



AIMS GAMES

GYMNASTICS HANDBOOK

2023 Edition



*"Growing Great New Zealanders through
Gymnastics".*



This programme is protected and remains the property of Gymnastics New Zealand (Gymnastics NZ). No parts of this may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, manual, mechanical, photocopying, recording or otherwise, without the prior written permission of Gymnastics NZ.

Assistance / Contacts

Local Gymnastics Clubs may be able to provide schools with assistance to prepare for AIMS GAMES. The contact for Gymnastics NZ member clubs can be found on the Gymnastics NZ website.

Handbook 2023

References to technical handbooks are for the most current handbook. Gymnastics NZ Handbooks are available to Clubs on the Gymnastics NZ Club Portal.



GYMNASTICS at AIMS GAMES

AIMS Games is a national tournament for Year 7 and 8 students from New Zealand and international schools. The tournament offers a variety of sports with over 10,000 participants.

The Gymnastics Competition for 2023 includes all the following gymnastics codes.

- Women's Artistic Gymnastics
- Men's Artistic Gymnastics
- Trampoline (including Double Mini Trampoline)
- Tumbling
- Rhythmic Gymnastics
- Aerobics Gymnastics (Individual)
- Performance Group Aerobics

How to choose what Division/Level?

While there are no qualifying requirements for AIMS Games, schools need to be mindful of ensuring participants are entered in a division in which they can safely perform. Please choose the grade in which to enter your students based on their gymnastic ability.

Open Division Junior and above: Please note that if participants do not have their club coach with them, then for safety reasons we recommend they only perform elements that do not require any spotting. This includes all warmups.

| Division | Description |
|---|--|
| Flyers | Novice - Suitable for participants in a school-based programme |
| Twisters | Advanced Novice - Suitable for an advanced school-based programme or participants that attend a recreational club programme (1-3 hours per week). |
| Open Novice (Tramp, Tumbling and Aerobics only) | Advanced Novice and gymnasts who compete in another competitive gymnastics code. For example, an artistic athlete competing tumbling would enter Open Novice Tumbling. |

| | |
|---|---|
| <p>Open Junior, Open Junior Advanced, Open Senior</p> | <p>Athletes competing in the Gymnastics NZ competitive pathway in the divisions as stated.</p> <p>Retired athletes:</p> <ul style="list-style-type: none"> • An athlete is considered retired if they have not competed a competitive competition in the year of Aims Games. • A retired athlete may compete one level down from when they last competed (minimum - previous season). For example, a WAG STEP 5 athlete may enter as a STEP 4 (Open Junior) • If an athlete has not competed at a competitive competition for more than 2 seasons, they may compete 2 levels down from when they last competed, however, • No retired competitive athletes who have competed at Gymnastics NZ Junior Level * can compete in Flyers or Twisters. • Retired Elementary Level athletes may compete Twisters but not Flyers. |
|---|---|

General Requirements

- The competition technical requirements are included in this publication.
- The format of music to be submitted will be communicated to schools prior to the Games.
- All gymnasts are required to compete in uniform. Except for one small stud earring in each ear, no jewellery may be worn. Long hair must be securely tied up to ensure it does not create a safety hazard.
- Managers please note - each code/division is required to have an adult (teacher/coach) on the floor in appropriate attire to represent the school. This person's name and email address must be listed on the entry form.

Acceptable Clothing

- School PE Uniform – Flyers, Twisters
- Leotard – Junior + divisions
- Socks (of any colour) for Trampoline
- Supportive sports shoes and socks for individual aerobics athletes (Open athletes must wear correct attire as per their Gymnastics NZ level).
- Aerobics Group Performance - A firm-fitting top or leotard, shorts or pants, socks, and sports shoes.
- No baggy shorts.

SUMMARY OF DIVISIONS

*Routines and requirements as outlined in this manual. Other routine requirements not detailed in this manual will refer to the relevant Gymnastics NZ Technical Handbook that will be available on the Gymnastics NZ member only page or from your athlete's affiliated Gymnastics NZ coach.

| Code | Division | Pre-requisites | Categories |
|--|----------------------|---|------------------------------------|
| Men's Artistic Gymnastics (MAG) | Flyers | * Novice only | Individual Male |
| | Twisters | * Advanced Novice and GNZ MAG Level 1 | Individual Male |
| | Open Junior | GNZ MAG Level 2 & 3 | Individual Male |
| | Open Junior Advanced | GNZ MAG Level 4 & 5 | Individual Male |
| | Open Senior | GNZ MAG Level 6+ | Individual Male |
| Women's Artistic Gymnastics (WAG) | Flyers | * Novice only | Individual Female |
| | Twisters | * Advanced Novice and GNZ WAG STEP 1 & 2 | Individual Female |
| | Open Junior | GNZ WAG STEP 3 & 4 | Individual Female |
| | Open Junior Advanced | GNZ WAG STEP 5 & 6 | Individual Female |
| | Open Senior | GNZ WAG STEP 7+ | Individual Female |
| Rhythmic Gymnastics (RG) | Flyers | * Novice | Individual Female, Individual Male |
| | Twisters | * Novice and RG Level 1 & 2 | Individual Female, Individual Male |
| | Open Junior | GNZ RG Level 3 & 4 | Individual Female, Individual Male |
| | Open Junior Advanced | GNZ RG Level 5, 6 & 7 | Individual Female, Individual Male |
| | Open Senior | GNZ RG Level 8 +, Stages 2-4 & Junior International | Individual Female, Individual Male |
| Trampoline & Double-Mini Trampoline (TRA/DMT) | Flyers | * Novice | Individual Female, Individual Male |
| | Twisters | * Novice | Individual Female, Individual Male |
| | Open Novice | * Novice and GNZ Competitive Programme Gymnasts inclusive | Individual Female, Individual Male |
| | Open Junior | GNZ Competitive Age Groups 11-12 years and 13-14 years | Individual Female, Individual Male |
| | Open Senior | GNZ Youth and Sub-Junior International | Individual Female, Individual Male |

Note: - Open Junior and Senior can choose TRA and/or DMT

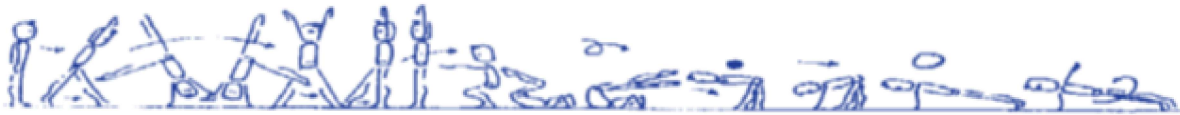
| | | | |
|-----------------------------------|----------------------|--|---|
| Tumbling (TUM) | Flyers | *Novice | Individual Female, Individual Male |
| | Twisters | *Novice | Individual Female, Individual Male |
| | Open Novice | *Novice and GNZ Competitive Programme Gymnasts inclusive | Individual Female, Individual Male |
| | Open Junior | GNZ Competitive Age Groups 11-12yrs and 13-14 years and Levels Programme 6+ | Individual Female, Individual Male |
| | Open Senior | GNZ FIG 9-10, FIG 11-12, FIG 13-14 | Individual Female, Individual Male |
| Aerobic Gymnastics (AER) | Flyers | *Novice and AeroSchools Level 3 | Individual Female, Individual Male |
| | Twisters | *Novice and AeroSchools Level 4 | Individual Female, Individual Male |
| | Open Novice | *Novice and AeroSchools Level 5 | Individual Female, Individual Male |
| | Open Junior | GNZ Competition divisions. National Level 6 and 7 | Individual Female, Individual Male |
| | Open Junior Advanced | GNZ Competition divisions. National Level 8 | Individual Female, Individual Male |
| Aerobics Group Performance | Open | Novice, Open and AeroSchools are one division | Mixed, all male or all females compete in one division |

Please note: Those participating in Gymnastics are encouraged to participate in more than one code.

ARTISTIC GYMNASTICS - FLYERS

MENS ARTISTIC Novice only Perform - Floor, Vault, Mat
 WOMEN'S ARTISTIC Novice only Perform - Floor, Vault, Beam

- **FLYERS | WOMEN'S & MEN'S ARTISTIC | FLOOR**

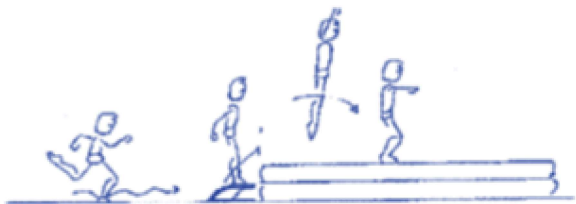


| Skill 1 | Skill 2 | Skill 3 |
|--------------------------------|---|--|
| From Stand execute a cartwheel | Backward roll to straddle stand (hold 2 sec.) | Place hands on the floor and jump feet to front support, take one hand off and roll over to rear support |



| Skill 4 | Skill 5 | Skill 6 |
|--|---|--|
| Sit, then stretch arms overhead and down to feet (hold 2 sec.) | Rock backwards to shoulder stand, rock forwards to squat and immediate straight jump to land. | Show momentary handstand, STEP down to finish. |

- **FLYERS | WOMEN'S & MEN'S ARTISTIC | VAULT**



Run, hurdle 2 feet take off to a straight jump onto a 60cm mat. Arms stretched above head in flight and parallel to floor on landing.

• FLYERS | WOMEN'S ARTISTIC | BEAM



| Skill 1 | Skill 2 | Skill 3 | Skill 4 |
|---|-----------------------------|---|---|
| Squat Mount, with two legs or one leg, ¼ turn to stand stretched. | Scale balance (hold 2 sec.) | STEP, cat leap, swinging arms forward and up. | Pivot ½ turn on two feet, on high toes. |



| Skill 5 | Skill 6 | Skill 7 | Skill 8 |
|------------------------|--|--------------------------|---|
| Pose (hold for 2 sec.) | Perform grapevine STEP (side, behind, side, in front). | Perform 2 stretch jumps. | Walk to the end of the beam and jump ½ turn dismount. |

• FLYERS | MEN'S ARTISTIC | MAT



| Skill 1 | Skill 2 |
|---|---|
| Arm swings bending at knees and hips – 2 times. | Handstand STEP down, then forward roll to straddle stand (hold straddle stand for 2 sec.) |



| Skill 3 | Skill 4 |
|--|---|
| Perform 2 single leg circles, ending in front support. | Spring feet forward to squat and stand. |

ARTISTIC GYMNASTICS – TWISTERS

MEN'S ARTISTIC Advanced Novice / MAG Level 1 Perform - Floor, Vault, Mat
 WOMEN'S ARTISTIC Advanced Novice / WAG STEP 1 & 2 Perform - Floor, Vault, Beam

- TWISTERS | WOMEN'S & MEN'S ARTISTC | FLOOR**



| Skill 1 | Skill 2 | Skill 3 | Skill 4 |
|--|-------------------------|----------------------|---|
| From Stand, cartwheel with a 90° inward turn to stand with feet together | Backward roll to squat. | Jump ½ turn to land. | STEP onto one leg, move through lunge position to scale balance (hold 2 sec.) |



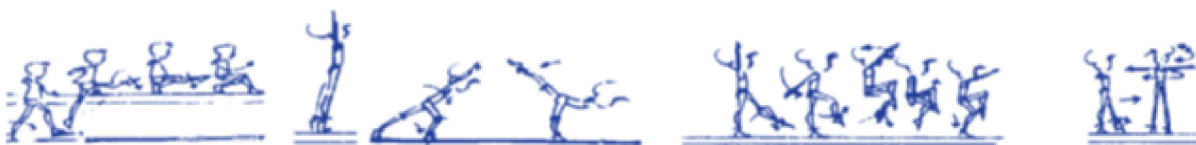
| Skill 5 | Skill 6 | Skill 7 |
|---|--|--|
| Roll forward to Pike sit and immediately lower to stretch position. | Roll backwards to shoulder stand, then rock forwards to squat and immediate jump ½ turn. | Lifting arms and one leg, kick to momentary handstand, forward roll to squat, immediate straight jump to land. |

- TWISTERS | WOMEN'S & MEN'S ARTISTC | VAULT**

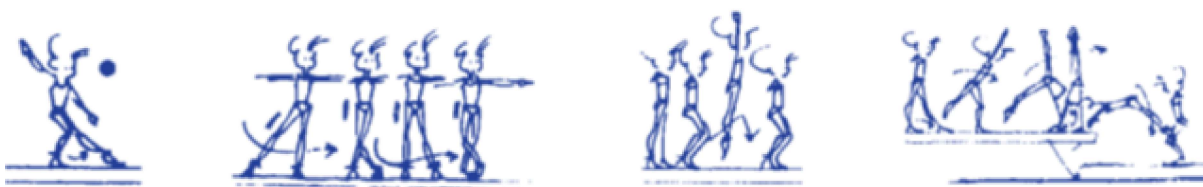


Run, hurdle 2 feet take off to dive roll down sloping soft mat.

• **TWISTERS | WOMEN'S ARTISTIC | BEAM**



| Skill 1 | Skill 2 | Skill 3 | Skill 4 |
|---|-----------------------------|---|---|
| Mount beam with scissor kick to squat position, then stand tall OR Scissor kick over beam to sit on beam with legs hanging. Climb up to squat. The change from sit to squat will not be judged. | Scale balance (hold 2 sec.) | STEP, cat leap, swinging arms forward and up. | Pivot ½ turn on two feet, on high toes. |

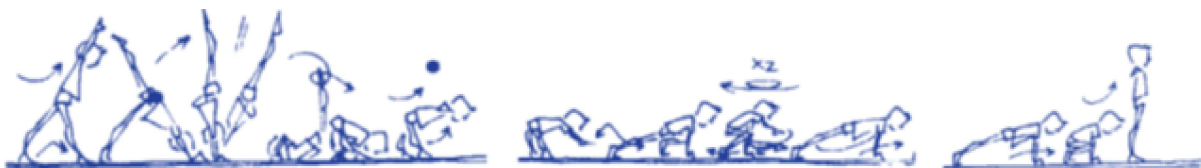


| Skill 5 | Skill 6 | Skill 7 | Skill 8 |
|------------------------|--|--------------------------|--|
| Pose (hold for 2 sec.) | Perform grapevine STEP (side, behind, side, in front). | Perform 2 stretch jumps. | Round off dismount, off the end of the beam. |

• **TWISTERS | MEN'S ARTISTIC | MAT**



| Skill 1 | Skill 2 |
|---|-----------------------|
| Arm swings bending at knees and hips – 2 times. | Cartwheel ¼ turn out. |



| Skill 3 | Skill 4 | Skill 5 |
|---|--|---|
| Handstand forward roll to straddle stand (hold straddle stand for 2 sec.) | Perform 2 leg circles ending in front support. | Spring feet forward to squat and stand. |

WOMEN'S ARTISTIC GYMNASTICS (WAG) - OPEN JUNIOR (STEPS 3 & 4)

Grade: Participants must be competing in the NZ WAG STEPs Programme at STEPs 3 and 4. See page 4 for retired gymnasts' requirements.
Refer to the Gymnastics NZ WAG Handbook for specific element requirements.

Perform: Floor, Vault, Bar and Beam

- **OPEN JUNIOR | WAG | VAULT** Handspring with repulsion over vaulting table (105/115/125cm height) OR 90cm Crashmat
- **OPEN JUNIOR | WAG ARTISTIC | FLOOR** There is a time limit of 90 sec.

| Requirements: Compete 9 Elements in a routine. Choice of choreography | Options |
|--|---|
| 1 x Tumble Run | Choose one <ul style="list-style-type: none"> • Hurdle to Round-off, rebound Tuck Jump • Hurdle to Round-off Flic Flac - 0.2 bonus |
| 1 x Handstand Elements | Choose one <ul style="list-style-type: none"> • Handstand Prop Forward Roll OR • Backward Roll to Handstand (within 30° Horizontal) • Backward Roll to Front Support |
| 1 x Turn | <ul style="list-style-type: none"> • Full Turn on one foot, free leg in Passe |
| 3 x Acro Elements | Choose three <ul style="list-style-type: none"> • Backward Walkover • Forward Walkover • Cartwheel, Cartwheel ¼ turn • Dive Roll |
| 2 x Jump/Turns | Choose two <ul style="list-style-type: none"> • Jump Full turn • Stretch Jump – Stride Jump • Fouetté Turns OR Hops on alternate legs |
| 1 x Leap | Choose one <ul style="list-style-type: none"> • Split Leap, step hop with free leg forward minimum horizontal • Split Leap, Split Leap |

- **OPEN JUNIOR | WAG | BAR**

| Requirements: Compete 6-7 elements in a routine. | Options: |
|---|---|
| 1 x Mount | <ul style="list-style-type: none"> • Jump to glide swing, release, chin up pullover. • Glide Kip – 0.2 bonus |
| 1 x Cast | <ul style="list-style-type: none"> • Cast to 90° |
| 1 x Bar Change | <ul style="list-style-type: none"> • Low bar underwing dismount, lift to high bar • Feet to low bar (no DV), jump to High BAR, Tap Swing – 0.2 bonus |
| 1 x Close Circle on Bar | <ul style="list-style-type: none"> • Backward Hip Circle - Low bar • Cast, Backward Hip Circle – High bar (swing to mount high bar not judged) |
| 2 or 3 Tap Swings & Dismount | <ul style="list-style-type: none"> • Tap swing x 3 – minimum 135°, release on third backswing. • Under swing - counter swing back, Tap swing x 2, release on 2nd backswing |

- **OPEN JUNIOR | WAG | BEAM**

There is a time limit of 90 sec.

| Requirements: Compete 8 Elements in a routine. Choice of choreography | Options: |
|--|--|
| 1 x Mount | <ul style="list-style-type: none"> • Jump to two feet squat on, clear L-sit * • Jump to clear straddle in cross position (mark) * <p>*Optional position to stand.</p> |
| 1 x Acro Element | <ul style="list-style-type: none"> • Cartwheel – optional finish position • Roll back to shoulder stand • Forward Roll to Straddle sit |
| 1 x Balance | <ul style="list-style-type: none"> • Arabesque with free leg at 90° (2 sec hold) • Scale Balance with free leg at 180° (2 sec) DV at 135° |
| 1 x Turn | <ul style="list-style-type: none"> • ½ turn on one foot, followed by ½ turn on two feet in relevé |
| 1 x Handstand Element | <ul style="list-style-type: none"> • Handstand • ¾ Handstand – one leg vertical, other minimum horizontal |
| 1 x Jump | <ul style="list-style-type: none"> • Stride Jump – at or above 135° |
| 1 x Optional Element | <ul style="list-style-type: none"> • Stretch Jump ½ Turn • Tuck Jump – knees at horizontal • Two directly connected stretch jumps. • Split Leap – above 135° |
| 1 x Dismount | <ul style="list-style-type: none"> • Round-off with rebound from hands to land |

WOMEN'S ARTISTIC GYMNASTICS (WAG) – OPEN JUNIOR ADVANCED (STEPS 5 & 6)

Grade: Participants must be competing in the NZ WAG STEPs Programme at STEPs 5 & 6. See page 4 for retired gymnast requirements.
Refer to the Gymnastics NZ WAG Handbook for specific requirements.

Perform: **Floor, Vault, Bar and Beam**

- **OPEN JUNIOR ADV | WAG | FLOOR** Minimum requirements of the Women's Artistic STEPs Programme, STEP 5 Floor routine. Gymnasts in this grade may add elements in part or full of the STEP 6 routine requirements. There is a time limit of 90 sec.
- **OPEN JUNIOR ADV | WAG | VAULT** Handspring over vaulting table (minimum 115cm or 125cm height).
- **OPEN JUNIOR ADV | WAG | BAR** Minimum requirements of the Women's Artistic STEPs Programme, STEP 5 Bar routine. Gymnasts in this grade may add elements in part or full of the STEP 6 routine requirements.
- **OPEN JUNIOR ADV | WAG | BEAM** Minimum requirements of the Women's Artistic STEPs Programme, STEP 5 Beam routine. Gymnasts in this grade may add elements in part or full of the STEP 6 routine requirements. There is a time limit of 90 sec.

WOMEN'S ARTISTIC GYMNASTICS (WAG) – OPEN SENIOR (STEPS 7, 8, 9 & Junior International)

Grade: Participants must be competing in the NZ WAG STEPs Programme at STEPs 7 - 10 and Junior International. Refer to the Gymnastics NZ WAG National Programme Handbook for specific requirements (accessed through gymnastics club).

Perform: **Floor, Vault, Bar and Beam**

- **OPEN SENIOR | WAG | FLOOR** Minimum requirements of the Women's Artistic STEPs Programme, STEP 7 Floor routine. Gymnasts in this grade may add elements in part or full or part of their own routines so long as the minimum requirement of STEP 7 is met. There is a time limit of 90 sec.
- **OPEN SENIOR | WAG | VAULT** Minimum requirements of the Women's Artistic STEPs Programme, STEP 7 Vault.
- **OPEN SENIOR | WAG | BAR** Minimum requirements of the Women's Artistic STEPs Programme, STEP 7 Bar routine. Gymnasts in this grade may add elements in part or full or part of their own routines so long as the minimum requirement of STEP 7 is met.
- **OPEN SENIOR | WAG | BEAM** Minimum requirements of the Women's Artistic STEPs Programme, STEP 7 Beam routine. Gymnasts in this grade may add elements in part or full of their own routines so long as the minimum requirement of the STEP 7 beam are met. There is a time limit of 90 sec.

MEN'S ARTISTIC GYMNASTICS – OPEN JUNIOR (Level 2 & 3)

Grade: Participants must be competing in the NZ MAG Levels Programme at Level 2 & 3. See page 4 for retired athlete requirements. Refer to the Gymnastics NZ MAG National Programme Manual for specific requirements (accessed through gymnastics club).

Perform: Floor, Vault, Pommel, Parallel Bar

- **OPEN JUNIOR | MAG | FLOOR**

The routine time limit is 90 sec.

| Requirements: Compete 6 Elements as follows in any order. Choice of extra movement to connect routine allowed. | Options/notes |
|---|--|
| 1 x Handstand Forward Roll | <ul style="list-style-type: none"> • Kick Handstand, forward roll • Handstand Pop – forward roll |
| 1 x Jump to Handstand | <ul style="list-style-type: none"> • Pike Jump to Handstand, forward roll, to straddle stand, forward roll to jump ½ turn OR • Straddle Jump to Handstand, step down |
| Backward Roll to front support splits, Forward Roll through Shoulder Stand, forward roll stretch jump (or ½ turn) | |
| 1 x Acro Element | <ul style="list-style-type: none"> • Dive Roll OR • Tuck Front Salto – 0.2 Bonus |
| Hurdle to Round-off | |

- **OPEN JUNIOR | MAG | VAULT**

Forward Tuck Salto to land on 60cm mat.

- **OPEN JUNIOR | MAG | POMMEL**

Perform 5 circles on floor mushroom (30-40cm height), stops allowed between circles, dismount to stand.

- **OPEN JUNIOR | MAG | PARALLEL BARS**

| Requirements: Compete Elements in a routine as follows. | Options/notes |
|---|--|
| Optional Bonus - Basket Swing | 0.2 Bonus - Place hands in middle of rail, jump to basket swing back to stand. |
| Jump to momentary straight support | |
| Dip arms to greater than 90° | |
| Lift legs to L-Hold (2 sec) | |
| Swing (forward – back), swing (forward – back) | Minimum swing height to horizontal |
| On back swing dismount over side rail, legs minimum bar height. | On backward swing legs towards 45°, dismount over side rail. |

MEN'S ARTISTIC GYMNASTICS – OPEN JUNIOR ADVANCED (Level 4 & 5)

Grade: Participants must be competing in the NZ MAG Levels Programme at Level 4 and 5. See page 4 for retired gymnast requirements. Refer to the Gymnastics NZ MAG National Programme Manual for specific requirements (accessed through gymnastics club).

Perform: Floor, Vault, Pommel, Parallel Bar

- **OPEN JUNIOR ADV | MAG | FLOOR** Minimum requirements of the Men's Artistic Levels Programme, Level 4 Floor routine. Gymnasts in this grade may add elements in part or full of the Level 5 routine requirements.
- **OPEN JUNIOR ADV | MAG | VAULT** Forward Stretched Salto to land 30cm mat.
- **OPEN JUNIOR ADV | MAG | PARALLEL BAR** Minimum requirements of the Men's Artistic Levels Programme, Level 4 Parallel Bar routine. Gymnasts in this grade may add elements in part or full of the Level 5 routine requirements.
- **OPEN JUNIOR ADV | MAG | POMMEL** Minimum requirements of the Men's Artistic Levels Programme, Level 4 Pommel routine. Gymnasts in this grade may add elements in part or full of the Level 5 routine requirements.

MEN'S ARTISTIC GYMNASTICS – OPEN SENIOR (Level 6 +)

Grade: Participants must be competing in the NZ MAG Levels Programme at Level 6+. See page 4 for retired gymnast requirements. Refer to the Gymnastics NZ MAG National Programme Manual for specific requirements (accessed through gymnastics club).

Perform: Floor, Vault, Pommel, Parallel Bar


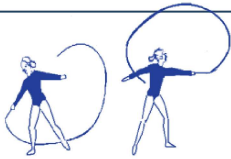


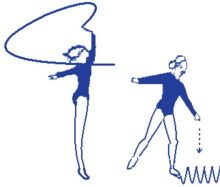
- **OPEN SENIOR | MAG | FLOOR** Minimum requirements of the Men's Artistic Levels Programme, Level 6 Floor routine. Gymnasts in this grade may add elements in part or full or part of their own routines so long as the minimum requirement of Level 6 is met.
- **OPEN SENIOR | MAG | VAULT** Minimum requirements of the Men's Artistic Levels Programme, Level 6 Vault.
- **OPEN SENIOR | MAG | PARALLEL BAR** Minimum requirements of the Men's Artistic Levels Programme, Level 6 Parallel Bar routine. Gymnasts in this grade may add elements in part or full or part of their own routines so long as the minimum requirement of Level 6 is met.
- **OPEN SENIOR | MAG | POMMEL** Minimum requirements of the Men's Artistic Levels Programme, Level 6 Pommel routine. Gymnasts in this grade may add elements in part or full of their own routines so long as the minimum requirement of the Level 6 Pommel are met.

RHYTHMIC GYMNASTICS – FLYERS




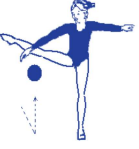

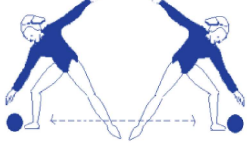


Grade: Novice Individual Male AND Individual Female

Perform: Choose two - Ribbon, Ball or Hoop

- **FLYERS | RHYTHMIC | RIBBON** Time limit of 90 sec.

| | | |
|---|---|---|
| 1 | | Four skips forward with large circles beside the body, rainbow the ribbon up and behind the head. |
| 2 |  | Passé balance with snakes travelling down to the floor. |
| 3 |  | Swing the ribbon side to side in lunge positions. |
| 4 |  | Run backwards snaking ribbon on the floor in front of the body. |
| 5 | | Scissor leap forward while swinging ribbon backwards in a large circle. |
| 6 | | Lift up on to both toes with spirals. |
| 7 |  | Perform four figure 8 circles next to the body. |
| 8 |  | Swing the ribbon overhead, then drop and trap the ribbon stick with a foot. |

• **FLYERS | RHYTHMIC | BALL** Time limit of 90 sec.

| | | |
|---|---|--|
| 1 |  | Bounce the ball four times, from side to side, in lunge positions. |
| 2 |  | 4 skips forward, rotating the ball over the hands |
| 3 |  | Throw and catch the ball in one hand. |
| 4 |  | Hold a front balance (passe) with bent knee or straight leg facing forward, bounce the ball and catch. |
| 5 |  | Walk up on toes, rolling the ball up and down on both arms. |
| 6 |  | Roll the ball from side to side four times, in lunge positions. |
| 7 |  | Bounce the ball and perform a scissor leap. |
| 8 |  | Roll forward with the ball held between the stomach and thighs. Finish. |

- **FLYERS | RHYTHMIC | HOOP**

Time limit of 90 sec.








| | |
|---|--|
| 1 | Swing hoop down beside body, swing hoop up to perform small throw and catch |
| 2 | 4 forwards skips, passing hoop over the head |
| 3 | Passe balance, rotate hoop around the waist |
| 4 | Holding hoop around waist, release one hand so hoop swings down and skip out |
| 5 | Roll hoop forward and scissor leap over the hoop |
| 6 | Roll hoop across behind body with lunge position, repeat other |
| 7 | Up on toes, flip toss of hoop, catch and immediately jump through |
| 8 | Rotate hoop on hand. Finish. |

RHYTHMIC GYMNASTICS – TWISTERS

Grade: Novice Individual Male AND Individual Female

Perform: Choose two – Ribbon, Ball or Hoop

- **TWISTERS | RHYTHMIC | RIBBON** Time limit of 90 sec.

| | | |
|---|---|---|
| 1 |  | Horizontal Balance (2 sec) with large circles in front of the body |
| 2 |  | Perform figure 8 while lunging from side to side. |
| 3 |  | Turn while passing the ribbon behind back. |
| 4 |  | Small toss of the ribbon while stretched on toes. |
| 5 |  | Spirals of the ribbon while walking backwards on toes |
| 6 |  | Chassé to a stride leap, circling the ribbon up and backwards |
| 7 |  | Perform large circles of the ribbon in front of the body, run through the circles. |
| 8 | | Catch the end of the ribbon in the hand throw the stick as far away from you as possible. |
| 9 | | Pull the ribbon towards you and trap the stick under your foot to finish. |

- **TWISTERS | RHYTHMIC | BALL** Time limit of 90 sec.

| | |
|---|---|
| 1 | Standing with feet apart roll the ball from behind your head, down your back to catch. |
| 2 | Stand with legs apart, ball held behind back. Bounce ball through the legs to catch in front. |
| 3 | 4 forwards skips passing ball, overhead, from hand to hand, with straight arms. |
| 4 | Horizontal balance, with rolling the ball over the hands. |
| 5 | Lift heels to balance on toes then half turn while on toes, and passing ball around waist |
| 6 | Chasse stride leap with a bounce |
| 7 | Put ball between feet, forward roll with ball held between feet |
| 8 | Lie back with legs in air, open legs and catch ball with two hands |
| 9 | Sitting, small throw and trap ball in legs. Finish |

- **TWISTERS | RHYTHMIC | HOOP** Time limit of 90 sec.

| | |
|---|--|
| 1 | Swing hoop down beside body, swing hoop up to perform small throw. |
| 2 | Catch the rotating hoop with one hand, let one side of the hoop drop down over the body to the floor and jump out. |
| 3 | 4 backwards skips, rotate hoop on the waist |
| 4 | Horizontal balance with pass of hoop above head |
| 5 | Place hoop against tummy. Roll hoop over the shoulder and down the back |
| 6 | Rotate hoop on the hand, chasse stride leap |
| 7 | "Boomerang" roll of the hoop |
| 8 | Sitting, small flat throw of hoop, "splat" trap with the legs |
| 9 | Backwards roll through the hoop to finish on knees |

RHYTHMIC - OPEN JUNIOR

Grade: Gymnastics NZ Rhythmic Level 3 & 4
 Individual Male AND Individual Female

Perform **Two apparatus from Ball, Rope, Hoop**
 As per the Rhythmic Level 3 National Programme requirements.

RHYTHMIC - OPEN JUNIOR ADVANCED

Grade: Gymnastics NZ Rhythmic Level 5, 6 & 7
 Individual Male AND Individual Female

Perform **Two apparatus from Ball, Rope, Hoop, Clubs, Ribbon**
 As per the Rhythmic Level 5 National Programme requirements.

RHYTHMIC - OPEN SENIOR

Grade: Gymnastics NZ Rhythmic Level 8+, Stages 3 and 4, Junior International.
 Individual Male AND Individual Female

Perform **Three apparatus from Ball, Rope, Hoop, Clubs, Ribbon**
 As per the Rhythmic Level 8 National Programme requirements.

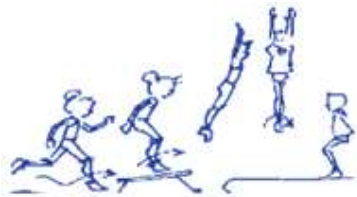
TRAMPOLINE - FLYERS

Grade: Novice Individual Male AND Individual Female
Perform: Trampoline and Mini-Trampoline

- **FLYERS | TRAMPOLINE Perform - One routine**

| Skill 1 | Skill 2 | Skill 3 | Skill 4 | Skill 5 |
|---------------------|----------------|---------------|-------------|-----------|
| ½ Turn to Seat Drop | ½ Turn to Feet | Straddle Jump | ½ Turn Jump | Pike Jump |

- **FLYERS | MINI TRAMPOLINE Perform - Each jump once**



| Jump 1 | Jump 2 |
|-------------|-----------|
| ½ Turn Jump | Pike Jump |

TRAMPOLINE – TWISTERS

Grade: Novice Individual Male AND Individual Female
Perform: Trampoline and Mini-Trampoline

- **TWISTERS | TRAMPOLINE Perform - One routine**

| Skill 1 | Skill 2 | Skill 3 | Skill 4 | Skill 5 | Skill 6 | Skill 7 |
|---------------------|----------------|---------------|-------------|-----------|------------|---------|
| ½ Turn to Seat Drop | ½ Turn to Feet | Straddle Jump | ½ Turn Jump | Pike Jump | Front Drop | To Feet |

- **TWISTERS | MINI TRAMPOLINE Perform - Each jump once**



| Jump 1 | Jump 2 |
|---------------|----------------|
| Straddle Jump | Full Turn Jump |

TRAMPOLINE – OPEN NOVICE

Grade: Novice and Gymnastics NZ competitive programme gymnasts inclusive.
Trampolinists that have been retired for more than 24 months or more are eligible to compete in this division.
Individual Male AND Individual Female

Perform: Trampoline and Double Mini-Trampoline

- **OPEN NOVICE | TRAMPOLINE Perform** – Routine once

| | Routine |
|-----------|-------------------------------------|
| 1 | Half turn to seat drop |
| 2 | Half twist to feet (from seat drop) |
| 3 | Straddle Jump |
| 4 | Half Twist Jump |
| 5 | Pike Jump |
| 6 | Front Drop |
| 7 | To feet (from front drop) |
| 8 | Tuck Jump |
| 9 | Back Drop |
| 10 | To feet (from back drop) |

- **OPEN NOVICE | DOUBLE MINI-TRAMPOLINE**

Perform: Each pass once
Pass 1: Tuck Jump, Full Turn Jump
Pass 2: Straddle Jump, Half Turn Jump

TRAMPOLINE – OPEN JUNIOR

Grade: Competitive 11-12 and 13-14year age group.
Only those competing in the Gymnastics NZ National Programme or have been retired for less than 24 months are eligible to compete in this division.
Individual Male AND Individual Female

Perform: Choose Trampoline and/or Double Mini-Trampoline (Medals awarded separately)

- **OPEN JUNIOR | TRAMPOLINE**

Perform Routine twice

| | Routine |
|-----------|------------------------------------|
| 1 | Back somersault (Tucked) |
| 2 | Straddle Jump |
| 3 | Front Drop |
| 4 | To feet (from front drop) |
| 5 | Tuck Jump |
| 6 | Back Drop |
| 7 | Half turn to feet (from back drop) |
| 8 | Pike Jump |
| 9 | Half Turn jump |
| 10 | Front Somersault (Tucked) |

- **OPEN JUNIOR | DOUBLE-MINI TRAMPOLINE (DMT)**

Perform: Each pass twice
Pass 1: Tuck Jump, Front Somersault Tuck
Pass 2: Tuck Jump, Barani Tuck

TRAMPOLINE - OPEN SENIOR

Division: Competitive International Levels (FIG 9-10, FIG 11-12, FIG 13-14)
Only those competing in the national programme or have been retired for less than 24 months are eligible to compete in this division.
Individual Male AND Individual Female

Perform: Choose Trampoline and/or Double Mini-Trampoline (Medals awarded separately)

- **OPEN SENIOR | TRAMPOLINE**

Perform The same compulsory routine twice
FIG 9-10, FIG 11-12, FIG 13-14 (whichever is the relevant level). Please see the Gymnastics NZ Trampoline Manual for Criteria

- **OPEN SENIOR | DOUBLE-MINI TRAMPOLINE (DMT)**

Perform Each pass twice
Pass 1: Tuck Jump, Barani Straight
Pass 2: ½ Turn Jump, Back Somersault Tuck

TUMBLING – FLYERS

Grade: Novice Individual Male AND Individual Female

Perform: 2 compulsory 5 skill passes as follows:

| 1 st Pass | 2 nd Pass |
|----------------------|-------------------------|
| 1. Cartwheel | 1. Cartwheel |
| 2. Chasse | 2. Cartwheel |
| 3. Cartwheel | 3. Cartwheel |
| 4. Chasse | 4. Round off |
| 5. Cartwheel step in | 5. Stretch jump to land |

*Chasse facing side on

TUMBLING - TWISTERS

Grade: Novice Individual Male AND Individual Female

Perform: 2 compulsory 5 skill passes as follows:

| 1 st Pass | 2 nd Pass |
|----------------------------|--------------------------|
| 1. Round off | 1. From a run, Dive roll |
| 2. Jump ½ turn to step out | 2. Stretch jump step out |
| 3. Cartwheel | 3. Cartwheel |
| 4. Round off | 4. Round off |
| 5. Stretch jump to land | 5. Jump ½ turn |

TUMBLING – OPEN NOVICE

Grade: Novice and Gymnastics NZ competitive programme gymnasts inclusive
Individual Male AND Individual Female

Perform: Two voluntary 5 skill passes as follows:

| 1 st Pass | 2 nd Pass |
|--|--|
| Voluntary 5 skill pass (maximum DD 0.5) Maximum of 0.1 DD (Difficulty) per one skill <ul style="list-style-type: none"> • Only round-off, front handspring and back handspring allowed • No somersaults allowed | Voluntary 5 skill pass (Maximum 0.9 DD) <ul style="list-style-type: none"> • Maximum of 0.6 DD (Difficulty) per one skill i.e. no skill with a DD higher than 0.6 allowed. • Only one summersault allowed • No skills higher than a straight back or a tuck front i.e. no twisting elements |
| Pass 1 Example: DD 0.2 Front handspring (0.1), Cartwheel (0), Cartwheel (0), Round off (0.1), Straight rebound (0) | Pass 2 examples: DD 0.8 Front handspring (0.1), Cartwheel (0), Round off (0.1), Back handspring (0.1), Back tuck (0.5) |

Difficulties (DD) Tumbling Table

| Element | Difficulty (DD) |
|---|-----------------|
| Straight Jump, Jump half Turn, Cartwheel, Dive Roll | 0 |
| Round-off | 0.1 |
| Back Handspring | 0.1 |
| Front Handspring | 0.1 |
| Whip Back (Tempo Salto) | 0.2 |
| Back Somersault (tuck) | 0.5 |
| Back Somersault (layout) | 0.6 |
| Front Somersault (tuck) | 0.6 |

Note: Tumbling is the connection of acrobatic skills showing control, consistency, and a fast-flowing pace. The routine should not have interruptions including intermediate steps, substantial stops or falls.

TUMBLING – OPEN JUNIOR

Grade: Gymnastics NZ National Tumbling Levels 6+ (club) competitors and
Gymnastics NZ National Age Group Competitors (11-12 years and 13-14 years)
Individual Male AND Individual Female

Perform: One compulsory 5 skill passes (min. difficulty 1.0) and
One voluntary 5 skill passes (min. difficulty 1.0)

Refer to the current NZ Trampoline Gymnastics Technical Handbook (through your Gymnastics NZ club) for routines requirements.

TUMBLING – OPEN SENIOR

Grade: Gymnastics NZ FIG 9-10, FIG 11-12, FIG 13-14
Individual Male AND Individual Female

Perform: Two voluntary 5 skill passes (min. difficulty 2.6 combined total)

Refer to the current NZ Trampoline Gymnastics Technical Handbook (through your Gymnastics NZ club) for routines requirements.

INDIVIDUAL AEROBICS - FLYERS

Grade: AeroSchools Level 3 – Novice and Gymnastics NZ Competitive Aerobics pathway.
Individual Male AND Individual Female

- Perform:** **1 Aerobics Routine.**
- Choose the AeroSchools Level 3 2020, 2021, 2022 – this resource is available through the Gymnastics Australia Aeroschools App purchased from the App store.
OR
 - The routine provided below. A video of this routine and the music can be found on the Gymnastics NZ Schools page.

Stage: 7x7m wooden stage

Note: - The routine should be performed using the whole 7m x 7m square with the gymnast moving forwards, backwards and sideways as well as in straight lines, circles, and diagonals. The gymnast may move in whatever directions they choose for the below choreography however, the four compulsory push-ups and four compulsory leg kicks must be performed side on to the judges and the four compulsory jacks must be performed facing the judges and are to be stationary.

Bold: difficulty elements

| 2019 Flyers - Good Time | | |
|--------------------------|---|--|
| Counts | Legs and direction | Arms and other notes |
| 1-8 | Optional choreography to suit routine or hold the start pose for 8 counts | This may be aerobic steps or transitions only - no skills are permitted. The only acrobatic skill allowed is a cartwheel. |
| 1-8 | 2 x Step knee raise , step together | 2 x One arm reaches up to diagonal (to the side of your body) in star and comes back to fist at shoulder. Other arm on hip in fist. |
| 1-2 3-4 5-8 | Squat Bring one leg behind to lunge to the side Side roll to splits | Hands on knees Circle one arm, other arm in low diagonal. Hands in blades (blade hands are when the hands are straight and fingers are together) |
| 1-8 | Splits (or half splits) | Hold in splits |
| 1-4 5-6 | Bring legs together into support position (<i>bring legs together for L (pike) or apart for straddle</i>) L (pike) or straddle press | Push up on the hands and hold the L or Straddle position |
| 1-4 5-6 7-8 | L (pike) or straddle press (heels on or off) Roll to push up Lunge to stand up | Hold for 2 seconds. Heels remain on the floor. One arm bent and placed next to face. Hand in star, palm forward (fingers are splayed open) |
| 1-8 | 2x Mambo chasse (cross one foot in front of the other, return back to normal standing position then side gallop, repeat the same process on the other side) | 2x One arm on hip in fist or behind back in star with other hand crossed over chest with latin hands, then both arms come to a low diagonal with hands in stars and 'shimmy' |
| 1-2 3-4 5-6 7-8 | Step together Straight jump Jumping jack 2x hip swivels with feet together | Hands on hips Hands clasped together and bring them beside head on first hip twist then swap sides for second hip twist |
| 1-8 | 8x jogs | 2x single arm reach up in fist, 2x double arm reach up in fists |
| 1-4 5-6 7-8 | Scissor kick Slide Jump feet together | Arms reach in front of body. Hands in latin. Hand on hips in fists |

| | | |
|--------------------------|--|---|
| 1-8 | COMPLUSORY JUMPING JACKS X 4 | Hands on hips in fists |
| 1-8 | Knee lifts x4 | 2x hands under knee, 2x double arm reach up in fists |
| 1-8 | Side flick kicks x4 | 4x hands in stars at chest and then hands out to side in star |
| 1-8 | Flick kicks x4 | 4x hands by side and then reach hands forward in fists to horizontal in front of body |
| 1-2 3-4 5-6 7-8 | Preparation for pivot ½ or 1/1 turn pivot Step together Jumping jack | Arms reach out in front with hands in blades, bring back in front of face with hands in stars Fists on hips |
| 1-2 3-4 5-8 | Jump knees to chest Land on one leg and slide other leg behind to floor Bring legs together and roll over to push up position | |
| 1-16 | COMPLUSORY PUSH UPS X 4 (can be performed full or on knees) | |
| 1-4 5-6 7-8 | Roll over to push up position Jump feet out to the sides and back together in push up position In push up position kick one foot to bottom | Heel to touch bottom |
| 1-4 5-8 | Push up Lunge to stand up | One arm straight along body. Hand in blade. |
| 1-4 5-8 | Grapevine then a knee raise 4x high knees | Arms bent in to chest, reach up, out to the side and down in blades Same arm as leg by side, other arm bent with hand in front of shoulder in fist. Swap on each knee (can also be same arm as bent leg) |
| 1-4 5-8 | Easy walk (choice of steps or jogs on counts 3,4) Jumping jack, fly (to side with one leg out) | 2 x single arm diagonal reach up, bring both arms in to chest, arms reach down by side. Hands in stars. Arms reach in front to horizontal then one arm comes to stomach and other reaches to out to the side up to ear in star, finishing with arm at the side |
| 1-2 3-4 5-6 7-8 | Step together Tuck jump Jumping jack 2x hip swivels with feet together | Hands on hips Hands clasped together and bring them next to shoulder on first hip twist then swap sides on second hip twist |
| 1-4 5-6 7-8 | 4x Jogs Jumping jack Jumping jack | Arms reach up and down in stars One arm bent with hand at shoulder and elbow to side and other arm straight out to side at horizontal, then swap. Hands in fist. Arms in low diagonal |
| 1-8 | COMPULSORY HIGH LEG KICKS X 4 | Arms to the side of body and hands in blades Minimum level of kicks heel of foot to hip height. |
| 1-4 5-8 | Grape vine 4x hip swivels | Arms bent to chest, reach up, out to the side and down in blades Arms stretch up to one side and then swap, repeat with arms stretched down. Hands in fists |
| 1 | End pose | Optional arms |

INDIVIDUAL AEROBICS - TWISTERS

Grade: AeroSchools Level 4 – Novice and Gymnastics NZ Competitive Aerobics pathway
Individual Male AND Individual Female

- Perform:** **1 Aerobics Routine**
- Choose the AeroSchools Level 4 2020, 2021, 2022 – this resource is available through the Gymnastics Australia Aeroschools App purchased from the App store.
OR
 - The routine provided below. A video of this routine and the music can be found on the Gymnastics NZ Schools page.

Stage: 7x7m wooden stage

Note: - The routine should be performed using the whole 7m x 7m square with the gymnast moving forwards, backwards and sideways as well as in straight lines, circles, and diagonals. You may choose whatever directions you choose for the below choreography however the four compulsory push-ups and 4 compulsory leg kicks must be performed side on to the judges and the 4 compulsory jacks must be performed facing the judges.

Bold – Difficulty elements

| 2019 Twisters – Beautiful | | |
|------------------------------------|--|--|
| Counts | Legs and direction | Arms and other notes |
| 1-4 5-6 7 8 | Hold start pose Hip swivel to each side Squat in (jump in feet together knees slightly bent) Jump out on toes with hip out (one toe/leg slight turned to the side to accommodate the hip jutting out) | Arms up swing to each side Forearms together in front of head One arm up on hip |
| 1-4 5-6 7-8 | Side leg flicks x 2 (bend knee out to the side with pointed toe behind knee of opposite leg and kick out to the side, then swap legs) Knee x2 Step, knee hop | Hands clasped together, in and out on each fly Arm up in Latin hands, arms down in stop hands Arms crossed in front of chest, one arm up in point the other on hip |
| 1-2 3-4 5-8 | Chasse (side gallop) Turning cat leap Jog x4 | Swing arms in to cross at chest Star hands down by side Arms reach up and down, on last two jogs cross hands to side in fist then to other side in stars (stars = hands are open with the fingers splayed) |
| 1-2 3-4 5-6 7-8 | Jumping jack Jump knees to chest pushing back leg out Lunge on floor Roll to desired press position (legs together for L (pike) or apart for straddle) | Hands on hips Swing arms overhead |
| 1-6 7-8 | Straddle press or L (pike) press (heels on or off) Roll to push up position | Hold for 2 seconds. May have heels on the ground. |
| 1-4 5-8 | Tricep push up (your hands are placed either side of your chest. When you lower your chest to the floor keep your arms parallel to your side and your elbows point straight back – can be done on the knees) Bring legs in then jump to a standing crossed position (one foot/leg in front of the other slightly crouched) | |

| | | |
|---------------------------------|--|--|
| 1-6 7-8 | Vertical split (also known as a 'needle') Lunge together | Place hands on the floor either side of foot and perform standing splits. |
| 1-4 5 6-8 | Flick kick x2 Ball change Jog x3 | Fist hands swinging in front Clap hands Star hands in front of head one behind, swap arms, clasp hands in front of chest |
| 1-8 | Spilt leap or Scissor Kick | |
| 1 2-3 4 5-6 7-8 | Lunge Kick x2 Knee Chasse Double hop | Blade hands down by side (hands are straight with fingers closed) Cross arms in front of chest, keep one arm bent in Latin hands and the other up in Latin hand Star hands on top of each other on hip Scissor arms, first fists then to stars Double clap above head |
| 1-2 3 4-6 7-8 | Flick kick Ball change Step knee hop Jumping jack | Hands clasped together in and out Keeping hands together, move in circular motion to the side with one elbow out swing arms up to L position with latin hands Hands on hip Hands on hip |
| 1-6 7-8 | Full turn (360) Lunge together | Hands on hip |
| 1-8 | COMPLUSORY HIGH LEG KICKS X 4 | Arms to the side with blade hands Minimum level - heels to hip height |
| 1-2 | Knee Together Jog x 2 Double Hop x 2 | Hands down by side in blade Up and down Up and two counts then down in stars for two counts |
| 1-6 7-8 | Jump Full Air Turn Jumping Jack | Hands on hips |
| 1-2 3-4 5-8 | Slide together Up and out on toes (stand shoulder width apart up on the balls of your feet) Twist around to floor and roll to push up position | Swing arms up above your head in star hands Arms up in latin hands |
| 1-16 | COMPLUSORY PUSHUPS X 4 (can be performed on knees) | |
| 1-6 7-8 | Splits or stag sit (half splits) Swing leg around to seated L (pike) position | |
| 1-2 3 4 5-6 7-8 | Knees in kneeling Lunge Knee Flick kick Knee together | Clasp hands together in front of chest Down by side in blade hands, up one arm extended in front and the other bent with elbows touching and Latin hands Arms up palms twisted together, then down by side |
| 1-8 | COMPLUSORY JUMPING JACKS X 4 | |
| 1-24 | 24 count of optional choreography | This must be made up of all aerobic steps with no skills and the gymnast must not touch the ground in this phase. |
| 1-4 5-6 7-8 | Jog x 2 Chasse (side gallop) Side leg flick (bend knee out to the side with pointed toe behind knee of opposite leg and kick out to the side) | Arms clasped together at chest, star hands slide up torso Shimmy Arms crossed in front of chest, then out in latin hands |
| 1-6 7-8 | Tuck or tuck ½ turn Jumping jack | |
| 1-4 | Double hop | Arms up, arms down |

| | | |
|-----------------------|---|--|
| 5-6 7-8 | Forward chasse Jog x2 | One hand on hip the other swing around Punch down x2 (hands in fists) |
| 1-4 5-6 7-8 | Flick kick x2 Knee together Squat | Counts 1 - Hands clasped behind head 2 horizontally out in blades 3 clasped in front of chest in and 4 punch out Arms down by sides in blade Body roll |
| 1 | End pose | |

INDIVIDUAL AEROBICS – OPEN NOVICE

Grade: AeroSchools Level 5 – Novice and Gymnastics NZ Competitive Aerobics pathway
Individual Male AND Individual Female

Perform: **1 Aerobics Routine**

- Choose the AeroSchools Level 5 2020, 2021, 2022 – this resource is available through the Gymnastics Australia Aeroschools App purchased from the App store.
OR
- The routine provided below. A video of this routine and the music can be found on the Gymnastics NZ Schools page.

Stage: 7x7m wooden stage

Note: - The routine should be performed using the whole 7m x 7m square with the gymnast moving forwards, backwards and sideways as well as in straight lines, circles, and diagonals. You may choose whatever directions you choose for the below choreography however the four compulsory push-ups and four compulsory leg kicks must be performed side on to the judges and the four compulsory jacks must be performed facing the judges.

Note 2: - In the Open Novice routine below difficulty elements say “up to 0.4” which refers to the value given to a skill in the FIG Aerobic Code of Points. To see which skills, count within the up to 0.4 value see the relevant element in the difficulty tables (2022-2024) at www.fig-aerobic.com/DIFFICULTY-TABLES-ELEMENT-POOL-VALUES_r10.html.

Bold – Difficulty elements

| 2019 Open Novice – On the Floor | | |
|---------------------------------|---|---|
| Counts | Legs and direction | Arms and other notes |
| 1-8 | Start Pose | Optional start pose and choreography down into first element |
| 1-8 | Support Family Element up to 0.4 difficulty (i.e. L hold or straddle hold) | Optional arms/optional transition to suit element or choreography in and out |
| 1 2-4 5-6 7-8 | Roll over to tuck knees and feet under Place weight on arms to kick straddle legs off floor Land back on floor with one leg tucked under Rise and spin around to stand | Hands flat on floor Arms spin around to pose <i>*Ensure torso is not vertical during any part of the transition as it will then become a prohibited move (i.e. Handstand)</i> |
| 1-2 3-6 7-8 | Jog, show time Step in front, stag leap, finish with back leg stepping on front Slide together | Fist crossed over at chest, blade flat on forehead with other arm extended horizontally in blade Arms swing down and around to stars in front of face on stag leap Latin hands with bent elbows, blades on hips |

| | | |
|-------------|--|---|
| 1-2 | Jog, fly | Fists in front of face forearms together (one arm slightly higher than the other), swap with Latin hands |
| 3-4 | Ball change, jog | Hands interlaced extended horizontally in front of body (palms facing outside), bring interlaced fingers into chest |
| 5-6 | Jog, jog | Punch arm to side x 2, other arm star behind head |
| 7-8 | Jack, together | Swing previously punching arm to circle finishing with bent elbow with Latin hand |
| 1-8 | Jack, together | Other arm hold 7 swing star behind back count 8 |
| 1-8 | Any C Family Element up to 0.4 value i.e. 1/1 tuck jump or split leap | Optional Arms / Optional transition to suit element or choreography in and out |
| 1-3 | Lunge, click legs together in air, lunge other side | Clasp fists above head, stars at chest, stars on thighs |
| 4 | Jog | Fists crossed at chest |
| 5-8 | Chasse | Extend arms horizontally to Latin hands |
| 1-6 | Stag leap** rolling to floor | Optional Arms |
| 7-8 | Roll over to Push up position | **Stag Jump – May be done with a bent or straight back leg, however torso must remain upright and not arched. A stag jump with an arched back will be considered a ring leap – this is a prohibited move. |
| 1-16 | COMPULSORY PUSH-UPS | Difficulty score grading: 0.1 = Any two phase push-up with both feet on the floor 0.2 = Any two phase push-up with any foot exchange provided one foot remains in the air or on one foot/leg airborne 0.3 = Any three/four phase push-up with both feet on the floor 0.4 = Any three/four phase push-up with any foot exchange provided one foot remains in the air or one foot/leg airborne |
| 1-4 | One-foot spin, straight leg cuts bent leg to flick over | Optional Arms |
| 5-8 | Push-Up Family element – any PU element up to 0.4 | Optional transition to suit element or choreography in and out |
| 1-4 | Push-up Family element continued | Optional transition to suit element or choreography in and out |
| 5-6 | Lunge up | |
| 7-8 | Optional Pose, feet together | Arms Open in Latin hands |
| 1-2 | Double showtime | Hands on shoulders, with alternate shoulder shrug |
| 3-4 | Flick Flick | Circle one blade around head/one under chin, bent elbows with flat blades (palms to roof) |
| 5 | Ball change | Blades clap together above head |
| 6-7 | Jog, jog | Wave star hands on front of face |
| 8 | Showtime | Point one arm above head, point other horizontally |
| 1-4 | Turning Chasse | Swing down and into Latin hands crossed at chest |
| 5-6 | Step together | |
| 7-8 | Genie Jump | Latin hands above head |
| 1-3 | Chasse | Interlaced fingers wave |
| 4 | Step with half turn | One arm half makes full circle to low V, other arm straight to low V |
| 5-6 | Fan kick inwards | Low V blades |
| 7-8 | Fan kick outwards | Low V Latin hands |
| 1-8 | Any Turn Family element up to 0.4 i.e. 1/1 spin or 2/1 spin | Optional Arms / Optional transition or choreography in and out |
| 1-4 | Swing straight leg in circle whilst other leg lowers to floor | One arm reaches for floor with other arm in blade |

| | | |
|--|--|--|
| 5-8 1-4 5-6 7-8 1-8 1-8 | Any A or B Family Element (cannot repeat earlier element family) continues Crouch down, one leg tucked under Straighten both legs (torso parallel with ground), feet together. OR Optional Choreography Up element | Optional arms / Optional transition in/out Optional arms Optional Arms / choreography in and out |
| 1-2 3-4 5 7-8 | Flick flick Cat leap (knees) Step Hop with full turn | Clasp hands behind head, arms horizontally out to side with blade hands Star hands crossed above head Stars at chest Stars sweep down body |
| 1-8 | Any C or D Family Element up to 0.4 (cannot repeat earlier element family) OR Optional choreography | Optional arms / Optional transition to suit element or choreography in and out |
| 1-8 | COMPULSORY JUMPING JACKS 1-8 Optional Choreography 1-8 Optional Choreography 1-8 Optional Choreography | OPTIONAL ARMS Difficulty score grading 0.1 = Stationary 0.2 = Stationary with any (one or more) change(s) to orientation/rotation 0.3 = Travelling (lateral, forward, backward, diagonal, on any of the four (4) jumping jacks 0.4 = Travelling (on one (1) or more of the four (4) jumping jacks) Orientation/rotation is defined as a minimum 45 degree turn. |
| 1-2 3-4 5-6 7-8 | Rise onto balls of feet, twist twist Cat leap Jog, jog Jack together | Stars across torso (one on hip, one on shoulder), slide arms across torso to alternate side Sweep hands up and across body to Latin hands straight and in front of body OR Arms roll in front Arms roll in front Stars crossed over at chest, swing inwards to low V blade hands OR blades behind head, stretch arms out to low V blade hands |
| 1-8 | HIGH LEG KICKS | OPTIONAL ARMS 0.1 |
| 1-8 | Any C or D Family Element up to 0.4 (cannot repeat earlier element family) OR Optional choreography | Optional arms / Optional transition to suit element or choreography in and out |
| 1-2 3-6 7-8 | <i>Optional choreography to finish</i> | |

**Stag jump – may be done with a bent or straight leg back, however torso must remain upright and not arched. A stag jump with an arched back will be considered a ring leap – this is a prohibited move.
In **Bold** – Difficulty elements. Refer to the notes at the top for more information.

Note: - Where there is a discrepancy between the written choreography and the routine videos the routine video will be the correct version.

Supporting Information - Routine videos and music for Flyers, Twisters and Open Novice routines can be found on the Gymnastics NZ Schools page.

For access to the schools page please contact your local gymnastics club or contact Gymnastics NZ Helpdesk helpdesk@gymnasticsnz.com

INDIVIDUAL AEROBICS – OPEN JUNIOR

Grade: ONLY open to Gymnastics NZ aerobics affiliated competitive members or athletes who have been affiliated to Gymnastics NZ in one of the corresponding Gymnastics NZ levels in 2019, 2020, 2021, 2022 or 2023.

ADP 2, Open Level 2, Open Level 3

Individual Male; Individual Female

Perform: **1 Aerobics Routine** - As per the Gymnastics NZ Aerobic Handbook for the athlete's aerobics affiliated level.

Stage: 7x7m wooden stage

ADP 2, Open Level 2, Open Level 3 except for the following modifications:

- Maximum achievable difficulty of 2.4 (including any bonus for kicks and push-ups)
- Maximum skill value of 0.4
- 1 skill from each group must be performed.
- All other requirements apart from the above changes are as per the requirements for the athletes affiliated Gymnastics NZ competitive level.

INDIVIDUAL AEROBICS – JUNIOR ADVANCED

Grade: Only open to Gymnastics NZ aerobics affiliated competitive athletes who have been affiliated to Gymnastics NZ in one of the corresponding Gymnastics NZ levels in 2019, 2020, 2021, 2022 or 2023.

ADP 3, National Development, International Age Group 1

Individual Male AND Individual Female

Perform: **1 Aerobics Routine** - As per the Gymnastics NZ Aerobic Handbook for the athlete's aerobics affiliated level.

Stage: An interlocking wooden dance floor laid over a foam rhythmic floor – 7x7m

Junior Advanced (ADP3, ND and AG1)

- Maximum achievable difficulty of 4.0
- Maximum skill value of 0.5
- No compulsory skills for international athletes however 1 skill from each group must be performed.
- Difficulty and Chair judging will be as per the Gymnastics NZ Aerobic Handbook as it is for ADP. This means there are no deductions for missed compulsory skills for international athletes.
- All other requirements apart from the above are as per the requirements for the athletes affiliated Gymnastics NZ competitive level.

NOTE:

- There will be a modified panel of judges consisting of 1 chair/difficulty judge, 1 artistic judge and 1 execution judge. Where practicable the judges will be qualified to the necessary level. Judging will be as per the judging guidelines in the Gymnastics NZ Aerobic Handbook.
- Difficulty sheets will need to be filled out for Open Junior and Junior Advanced – these can be found here: [AIMS Games – Years 7 & 8 – GymnasticsNZ](#)

AEROBICS GROUP PERFORMANCE

Requirements

- Strictly only one team per school – minimum of five participants and maximum of 12 participants.
- May be all female, all male or mixed gender. May be a mixture of ages but must be from the same school.
- Attire is to be a form-fitting top or leotard, shorts or pants, socks, and sports shoes.
- The competition performance area will be a wooden stage of approximately 10 metres wide by 8 metres deep.
- Music must be 1:30 – 2:00 minutes long (+/- five seconds).
- Music is at the school's discretion. It can be with or without vocals but must be suitable for 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 are required to supply their own music – details of what is required will be sent to schools.
- Compulsory Requirements – PLEASE check the “Group Performance – Aerobics Choreography Information” to ensure you understand the requirements:
 - Four consecutive jumping jacks.
 - Four consecutive push-ups.
 - Four consecutive high leg kicks.
 - Four elements from the skills list as provided in the Group Performance – Aerobics Choreography Information 2018 - one from each group A, B, C and D.

NOTE: Acrobatic elements and lifts are optional and may be used to add to the overall performance, however they must not exceed the difficulty level as set in the Group Performance – Aerobics Choreography Information 2018.

Choreography Pointers

- Movements need to be 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 elements. Performances which show greater movement about the stage will score higher than performances where the athletes stay in the same place for extended periods of time.
- Performances which fully utilise the seven basic steps of aerobics in creative, original, and interesting combinations will score higher than routines that show repetitions of the same aerobic steps.
- Only specific elements in the skills table will be credited as achieving specific requirements for performances.
- In the case of the group wishing to show a compulsory requirement there is the option of 25% of the group being able to perform a higher intensity element. See the “Group Performance – Aerobics Choreography Requirements 2018” document for further information.