



NZ SECONDARY SCHOOLS

Tier 2 GYMNASTIC SPORTS CUP

2023

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

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

Note: All categories will run straight finals.

Aeroschools Programme

- In 2023, only the AeroSchools App will be used..
- The AeroSchools 2020-2023 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 2023.