1 Turn (Passé)	1 ½ Turn (passé)	2/1 Turn (Passé)
Minimum competency: For skills with split the split must be within 10 degrees of full split. For turn skills the intended rotation must be completed on the ball of the foot with no hopping.			

Optional Skills

Allowed Acrobatic Skills	
Cartwheels and variations (I.e. to knees, from knees, 1 hand)	Forwards / backwards walkover
Allowed Lifts	
The top (highest/lifted person) not to be held/lifted higher than shoulder height of base (person lifting/holding). Person lifted must be held/in contact with bases at all times (i.e. no throws or propelling)	

Performance of Compulsory Requirements

Compulsory Requirement	Minimum competency
Four consecutive jumping jacks	<ul style="list-style-type: none"> Jack Jump out – feet shoulder width apart showing 30 degree flexion at hip and knee. Jack Jump in – feet come together All four jacks must be performed with no travelling
Four consecutive high leg kicks	<ul style="list-style-type: none"> waist height on all 4 kicks kicks must alternate LRLR or RLRL All four kicks must be performed with no travelling Start and finish position feet together, in contact with the floor
Four consecutive push ups	<ul style="list-style-type: none"> 90-degree angle formed by flexed elbow joints Feet(knees) and hands must stay in contact with the ground for duration of the 4 push-ups Can be performed on knees instead of feet

Choreography Tips

To help your team have the best chance at scoring well, consider the following when putting together your routine:

- Only choose skills which your team can perform well and that they will achieve the minimum competency for. The intensity bonus can be applied to teams that are able to achieve a higher level of skill and/or teams that show great execution and synchronisation of their skills, so if skills are not done well/seem unsafe they will not be rewarded.
- Movement is important as it adds interest to a performance. While your athletes may be able to do a routine better staying on the spot for 32 beats, it does not add as much to the performance value. Try to make sure for every 8 beat that is not a compulsory requirement you have some sort of change, such as change direction the athletes are facing, change level, or move to a new formation.
- Ensure you incorporate all the seven basic aerobic steps or variations of these into your performance. Judges expect to see these in lots of 8 beats. Try to make each lot of 8 beats of aerobic steps interesting without too much repetition. For example, if you do jack jump fly jump to the left you do not have to show the same combination to the right or repeat the same combinations over and over. Try and make the routine creative and not predictable.
- Add arm movements that complement the leg movements. It is not expected that you have an arm movement on every beat but should not go 8 beats without also doing something with the arms.
- Make sure you change formations and are not having your team do only lines or circles. There are many different formations you could use such as diagonals, crosses, small groups in corners, arrowheads etc. Judges expect to see a change of formation at least every 32 beats. It does not have to be complicated just effective.
- Make sure when you choreograph your routine you do your compulsory requirements in different positions on the floor and not in the same place and in the same formation for all of them i.e. the judges do not want to see all your compulsory skills completed in a line across the middle – be creative.

For more detailed information on the seven basic steps of aerobics see **Appendix 1**.

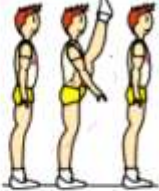
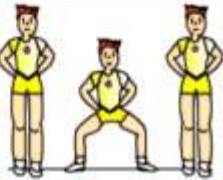
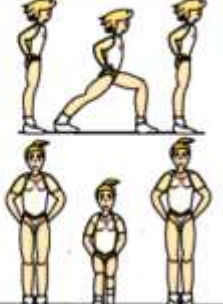
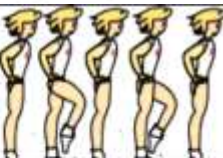

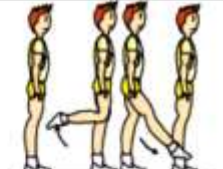
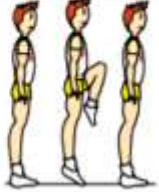
To see how performances are scored see the Judging Sheets in **Appendix 2**.

For further help with choreography, skills or basic steps you could also contact your nearest Aerobic Gymnastics Club – details can be found at:

<http://www.gymsportsnz.com/find-a-club/>

For any help with understanding the Performance Groups – Aerobics 2018 – Choreography Information please contact Code Co-ordinator – Rachel Harvey rachel@bayaerobics.co.nz

Appendix 1: Aerobics 7 Basic 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 hip height (for AIMS) 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 county skiing motion. • Amplitude: Approx. 2-3 feet apart in sagittal plane. (Lunge variations = different amplitudes). 	
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. 	

Source: FIG Aerobic Code of Points 2017 - 2020

Appendix 2: Judging Sheets

Judging Sheet Examples:

Performance Groups – Aerobics

Compulsory Requirements Judging Sheet

Number: _____ School: _____

Compulsory Requirements	1 point for each compulsory requirement that is performed by the whole team together at the same time to the minimum competency level.
4 consecutive Pushups	___/1
4 consecutive Kicks	___/1
4 consecutive Jumping Jacks	___/1
A 1 x dynamic strength skill _____	___/1
B 1 x static strength skill _____	___/1
C 1 x Jump/Leap skill _____	___/1
D 1 x Balance/flexibility _____	___/1
Intensity Overall score for execution and synchronisation of compulsory requirements with consideration given to the level of difficulty.	___/3
Compulsory Requirements Score	/10

Performance Groups – Aerobics

Artistic Performance Judging Sheet

Number: _____ School: _____

Artistic Criteria	Description	Poor	O.K.	Good	Very Good	Great	WOW	Score
Aerobic movement patterns (AMP's) Complexity/ Creativity/Variety	<ul style="list-style-type: none"> ✓ Technique of AMP's ✓ Variety and creativity of AMP's (i.e. not too repetitive) 	1	1.1 1.2 1.3	1.4 1.5	1.6 1.7	1.8 1.9	2	
Energy/Dynamic movement/ Continuous movement	<ul style="list-style-type: none"> ✓ Energy maintained throughout ✓ Continuous rebounding movement throughout ✓ Dynamism 	1	1.1 1.2 1.3	1.4 1.5	1.6 1.7	1.8 1.9	2	
Use of Space, Formations & Levels	<ul style="list-style-type: none"> ✓ Structure of routine (placement of AMPs and skills) ✓ Different formations during the routine ✓ Use different levels and move in different directions 	1	1.1 1.2 1.3	1.4 1.5	1.6 1.7	1.8 1.9	2	
Music/Artistry/ Performance	<ul style="list-style-type: none"> ✓ Cohesion between performance and music. ✓ Fluidity (i.e. no/few pauses) ✓ Presentation, attitude, emotions, confidence ✓ WOW factor/creativity 	1	1.1 1.2 1.3	1.4 1.5	1.6 1.7	1.8 1.9	2	
Synchronization and teamwork	<ul style="list-style-type: none"> ✓ Synchronization of movements ✓ Interaction/s between team members ✓ Performing as a team 	1	1.1 1.2 1.3	1.4 1.5	1.6 1.7	1.8 1.9	2	
Artistic Performance Score								/10

FINAL SCORE ___ / 20

(COMPULSORY REQUIREMENTS ___ / 10 + ARTISTIC PERFORMANCE ___ / 10)