

AEROBIC GYMNASTICS WHĀNAU GUIDE

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A guide to the national Aerobic Gymnastics
competitive programme in New Zealand



Introduction

This handbook is to provide a guide to the national Aerobic Gymnastics competitive programme in New Zealand.

Aerobic Gymnastics

Aerobic Gymnastics is the performance of complex and high intensity movement patterns to music, originating from traditional aerobic dance. To be successful, a routine must demonstrate continuous movement, flexibility, strength, and utilise the seven basic aerobic steps, together with a high level of perfectly executed difficulty elements.

Gymnastics New Zealand

Gymnastics New Zealand is the national body for Gymnastics and are responsible for working with Technical committees to outline the New Zealand rules and regulations for each one of its codes. Gymnastics NZ staff support clubs in the operational and technical deliver of the sport, this can be through the Relationship Management team, Education Team, Tours, or the office for purchasing stock etc. Clubs are required to be a member of Gymnastics NZ to compete in the National competitive programmes. Please see below the current strategic plan for the organisation.

Gymnastics New Zealand Code of Behaviour

Please refer to the GNZ website for the most up to date version - [Regulations and Policies | GymnasticsNZ](#) The Gymnastics New Zealand Code of Behaviour applies to anyone involved in the sport of gymnastics in New Zealand, whether they are an athlete or in a paid or unpaid/voluntary capacity with Gymnastics New Zealand or an affiliated club or organisation.

1. **Respect the rights, dignity and worth of every individual athlete as a human being.** Treat everyone equally regardless of sex, disability, ethnic origin or religion. Respect the talent, development stage and goals of each athlete to reach their desired potential.
2. **Protect athletes from all forms of abuse.** Refrain from any form of verbal, physical, or emotional abuse towards athletes. Refrain from any form of sexual or racial harassment, whether verbal or physical. Do not harass, abuse, or discriminate against athletes based on their sex, marital status, sexual orientation, religious or ethical beliefs, race, colour, ethnic origins, employment status, disability, or distinguishing characteristics. Any physical contact with athletes should be appropriate to the situation and necessary for the athlete's skill development. Be alert to any forms of abuse directed towards athletes from other sources while in your care. You must raise any concerns you have regarding the treatment of any athlete by another coach, volunteer, parent etc. in accordance with this code or any other relevant policies and procedures e.g. Safe guarding and Child Protection Policy.

3. **Provide a safe environment for training and competition.** Adopt appropriate risk management strategies to ensure the training and/or competition environment is safe. Ensure equipment and facilities meet safety standards. Ensure equipment, rules, training, and the environment are appropriate for the age, physical and emotional maturity, experience, and ability of athletes. Show concern and caution toward sick and injured athletes. Allow further participation in training and competition only when appropriate. Encourage athletes to seek medical advice when required. Provide a modified training programme where appropriate. Maintain the same interest and support toward sick and injured athletes as you would the healthy athletes.
4. **Make a commitment to providing a quality service for all athletes.** Seek continual improvement through ongoing education, and other personal and professional development opportunities. Provide athletes with planned and structured input appropriate to their needs and goals. Seek advice and assistance from professionals when additional expertise is required. Maintain appropriate records.
5. **Maintain a high standard of integrity.** Operate within the rules of the sport and in the spirit of fair play, while encouraging athletes to do the same. Advocate a sporting environment free of drugs and other performance enhancing substances with the guidelines of the Drug Free Sport New Zealand and World Anti-Doping Code. Do not disclose any confidential information relating to athletes without their prior written consent.
6. **Be a positive role model for the sport and athletes and act in a way that projects a positive image.** All athletes are deserving of equal attention and opportunities. Ensure the athlete's time spent with you is a positive experience. Be fair, considerate, and honest with athletes. Encourage and promote a healthy lifestyle – refrain from smoking and drinking alcohol around athletes.
7. **Professional responsibilities.** Display high standards in your language, manner, punctuality, preparation, and presentation. Display control, courtesy, respect, honesty, dignity and professionalism to all involved within the sphere of sport – this includes opponents, coaches, officials, administrators, media, parents, and spectators. Encourage athletes to demonstrate the same qualities. Be professional and accept responsibility for your actions. You should not only refrain from initiating a sexual relationship with an athlete but should also discourage any attempt by an athlete to initiate a sexual relationship with you, explaining the ethical basis of your refusal. Accurately represent personal qualifications, experience, competence, and affiliation.

SafeSport

Gymnastics NZ is committed to ensuring that our sport is providing positive experiences, for all involved. If anyone has something they think we need to know in the context of athlete well-being, then please get in touch with us via safesport@gymnasticsnz.com. This email address will be received by our CEO and the independent Chair of the Sport Integrity Unit.

Aerobic Gymnastics Pathway in New Zealand

Definitions:

- Division:** The aerobic pathway selected i.e., Aerobic Dance, NZ Levels, and International.
- Level:** The segmentation of the division i.e., Level 1, 2, 3, 4.
- Category:** Number and gender of the competitor's i.e., Individual women, Individual Men, Mixed Pair, Trio, Group.
- Age Group:** The age ranges (taken at the 31st of Dec of the competition year)

Aerobic Dance

There are three categories within the Aerobic Dance division.

1. Aerobic Dance AeroSchools (Pre-choreographed – not eligible for NZ National Gymnastics Championships)
2. Aerobic Dance Open (own choreography)
3. Aerobic Dance International (can be chosen as part of the Emerging Development Squad for 2023 – must have a full 8 athletes in the correct age division) – will compete in the open category.

Aerobic Dance utilises aerobic movement patterns in a dance style, in conjunction with a 32 – 64 count block of contrasting high intensity dance well integrated into the choreography to enhance the artistic component of the routine. Competition teams consist of 5 – 8 competitors, male, female or mixed. Those who choreograph their own Aerobic Dance routines will compete in the appropriate age group in an 'open' Aerobic Dance category. Athletes are eligible to compete in Aerobic Dance as well as their chosen aerobics categories

AeroSchools Aerobic Dance – Pre-choreographed AeroSchools Aerobic Dance routines will not be eligible for the NZ Gymnastics Championships. Clubs using the pre-choreographed routines on the AeroSchools resources will compete in the 'AeroSchools' stream within the appropriate age group. Aerobic Dance International teams will need to apply to compete in the international category.

New Zealand Levels

NZ Levels 1 to 5 utilise the Australian AeroSchools resource. AeroSchools aims to introduce basic Aerobic Gymnastic movement patterns through pre-choreographed routines. These levels are for athletes whose primary incentive is participation and follows the four 'F' philosophy, fun, fitness, friendship and fundamentals.

Please note these levels (1 – 5) are not eligible for NZ Gymnastics Championships, however levels 3 to 5 will be eligible for NZ Gym Club Challenge.

NZ Levels 6 to 9 encompass what was previously divided into our Open and ADP streams and are eligible for NZ Gymnastics Championships. These are levels for athletes, allowing optional choreography following the three 'C' philosophy: creativity, complexity, and competition. As seen in the NZ Levels, the selection of elements allows focus on development of skill level difficulty and/or with the aim to compete in the International Stream of competition.

International

A competitive division that competes in New Zealand and internationally. The Aerobics NZ Emerging Development Squad will be in place for 2022 onwards, for athletes aspiring to represent New Zealand in International competitions from 2023.

Movement Between Levels for Groups

Gymnasts may only move up a level to form a group IF they fit within the age category for that level. For example, an 11 year old may compete as an individual in Level 6 and move up to Level 7 to form a group, but a 10 year old may not.

For multiples, the group must compete in the level that the majority of the members are from, UNLESS it means the gymnast will compete outside their age level. For example, a 15 year old cannot compete in a group in Level 6.

Division Table

Aerobic Dance	NZ Levels	International
5 – 8 years <i>Not eligible for NZ National Gymnastics Championships</i>	Levels 1 to 5: All ages, GFA Levels 1 – 2: Groups only Levels 3 – 5: Individual and groups Ages and divisions as per AeroSchools resources NB: Level's 4-5 are required to be aged 9+	
Open 9 – 14 years <i>Pre-choreographed or Open (separate categories)</i>	Level 6 9 – 14 years	National Development 9 - 11 years
Open 15 - 17 years <i>Pre-choreographed or Open (separate categories)</i>	Level 7 11 - 14 Years 15 - 17 years	Age Group 12 – 14 years
Open 18 + years <i>Pre-choreographed or Open (separate categories)</i>	Level 8 12 – 14 years 15 – 17 years 18+ years	Junior 15 -17 years
	Level 9 15 + years	Senior 18+ years
Aerobic Dance International	See Aerobic Dance guidelines	
Groups of 8, Male, Female or Mixed.	Individual Men, Individual Women, Pairs & Trios – same sex or mixed, Groups 4 – 5.	Individual Men, Individual Women, Mixed pairs, Trios, Groups 5.

Note: The pathways through the Aerobics Levels and divisions gets progressively more difficult.

Aerobic Athlete Attire

Aerobic Dance Attire

- All attire must be form fitting – e.g., Leotard, unitard, two-piece leotard, pants, long leggings, form fitting shorts and form fitting tops are allowed.
- The attire of team members can be different but must be coordinated.
- The competitors must wear supportive aerobic or sports shoes.
- Hair must be secured close to the head.
- The undergarments must not be seen.
- Large (loose) clothes, additional items/props (tubes, sticks, balls, etc.) and accessories (belts, braces, bands, etc.) are not permitted.
- Attire depicting war, violence or religious themes is forbidden.
- For Aerobic Dance International, athletes must comply with FIG rules for attire.

Please Note: It is important when purchasing or creating your attire you check with your coach.

New Zealand Level 1-5 Athlete Attire

The following exceptions to the FIG rules may be applied for AeroSchools Levels

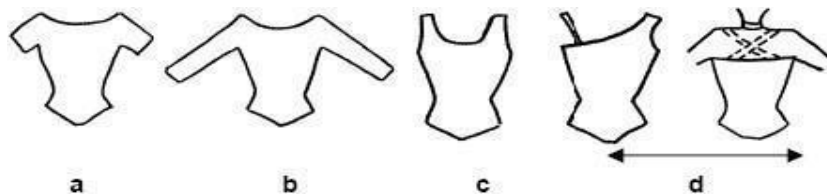
- Attire must be neat and discreet.
- One-piece leotards are acceptable (with or without key holes).
- Full length tights are acceptable (with or without flared bottoms).
- Long singlet tops and bike pants are acceptable provided that they are form fitting.
- Boys may wear shorts (above the knee).
- Clean shoes, aerobic or athletic must be worn.
- Skin coloured supportive strapping tape may be worn. (No tiger paws permitted as per FIG regulations for attire).
- White socks must be worn and visible.
- The undergarments must not be seen

New Zealand Levels 6 – 9 and International Athlete Attire: Women's Attire

- Women must wear a one-piece leotard with flesh coloured or transparent tights or a unitard (one-piece leotard with full length neck to ankle). Sequins are allowed.
- The neckline of the front and back of the leotard/unitard must be no further than half of the sternum for the front and no further than the lower line of the shoulder blades for the back.
- The cut of the leotard at the top of the legs must not go higher than the waist and the outside seam must pass through the crest of ilium. The leotard must cover the crotch completely.
- Attire for women may be with or without long sleeves (1 or 2 sleeves). Long sleeves end at the wrist.

- Plain coloured shorts (form fitted) are allowed, with no logo larger than 50c.
- Long tights / full-length unitard are allowed.

Examples for Women.

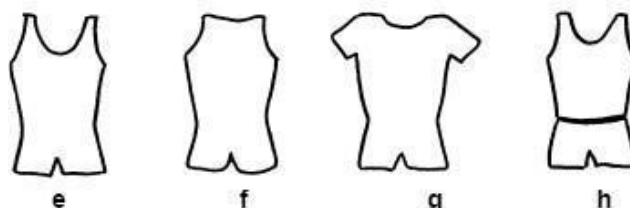


The examples shown “a to c” represent the same front and back of the leotard.
The example “d” is the same leotard showing the front and the back.

Men's Attire

- Men must wear a unitard or shorts and a form fitting top or leotard with an adequate support (i.e.; dance belt). Shorts must not be fitted
- The attire must not have an open cut at the front or back.
- The armhole must not be cut below shoulder blades (scapular).
- SEQUINS for Men's Attire are not allowed.
- 3/4 leggings are allowed.
- Only the examples shown below are allowed.

Only acceptable attire for men.



The examples shown “e to i” represents the same front and back of the leotard.
In addition.

- Hair must be secured close to the head.
- The competitors must wear white aerobics shoes and white socks that must be able to be seen by all judges.
- Skin coloured supportive strapping tape may be worn. (No tiger paws permitted)
- Make-up must be only for women and used sparingly.
- Loose and additional items to the attire are not allowed.
- Jewellery must not be worn.
- Torn or ripped costume and/or undergarments must not be shown during a performance.
- Aerobics attire must be in non-transparent material.
- Attire depicting war, violence or religious themes is forbidden.
- Body paint and any form of glitter (make-up or hair) is not allowed.

Rules of movement between divisions, levels, reserves and changing divisions

Aerobic Dance is treated as a division in its own right and can be competed in without impacting on the regulations below.

Division and Level Eligibility

- Athletes can compete in any division provided they are aligned with the age group e.g. a 12-year-old can commence in AeroSchools level 3, 4 or 5, Open level 3, ADP 3 or International Age Group 1 (subject to international division selection criteria).
- There is no restriction for moving up an AeroSchools level or changing to another division, provided the athlete stays within their age group. In any calendar year, once an athlete has gone up an AeroSchools level or another division, that is the level/division that they must continue to compete in for the remainder of that year.
- Athletes must qualify once in the Division they wish to enter in for NZ Gymnastics Championships (Nationals). An athlete must attend a minimum of two qualifying events to be eligible for NZ Gymnastics Championships (Nationals). (Both as an individual and a multiple). If an athlete moves up a division through the year – they are only eligible to enter NZ Gymnastics Championships (Nationals) in this new division.

Age Level and Category Eligibility for pairs, trios and group

- Athletes may compete in more than one category within a division. Athletes may not compete in the same category more than once (cannot compete against themselves). Athletes may only compete in one (1) individual category, one (1) pair or trio and one (1) group category. For example, they cannot compete in a pair and a trio even if they are in different levels.
- An athlete may not move to a lower AeroSchools level or Division after the completion of their first competition.
- **Please note:** International athletes are considered Level athletes for pairs/trios and groups in their respective age category UNLESS they have trialled as a pair/trio or group in the international stream.

Changing Levels between seasons

At the end of each competition season an athlete, or returning athlete, may only go back one Division except in special circumstances. If a coach wishes to move an athlete back more than one division, they must apply to the Aerobic Technical committee prior to the start of the competitive season.

Athletes must compete at ALL events in the highest level they have competed in a calendar year including AIMS Games and NZ Secondary Schools. **Note:** a returning international athlete 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.

Non-compliance with these rules will result in disqualification. Coaches are welcome to seek clarification from Gymnastics New Zealand or the Aerobics Technical Committee.

An international athlete cannot move into the AeroSchools level or open level divisions.

Different Level of Events

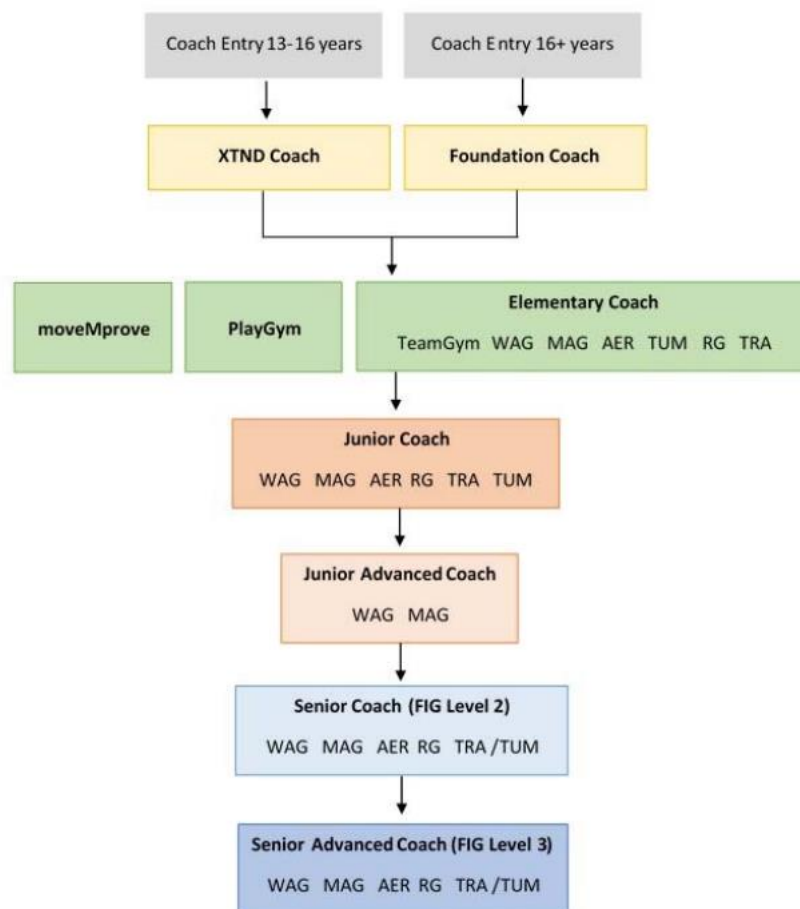


Endorsed Events

As per the qualifying event agreements, competition organisers need to ensure they are meeting the Gymnastics NZ requirements for running events, please note In New Zealand we do not have any FIG approved aerobics floors, it is important that event organisers ensure the safety of athletes. **Note:** Levels 1 to 5 - Not eligible for New Zealand Gymnastics Championships

Level	Routine	Categories	Eligibility
GfA Events			
Level 1	AeroSchools Level 1	Group (2-5)	Any GFA member
Level 2	AeroSchools Level 2	Group (2-5)	Any GFA member
AeroSchools Levels for National GfA Club Events			
Level 3	AeroSchools Level 3	Individual Groups (2-5)	Any GFA member
Level 4	AeroSchools Level 4	Individual Groups (2-5)	<ul style="list-style-type: none"> Any GFA member Any competitive gymnast from another code
Level 5	AeroSchools Level 5	Individual Groups (2-5)	<ul style="list-style-type: none"> Any GFA member Any competitive gymnast from another code

Gymnastics New Zealand Coach Education Pathway



Gymnastics New Zealand aims to meet the professional development needs of gymnastics coaches and judges by providing theoretical and practical programmes. Courses are offered throughout the country with some being online. Above is the diagram of this pathway; alongside these courses there are other opportunities to engage in workshops, coach developer opportunities, guest speakers and a bi-annual coach connect conferences. All registrations for these courses are through the member clubs.

Coaches Qualifications requirement for Endorsed Events

Coaches should have coaching qualifications at the same level that their athlete are working. Gymnastics New Zealand has taken a stepped approach to bring coaches up to the required coaching levels over the next few years. All coaches are required to have a current Safeguarding Child qualification and be Police Vetted by their club.

Athlete Level	Competition Level	Qualification Required – Endorsed and Qualifying Events	
		2023	2024
Elementary	Level 3-5	Elementary*	Elementary*
Junior	Level 6-7	Junior**	Junior**
Senior	Level 8-9 and International	Junior	Junior

Note:

- * The qualification may still be in progress. A second coach for a group at Foundation/XTND may be permitted.
- ** May be in progress

Required qualifications will be reviewed on an annual basis. Coaches who are not qualified at the required level will need to apply for dispensation.

Coaches Qualifications requirements for 2023 New Zealand Gymnastics Championships

Qualification of Coach	Level/ International
Aerobic Junior Coach	All Levels

New Zealand Gymnastics Championships

All participants must meet the entry requirements in the regulations. Including age and affiliation etc.

National Competition Categories

- Individual (mixed for levels 6-9, women and men for international)
- Levels – pair/trio/group can be same sex or mixed
- International – pair must be mixed
- International trio/group can be mixed or same sex (group must be 5 athletes)
- Open Aerobic Dance groups 5 to 8 (Any combination of males and/or females)
- International Aerobic Dance groups 8 (Any combination of males and/or females) – please note these groups will compete in the Open Aerobic Dance category but need to have 8 participants to be eligible to represent New Zealand

Athlete Qualification

- There is currently no limit to the number of entrants that may enter the National Championships for Aerobics.
- Athletes must attain the qualifying mark in the category they wish to enter, at a minimum of ONE qualifying event for all divisions, categories and levels eligible for NZ Gymnastics Championships (Nationals) at an approved qualifying competition.
- Athletes are expected to attend a minimum of TWO qualifying events (individuals and multiples) to be eligible to compete.
- International athletes may use a score from an International Event in place of a qualifying event.

2023 Aerobics Gymnastics Championship Qualifying scores

These scores will be finalised after the first two competitions of the season of 2023 and published through the Gymnastics New Zealand event newsletters as we are going into a new code.

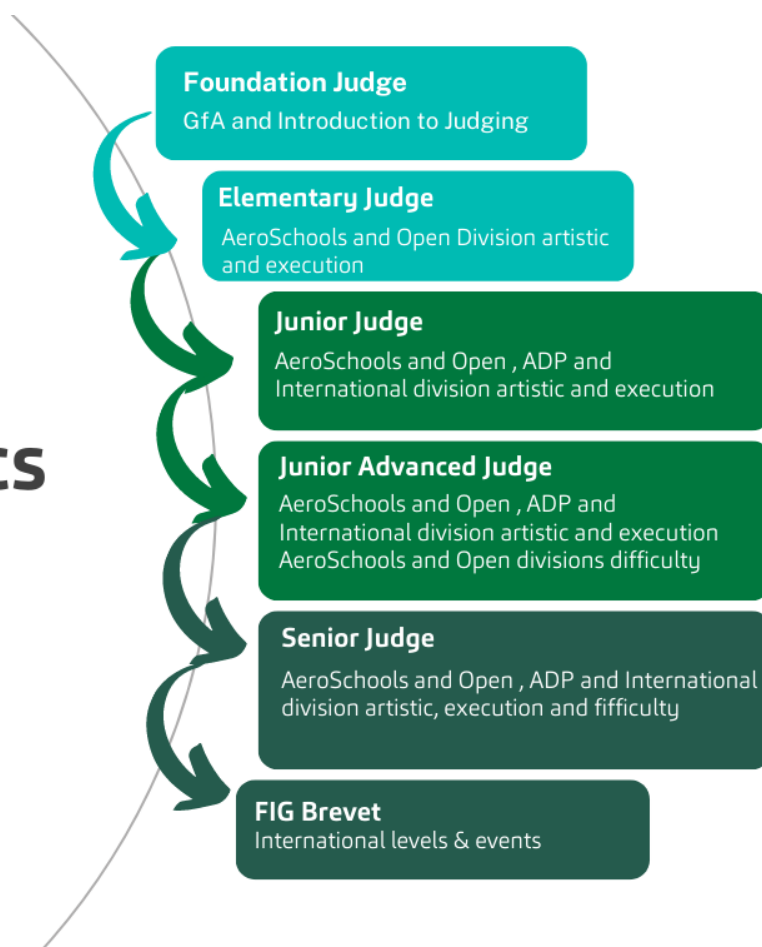
Equipment Information

7x 7 or 10 x 10 marked perimeter on a wooden floor (Depending on your division), New Zealand does not have an international aerobic gymnastics floor in the country.

Performance Music Requirements

- One or more pieces may be mixed.
- Original music and sound effects are allowed.
- The recording must meet professional standards regarding sound.
- All athletes must use the same music for heats and finals otherwise they will be disqualified.

Aerobic Gymnastics Judging Pathway



All Levels and International categories will be judged on the 2022-2024 FIG Code of Points. All Nationals divisions within the NZ framework are judged by the same panels, however the regulations within those panels can differ depending on the division they are judging. There will always be judges looking at 3 separate criteria within a routine and presiding over the panel will be the Chair Judge who ensures the regulations are being met for each routine. This section of the handbook will explain each of the different roles of judges on the panel and what they are specifically judging while a routine is being performed.

Each Judging panel consists of a minimum of 5 judges who will judge the following areas:

1. The artistic component of the routine
2. The execution of the routine
3. The difficulty and compulsory requirements of the routine

Each judge will be judging each routine in accordance with one of the areas outlined above.

Judging Conflict of Interest

Relatives will not be on panel, if at all possible, although in some situations this may be necessary for the smooth running of the competition. All scores are monitored by the Head Judge irrefutable of whose on panel.

Artistic Judging

The Artistic Judge evaluates the choreography of the routine, looking at what is being performed, how it is being performed and where it is being performed.

Execution Judging

The Execution Judge evaluates the technical execution of every movement seen during the performance.

Difficulty Judging

The Difficulty Judge evaluates and gives a value to the elements performed provided the minimum requirements for that element are met during the performance. The final difficulty score is halved and added onto the artistic and execution scores.

Chair of Judges Panel

The Chair of Judges Panel's role is to maintain the integrity of the judging by ensuring the scores submitted fit within a range of tolerance and take deductions from the total score for infringements according to the Code of Points. Any deductions taken by the Chair of Judges panel will be taken in full from the final score. The scores will NOT be halved. The Chair of Judges Panel can also sanction a disqualification if a serious breach occurs.

Gymnastics New Zealand Judge Education Pathway

Foundation Judge Qualification

Online introduction to judging to be completed prior to attending the Elementary judge's course.

Elementary Judge Qualification

Judges must complete a full season of judging AeroSchools and Open Division Artistic and Execution and have their judging logbook signed off by the AER Judging Advisor. Once the logbook has been signed off the judge can sit the Junior Judge Course.

Junior Judge Qualification

Judges must complete a full season, competing 2 sessions of each of the following areas: AeroSchools and Open Division, ADP and international division Artistic and Execution and have their judging log book signed off by the AER Judging Advisor. Once the log book has been signed off the judge can sit the Junior Advance Judge Course.

Junior Advanced Judge Qualification

Judges must complete at least 2 years, completing 2 sessions of each of the following areas: AeroSchools and Open Division, ADP and international division Artistic and Execution and AeroSchools and Open division Difficulty. Junior Advance judges are able to Chair panels, once

completed their full season they are required to have their judging log book signed off by the AER Judging Advisor. Once the log book has been signed off the judge can sit the Senior Course.

Senior Judge Qualification

Judges must complete at least 2 session of each of the following areas: AeroSchools and Open Division, ADP and international division Artistic and Execution and AeroSchools and Open division Difficulty. Junior Advance judges are able to Chair panels, once completed their full season they are required to have their judging log book signed off by the AER Judging Advisor. Once the log book has been signed off the judge can sit the Senior Course.

International Judging Qualification (F.I.G Brevet)

Judges must have a minimum of four years' experience as a Senior Judge, this course is invite only from the AER Technical committee.

Composition of Judging Panels

Panel	Levels 1-6	Levels 7-10	International	International Trials	National Champs /International Trials
Artistry	Elementary	Junior	Junior	Junior	Junior (Levels) Junior Advanced (Int)
Execution	Elementary	Junior	Junior	Junior	Junior (Levels) Junior Advanced (Int)
Difficulty	Junior	Junior Advanced	Senior	Senior	Senior
Control Judge	Junior Advanced	Senior	Senior	Brevet	Brevet

