



# NZ SECONDARY SCHOOLS

## Tier 2 GYMNASTIC SPORTS CUP

**2021**

# AEROBICS MANUAL

This manual outlines the routine requirements for Aerobics at the NZ Secondary School Gymnastic Sports Cup event.

This event is endorsed by School Sport NZ



## COMPETITION DIVISIONS

The following table shows the divisions offered for Aerobics.

AEROBICS (AER)			
Division	Criteria	Category	Requirements
<b>AER Grade 1</b> (Aeroschools Level 3)	For students and beginners learning gymnastics.  Students and GNZ club gymnasts in Aeroschools Level 3  <b>No retired/past Open, ADP or International AER gymnasts</b>	Individual Male Individual Female Pair/Trio/Team(4-6)  Medals: 1 <sup>st</sup> – 3 <sup>rd</sup>	1 routine  Using Aeroschools programme Level 3
<b>AER Grade 2</b> (Aeroschools Level 4)	Recommended for,  Students and GNZ club gymnasts in Aeroschools Level 4  <b>No current or retired/past competitive AER gymnasts</b>	Individual Male Individual Female Pair/Trio/Team (4-6)  Medals: 1 <sup>st</sup> – 3 <sup>rd</sup>	1 routine  From Aeroschools Programme Level 4
<b>AER Grade 3</b> (Aeroschools Level 5)	Recommended for,  Students and GNZ club gymnasts in Aeroschools Level 5 and, Retired/past AER gymnasts in Aeroschools or Open division  <b>No current competitive Open, ADP or International athletes</b>	Individual Male Individual Female Pair/Trio/Team (4-6)  Medals: 1 <sup>st</sup> – 3 <sup>rd</sup>	1 routine  From Aeroschools Programme Level 5

<b>AER Open Grade</b>	Recommended for, Retired/past AER gymnasts in Open division, Age Group and International Divisions.  <b>No current Open, ADP or International athletes</b>	Individual Male Individual Female Pair/Trio/Team 4-6  Medals: 1 <sup>st</sup> – 3 <sup>rd</sup>	1 Routine  <u>Requirements</u> Retired Open, ADP and International AER gymnasts may use their past routines with the following requirements; <ul style="list-style-type: none"> <li>• 1:15 - 1:20min long</li> <li>• routines must have between 8-9 elements with a minimum of one from each family.</li> <li>• elements can range from 0.1-0.5 in value.</li> <li>• a maximum of 5 floor elements and 2 split or push up landings.</li> </ul> Open routines that have compulsory kicks and push-ups will count towards the 8 – 9 elements and be rewarded a maximum value of 0.2.
<b>Aerodance</b>	Novice (Aeroschools programme)	Team (5 – 8)  Medals: 1 <sup>st</sup> – 3 <sup>rd</sup>	1 Routine From Aeroschools Aerodance Programme

**Note:** All categories will run straight finals.

### Aeroschools Programme

- In 2021, the following AeroSchools resources can be used: 2016, 2017 and 2018 and 2020.
- The AeroSchools (2016, 2017, 2018) resources 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.
- The AeroSchools 2020 resource and music is available from the App store – GA Aeroschools.

### 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.

**PLEASE NOTE:** only routines and music specified above are authorised for use in 2021.