

2026

Aerobic

Gymnastics

Whānau Guide

A guide to the national
competitive programme.



Contents

Introduction	3
Gymnastics New Zealand	3
Safe Sport	5
Gymnastics NZ Code Of Behaviour	5
National Framework Summary	ERROR! BOOKMARK NOT DEFINED.
Division Table	7
Division Descriptions	8
Changing Levels Between Seasons	9
Competition Attire	10
Levels of Competiton	11
Endorsed Events	12
Gymnastics NZ Coach Qualification Pathway	13
Coaching Requirements	ERROR! BOOKMARK NOT DEFINED.
New Zealand Gymnastics Championships	ERROR! BOOKMARK NOT DEFINED.
Judging	16
Gymnastics NZ Judge Education Pathway	17

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Introduction

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

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

As an International Gymnastics Federation member, Gymnastics NZ is the national governing body for gymnastics in New Zealand. We look after the sport across all codes from grassroots, through to high-performance athletes.

Our codes include both men's and women's artistic gymnastics, rhythmic, aerobics, trampoline, and GNZ parkour, and work with technical committees to outline the New Zealand rules and regulations for each one of these codes.

Gymnastics NZ staff support clubs in the operational and technical delivery of the sport, through relationship managers, education, international tours, and head office.

Clubs are required to be a member of Gymnastics NZ to compete in the national competitive programmes.

Strategic Plan 2024-2030

This is the road map outlining what our priorities will be and why.

Our Vision – To be New Zealand's First Choice Sport.

This is a vision that we can measure and be inspired by. Gymnastics is a core foundational sport, whether we are your first sport, or your forever sport. And we believe that gymnastics sets you up for life.

Our Purpose – To Enable Positive Gymnastics Experiences for Everybody.

This purpose both guides and motivates us. Our athletes, volunteers, clubs, officials, and people are the reason we are here. We believe that everybody involved in our sport deserves a positive, enjoyable, fun, experience at every level of sport.

Our Values

These are the key behaviours we believe the organisation needs in order to achieve success for our sport, and should underpin everything that we do. They were designed by our team, based on community feedback and interactions.



Our Strategic Priorities

These are the key outcomes we are looking to achieve by 2030. These outcomes were set by the Board after careful consideration, and feedback from the community through our club hui.

- Growth in participation.
- Thriving club communities.
- Established performance pathways.

We believe these are the three areas of focus that will deliver on our vision to be New Zealand's first choice sport.

[You can find the full strategic plan on our website.](#)

Gymnastics NZ Strategic Plan - Overview

Our Vision
To be New Zealand's first choice sport.

Our Purpose
To enable POSITIVE gymnastics experiences for EVERYBODY.

Growth in Participation

Thriving Club Community

Effective Performance Pathways

Our Foundation Principles
Diversity, Athlete Voice, Participant Wellbeing, Environmental Sustainability, Our commitment to uphold the mana of Te Tiriti o Waitangi and the principles of Partnership, Protection and Participation

Our Values
Manaakitanga (care for others, bring alongside)
Manahau (joyful, positive energy)
Rangatiratanga (action, leadership)
Manawanui (steadfast, committed)



Safe Sport

Gymnastics NZ is committed to creating a positive culture within the sport of gymnastics that prioritises the safety and wellbeing of all involved, with particular emphasis on children and young people. This includes both the prevention of harm within gymnastics as well as recognising and responding to concerns, disclosures, and allegations both within and outside of the sport.

It is important that any concerns regarding child safety and wellbeing are raised as soon as possible. This could involve contacting your club safeguarding lead, or by completing a safe sport form on the Gymnastics NZ website. Identifying and addressing concerns early and at the appropriate level is an important part of creating a safe and positive culture within the sport of gymnastics.

Please refer to the [Gymnastics NZ website](#) for more information on how concerns and complaints are handled and for the Gymnastics NZ Complaints Policy, and Safeguarding and Child Protection Policy.

Gymnastics NZ Code of Behaviour

The [Gymnastics NZ 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 NZ or an affiliated club or organisation.

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.

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. Safeguarding and Child Protection Policy.

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.

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.

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.

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.

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.

National Framework Summary

Definitions

Division: The aerobic pathway selected i.e. Aerobic Dance, Australian Levels Programme (ALP) and International.

Level: The segmentation of the division i.e., ALP Level 3-10.

Category: Number and gender of the competitor's i.e., Individual women, Individual Men, Multiple (2-3), Teams (4-8 dependent on division).

Age Group: The age of the athlete (taken on the 31st of Dec of the competition year)

TC: Aerobics Technical Committee

FIG: Federation International Gymnastics

Code of points: [FIG Code of Points](#)

This handbook should be read in conjunction with the Gymnastics Australia resources available to clubs via [club portal](#).

All choreography notes, music and routine construction should be followed to ensure athletes are given the best opportunity at events.

The Aerobics TC have made some minor adjustments to reflect that aerobics within New Zealand is considered an emerging sport.

The national championships eligible levels shall include ALP Level's 7 -10, all international divisions and ALP AeroDance Junior and Senior.

International AeroDance must have 8 members from the same division.

Division Table

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

National Competitive	International Competitive
Compulsory Levels ALP Levels 3 and 4 (6 years +) ALP Level 5 and 6 (9 years +)	Youth (12 – 14 years)
Optional Levels ALP Level 7 (9 years +) ALP Level 8 (12yrs +) ALP Level 9 and 10 (15 years +)	Junior (15 – 17 years)
ALP Masters (18 years +)	Senior (18 years +)
AeroDance ALP Junior (10 - 15 years) * ALP Senior (15 years +)* *Please note these age ranges deviate from the Gymnastics Australia ALP rules	AeroDance International Youth (12-14 years) International Junior (15-17 years) International Senior (18years +)

Division Descriptions

Australian Levels Programme (ALP)

The Australian Levels Programme includes entry level pre choreographed routines to encourage the fundamentals of aerobics, building skills and aerobic movement patterns.

ALP Levels 3-6 are not eligible for the New Zealand Gymnastics Championships and have compulsory choreography, music and set elements. Level 6 has the option to use the provided choreography and music or the use of own music and choreography ensuring the composition notes, aerobic movement pattern types, general content and elements are followed.

ALP Levels 7-10 are eligible for the New Zealand Gymnastics Championships.

International Divisions

Our international athletes will be able to demonstrate aerobics movement patterns, general content and elements at a high level.

Throughout the year opportunities will be made available for selected international events.

AeroDance

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.

New Zealand will allow multiples consisting of 2-3 athletes or teams of 4-8 athletes, male, female or mixed, excluding international.

Athletes are eligible to compete in AeroDance as well as their chosen aerobics categories

General Information

Division and Level Eligibility

Athletes can compete in any division (ALP, AeroDance or International) provided they are aligned with the age group e.g. a 12-year-old can commence in ALP 3-8 or youth international. It is the coach's responsibility to ensure the athlete is placed in the most suitable level for the athlete's ability.

There is no restriction for moving up a level or changing to another division, provided the athlete stays within their age group. In any calendar year, once an athlete has gone up a level or into another division, that is the level/division that they must continue to compete in for the remainder of that year.

Athletes must qualify twice in the level they wish to enter in for New Zealand Gymnastics Championships (Nationals), one out of region. This includes individuals, multiples, teams or AeroDance. If an athlete moves up a level through the year – they are only eligible to enter the national championships in this new level.

Multiples Age Level and Category Eligibility

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) multiple and one (1) team category. For example, they cannot compete in a multiple of two and a multiple of three even if they are in different levels.

Please note that 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 Level except in special circumstances. If an athlete wishes to go back more than one division, they must apply for dispensation from the AER TC prior to the start of the competitive season. This applies to all events overseen by Gymnastics NZ (including AIMS Games and NZ Secondary Schools).

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 the equivalent ALP level e.g. senior international may compete ALP 10. Once they have completed one full competition season, they may then elect to go back to a lower division.

Non-compliance with these rules will result in disqualification. Please seek clarification from Gymnastics New Zealand or the AER TC if you are unsure.

Competition Attire

Gymnastics NZ Regulations – All Codes

- Athletes may choose to wear gymnastics shorts or leggings over their leotard.
- Hair can be worn in any style, provided it is securely fastened.
- Bandages, strapping and braces – where available these should be skin-coloured or beige, white or black.
- No deductions will be given for underwear showing during a routine.

Aerobic Competition Attire Regulations

Athletes at Domestic Competitions

The following regulations apply to all competitive gymnasts competing at domestic competitions in New Zealand.

National ALP Levels (1-10)

- One-piece leotards or long singlet top (fitted) and bike pants.
- Athletes may wear gymnastics shorts or full-length tights.
- Boys may wear shorts or tights.
- Transparent material may be used on sleeves. All transparent material from trunk to chest must be lined.
- The pelvic/crotch area must be covered with non-transparent, non-skin coloured material up to the hip bones.
- Decorations with different types of sequins, stones, embroidery, etc. are allowed but must be securely sewed to the leotard that they do not move.
- 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 hip bones and the outside seam must pass through the crest of ilium. The leotard must cover the crotch completely.
- Clean aerobics shoes must be worn (athletic shoes may be worn up to level 5) with laces tucked away.
- Loose jewellery (bracelets or necklaces) must not be worn, but small stud-type earrings are permitted (consideration should be given in multiples dependent on collaborations between gymnasts).

AeroDance

Attire rules are as above. The following additional rules apply to dance aerobics

- The attire of team members can be different but must be coordinated.
- A skirt that does not fall further than the pelvic area may be worn over leotard/unitard.
- Baggy clothes, additional items/props (tubes, sticks, balls, etc.) and accessories (belts, braces, bands, etc.) are not permitted.

International Division Athletes

All International division athletes must adhere to FIG attire rules at all domestic and international events. These regulations can be found in the AER Code of Points. Athletes competing overseas at non-FIG competitions should check the rules of the event before travelling.

National Championships

- For the national championship, gymnasts must wear track suits, including track pants or leggings (provincial colours or black), for march on and prize-giving's.
- International athletes may march on in their leotard for finals.
- Only International Athletes who have represented New Zealand at an international competition within that calendar year (1st January – 31st December) may wear the New Zealand flag at domestic competitions (Including New Zealand Nationals).

Levels of Competition



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
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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)	Any GfA member Any competitive gymnast from another code
Level 5	AeroSchools Level 5	Individual Groups (2-5)	Any GfA member Any competitive gymnast from another code

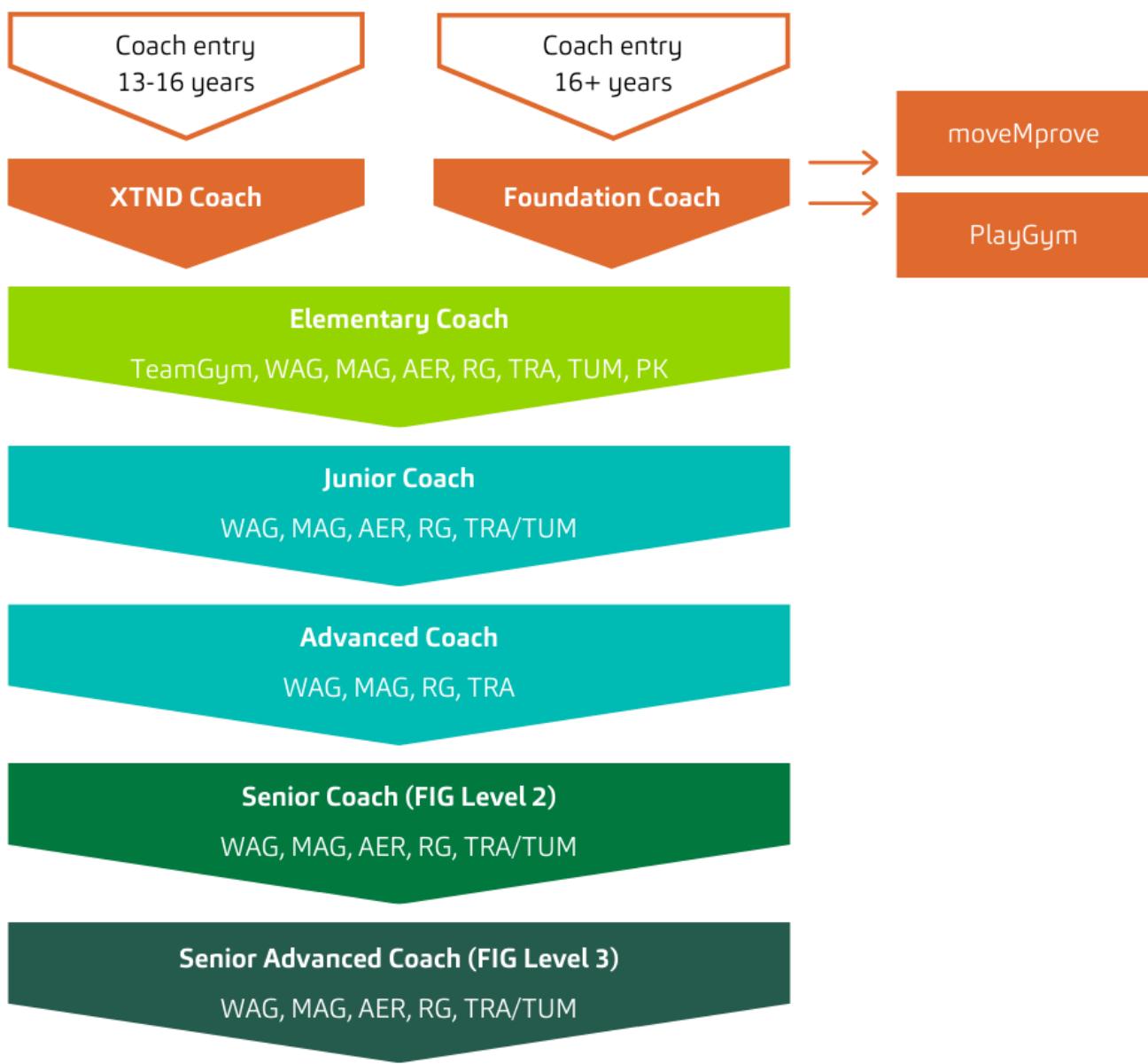
Endorsed Qualifying Events

Competition Venues

In New Zealand we do not have any FIG approved aerobics floors, it is important that event organisers ensure the safety of athletes by providing a venue meeting the following minimum criteria:

- A 12 x 12 m competition space: This means there is clearance of 1m on all sides outside the competition square of 10x10m.
- The competition floor must be a sprung wooden floor surface such as a dance floor or a basketball court. Solid wooden floors, floors directly on top of concrete floors or other floor surfaces are not suitable as they have no give and/or are not suitable for turning skills.
- A warm-up space with flooring suitable for aerobic gymnastics with enough room for the number of athletes competing in each session. If the warm-up space/area is not on the same surface as the competition floor the national championships eligible level athletes must be given time to warm-up on the competition floor prior to their session starting.

Gymnastics NZ Coach Qualification Pathway



Gymnastics NZ 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.

Coach Requirements 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.

Athlete Level	Competition Level	Qualification Required – Endorsed and Qualifying Events
Elementary	ALP Level 3-5	Elementary ¹
Junior	ALP Level 6-8 ALP AeroDance	Junior ²
Senior	ALP Level 9-10 International International AeroDance	Junior

Notes

- ¹ The qualification may still be in progress. A second coach for a group at Foundation/XTND may be permitted.
- ² 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.

National Championships

Participation Criteria

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

National Competition Categories

- Individual (mixed for levels 7-10, women and men for international)
- ALP Levels – multiples (2-3) and teams (4-8) can be same sex or mixed
- International – pair must be mixed
- Aerobic dance multiples 2-3 or teams 4-8 (any combination of males and/or females)
- International Aerobic Dance teams of 8 (any combination of males and/or females) – please note these groups need to have 8 participants to be eligible to represent New Zealand.

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 level they wish to enter, at a minimum of two qualifying events for all divisions, categories and levels eligible for New Zealand Gymnastics Championships (Nationals) at an approved qualifying competition.
- One of the two scores must be achieved out of the athlete's province (see table map below). We encourage clubs to consider travelling to the other island once per season to increase north and south support of endorsed events, and the growth of our code.
- International athletes may use a score from an international event in place of a qualifying event provided it is approved by the AER TC and occurs prior to the conclusion of the New Zealand endorsed events season. An official results sheet/link should be submitted to the AER TC prior to the conclusion of the New Zealand endorsed event season.

2026 Qualifying Scores

The qualifying scores have been set following the first two competitions of the season.

Level	Individual	Multiples
Level 7	13.75	13.50
Level 8	14.50	13.50
Level 9	15.25	15.00
Level 10	16.00	15.00
Youth International	15.00	14.75
Junior International	15.50	15.25
Senior International	15.75	15.75
Aerodance Junior	-	13.75
Aerodance Senior	-	14.00

Judging

All ALP Levels will be judged in accordance with Gymnastics Australia technical requirements. All International categories will be judged on the 2025-2028 FIG Code of Points.

Within the NZ framework ALP are judged by the same panels, however the regulations within those panels can differ depending on the division/level they are judging.

There will always be judges looking at three 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 five judges who will judge the following areas:

- The artistic component of the routine.
- The execution of the routine.
- The difficulty and compulsory requirements of the routine.

The control judge is included in the minimum 5 judges required.

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 irrespective 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 NZ Judge Education Pathway

Aerobic Gymnastics Judging Pathway

