



**AIMS
GAMES**



2025 Gymnastics Handbook

31 August - 5 September 2025



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Local gymnastics clubs may be able to provide schools with assistance to prepare for AIMS Games. The contacts for GNZ member clubs can be found on the [GNZ website](#).

References to technical handbooks are for the most current handbook. GNZ handbooks are available to affiliated clubs on the GNZ Club Portal

Introduction

The Gymnastics Competition for 2025 includes all the following gymnastics codes.

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

Participants may enter as many codes as they like, and we strongly encourage students to enter all 5 codes since there is no additional cost. We especially encourage athletes who have never participated in gymnastics to give it a go and have created the 'Flyers' division for those who are participating for the first time. Videos are online so you can see what is required and practice at school or at home. Also, check out your local clubs. Many of them run pop up classes prior to AIMS games so you can get your routines right and have a fun time practicing.

General requirements

- The competition technical requirements are included in this publication.
- All gymnasts are required to compete in acceptable clothing (see below). 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.
- No spectator parents are to be on the floor with gymnasts. Team managers/coaches may be on the floor.
- Athletes may compete up a division if they so choose. However, it is the school's responsibility to make sure that the gymnast is fit and able to perform the skills within the division that they enter.

Acceptable clothing

- All participants are required to wear attire that is suitable for the gymnastic sport and grade they are competing in. This includes singlets/bike shorts/tights. Leotards are not compulsory; however loose-fitting clothing should not be worn.
- School PE uniform is acceptable.
- Long or shorts tights may be worn over leotards.
- No jewellery may be worn.
- Long hair should be securely tied up to ensure it does not create a safety hazard.
- Body oils and loose glitter are prohibited.
- Make-up in individual competition should be minimal.
- Dirty or damaged attire is not acceptable.
- Shoelaces must be properly tied, and shoes must be clean.
- Aerobic gymnasts are required to wear athletic shoes but are not required to wear white shoes as required in competitive aerobics.
- Trampoline and double mini trampoline athletes are required to wear socks, preferably white, when on the trampoline or double mini trampoline.
- Groups - each member of the team is required to wear clothing that identify them as a group i.e., the same uniform, or colour.

Music

- Please email music to manager@argosgymsport.co.nz
- All Music to be labelled with full name/division in Mp3 or wav format e.g., JaneSmith_STEP6.mp3

Women's Artistic Gymnastics

- Flyers & Twisters – no music

- Open Novice - music is optional, please advise if you are not using music. Gymnasts can compete to the music of their choice with no lyrics and not exceeding 90 secs for floor
- STEPs 3-4 – no need to supply music, gymnasts will compete to the compulsory Gymnastics NZ STEPs Music
- STEPs 5+ – music is compulsory as per the Gymnastics NZ WAG Programme

Rhythmic Gymnastics

Flyers & Twisters – no music

Open Novice - music is optional, please advise if you are not using music.

Open – music is compulsory as per the Gymnastics NZ Rhythmic Programme

Aerobics

Flyers – “Good Time” - no need to supply music, we have a copy here at the venue

Twisters – “Beautiful” - no need to supply music, we have a copy here at the venue

Open Novice – If gymnast is choosing “On the Floor” - no need to supply music, we have a copy here at the venue. If gymnast chooses to choreograph their own routine they must send in their music.

Open Junior & Senior – music is compulsory as per the GNZ Aerobics Programmes

Aerobics Group Performance

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.

Summary of Divisions

| Code | Division | Pre-requisites | Prizegiving |
|--|-------------|--|--|
| Artistic Gymnastics (MAG & WAG) | Flyers | Novice only - suitable for those who have very little or no gymnastics experience. A student must not have belonged to a club since the age of 7 and have not competed or trained with the Gymnastics Academy school gymnastics program, in dance or cheerleading. | All Around: Medals (1st, 2nd and 3rd) Ribbons will be presented for 4th, 5th and 6th per division |
| | Twisters | Advanced Novice and GfA Levels 1-2 | |
| | Open Novice | Non-competitive GfA Levels 3 and GNZ Competitive Gymnasts inclusive | Apparatus Ribbons will be presented for 1st, 2nd & 3rd |
| | Open | MAG Levels 1-9 (Athletes compete in their own Level) WAG STEPs 1-10 (Athletes compete in their own STEP) GfA – Levels 4-7 (Athletes compete as a group) | |
| Rhythmic Gymnastics (RG) | Flyers | Novice only - suitable for those who have very little or no gymnastics experience. A student must not have belonged to a club since the age of 7 and have not competed or trained with the Gymnastics Academy school gymnastics program, in dance or cheerleading. | All Around: Medals (1st, 2nd and 3rd) Ribbons will be presented for 4th, 5th and 6th per division |
| | Twisters | Advanced Novice | |
| | Open Novice | RG Social levels 1-10 and GNZ Competitive Gymnasts inclusive | Apparatus Ribbons will be presented for 1st, 2nd & 3rd |
| | Open | GNZ Levels 1-4 GNZ Levels 5-7 GNZ Levels 8+ Stages 2-4 and International | |
| Trampoline & Double-Mini Trampoline (TRA/DMT) Note: - Open Division can choose TRA and/or DMT | Flyers | Novice only - suitable for those who have very little or no gymnastics experience. A student must not have belonged to a club since the age of 7 and have not competed or trained with the Gymnastics Academy school gymnastics program, in dance or cheerleading. | Flyers, Twister & Open Novice All Around: Medals (1st, 2nd and 3rd) Ribbons will be presented for 4th, 5th and 6th per division Apparatus Ribbons for TRA & DMT will be presented for 1st, 2nd & 3rd |
| | Twisters | Advanced Novice and GfA Levels 1-4 | |
| | Open Novice | GfA Level 5 and GNZ Competitive Gymnasts inclusive | Open TRA: Medals (1st, 2nd and 3rd) Ribbons will be presented for 4th, 5th and 6th per division Open DMT: Medals (1st, 2nd and 3rd) Ribbons will be presented for 4th, 5th and 6th per division |
| | Open | GfA Level 6 and GNZ National Divisions 9-10 years and 11-12 years GfA Level 7+ and GNZ National Division 13-14yrs GNZ Junior International | |
| Tumbling (TUM) | Flyers | Novice only - suitable for those who have very little or no gymnastics experience. A student must not have belonged to a club since the age of 7 and have not competed or trained with the Gymnastics Academy school gymnastics program, in dance or cheerleading. | Medals (1st, 2nd and 3rd) Ribbons will be presented for 4th, 5th and 6th per division |
| | Twisters | Advanced Novice and GfA Levels 1-4 | |
| | Open Novice | GfA Level 5 and GNZ Competitive Gymnasts inclusive | |
| | Open | GfA Level 6 and GNZ National Divisions 9-10 years and 11-12 years GfA Level 7+ and GNZ National Division 13-14yrs GNZ Junior International | |
| Aerobic Gymnastics (AER) | Flyers | Novice only - suitable for those who have very little or no gymnastics experience. A student must not have belonged to a club since the age of 7 and have not competed or trained with the Gymnastics Academy school gymnastics program, in dance or cheerleading. | Medals (1st, 2nd and 3rd) Ribbons will be presented for 4th, 5th and 6th per division |
| | Twisters | Advanced Novice | |

| | | | |
|----------------------------|-------------|---|--------------------------------|
| | Open Novice | GNZ Competitive Gymnasts inclusive, Competitive Cheerleaders, Competitive dancers | |
| | Open | GNZ National Program 6-7 GNZ National Program 8+ | |
| Aerobics Group Performance | Open | Open to anyone and any level. Groups between 5-12 participants. | Medals (1st, 2nd and 3rd) only |

All Divisions have both Individual Male and Individual Female categories except Aerobic Group performance which has Mixed, all male or all females compete in one division

Please note: Aside from Open Artistic MAG & WAG on Sunday which will be GNZ Accredited judged, all other Open divisions are performance judged. However, Open Novice and Open Tumbling have a difficulty value. The performance judges judge on how well the performance looks and take into consideration tightness, pointed toes, straight legs, confidence, tempo etc. Points are not given for difficulty. Athletes should perform the routines that they have competed throughout the year so they don't have to learn a new routine, but we do however take in to account that your coach may not be with you, so you are free to make any adjustments.

Summary of division notes

- Schools can find flyers & twisters routines and requirements outlined in this handbook with links to supporting YouTube clips.
- Gym for All (GfA) are those gymnasts participating in recreational after school gymnastics classes at their local gymnastics club.
- GNZ GfA and GNZ competitive routine requirements not detailed in this handbook can be accessed via gymnasts' clubs or their affiliated GNZ coach, via the relevant GNZ Technical Handbook which is located on the GNZ member only page (Club Portal).
- Competitive gymnasts who wish to compete in another gymnastics code should be entered in that code's Open Novice Division or above.
- A retired gymnast is someone who has not competed in a competitive event in the year of AIMS Games. A retired athlete may compete one level down from where they last competed.
- Please consult your local gymnastics club if you are unsure of what division you should be entering.

Important notes on placing students in a division:

1. *If your students compete in any Open Division, then they will be placed in the 'Open Novice' division for all other codes, regardless of whether they have trained or competed in that code. ie: Sally is a WAG STEP 5 gymnast and is competing in the Artistic Open Division on Sunday. She would like to compete in the Rhythmic competition and the Tumbling competition so she will be placed in the Rhythmic 'Open Novice' Division and the Tumbling 'Open Novice Division'. Tom is an Open Trampolinist and an Open Tumbler and would like to compete in Artistic gymnastics. He will be placed in the 'Open Novice' artistic category on the Monday.*
2. *If your student competes in GfA Level 4 – 6 (some clubs call this category 'squad', 'team' or 'excel') or WAG STEP 1 & 2, then they will compete (at the minimum) in the Twisters division for all other codes, regardless of whether they have trained or competed in that code. ie: Jessica is a GfA Level 5 gymnast and is competing in the Artistic Open Novice Division on Monday. She would like to compete in the Trampoline competition and the Aerobics competition so she will be placed in the Trampoline 'Twisters' Division and the Aerobics 'Twisters' Division. Jackson is an Open Novice Tumbler and would like to compete in Artistic gymnastics. He will be placed in the 'Twisters' artistic division on the Monday.*

Artistic Gymnastics

Flyers Routines

Girls & boys artistic perform - Floor, Vault, Beam

Routines can be viewed on YouTube - [Artistic Gymnastics School Festival Routines](#)

Flyers | Girl's & Boys 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 | Girl's & Boys Artistic | Beam

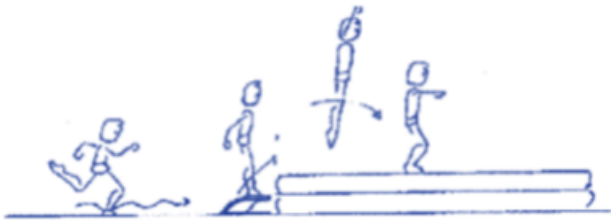


| Skill 1 | Skill 2 | Skill 3 | Skill 4 |
|---|-----------------------------|---|---|
| Squat Mount, with two legs or one leg, ¼ turn to stand stretched. | Scale balance (hold 2 sec.) | Step, cat leap, swinging arms forward and up. | Pivot ½ turn on two feet, on high toes. |



| 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 | Girl's & Boys 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.

Twisters Routines

Girls & boys artistic perform - Floor, Vault, Beam

Routines can be viewed on YouTube - [Artistic Gymnastics School Festival Routines](#)

Twisters | Girls & Boys Artistic | 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 | Girls & Boys Artistic | Vault



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

Twisters | Girls & Boys 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. |

Open Novice Routines

Boys perform on Floor, Vault, Parallel Bar, High Bar/Uneven Bar
 Girls perform on Floor, Vault, Beam, High Bar/Uneven Bar

| Level 3: Floor | |
|--|---|
| Choose 7 elements to perform in a routine. 1. 2 x Acro Element 2. 1 x Connected Elements 3. 1 x Handstand Element 4. 3 x Optional Elements Begin and end routine with optional poses. Extra turns, steps or dance may be added to connect the routine. Skills may be performed in any order. | |
| <p>Acro Elements:</p> <ul style="list-style-type: none"> • Standing Dive Roll • Backward roll Front Support (straight arms) • Hurdle to Round-off • Handstand Limber to Bridge or Bend Back to bridge or Bridge Kick over or Backwards Walkover <p>Connected Elements:</p> <ul style="list-style-type: none"> • Cartwheel, Cartwheel (optional finish) • Cartwheel to forward or backward roll • Backward roll, backward roll <p>Handstand Elements:</p> <ul style="list-style-type: none"> • Handstand • Handstand forward roll | <p>Optional Elements: (max 2 from same group)</p> <p>Static Elements</p> <ul style="list-style-type: none"> • Pike hold – reach to toes. • Balance on one foot - Scale Balance • Splits • Front support to rear support (or vice versa) • Dish hold roll to arch <p>Spring Elements</p> <ul style="list-style-type: none"> • Leaps - Stride Leap at 135°, Cat Leap, Scissor leap • Jumps –Split jump, Jump half turn, Star jump. • Three running steps into punch jump <p>Other</p> <ul style="list-style-type: none"> • Full turn on one foot or half turn on one foot • 2 x push ups |

| | | |
|--|--|---|
| Level 3: Beam | | |
| Choose 7 elements to perform in a routine. 1. 1 x Mount 2. 1 x Acro Element 3. 1 x Static Element 4. 1 x Spring Element 5. 1 x Locomotion 6. 1 x Turn Element 7. 1 x Dismount Extra steps, turns and arm movements allowed. Skills may be performed in any order. | | |
| Mount <ul style="list-style-type: none"> Place hands on end of beam, jump to sit in straddle, swing, place feet behind on the beam, then lift knees to squat Jump to front support, lift leg over to momentary straddle hold, sit then swing to knee scale, lift to stand. Acro Elements <ul style="list-style-type: none"> Small tuck handstand (feet to leave beam) Scorpion Kick - small $\frac{3}{4}$ handstand starting with hands on the beam From sit roll back to Shoulder Stand, roll down to straddle sit | Static Element <ul style="list-style-type: none"> Scale balance (90°) (2 sec) Arabesque (2 sec) Knee scale (2 sec) Spring Element <ul style="list-style-type: none"> Split or Tuck Jump Straight Jump, Straight Jump Locomotion <ul style="list-style-type: none"> Forward or back kicks x 2 – above 45° Step Hop x 2 Grape vine | Turn Element <ul style="list-style-type: none"> Squat, half turn on two feet. $\frac{1}{2}$ turn on one foot Side passe to forward then step feet together and $\frac{1}{2}$ turn. Dismount <ul style="list-style-type: none"> Tuck, pike or straddle jump off end of beam. Cartwheel $\frac{1}{4}$ turn – land with feet together. |
| Level 3: Vault | | |
| Two vaults are performed. Highest score is counted. Vault height set to a 60cm. | | |
| Dive Roll (boys) From run, hurdle two feet take off from springboard, to dive roll on mat onto 60 cm mats. | Handspring Flat Back (girls) From run, two feet take off on springboard, to perform handspring to flatback on 60cm mats | |
| Level 3: Bar | | |
| Choose 7 elements to perform in a routine. 1. 1 x Under Bar Element 2. 1x Mount 3. 1 x Low Bar Elements 4. 1 x Low Bar Dismount 5. 2 x High Bar Elements 6. 1 x High Bar Dismount <i>*Coach must be standing under the high bar for high bar elements</i> | | |
| Under Bar Element <ul style="list-style-type: none"> Glide Swings - land on back swing (no deduction for bent leg or straddle return) 2x Tuck swings Mount <ul style="list-style-type: none"> Circle Up, to front support (use of springboard, box permitted) Jump to front support from board or box Low Bar Elements <ul style="list-style-type: none"> Cast to 450 below horizontal Cast to immediate back hip circle Low Bar Dismount <ul style="list-style-type: none"> Forward Roll to Tuck or L Hang (2 sec) Cast off to land (box permitted to land on) Underswing or toe shoot dismount from front support | Lift to High Bar – coach to remain under high bar High Bar Elements <ul style="list-style-type: none"> L-Hang (2 sec) 2 x tensions swings (dish, arch, dish, arch) In over grip, lift chin to bar, then lower High Bar Dismount <ul style="list-style-type: none"> Swing forward then dismount on backswing | |

| Level 3: P-Bar |
|---|
| <p>Choose 7 elements to perform in a routine. Elements may be repeated.</p> <ol style="list-style-type: none"> 1. 1 x Mount 2. 5 x Elements 3. 1 x Dismount |
| <p><i>Mount</i></p> <ul style="list-style-type: none"> • From a box, jump to straight support. <p><i>Elements</i></p> <ul style="list-style-type: none"> • Tuck Support (2 sec) – knees above bar • L-Support (2 sec) – 45° below horizontal • Small bent arm dip • Hand lifts – lift one hand off bar, lift the other off bar • Swings – above 45° below horizontal • Basket Swing • Jump to Basket Swing • L drop back to basket <p><i>Dismount</i></p> <ul style="list-style-type: none"> • Swing to dismount on back swing (connected to 2 x swing) |
| Level 3: Rings |
| <p>Choose 7 elements to perform in a routine. Elements may be repeated.</p> <ul style="list-style-type: none"> • Tuck Hang (2 sec) • Pike Hang (min 45° below horizontal) (2 sec) • Invert in tuck to inverted straight hang (straight, 2 sec) • Kick legs out to swing back (min 45°) • Small swing forward then back (min 45°) • Swing forward then back (min 45°) to release and land. <p>A swing maybe be performed up to three times separately, during or together at the end of the routine.</p> |

Women's Artistic Gymnastics Open

Division Requirements

- Participants must be competing in the NZ Women's Artistic Gymnastics (WAG) STEPs Programme at STEPs 1-10, Junior International or GfA Levels 4-7.
- Gymnasts must register in their 2025 competition STEP. Each STEP will compete their own competition.
- GfA 4-7 will be performance judged and will all compete in the same division.
- See page 4 for retired gymnasts' requirements.
- Coaches may be on the floor with gymnasts.
- Judging as per Gymnastics NZ Competitive Judging. GNZ Levels 4-7 will be performance judged.

Routines

Perform Floor, Vault, Bar, Beam

Refer to the current technical handbook through your GNZ club for routines requirements.

Men's Artistic Gymnastics Open

Division Requirements

- Participants must be competing in the NZ Men's Artistic Gymnastics (MAG) Levels Programme at Levels 2 – 9, Junior International or GfA Levels 4-7.
- Gymnasts must register in their 2025 competition level. Each Level will compete their own competition.
- GfA 4-7 will be performance judged and will all compete in the same division.
- See page 4 for retired gymnasts' requirements.
- Coaches may be on the floor with gymnasts
- Judging as per GNZ Competitive Judging

Routines

- Competitive will perform Floor, Vault, Pommel, Parallel Bar, High Bar, Rings
- GfA levels 4-7 will compete Floor, Vault, Parallel Bar, Rings
- Refer to the current technical handbook through your GNZ club for routines requirements.






Rhythmic Gymnastics

Flyers Routines









Perform two apparatus: Ribbon and Ball

Routines can be viewed on YouTube - [Rhythmic School Festival Routines](#)

Flyers | Rhythmic | Ribbon

| | | |
|---|---|---|
| 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, turning in a circle 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

| | | |
|---|---|--|
| 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. |

Twisters Routines

Perform two apparatus: Ball and Hoop

Routines can be viewed on YouTube - [Rhythmic School Festival Routines](#)

Twisters | Rhythmic | Ball

| | |
|---|---|
| 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

| | |
|---|--|
| 1 | Swing hoop down beside body, swing hoop up to perform small throw. |
| 2 | 4 backwards skips, rotate hoop on the waist |
| 3 | Catch the rotating hoop with one hand, let one side of the hoop drop down over the body to the floor and jump out. |
| 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 |

Open Novice Routines

Perform **two** apparatus:

Division 1: GNZ RG Social Grades 1-4 and Open Divisions Gymnasts from another code (Apparatus Option: Freehand, Rope, Ball, Hoop)

Division 2: GNZ RG Social Grades 5-7 (Apparatus Option: Freehand, Rope, Ball, Hoop, Ribbon, Clubs)

Division 3: GNZ RG Social Grades 8+ (Apparatus Option: Rope, Ball, Hoop, Ribbon, Clubs)

Refer to the current technical handbook through your GNZ club for routines requirements.

Open

Division requirements

Division 1: GNZ Levels 1-4

Division 2: GNZ Levels 5 – 7

Division 3: GNZ Levels 8+

Division 4: Stages 2 – 4 and International

Routines

Perform two apparatus: Ribbon, Ball, Clubs or Hoop

Refer to the current technical handbook through your GNZ club for routines requirements.

Trampoline & Double Mini Tramp

Flyers Routines

| Trampoline (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 |

| Mini Trampoline (Perform each jump once) | |
|--|-----------|
| Jump 1 | Jump 2 |
| ½ turn Jump | Pike Jump |

Twisters Routines

| Trampoline (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 |

| Mini Trampoline (Perform each jump once) | |
|--|----------------|
| Jump 1 | Jump 2 |
| Straddle Jump | Full turn jump |

Open Novice Routines

Perform trampoline 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) |

Perform each double mini trampoline pass once

Pass 1: Tuck Jump, Full Turn Jump

Pass 2: Straddle Jump, Half Turn Jump

Open

Division Requirements

Open Division 1: GfA Level 6 and GNZ National Divisions 9-10 years and 11-12 years

Open Division 2: GfA Level 7+ and GNZ National Division 13- 14 years

Open Division 3: GNZ Sub Junior International

Please note: The Open division is performance judged. The judges judge on how well the performance looks and take into consideration tightness, pointed toes, straight legs, confidence, tempo etc. Points are not given for difficulty. Athletes should perform the routines that they have competed throughout the year so they don't have to learn a new routine, but we do however take in to account that your coach may not be with you, so you are free to make any adjustments.

Routines

Choose trampoline and/or double mini trampoline (medals awarded separately)

Perform trampoline routine twice

Perform each double mini trampoline pass twice.

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

Tumbling

Flyers Routines

Perform 2 compulsory 5 skill passes as follows

| 1st Pass | 2nd Pass |
|-------------------|----------------------|
| Cartwheel | Cartwheel |
| Chasse | Cartwheel |
| Cartwheel | Cartwheel |
| Chasse* | Round off |
| Cartwheel step in | Stretch jump to land |

*Chasse facing side on

Twisters Routines

Perform 2 compulsory 5 skill passes as follows

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

Open Novice Routines

Perform two voluntary 5 skill passes as follows

| 1st Pass | 2nd Pass |
|---|---|
| Voluntary 5 skill pass (maximum DD 0.5) Maximum of 0.1 DD (Difficulty) per one skill Only round-off, front handspring and back handspring allowed No somersaults allowed | Voluntary 5 skill pass (Maximum 0.9 DD) 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.

Open

Division Requirements

Open Division 1: GfA Level 6 and GNZ National Divisions 9-10 years and 11-12 years

Open Division 2: GfA Level 7+ and GNZ National Division 13- 14 years

Open Division 3: GNZ Sub Junior International

Routines

One compulsory 5 skill passes (min. difficulty 1.0) and
one voluntary 5 skill passes (min. difficulty 1.0)
one x finals 5 skill passes (min. difficulty 1.0) – all tumblers go through to finals.

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

AerobicDance

Flyers Routine

The Flyers routine below can be viewed on YouTube - [Aerobics School Festival Routines](#)
Routines are performed on a 7x7m mat.

Please 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.

| Flyers performed to "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. The 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, the 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 (bring legs together for L (pike) or apart for straddle) 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 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 | COMPULSORY 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 | COMPULSORY 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 into 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 into 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 |

Difficulty elements are highlighted in orange

Twisters Routine

The routine below which can be viewed on YouTube - [Aerobics School Festival Routines](#).

Routines are performed on a 7x7m mat.

Please 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.

| Twisters perform to "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 | Triceps 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 |

| | | |
|-------------|--|---|
| 1-6 | Full turn (360) | |
| 7-8 | Lunge together | Hands on hip |
| 1-8 | COMPULSORY HIGH LEG KICKS X 4 | Arms to the side with blade hands Minimum level - heels to hip height |
| 1-2 | Knee Together | Hands down by side in blade |
| | Jog x 2 | Up and down |
| | Double Hop x 2 | Up and two counts then down in stars for two counts |
| 1-6 | Jump Full Air Turn | |
| 7-8 | Jumping Jack | Hands on hips |
| 1-2 | Slide together | Swing arms up above your head in star hands |
| 3-4 | Up and out on toes (stand shoulder width apart up on the balls of your feet) | Arms up in Latin hands |
| 5-8 | Twist around to floor and roll to push up position | |
| 1-16 | COMPULSORY PUSHUPS X 4 (can be performed on knees) | |
| 1-6 | Splits or stag sit (half splits) | |
| 7-8 | Swing leg around to seated L (pike) position | |
| 1-2 | Knees in kneeling | Clasp hands together in front of chest |
| 3 | Lunge | Down by side in blade hands, up one arm extended in front and the other bent with elbows touching and Latin hands |
| 4 | Knee | |
| 5-6 | Flick kick | Arms up palms twisted together, then down by side |
| 7-8 | Knee together | |
| 1-8 | COMPULSORY 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 | Jog x 2 | Arms clasped together at chest; star hands slide up torso |
| 5-6 | Chasse (side gallop) | Shimmy |
| 7-8 | Side leg flick (bend knee out to the side with pointed toe behind knee of opposite leg and kick out to the side) | Arms crossed in front of chest, then out in Latin hands |
| 1-6 | Tuck or tuck ½ turn | |
| 7-8 | Jumping jack | |
| 1-4 | Double hop | Arms up, arms down |
| 5-6 | Forward chasse | One hand on hip the other swing around |
| 7-8 | Jog x2 | Punch down x2 (hands in fists) |
| 1-4 | Flick kick x2 | Counts 1 - Hands clasped behind head 2 horizontally out in blades 3 clasped in front of chest in and 4 punch out |
| 5-6 | Knee together | Arms down by sides in blade |
| 7-8 | Squat | Body roll |
| 1 | End pose | |

Difficulty elements are highlighted in orange

Open Novice Routines

Participants in the Open Novice Division may choose the routine below which can be viewed on YouTube - [Aerobics Open Novice Routine](#).

OR

Participants may create their own routine, but must keep within the essence of aerobics, therefore Individual routines must contain the following compulsory skills:

- 3 x Push ups
- 4 x Travelling Jumping Jacks
- Straddle Hold
- 5 x Leaps (don't repeat more than twice)
- 1 x Vertical Split
- Jog
- 3 x Turns

Routines are performed on a 7x7m mat

Note 1: 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) [HERE](#).

Note 3: where there is a discrepancy between the written choreography and the routine videos the routine video will be the correct version.

| Open Novice perform to “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 | 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 *Ensure torso is not vertical during any part of the transition as it will then become a prohibited move (i.e., Handstand) |
| 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 the 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 3-4 5-6 7-8 | Jog, fly Ball change, jog Jog, jog Jack, together | Fists in front of face forearms together (one arm slightly higher than the other), swap with Latin hands Hands interlaced extended horizontally in front of body (palms facing outside), bring interlaced fingers into chest Punch arm to side x 2, other arm star behind head Swing previously punching arm to circle finishing with bent elbow with Latin hand The other arm holds 7 swing star behind back count 8 |
| 1-8 | 1/1 tuck jump or split leap | Optional Arms / Optional transition to suit element or choreography in and out |
| 1-3 4 5-8 | Lunge, click legs together in air, lunge other side Jog Chasse | Clasp fists above head, stars at chest, stars on thighs Fists crossed at chest Extend arms horizontally to Latin hands |
| 1-6 7-8 | Stag leap** rolling to floor Roll over to Push up position | Optional Arms **Stag Jump – May be done with a bent or straight back leg, however the 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: = Any two-phase push-up with both feet on the floor = Any two-phase push-up with any foot exchange provided one foot remains in the air or on one foot/leg airborne = Any three/four phase push-up with both feet on the floor = Any three/four phase push-up with any foot exchange provided one foot remains in the air or one foot/leg airborne |
|---|--|---|
| 1-4 5-8 | One-foot spin, straight leg cuts bent leg to flick over Any Push Up element up to 0.4 | Optional Arms Optional transition to suit element or choreography in and out |
| 1-4 5-6 7-8 | Push-up element continued Lunge up Optional Pose, feet together | Optional transition to suit element or choreography in and out Arms Open in Latin hands |
| 1-2 3-4 5 6-7 8 | Double showtime Flick Flick Ball change Jog, jog Showtime | Hands on shoulders, with alternate shoulder shrug Circle one blade around head/one under chin, bent elbows with flat blades (palms to roof) Blades clap together above head Wave star hands on front of face Point one arm above head, point other horizontally |
| 1-4 5-6 7-8 | Turning Chasse Step together Genie Jump | Swing down and into Latin hands crossed at chest Latin hands above head |
| 1-3 4 5-6 7-8 | Chasse Step with half turn Fan kick inwards Fan kick outwards | Interlaced fingers wave One arm half makes full circle to low V, the other arm straight to low V Low V blades Low V Latin hands |
| 1-8 | 1/1 spin or 2/1 spin | Optional Arms / Optional transition or choreography in and out |
| 1-4 5-8 1-4 5-6 7-8 1-8 1-8 | Swing straight leg in circle whilst other leg lowers to floor Crouch down, one leg tucked under Straighten both legs (torso parallel with ground), feet together. OR Optional Choreography Up element | One arm reaches for floor with the other arm in blade 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 | Optional choreography | Optional arms / Optional transition to suit element or choreography in and out |

| | | |
|--------------------------|---|---|
| 1-8 | COMPULSORY JUMPING JACKS | OPTIONAL ARMS Difficulty score grading = Stationary = Stationary with any (one or more) change(s) to orientation/rotation = Travelling (lateral, forward, backward, diagonal, on any of the four (4) jumping jacks) = 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 |
| 1-8 | Optional choreography | Optional arms / Optional transition to suit element or choreography in and out |
| 1-2 3-6 7-8 | Optional choreography to finish | |

**Stag jump – may be done with a bent or straight leg back, however the 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.

Aerobic Elements

| Element | Description | Example | Step | Description | Example |
|-------------------|--|---------|-------------|--|---------|
| 4 x Push-ups | <ul style="list-style-type: none"> Front support. Perform a push-up elbows lowering to a 90 angle 3. Return to front support. Can be performed full or on knees | | Jacks | <ul style="list-style-type: none"> A hop feet out and in with legs bending. Hooping out: landing with feet further than shoulder width apart, knees and feet point outwards. Hopping in: Feet/heels together | |
| Staddle hold | <ul style="list-style-type: none"> Straddle sit The body is supported by both hands in contact with the floor. Push Body off floor Hold for 2 seconds. Return to Straddle sit | | High kicks | <ul style="list-style-type: none"> Straight leg high kick, heel at hip height Standing leg stays straight Upper body stays straight with neutral spine, natural alignment. Join feet back together Repeat on other side | |
| 1/2 Tuck Jump | <ul style="list-style-type: none"> A Vertical Jump with a 180° turn. While airborne, show a Tuck. Landing feet together. | | Jogs | <ul style="list-style-type: none"> One leg is lifted backwards to the gluteus. Standing leg is straight Change legs | |
| 1/1 Straight Jump | <ul style="list-style-type: none"> A two-foot take-off with the body vertical, fully extended. Turns 360° in the air Landing with feet together facing the same direction as the start. | | Flick kicks | <ul style="list-style-type: none"> One leg starts with a jog with heel to glute Using the same leg kick foot out to a low kick Repeat on other side | |
| Full turn spin | <ul style="list-style-type: none"> Standing on one leg. A full turn (360°) is performed | | High knees | <ul style="list-style-type: none"> One leg lifts towards the chest, The standing leg is straight Return to feet together Repeat on other leg | |
| Split Leap | <ul style="list-style-type: none"> From a gallop While airborne, the legs are fully stretched and show a Split. Split. Landing on one or two feet | | | | |
| Vertical Split | <ul style="list-style-type: none"> While one leg supports the body, the other leg is lifted 180° to a Vertical Split. The hands touch the floor besides the supporting foot. Ending in standing with feet together. | | | | |

Open Routines

- Perform 1 aerobics routine
- Routines are performed on a 7x7m mat

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

Aerobics Group Performance

General Requirements

- Strictly only two teams 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 tight-fitting top or leotard, shorts or pants, socks and sports shoes.
- 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 general public listening. The cut of music can be one or more pieces, may be mixed and can include original cuts, but must seem to be one seamless piece of music. Original music and sound effects are allowed.
- Teams are required to supply their own music – please email music in mp3 or wav format to manager@argosgymnsport.co.nz.

Compulsory Requirements

- Aerobic Dance Group performance incorporates dance, aerobics and tumbling elements into a rhythmical and entertaining routine while demonstrating co-ordination, balance, strength, flexibility and spring. Each routine must contain at least 5 skills from the Aerobic elements on page 23. Each team will also be assessed on how the team moves around the floor and the different formations they form within the routines

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.
- 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.

