

# **Aerobic Gymnastics National Programme Handbook 2023-2024**



## Contents

	Page
Introduction	2
National Framework Summary	2
Division details – <b>Aerobic Dance</b>	5
Division details – <b>New Zealand Levels</b>	7
Division details – <b>International Division</b>	14
Movement Between Levels	17
Endorsed Qualifying Events	18
NZ Gymnastics Championships (NZ Gymnastics Championships (Nationals))	20
Dispensations	22
Judging Guidelines	25

Gymnastics New Zealand would like to thank the Aerobics Technical Committee for dedicating their knowledge and time towards review of this handbook.

### 2022 Aerobics Technical Committee

Chairperson	Tracey MacLennan
Performance Advisor	Laura Furse
Judging Advisor	Kayleigh Rees
Competition Advisor	Kayleigh Rees (Interim)
Athlete Advisor	Jennifer Groom
Coaching Advisor	Vacant

For any enquiries to the Aerobics Technical Committee, please email [aerobicstc@gymnasticsnz.com](mailto:aerobicstc@gymnasticsnz.com)

# Introduction

## Aerobic Gymnastics definition

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.

## 2023-2024 Aerobic Gymnastics Handbook

The objective of this competition handbook is to define the procedures and guidelines for competing in Aerobic Gymnastics in New Zealand. The handbook covers:

- Division Rules – Aerobic Dance, and New Zealand Levels
- International streams as per the FIG Code of Points 2022-2024
- Judging criteria for Aerobic Dance and Aerobic Gymnastics

In the event of a discrepancy between this handbook and AeroSchools rules, this handbook will apply.

Gymnastics New Zealand (GymSports NZ Inc.) is the recognised national governing body for Aerobic Gymnastics. Gymnastics New Zealand is closely aligned with the Federation Internationale De Gymnastique (FIG). More details regarding FIG and the FIG Code of Points (CoP) can be found at [www.fig-gymnastics.com](http://www.fig-gymnastics.com)

### Contact Details

Gymnastics New Zealand

PO Box 9485, Newmarket, Auckland. Level 2, 6 Arawa St, Auckland

Telephone 09 377 3600

E-mail: [office@gymnasticsnz.com](mailto:office@gymnasticsnz.com)

Web Site: [www.gymnasticsnz.com](http://www.gymnasticsnz.com)

# National Framework Summary

## 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)

## Division Table

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

DIVISIONS		
Aerobic Dance	NZ Levels	International
5 – 8 years <i>Not eligible for NZ National Gymnastics Championships</i>	<b>Levels 1 to 5:</b> All ages, GFA <b>Levels 1 – 2:</b> Groups only <b>Levels 3 – 5:</b> 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>	<b>Level 6</b> 9 – 14 years	<b>National Development</b> 9 - 11 years
Open 15 - 17 years <i>Pre-choreographed or Open (separate categories)</i>	<b>Level 7</b> 11 - 14 Years 15 - 17 years	<b>Age Group</b> 12 – 14 years
Open 18 + years <i>Pre-choreographed or Open (separate categories)</i>	<b>Level 8</b> 12 – 14 years 15 – 17 years 18+ years	<b>Junior</b> 15 -17 years
	<b>Level 9</b> 15 + years	<b>Senior</b> 18+ years
<b>Aerobic Dance International</b> (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.

## Division Descriptions

### **Aerobic Dance**

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 for 2022

### **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. For regulations on age and categories offered for this event, please see the NZ Gym Club Challenge Manual (Gymnastics NZ Club Portal)

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.

### **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 a gymnast will compete outside their age level. For example, a 15-year-old cannot compete in a group in Level 6.

### **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. More information about the 2023 International Divisions will be released with the International Handbook.

## Division Details – Aerobic Dance

### 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 National Criteria

Age Group	Time	Compulsories	Max Acro	Floor (metres)
5 – 8 years Not eligible for NZ Gymnastics National Championships	60s +/- 5s	Recognisably different 32 - 64 count of high intensity dance with different music from the aerobics	Used without repetition – all athletes must perform the same element at the same time	7 x 7
9 – 14 years	1m15s +/- 5s	Recognisably different 32 - 64 count of high intensity dance with different music from the aerobics	Used without repetition – all athletes must perform the same element at the same time	10 x 10
15 - 17 years	1m20s +/- 5s	Recognisably different 32 - 64 count of high intensity dance with different music from the aerobics	No limitation to perform the single acrobatic element. Max of 2 acrobatic elements in combination (max of two times)	10 x 10
18+ years	1 min 25 +/- 5 s	Recognisably different 32 - 64 count of high intensity dance with different music from the aerobics	No limitation to perform the single acrobatic element. Max of 2 acrobatic elements in combination (max of three times)	10 x 1

### **Aerobic Dance rules**

- Teams between 5-8 athletes, males, females or mixed. For those wanting to be part of the international stream – you must have 8 athletes in the same age category.
- Must include 32-64 additional counts of a 2<sup>nd</sup> dance style, in addition to aerobic dance.
- The dance content must have high correlations with the theme and style of the music. It must be clearly different from the rest of the choreography and must show a high degree of creativity without repetitions. The routine must show a theme.
- It is highly recommended to use a different music for your 2<sup>nd</sup> style of dance section.
- Elements and acrobatics may be performed but they will not be awarded any value and should fit the theme of the routine.
- Teams choosing AeroSchools Aerobic Dance can choreograph their own 32-64 count 2<sup>nd</sup> style that is different from the pre-set choreography if they wish to.

### **Aerobic Dance Attire**

- The competitor's attire must demonstrate proper athletic appearance.
- 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.

# New Zealand Levels 1 to 5

These levels are based on the Australian AeroSchools resource. This resource can be purchased in an app format through Gymnastics Australia

## **AeroSchools rules**

In addition to the tabled information on the next page

- The **set** choreography on the AeroSchools app must remain the same.
- The floor size for each level, age group, and category is 7 metres x 7 metres.
- Do not use any skill elements in the optional 8 count of aerobics at the beginning or end of the routine, this will be deducted as an additional element.
- All levels that contain split leaps can choose the option of a scissor kick.
- Consecutive push ups can be on knees or feet.
- All fundamental compulsories must be performed without travelling.
- Kicks and push ups must be performed side on to the judges.
- Jacks must be performed facing the judges.

For Level 5 there must not be any repetition of element families, including modified versions, e.g., 1 leg push up and a push on knees, or free fall and air turn.

## **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.



**Levels 1 to 5 - Not eligible for *NZ National Gymnastics Championships***

Level	Routine	Requirements	Categories	Eligibility
<b>GFA FESTIVAL LEVELS</b>				
Level 1	AeroSchools Level 1	As per AS Handbook for Level 1	Group (2-5)	Any GFA member
Level 2	AeroSchools Level 2	As per AS Handbook for Level 2	Group (2-5)	Any GFA member
<b>AEROGYM LEVELS FOR NATIONAL GFA CLUBS EVENTS</b>				
Level 3	AeroSchools Level 3	As per AS Handbook for Level 3	Individual Groups (2-5)	Any GFA member
Level 4	AeroSchools Level 4	As per AS Handbook for Level 4	Individual Groups (2-5)	<ul style="list-style-type: none"> <li>• Any GFA member</li> <li>• Any competitive gymnast from another code</li> </ul>
Level 5	AeroSchools Level 5	As per AS Handbook for Level 5	Individual Groups (2-5)	<ul style="list-style-type: none"> <li>• Any GFA member</li> <li>• Any competitive gymnast from another code</li> </ul>

# New Zealand Levels & International

## **New Zealand Level Rules (Levels 6-9)**

In addition to the information in the Levels table the following rules also apply.

The NZ Aerobics handbook is effectively the NZ Code of Points and must be used as such. Element Values for 2023 will be from the FIG Code of Points 2022-2024.

- The floor size for all individuals under 14 years will be 7 metres x 7 metres
- The floor size for all individuals 15+ will be 10 metres x 10 metres.
- The floor size for all pairs, trios, and teams aged 12+ will be 10 metres x 10 metres
- 1 lift is optional.
- Levels 6-9 must do the element as stated as there is enough flexibility within the programme.
- Levels 6-9 must perform one element from three different groups and then optional elements can be added.
- Level 8 and 9 may have one repeated base family element.
- Athletes may compete in more than one category (i.e. individuals, teams, pairs).

## **Rules for NZ Levels 6 to 9**

Element Values for 2023 will be from the FIG Code of Points 2022-2024

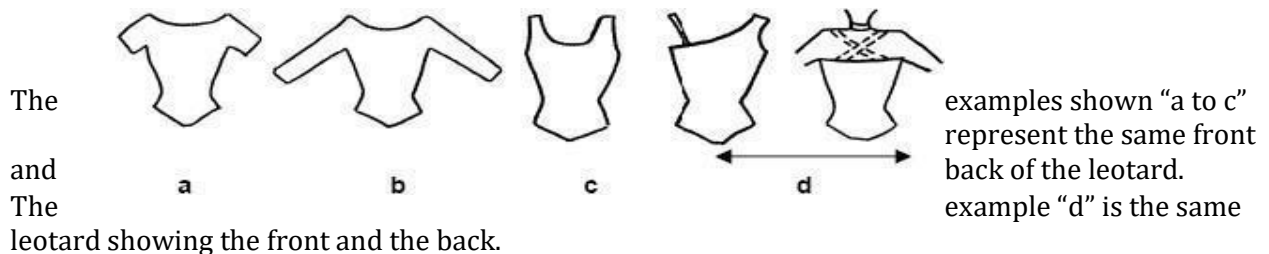
- A minimum of 1 element from each group (A, B, & C) must be performed.
- Levels 8 and 9 may have one repetition from the same element family (families 1-8).
- Attire as per FIG COP.
- Pairs can be same sex or mixed.
- A salto is an aerial acrobatic movement that can be performed forwards, backwards or sideways. An aerial cartwheel is considered a salto.

## Levels 6 – 9 and International Attire Regulations

### 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.

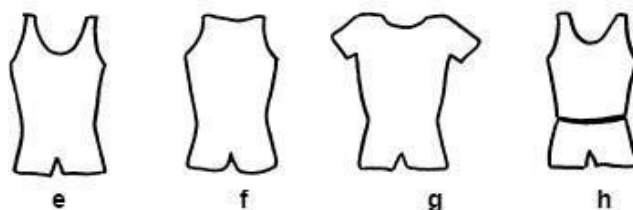
### Examples for WOMEN



### Men's Attire

- Men must wear a unitard or shorts and a form fitting top or leotard with an adequate support (ie; 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.

## NZ Levels 6 to 9

Level	Time	Requirements	Max floor elements	Max split or push up landings	Max Lifts	Maximum Acro	Combos	Floor (metres)
<b>Level 6 (9-14 years)</b>	1m20s +/- 5s	<ul style="list-style-type: none"> <li>5 elements to a maximum of 0.4 value</li> <li>Maximum raw difficulty of 1.6</li> <li>Must perform one 0.3 element.</li> <li>Must have one element from each group (A, B, C)</li> </ul> Compulsories <ul style="list-style-type: none"> <li>32 count of aerobic steps utilising only the 7 basic steps, initiated by 4 x jumping jacks</li> <li>Two collaborations for multiples</li> </ul>	3	0	1 optional	A1 -A4 (2 max)	0	7 x 7 (ALL)
<b>Level 7 (11-14 years) 15-17 years)</b>	1m20s +/- 5s	<ul style="list-style-type: none"> <li>6 elements to a maximum of 0.5 value</li> <li>Maximum raw difficulty of 2.5</li> <li>Must perform one 0.4 element</li> <li>Must have one element from each group (A, B, C)</li> </ul> Compulsories <ul style="list-style-type: none"> <li>24 AMP block of aerobic steps utilising only the 7 basic steps</li> <li>2 collaborations for multiples</li> </ul>	4	1 split OR push up landing	1 optional	A1-A4 (2 max)	0	7 x 7 (11-14 years) 10 x 10 (15-17 years, and all teams)

<b>Level 8</b> <b>12-14 years</b> <b>15-17 years</b> <b>18+ years</b>	1m15s +/- 5s	<ul style="list-style-type: none"> <li>• 7 elements to a maximum of 0.6 value</li> <li>• Maximum raw difficulty of 3.6</li> <li>• Must perform one 0.5 element</li> <li>• Must have one element from each group (A, B, C)</li> <li>• Athletes can have one repeated base element</li> </ul> Compulsories <ul style="list-style-type: none"> <li>• 24 AMP block of aerobic steps utilising only the 7 basic steps</li> <li>• 2 collaborations for multiple</li> </ul>	5	2 split OR push up landing	1 optional	A1 to A4 (2 max)	1 combo of 2 difficulty elements	7 x 7 (12-14 years)  10 x 10 (15+ individuals and all teams)
<b>Level 9</b> <b>(15+ years)</b>	1m20s +/- 5s	<ul style="list-style-type: none"> <li>• 7 elements to a maximum of 0.7 value</li> <li>• Maximum raw difficulty of 4.3</li> <li>• Can have one optional element of 0.8 value</li> <li>• Must perform one 0.6 element</li> <li>• Must have one element from each group (A, B, C)</li> <li>• Athletes can have one repeated base element</li> </ul> Compulsories <ul style="list-style-type: none"> <li>• 24 AMP block of aerobic steps utilising only the 7 basic steps</li> <li>• 2 collaborations for multiple</li> </ul>	5	2 split OR push up landing	1 optional	A1-A5 (2 max)	1 combo of 2 difficulty elements	10 x 10 (ALL)
Categories – Individual women, Individual men, Pairs & Trios, Groups 4 – 5 (f/b/s) – f – forward, b – backward, s – side (*salto – aerial acrobatic movement without hands on the floor – includes aerial cartwheel)								

## Division Details – International

### **International Stream Rules**

- Information around qualification for the 2023 Emerging Development and National Development squads will be confirmed and sent out soon as part of the International Pathway.

### **Routine requirements for International**

#### **Aerobic Dance**

- Teams of 8 competitors in age groupings (see table above)
- Must include at least ONE 32-64 count block of dance
- May include a second 32 count block of a 3<sup>rd</sup> style which is optional
- Music length 1:20 (+/- 5 seconds)

#### **National Development (9 – 11 years)**

- A maximum of 7 skill elements up to 0.4 value with at least one from each of the four groups and including the 4 compulsory elements;
  - Push up
  - Straddle support
  - Air turn
- Maximum of 4 elements on the floor and no split or PU landing
- No push up landing and no combinations
- Maximum of 2 acrobatic moves from A1 to A2; Round off, Backwards or Forwards Walkover - NO off axis jumps
- Music length 1:15 min (+/- 5 seconds)
- Acro and difficulty elements are not to be combined
- Each MP/TR/GR must have a minimum of 1 collaboration.

#### **Age Group (12-14 Years)**

- A maximum of 7 skill elements up to 0.6 in value – at least one from each of the four groups including the four compulsory elements:
  - Helicopter to push up
  - Straddle support or L-support (maximum 1/1 Turn)
  - Tuck jump 1/1 turn
  - 2/1 Turn
- A maximum of 4 elements on the floor and only 1 split landing or 1 push up landing allowed (only PU landing for IM)
- One combination of 2 difficulty elements allowed
- Maximum of 2 acrobatic moves from A1 to A4; Round off, backwards or forwards Walkover, Head Spring, forward Handspring or Flic Flac - NO off-axis jumps
- All elements must be from a different base family
- Music length 1:15 min (+/- 5 seconds)
- Acro and difficulty elements are not to be combined
- Each MP/TR/GR must have a minimum of 2 collaborations.

### **Junior (15-17 years)**

- A maximum of 7 skill elements including:
  - 1 maximum x 0.8 element (optional)
  - 2 maximum x 0.7 elements (1 optional)
  - 4, 5 or 6 x elements of 0.6 or lower
- A maximum of 4 elements on the floor and only 1 split landing<sup>1</sup> and 1 push up landing allowed
- ONE combination of 2 difficulty elements allowed
- Maximum of 2 acrobatic moves from A1 to A5; Round off, backwards or forwards Walkover, Head Spring, forward Handspring, Flic Flac or forward, backwards or side Salto 360 without twist
- All elements must be from a different base family
- Music length 1:20 min (+/- 5 seconds)
- Each MP/TR/GR must have a minimum of 3 collaborations.
- One acro and difficulty element can be combined

### **Senior International (18+ years)**

- A maximum of 9 skill elements for IW and IM and 8 skill elements for MP, TR, GR (no compulsories)
- Must perform 1 element from each of the 5 families and no more than 2 base named elements. IM must perform at least one element from Family IV (group B) and no element from Family VIII
- Elements with a value of 0.1 and 0.2 will not be considered difficulty
- Max 3 push up or split landings allowed (no split landings for IM)
- Maximum of 2 acrobatic moves from A1 to A5; Round off, backwards or forwards Walkover, Head Spring, forward Handspring, Flic Flac or forward, backwards or side Salto 360 without twist
- 2 or 3 elements can be combined - must be from different families. For IW/IM one combination of 2 acrobatic elements is allowed. For MP/TR/GR all competitors MUST perform the same difficulty elements in combination at the same time and NO Acro combinations.
- Music length 1:20 min (+/- 5 seconds)
- Each team/group/MP must perform a minimum of 3 collaborations

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



**International** – FIG Rules and regulations are applied to this category and can be found in the FIG COP.

Age Group	Time	Compulsories	Max elements	Max floor elements	Max jump landing in push up	Max jump landing in split	Mini Collaborations	Combos	Max Acro	Floor
<u>National Development</u> <b>9 - 11 years</b>	1m15s +/- 5s	- Push up or wenson PU - Straddle support - Air turn	7 (0.1 to 0.4)	4	0	1 (not IM)	1	0	2 from: A1 – A2 (no repetition)	7 x 7 (IM, IW, MP trio) 10 x 10 (group)
<u>Age Group 1</u> <b>12 - 14 years</b>	1m15s +/- 5s	- Helicopter to push up - Straddle support or L support (MAX 1/1 Turn) - Tuck jump 1/1 turn - 2/1 Turn	7 (0.2 to 0.6)	4	1 split or PU landing (no split for IM)		2	1 of 2 difficulty elements (not compulsories)	2 from A1 – A4 (no repetition)	7 x 7 (IM, IW)  10 x 10 (MP, Trio, group)
<u>Junior</u> <b>15 - 17 years</b>	1m20s +/- 5s	- 1 element of 0.8 value (optional) - 2 elements of 0.7 value (1 optional) - 4, 5 or 6 elements of 0.6 value or lower	7 (0.2 to 0.8)	4	Max 1 element landing in split and one in PU (IM two PU landings no split)		3	1 of 2 difficulty elements	2 from A1 – A5 (no repetition)	10 x 10
<u>Senior</u> <b>18+ years</b>	1m20s +/- 5s	- minimum 5 families performed - maximum of 2 base named elements	9 (8 LTs) 0.3 and above	5	Max 3 landing in push up or split Max 2 times in wenson position		3	3 elements in one set 3 combos ACRO or difficulty elements(2 of 2 for MP/TR/GR)	2 from A1 – A5 (no repetition)	10 x 10
Categories – Individual women, Individual men, Mixed Pairs, Trios, Groups 5 (f/b/s) b – backwards / f – forwards / s – side										

## Movement Between Levels

### Rules of movement between divisions, 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 multiples

- 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.
- 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 Division 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 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. Please seek clarification from Gymnastics New Zealand or the Aerobics Technical Committee if you are unsure.

## Endorsed Qualifying Events

### Guidelines

#### 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 NZ Gymnastics Championships (Nationals) eligible level athletes must be given time to warm-up on the competition floor prior to their session starting.

#### Event organisation

As per the qualifying event agreements, competition organisers need to ensure they are meeting the Gymnastics NZ requirements for running events, so the experience is a positive one for all participants. As a reminder, these are:

<b>What</b>	<b>When by</b>	<b>Who to</b>
Event Invitation and Entry Form	at least one month <u>prior to entry deadline</u>	Gymnastics NZ Event Manager
Complete a Health and Safety Plan on the template provided by Gymnastics NZ	Submit at least one month prior to the Event (for the venue agreed to and to be used for the event). This must be submitted <u>prior to entries closing</u> .	Gymnastics NZ Event Manager
Judging panels and a list of coaches and their qualifications for approval	At least two weeks prior to the event	Gymnastics NZ Event Manager
Close entries	No later than two weeks prior to the start of the event (no late entries shall be processed after this date)	
Provide Event Report including results	Within three weeks of the Event	Gymnastics NZ Event Manager

#### Meeting above safety requirements

It is the duty of the event manager to ensure that their event complies with the above requirements. If an event does not follow the above minimum requirements, and a complaint is submitted to the AER TC or Gymnastics NZ with regard to this, this may affect the eligibility of the event as a qualifying event and the granting of future qualifying events to the host club.

### **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.

<b>Athlete Level</b>	<b>Competition Level</b>	<b>Qualification Required – Endorsed and Qualifying Events</b>	
		<b>2023</b>	<b>2024</b>
Elementary	Level 3-5	Elementary <sup>1</sup>	Elementary <sup>1</sup>
Junior	Level 6-7	Junior <sup>2</sup>	Junior <sup>2</sup>
Senior	Level 8-9 and International	Junior	Junior

Note:

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

# NZ Gymnastics Championships (NZ Gymnastics Championships (Nationals))

## NZ Gymnastics 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 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

## 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.

## Aerobics Gymnastics Championship Qualifying scores – 2023

These scores will be finalised after the first two competitions of the season as we are going into a new code.

### **Reserves for Pairs/Trios, Groups and Aerobic Dance**

- As per the qualifying requirements for NZ Gymnastics Championships (Nationals), a pair/trio or group must reach the qualifying mark once (but attend two different qualifying competitions) with the same team members for the pair/trio or group to be eligible for NZ Gymnastics Championships (Nationals).
- Each pair/trio, group or Aerobic Dance may have (1) one reserve in case of injury or other extenuating circumstances; however, the reserve must be indicated at the start of the season and each time you enter your team on the official entry form under the reserve column. Note that a reserve must still comply with the rules as above, for example if they are already competing in a pair/trio they cannot be a reserve for another pair/trio as they may not compete twice in the same category. To compete with a reserve at NZ Gymnastics Championships (Nationals) the reserve must already have met the qualifying criteria in another category to be eligible.
- ALTERNATIVELY, for Levels 6-9 only, if a member of a trio is injured, the remaining members may use any qualifying scores achieved as a trio to be eligible to compete at National Championships as a pair IF a notification of injury form is completed PRIOR to the close of entries for NZ Gymnastics Championships (Nationals). A pair MAY NOT add a person and compete as a trio unless they then meet the qualifying score twice as a trio. The same rule applies for groups. If a member of a five-person group is injured, the remaining members may use any qualifying scores achieved as a five-person group to be eligible to compete at National championships as a four-person group IF a notification of injury form is completed PRIOR to the close of entries for NZ Gymnastics Championships (Nationals). A group MAY NOT add a person and compete as a five-person group, unless they meet the qualifying score twice as a five-person group. Please see the section on Dispensation for further clarification.
- A pair/trio or group will still need to seek dispensation and provide evidence as per NZ Gymnastics Championships (Nationals) policies and the criteria outlined above, for a reserve to be allowed to compete at NZ Gymnastics Championships (Nationals).

### **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.

### **Incidences of Extraordinary Circumstances**

- Incorrect music is cued
- Music problems due to equipment malfunction
- Disturbances caused by general equipment failure
- The realisation of or introduction of any foreign object into the performance area, just before or during a performance, by an individual or means other than the athlete(s).
- Extraordinary circumstances that may cause a Walk Over (see judging guidelines for reference) or other disturbances that are not the responsibility of the performing athlete.

### **Management of Extraordinary Circumstances**

- It is the responsibility of the athlete to immediately stop the routine if an extraordinary circumstance occurs including but not limited to those mentioned above.
- The Chair Judge and competition organiser(s) will review the situation, and upon decision, the athlete may restart the routine once the problem has been corrected.
- A complaint after the routine has been completed will not be accepted.

## Dispensations

A dispensation must be applied for where there is an extra-ordinary circumstance preventing an athlete, multiple athletes or a coach from abiding by the rules and regulations set out for each division, level, category and age group or for qualifying to NZ Gymnastics Championships or International tours.

An extra-ordinary circumstance is defined as a circumstance that is very unusual and unexpected, different in type or greater in degree than usual, ordinary, or expected circumstances.

There are four categories of dispensation which may be applied for:

1. Dispensation for regulations relating to division, level, category and age group for National Divisions
2. Dispensation for qualification to NZ Gymnastics Championships
3. Dispensation for eligibility for International Stream and Tours
4. Dispensation for Team Change for Multiples

Please carefully read and understand the process and criteria for granting dispensation for each category

### **1. Dispensation for regulations relating to division, level, category, and age group for National Divisions**

Dispensations under this category include those such as;

- wanting to form a pair or trio/group outside the regulations in this handbook
- wanting to move down a division once the season has started.

These types of dispensations are those that need to be decided before the competition season starts. Applicants must fill out the AER Dispensation Form, filling in all fields, providing evidence where necessary and submit to the AER TC chairperson.

Dispensations for regulations relating to division, level, category and age group for national divisions will only be accepted if:

- They are received prior to the first competition of the qualifying event season for that calendar year
- On the official Dispensation Form provided
- Provide evidence for the extraordinary circumstance preventing adherence to the rules and regulations, i.e. a chronic health condition, a serious injury, an unexpected and unpreventable life event.

Dispensations will be granted in this category for the full competition season.

### **2. Dispensations for qualification to NZ Gymnastics Championships**

Dispensations under this category include ANY decision required that affects the eligibility of an athlete/s for NZ Gymnastics Championships. Dispensations relating to the NZ Gymnastics Championships must be sent to the Gymnastics New Zealand Event Manager in the format and to the person identified by Gymnastics NZ within National Championships documentation as released to clubs each year prior to NZ Gymnastics Championships (Nationals).

From there the dispensation is forwarded to the Aerobics TC for advice, with Gymnastics NZ having the final decision.

Please note that in making decisions the Aerobics TC will refer to the definition above as to whether the situation constitutes an extra-ordinary circumstance. When looking at evidence provided to support an extra-ordinary circumstance the AER TC will follow the following criteria:

- whether an athlete has demonstrated commitment to qualifying to NZ National Championships for the full qualifying season prior to the extra-ordinary circumstance, i.e. how many competitions they have competed in for the category dispensation is being requested for.
- how promptly following the extra-ordinary circumstance the dispensation is applied for. Applicants are advised to apply for dispensation within one week of the circumstance occurring.
- the completeness of the evidence provided with the dispensation request – all applicable boxes on the form must be filled in and for injury related dispensations, a medical note or certificate from the time of the injury, and if more than 28 days from the date of injury, an update from a medical professional on the status of the injury.

Please note also that athletes unable to compete from the start of the competition season must submit a dispensation request as soon as possible prior to the first competition, including evidence of why their qualification attempts will be limited. Lack of participation WILL NOT be considered a valid reason for dispensation.

### **3. Dispensation for eligibility for International Stream and Tours**

The international stream and international tours are reserved for athletes committed to training and competing at the highest level and representing New Zealand. The Aerobics TC must follow Gymnastics NZ regulations when deciding whether or not an athlete may be granted dispensation for International Tours. There is considerable work that needs to be undertaken to arrange tours. Trial dates are set to ensure the team can be definitively selected prior to deadlines. For 2023 onwards, where an athlete is able to compete at a trial event and does not meet the required scores, no dispensation will be granted.

Where an extra-ordinary circumstance occurs whereby athlete/athletes are unable to compete at the set trials for International Stream and/or International Tours the Aerobics TC will refer to the definition of extra-ordinary circumstance and consider the following criteria:

- Timeliness of the dispensation. For injuries a dispensation request will only be looked at if it is received within 1 week of the injury happening.
- Prior participation and results of the athlete from previous competitions and seasons in the international division. Note that ADP and Open participation will NOT be looked at under these criteria.
- Likelihood of the athlete being at international level by the time of the event dispensation is applied.
- the completeness of the evidence provided with the dispensation request – all applicable boxes on the form must be filled in and for injury related dispensations, a medical note or certificate from the time of the injury, and if more than 28 days from the date of injury, an update from a medical professional on the status of the injury.
- The extra administrative workload required to allow a dispensation request to be granted (i.e. if the dispensation conditions cannot be met prior to specific deadlines or need special conditions to be applied, resulting in unproportionate additional administrative workload and/or financial cost).



For dispensations relating to qualification to the international stream only the above criteria a) – e) will apply however dispensations MAY still be considered where an athlete IS able to compete at the international trials and due to an extra-ordinary circumstance, does not reach the qualifying scores needed.

#### **4. Dispensation for Team Change for Multiples**

Where a team change occurs without the opportunity for a pair/trio or group to re-qualify twice, any qualification scores from a trio may be used for a pair to be eligible for NZ National Gymnastics Championships OR qualification scores from a group of 5 may be used for a group of 4 to be eligible for NZ National Gymnastics Championships under the below circumstances.

Dispensation will be granted if the trio/group team member has:

- a. Not submitted an entry for NZ National Gymnastics Championships for any division, level or category due to:
  - Change in circumstances
  - Injury
  - Inability to compete
- b. Submitted a withdrawal form to NZ National Gymnastics Championships which has been granted by the Event Manager

A form must be submitted to the AER TC for dispensation on or prior to the closing date for entries for the NZ National Gymnastics Championships.

Forms for dispensation can be found in the Aerobics folder on the Gymnastics NZ Club Portal.

## Judging Guidelines

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.

*Please see the AeroGym Programme for information regarding AeroSchools divisions.*

### 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. This is positive judging, meaning the athlete starts the routine with a score of zero and we add to the score based on how well the athlete performs certain criteria.

**Artistic Requirements** - The Artistic criteria are divided into 5 groups and for each group there are different aspects of the routine being evaluated:

Music (Max. 2 Points) The selection and use of the music becomes essential aspect of the routine.

#### 1.1 Selection, composition, and editing

A good musical selection will help establish the structure and tempo, as well as the theme of the exercise. It will support and highlight the performance. It must also be used to inspire the overall choreography and contribute to the style and quality of execution, as well as to the expression of the athlete.

Music should be adapted for Aerobic Gymnastics. There must be a strong cohesion between the overall performance and the choice of music. The performer(s) must interpret the music and demonstrate not only its rhythm and speed and stay in time with beats / phrases (TIMING), but its flow, shape, intensity and passion within his/her or their physical performance.

Music should be as much in its natural state as possible, without the use of excessive additional beats or sounds added to the music. Music with many added beats or sounds will obtain a low score within these criteria.

### **Aerobic Content (Max. 2 Points)**

Perform recognizable AMP sequences throughout the routine. An AMP sequence of Aerobic Movement Pattern is a complete set of counts 1-8 comprising only of the 7 basic aerobic steps. AMP is the identity of Aerobic Gymnastics and is also one of the most important aspects of the composition of routines, providing the use of the 7 basic steps together with arms in balanced way, with high level of body coordination and should be performed with good technique and quality

- 2.1 Quantity
- 2.2 Quality / Variety

Clarity of the 7 basic steps is a key component for all divisions in the New Zealand framework. Judges need to be able to observe the difference between a knee lift and a jog, a lunge and a jack.

Each athlete (all divisions and levels) must have a minimum 24 count aerobic block within their routine, using purely aerobic steps, with no choreographic jumps added. For lower levels, this block is initiated by the jumping jack phrase.

Judges will use the following criteria to award A for an 8 count AMP sequence:

- Involving more body parts (head, shoulders, etc...)
- Using different joint actions / planes / range of motion / lever length
- Using symmetric and asymmetric moves
- Using different rhythm
- Using both arms simultaneously
- The speed of motion.
- Orientation changing
- Formation changing (for MP/TR/GR)
- Travelling with AMP sequences
- Clarity (precise shapes) and Dynamism (Rebound)

### **General Content (Max. 2 Points)**

General content includes: Transitions, Links, Lift Physical Interactions; Collaborations. All these movements should enhance the routine, and should be performed with good technique and quality, and without unnecessary pauses. This general content should be spread throughout a routine, be interesting and creative, and used to emphasise the choreography.

- 3.1 Complexity / Variety
- 3.2 Space

It is essential that movements flow smoothly from different levels, interactions and links. If an athlete is pausing excessively or performs movements too slowly, this detracts from the intensity that characterises Aerobic Gymnastics. An athlete may perform one complex movement to be rewarded, or they may perform a series of simpler movements cleanly and smoothly and can still receive G for general content. An athlete's age and division are also taken into consideration here.

### **Artistic Routine (Max. 2 Points)**

This criteria assesses the choreography and construction of a routine, and judges evaluate whether this fits with the piece of music.

- 4.1 Construction / choreography
- 4.2 Musicality

The routine must be cohesive to the music, and the athlete must be able to give feeling and meaning to their choreography, complementing the music and creating a memorable routine

### **Artistic Performance (Max. 2 Points)**

Artistry is the ability of the gymnast(s) to transform the composition from a well-structured routine into an artistic performance to express themselves with high quality level of movements respecting their gender (male, female, age group).

## 5.1 Presentation Quality

They must combine the elements of the art and the sport into one attractive message towards the audience.

Unique/memorable routines include details to enhance the quality of the routine, through expression, the ability to transform movements, both gymnastic elements and choreography, into a singular artistic whole.

For MP, TR and GR: The competitors must demonstrate that they are a team as a unit and therefore show the advantages of being more than one person. This includes the working relationship between the members.

### Sample of the Artistic Judging Sheet

Criteria		Base	Poor				Satisfactory		Good		Very Good		Excellent	Total
Music	Selection / Composition / Editing	+1.0	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	
Aerobic / Dance Content	Quantity	+1.0	0.0		0.1		0.2		0.3		0.4		0.5	
	Quality/Variety		0.0		0.1		0.2		0.3		0.4		0.5	
General Content	Complex/Variety	+1.0	0.0		0.1		0.2		0.3		0.4		0.5	
	Space		0.0		0.1		0.2		0.3		0.4		0.5	
Artistic Routine	Construction / Choreography	+1.0	0.0		0.1		0.2		0.3		0.4		0.5	
	Musicality		0.0		0.1		0.2		0.3		0.4		0.5	
Artistic Performance	Presentation Quality	+1.0	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	
All: No block (3/4 AMP) = -0.5 AC Quantity			All: Missing AMP (8/9) = -0.2 each missing from AC Quantity											
ALL: If general content significantly repetitive, reduce -0.2 from Complexity/Variety factor														
PR/MP/TR/GR: Min 3 collaborations, no repetition. If <3, -0.2 from Complexity/Variety factor														
All: If routine starts/ends with a skill = -0.2 for each from Artistic Routine (cannot be very good/excellent)														
AD: Missing 32-64 counts "2 <sup>nd</sup> Style" = -0.5 Dance Content.														

When looking to improve an artistic score once the routine has been choreographed, coaches and athletes should focus on the following:

- Dynamism and Fluency – How well they move throughout the routine.
- Use of Space – Making sure they utilise the whole space (corners, lines, middle, floor & air).
- Presentation – Make the routine clean and strong. Have a happy face and look like they are having fun.
- Music – Make sure they are on time. DO NOT rush. Ensure the movements the athletes are doing compliment the music, and have meaning and feeling.

## General Advice for Artistic performance

The more that the athletes utilise the space the better.

- Each block of 8 counts should travel as much as possible.
- Athletes should travel to each of the 4 corners of the area.
- The direction of the movement should vary i.e., circle, diagonal, line, zig zag.

The more confidence that the athlete can display the better.

- We want to see a confident/happy expression.
- Athletes should display strong/clean movements.

Below are some tips for if you are choreographing a routine:

- Choreograph a routine that suits your athlete's ability. Not too easy, but not too hard.
- Ensure you have a variety of elements and that they are spaced out through the routine (it is not good to do a number of elements from the same family in a row).
- Create interesting 8 counts of aerobics using all 7 basic steps in a variety of ways and ensure you have at least 9 blocks of aerobics in your routine.
- Choose an exciting piece of music that your athletes would like to perform to.
- Ensure any compulsories (both Fundamental Compulsories and Element Compulsories) are spaced throughout the routine and they are performed well.
- Choreograph different movements and formations. Try to avoid repetition as much as possible.
- Balance the routine so that there is a variety of elements, transitions and levels throughout. Try to avoid element loading the start of the routine.
- Be particular about the correct execution of the routine.

## Execution Judging

The Execution Judge evaluates the technical execution of every movement seen during the performance. It is negative judging, meaning athletes start the routine with a perfect score of 10 and points are taken away for the mistakes made. Judges take deductions for errors in the following things:

Alignment

- Degree of completion/precision
- Synchronicity

The deductions taken will vary in accordance to the degree of error.

- -0.1 Small error
- -0.3 large error
- -0.5 unacceptable execution
- -1.0 fall

Each time an execution judge observes an error they will take 0.1, 0.3, 0.5 or 1.0 from the score. The tables below give examples of these errors.

## Execution Deductions

### ERRORS

<b>Small Error</b>	Minor deviation from perfect execution	- 0.1
<b>Medium Error</b>	Significant deviation from perfect execution	- 0.3
<b>Large Error</b>	Wrong technique / Touching the floor / 1-Touch	- 0.5
<b>FALL / Multiple Touches</b>	To drop or come down to the floor without control / Multiple Touches	- 1.0

### DEDUCTIONS

Difficulty Elements / Acrobatic Elements			
Small	Medium	Large	FALL
- 0.1	- 0.3	- 0.5	- 1.0
Multiple errors are added but maximum deduction is: - 0.8 / per element			

➤ All movements with "Fall" or "Multiple Touches" will be deducted: ( - 1.0)

➤ All movements with "1-Touch" will be deducted: ( - 0.5)

Choreography	Small	Medium	Large	FALL
Start and/or Ending Position	- 0.1	- 0.3		- 1.0
AMP Sequences (each 8-count)	- 0.1	- 0.3		- 1.0
Transitions / Links (each time)	- 0.1	- 0.3	- 0.5	- 1.0
Partnerships (each time)	- 0.1	- 0.3	- 0.5	- 1.0

Synchronization (MP, TR, GR)	Small
AMP Sequence	- 0.1 each time
Difficulty/Acrobatic Elements, Transitions, Partnerships	- 0.1 each time

### EXAMPLE OF GENERAL ERRORS

(List of examples is not exhaustive list)

#### < Choreography >

➤ All movements with "Fall" or "Multiple Touches" will be deducted: ( - 1.0)

➤ All movements with "1-Touch" will be deducted: ( - 0.5)

➤ Evaluate perfect Execution with maximum precision while performing AMP sequences (each 8-count), transitions and Partnerships.

Examples	Small	Medium
Incorrect body alignment	0.1	0.3
Incorrect feet position	0.1	0.3
Legs / feet bent or apart	0.1	0.3
Uncontrolled arm movements	0.1	0.3
Incorrect / uncontrolled movements	0.1	0.3

#### < Elements >

➤ All movements with "Fall" or "Multiple Touches" will be deducted: ( - 1.0)

➤ All movements with "Touch" will be deducted: ( - 0.5)

➤ Elements with turns (start from standing): turn starts based on the feet position (direction)

Examples	Small	Medium	Large
Incorrect body alignment	0.1	0.3	
Incorrect body form	0.1	0.3	0.5
Adjust or correct hand position	0.1		
Feet not together when landing	0.1	0.3	0.5
Incorrect feet position	0.1	0.3	
Legs / feet bent or apart	0.1	0.3	
Uncontrolled arm movements	0.1	0.3	
Loss of balance	0.1	0.3	0.5
Interruption of the flow of the movements	0.1	0.3	
Wrong technique			0.5
Touching the floor			0.5
Incorrect / uncontrolled PU landing position	0.1	0.3	0.5
Ending in PU position: hands and feet not landing at the same time	0.1	0.3	0.5
Incorrect / uncontrolled Split landing position	0.1	0.3	0.5
Incomplete rotation / turn	0.1 (0° - 45°)	0.3 ( > 45°)	
Extra preparation	0.1	0.3	
Acrobatic elements performed on elbow(s)			0.5
PU position: Shoulder is not in line with the upper arm	0.1	0.3	
Wenson position: leg lower than upper triceps, not supported or not immediately	0.1	0.3	
Ending in Split position: Incorrect arm position	0.1	0.3	0.5

### EXAMPLE OF SPECIFIC ERRORS – Group A

➤ All elements with a “Fall” or “Multiple Touches” will be deducted: ( - 1.0)

<b>“Family 1” Dynamic Strength</b> (A-Frame, Straddle Cut, Explosive High-V)	Small	Medium	Large
Elements without airborne phase		0.3	
A-Frame: pike position more than 60°		0.3	
A-Frame: hands and feet do not leave and/or land the floor at the same time with airborne phase		0.3	
Straddle Cut: straddle position is not shown			0.5
Straddle Cut: straddle cut is not shown			0.5
Straddle Cut: hips higher than shoulders before the cut			0.5
Straddle Cut not performed in a vertical plane			0.5
Explosive High-V: back not parallel to the floor		0.3	

<b>“Family 2” Static Strength</b> (Support, V-Support, Planche)	Small	Medium	Large
The skill is not held for at least 2-seconds			0.5
Unbalanced / unstable body during the skill	0.1	0.3	
Straddle Support: legs less than 90°	0.1	0.3	
V-support: legs not in vertical line	0.1	0.3	
High V-support: back not parallel to the floor	0.1	0.3	
High V-support: extra preparation		0.3	
Horizontal Supports: body / legs are not parallel (above or below) to the floor	0.1	0.3	0.5
Horizontal Supports: arms not extended	0.1	0.3	
Straddle Planche: legs wider than 120°		0.3	0.5

<b>“Family 3” Leg Circle</b> (Flair, Helicopter)	Small	Medium	Large
Flairs: Hips are not lifted during the extension phase		0.3	
Flairs: legs pushed forward into straddle position			0.5
Helicopter: turning on the bottom before leg circles		0.3	
Helicopter: performed with arms holding legs		0.3	
Incomplete turn	0.1 (0°- 45°)	0.3 ( > 45°)	

### EXAMPLE OF SPECIFIC ERRORS – Group B

➤ All elements with a “Fall” or “Multiple Touches” will be deducted: ( - 1.0)

<b>“Family 4” Dynamic Jump</b> (Air Turn, Free Fall, Gainer, Butterfly, Off Axis)	Small	Medium	Large
Feet and hand(s) not landing on the floor at the same time	0.1	0.3	0.5
Free Fall: position of the body above 30° horizontal		0.3	
Gainer: position of the body above horizontal		0.3	
Butterfly: without 1/2 turn on the floor before takeoff.			0.5
Butterfly: uncontrolled arms / legs	0.1		
Butterfly: body not extended in airborne	0.1	0.3	
Butterfly: position of the body (trunk/legs) above or under horizontal	0.1	0.3	
Off Axis: position of the body is not out of axis		0.3	

<b>“Family 5” Form Jump</b> (Tuck, Cossack, Pike, Straddle/Frontal Split)	Small	Medium	Large
Tuck: Knees lower than waist level	0.1	0.3	0.5
Cossack, Pike, Straddle, Split: leg(s) lower than horizontal line	0.1	0.3	0.5
Straddle/Frontal Split: legs not symmetrical	0.1	0.3	

<b>“Family 6” Split Leap / Jump</b> (Scissors Leap, Switch Split, Sagittal Split)	Small	Medium	Large
Scissors Leap, Switch Split: leading leg not parallel to the floor	0.1	0.3	0.5
Split elements: legs angle less than 180°	0.1 (170°)	0.3 (150°)	0.5 (<150°)



### EXAMPLE OF SPECIFIC ERRORS – Group C

- All elements with a “Fall” or “Multiple Touches” will be deducted: ( - 1.0)
- Below deductions are made regardless of “en dedans”








“Family 7” Turns (Turn, Horizontal Turn)	Small	Medium	Large
Loss of balance	0.1	0.3	0.5
Lack of continuity (flow) of the skill	0.1	0.3	
Turn with hopping			0.5
Turn not on the ball of the foot		0.3	
Extra preparation		0.3	
Turn with leg horizontal: leg position not horizontal	0.1 (<15°)	0.3 (15°- 45°)	0.5 ( > 45°)

“Family 8” Flexibility (Split, Illusion, Balance)	Small	Medium	Large
Free support elements: hand in support on the leg during the skill		0.3	
Split elements: legs angle less than 180°	0.1 (170°)	0.3 (150°)	0.5 (<150°)
Vertical Split: legs out of vertical line	0.1	0.3	0.5
Vertical Split: supporting foot off the floor			0.5
Illusion: inability to complete the full rotation	0.1	0.3	
Illusion: extra turn after the skill	0.1 (45°)	0.3 (>45°)	
Illusion: lack of continuity (flow)	0.1	0.3	
Illusion: full rotation of the free leg out of vertical line or out of circular trajectory	0.1	0.3	
Illusion: hopping during the skill		0.3	
Illusion: foot slide during the skill		0.3	
Illusion: touch during the skill			0.5
Balance Turn with hopping			0.5
Balance Turn not on the ball of the foot		0.3	





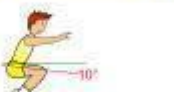















When looking to improve an execution score, coaches and athletes should focus on the following:













- Precision of the 7 basic steps. Closing feet together, pointing their toes, extending their limbs.
- Specific element requirements, for example full rotations in turns and jumps, knees to chest in tuck jumps, L support/Straddle support held for 2 seconds.
- Performing elements they can compete successfully, not trying to compete harder elements for difficulty, but sacrificing execution.
- Body alignment – POSTURE throughout the routine.

## 7 Basic Aerobic Steps

Name	Description (all the steps must be performed with rebound – interlocking with hip, knee, foot joints)		Optimal Step
March	<ul style="list-style-type: none"> <li>➤ Leg is bending in front of body: Hip and knee flexion.</li> <li>➤ Ankle shows clear movement, toe-ball-heel.</li> <li>➤ Total movement is upwards, not downwards.</li> <li>➤ Upper body is erect with neutral spine, natural alignment.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Upper body shows core strength, no co-movement upwards-downwards or forwards-backwards.</li> <li>➤ Amplitude: From neutral position to full plantar flexion of ankle, 30-40° flexion in hip and knee</li> </ul>	
Jog	<ul style="list-style-type: none"> <li>➤ Lower leg is lifted maximally backwards to the gluteus.</li> <li>➤ Neutral hip or slight hip flexion or extension (+/- 10°).</li> <li>➤ Knee flexion.</li> <li>➤ Ankle is showing plantar flexion at top position.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Feet show controlled movement, landing toe-ball-heel.</li> <li>➤ Upper body is erect with neutral spine, natural alignment.</li> <li>➤ Amplitude: Neutral position to 0-10° hip extension, 110-130° knee flexion, full plantar flexion</li> </ul>	
Skip	<ul style="list-style-type: none"> <li>➤ Skip starts as a jog with hip extension, knee flexion and heel backwards to the gluteus to set of a low kick with hip flexion of 30-45° and full knee extension to 0° - a skip.</li> <li>➤ Movement is seen in both hip and knee.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Muscle control is shown through all of the movement. Lower leg is stopped by the quadriceps.</li> <li>➤ Upper body stays erect with neutral spine, natural alignment.</li> <li>➤ Amplitude: From neutral hip to 30-45° flexion, from full knee flexion to complete extension</li> </ul>	
Knee lift	<ul style="list-style-type: none"> <li>➤ Working leg shows a high degree of flexion in hip and knee, minimum 90° flexion in both joints.</li> <li>➤ When thigh of moving is at the top position, the lower leg is vertical, with ankle plantar flexion.</li> <li>➤ Elevated Ankle can be dorsal or plantar flexed but muscle control must show.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Standing leg is straight, maximum knee/hip flexion is approx. 10°.</li> <li>➤ Upper body stays erect with neutral spine, natural alignment.</li> <li>➤ Amplitude: From neutral position to minimum 90° flexion in hip and knee of working leg.</li> </ul>	
Kick	<ul style="list-style-type: none"> <li>➤ Straight leg high kick, minimum amplitude: heel at shoulder height, approx. 145°.</li> <li>➤ Only movement is hip flexion. Leg is straight – knee joint is showing no movement.</li> <li>➤ Ankle is plantar flexed throughout movement.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Standing leg stays straight, maximum knee/hip flexion approx 10°.</li> <li>➤ Upper body stays erect with neutral spine, natural alignment.</li> <li>➤ Amplitude: From neutral position to 150-180° hip flexion in working leg. Knee shows full extension throughout movement.</li> </ul>	
Jumping Jack	<ul style="list-style-type: none"> <li>➤ A hop out and in with legs bending. Natural outwards rotation in hip joint.</li> <li>➤ Landing is with feet further than shoulder width apart, knees and feet point outwards.</li> <li>➤ Controlled but powerful take off and landing. Precise and controlled movement of ankle and foot – toe-ball-heel action.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Hopping in: Feet/heels together, toes point forward (preferred) or outward.</li> <li>➤ Upper body is erect with neutral spine, natural alignment.</li> <li>➤ Amplitude: From neutral position to approximately shoulder width plus 2 foot lengths apart with 25-45° flexion in hip/knees (more if in super low or low with grand plié position)</li> </ul>	
Lunge	<ul style="list-style-type: none"> <li>➤ Legs/feet start together or shoulder width apart, no outward rotation at hip. One leg is extended (without locking the knee) backwards in the sagittal plane.</li> <li>➤ Heels are lowered with control.</li> <li>➤ Feet stay in sagittal plane. Whole body moves (side to side) as a unit.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Low impact: Body slightly forward (front leg is weight bearing), straight line from neck to heel.</li> <li>➤ High impact: Legs are hopping, alternating, in the sagittal plane in a cross-country skiing motion.</li> <li>➤ Amplitude: Approx. 2-3 feet apart in sagittal plane. (Lunge variations = different amplitudes).</li> </ul>	

## Common Execution Errors and Deductions

EXAMPLES	SMALL 0.1	MEDIUM 0.3	UNACCEPTABLE 0.5
<b>BODY / LEGS NOT PARALLEL TO THE FLOOR</b>			
			
<b>KNEES NOT AT WAIST LEVEL</b>			
			
<b>LEGS NOT PARALLEL TO THE FLOOR</b>			
			
<b>PIKE</b>			
			
<b>COSSACK</b>			
<b>STRADDLE</b>			

EXAMPLES	SMALL 0.1	MEDIUM 0.3	UNACCEPTABLE 0.5
<b>LEGS LESS THAN 180°</b>			
		<b>More than 30°</b>	
<b>INCORRECT BODY FORM</b>			
			
			
			
			

### General advice for Execution performance

- With execution, judges are looking at each movement for perfection. This means that the athlete needs to point their toes and close their feet for the majority of movements performed. They need to have sharp arm and leg lines to demonstrate clean movements. When they are performing difficulty elements they need to ensure each movement is performed in much the same way as aerobic blocks, clean, tidy, sharp, and closing feet and pointing toes where possible.
- The more intense you can make the routine the better.
  - Choose the hardest elements the athlete can perform without sacrificing execution.
  - Move around the space as much as possible.

## 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.

Positive judging – This is an opportunity for us to reward athletes who are performing harder skills. For every element performed to minimum requirements, that value will be added to the overall score.

Be aware that there WILL be deductions in execution for any mistakes that are made so you need to ensure that you choose elements your athlete can perform. For all divisions it is BETTER to choose a lower value element that is performed well than to go for a harder element and make many mistakes.

For example - A Triceps Hinge push up is worth 0.2 for difficulty which is added onto the routine, however, if it is not executed well it could get up to 0.3 deduction. Therefore, the athlete would lose more points than they have gained.

The table below shows the Difficulty groups and specific families for each group:

<b>GROUP A (FLOOR ELEMENTS)</b>		
<b>FAMILY 1</b> <i>Dynamic Strength</i>	<b>FAMILY 2</b> <i>Static Strength</i>	<b>FAMILY 3</b> <i>Leg Circle</i>
A-Frame	Support	Flair
Straddle Cut	V-Support	Helicopter
Explosive High-V	Planche / Straddle Planche	




  

<b>GROUP B (AIRBORNE ELEMENTS)</b>		
<b>FAMILY 4</b> <i>Dynamic Jump</i> <i>(Compulsory for IM)</i>	<b>FAMILY 5</b> <i>Form Jump</i>	<b>FAMILY 6</b> <i>Split Leap/Jump</i>
Air Turn	Tuck	Scissor Leap
Free Fall	Cossack	Switch Split
Gainer	Pike	Sagittal Split
Butterfly	Straddle/Frontal Split	
Off Axis		

<b>GROUP C (STANDING ELEMENTS)</b>	
<b>FAMILY 7</b> <i>Turns</i>	<b>FAMILY 8</b> <i>Flexibility</i> <i>(Not allowed for IM)</i>
Turn	Split
Horizontal Turn	Illusion
	Balance

In order to help develop some of the fundamental skills linked to some of the difficulty elements, New Zealand have given the following movements a difficulty value:

Group	Family	Element	Minimum Requirements	Value	Short hand
A	Push Up	Front Support	Full Push Up position, straight back, held for 2 seconds	0.05	fs
B	Straight Jump	Straight Jump	A jump straight in the air from 2 feet, landing on 2 feet	0.1	
B	Air Turn	½ Air Turn	A jump straight in the air from 2 feet, performing a ½ turn in the air and landing on 2 feet	0.2	
C	Turn	Stalk Stand	Balance on the ball of one foot with the other leg bent, the bent leg foot is resting by the knee of the straight leg and the bent knee is pointing forwards. Held for 2 seconds	0.05	
C	Turn	½ Turn	Half turn on the ball of 1 foot. Turn is to a minimum of 45 degrees	0.1	



### **New Zealand has also decided to continue to allow the following elements:**

1. ½ turns in B, C and D groups to assist with the fundamental development of these key skills. E.g ½ Turn Straddle/L Support, ½ Turn tuck jump. These skills will be awarded the same values as the previous code
2. Plio Push Up value 0.2
3. Sagittal Splits on the floor value 0.1
4. Pancake (straddle slide through) value 0.2
5. Scissor kick value 0.2
6. High V to back support 0.4

### **Elements Performed in Combination**

In some divisions and age groups, athletes may perform 2 elements from different base families in combination without any stop, hesitation or transition. If both elements are performed to minimum requirements athletes will receive a bonus 0.1 for difficulty. Examples of this are:

- Helicopter + A-Frame
- 1/1 Air Turn + Tuck Jump
- Free Fall + Plio

Please note:

- For Levels 1-5 a Straight Jump and Tuck Jump are considered as 2 separate elements and will count as 2 towards the number of elements performed. However, if performed in combination they WILL NOT receive the 0.1 bonus as a straight jump is not a COP element.
- Turns MUST be performed en dedans.
- Athletes may NOT repeat elements from the same base family, for example an athlete may not have an L support and a Straddle support in their routine, or a Tuck Jump and a Cossack Jump as those elements are in the same family.
- Open levels have 2 different types of compulsory requirements. The first are fundamental compulsory requirements. The second compulsory requirements are compulsory elements; these are specified element families that MUST be included in the routine to meet the routine requirements.
- Athletes must not combine any compulsory elements (fundamental or element compulsories) in any division. This will result in 0 value for both elements performed in combination if one or both are a compulsory element.

### **Fundamental Compulsory Requirements (where specified)**

The fundamental compulsories are repetition of key aerobic skills that need to be developed well in order to progress in difficulty skill. The repetition of these compulsories allows athletes to focus on the key techniques required to develop more complex difficulty elements. The fundamental compulsories can be performed at any time during the routine, and they consist of:

- 4 Consecutive High Leg Kicks – Must be performed SIDE ON to the judges
- 4 Consecutive Push Ups – Must be performed SIDE ON to the judges
- 4 Consecutive Jumping Jacks – Must be performed FRONT ON to the judges

Each compulsory element MUST be performed on the same spot and has minimum competency criteria. Athletes will be deducted by the execution judge for failing to meet these requirements. If an athlete fails to complete all of these compulsories or completes them facing the wrong

direction, they will receive a 0.2 deduction from the difficulty judge for each one that is missing or performed incorrectly.

## **Specific Requirements for Each Fundamental Compulsory**

### High Leg Kicks

Start & finish position: standing side on to the judges with both feet together and in contact with the floor.

- Kick Movement
  - 4 kicks in the sagittal plane
  - Alternate consecutively Right/Left/Right/Left or Left/Right/Left/Right
  - No travelling permitted
- Minimum competency level - The path of the heel must reach waist height on all 4 kicks.
- Difficulty Value - Athletes who perform **all** 4 High Leg Kicks to a minimum of waist height will receive a difficulty value of 0.1; 20° above horizontal will receive a difficulty value of 0.2 (Level 2-5); 45° above horizontal will receive a difficulty value of 0.3 (Levels 3-5); 90° above horizontal will receive a difficulty value of 0.4 (Level 4-5)

### Push Ups

Start and finish position: Side on to the judges with elbows extended, weight evenly distributed between hands & feet. Push ups can be performed on knees or on toes.

- Push Up Movement
  - Begins flexing elbow joint
  - Body descends
  - Movement completed by extending elbows, raising body back up
- Minimum competency level – Shoulder in line with upper triceps – formed by flexed elbow joints
- Difficulty Value - Athletes who perform **all** 4 Push Ups on their toes to minimum requirements will receive a difficulty value of 0.1, performing all 4 push ups to minimum requirements on 1 foot will receive a difficulty value of 0.2 (Levels 3-5)

### Jumping Jacks & Jumping Jack (JJ) Phrase

JJ Phrase must initiate with 4 JJ

Start and finish position – basic standing anatomical position, **all** 4 JJs must be performed facing front, and after the 4 JJs there is to be 24 counts of standing rebound AER movements (total 32 counts).

- Minimum competency level – Jumping Jacks
  - 15° abduction at each hip joint on 'jump out'
  - knees must bend symmetrically on 'jump out'
  - feet shoulder width apart on 'jump out'
  - 30° of hip flexion at each hip

- Begins count 1 and ends count 32
- Sequential movements
- Difficulty value – performing all 4 jacks facing the front will receive a 0.1 bonus. athletes who perform a turn in their JJ will receive a 0.2 bonus (minimum ¼ turn in JJ #4) (Levels 3-5). athletes who turn and travel their JJ will receive a 0.3 bonus (Levels 4-5).

### **General Advice for Fundamental Compulsory Performance**

It is beneficial for athletes and coaches to adopt a 'less is more' approach.

- If athletes perform kicks perfectly, but the height is only waist height this is better than trying for huge height but sacrificing posture and alignment.
- A half push up performed well is better than full push ups performed poorly.
- Jumping Jacks must start and finish with the feet squarely together for all 4 jacks

### **Difficulty Deductions**

All divisions will receive difficulty deductions. These deductions are given when the routine has not fulfilled the difficulty requirements correctly. The difficulty deductions are halved and taken off the final difficulty score. If the deductions will make the difficulty score a negative number, then the final difficulty score will be 0.

Difficulty deductions will be given for the following faults:

Fundamental compulsory missing or performed facing wrong direction = 0.2 per fault

- More elements in the routine than specified in the regulations = 1.0 per element
- Element value higher than allowed = 1.0 per element
- More elements on the floor than specified in the regulations = 1.0 per element
- More elements landing in Push Up / split position than specified in the regulations = 1.0 per element
- Repetition of an element or element family = 1.0 per element
- Missing a fundamental compulsory element or element group
- Combination of more than 2 elements = 1.0 per element

### **General advice for Difficulty performance**

- As with compulsories, it can be sensible to adopt a less is more approach. Avoid having athletes performing the full version of elements they find extremely difficult. (Usually full push ups and supports).
- Where possible allow the athlete to perform the harder version of the element as this will develop their confidence and increase their score.
- Always work on the full elements in training with the expectation the athlete will eventually perform the harder skills



## 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.

In New Zealand, the Chair of Judges Panel will take deductions for the following:

**Line Fault (each time)** – Each time an athlete makes contact with the floor outside of the competition space, 0.1 will be deducted from their score. If the body part is in the air and does not contact the ground, no deduction will be taken. The outside of the space is counted when any body part is over the line. ON the line is considered part of the competition space.

**Incorrect attire** – Deductions will be taken for issues with attire such as: Body glitter, body paint, body oil, jewellery (including studs) as these are safety issues. An attire deduction can also be taken for the following obvious attire violations: shoe laces not secured that can be tripped on, unsupportive shoes (no canvas shoes to be worn), use of tiger paws, a visible gusset, hair not secured sufficiently, ladders and obvious unsupportive attire. 0.2 will be deducted for each violation.

**Time infraction (+/- 2 sec routine limit)** – An 0.2 deduction can be taken if the routine length is either too short or too long in accordance with the routine requirements.

**Presentation Fault** – This is when athletes over acknowledge the audience and the judges prior to and/or at the end of their routine. An athlete should acknowledge the audience and judges in a clean, sportive manner and immediately stand in their start position or leave the stage. A 0.2 deduction will be taken if an athlete is deemed to be grandstanding.

**Missing or Additional National Emblem** – Only Athletes who have represented New Zealand internationally are eligible to wear a New Zealand flag on their leotard. If an athlete has a National Emblem on their performance attire, they will receive a 0.3 deduction. The same deduction is taken if an international athlete does not have a National Emblem visible on their performance attire.

**Time Fault (+ / - 3 second routine limit)** - An 0.5 deduction can be taken if the routine length is either too short or too long in accordance with the routine requirements.

**Appear later than 20sec** – This deduction of 0.5 is taken if it takes an athlete longer than 20 seconds to appear on stage after their name has been called to the floor.

**Missing or too many lifts (per fault)** – If a Pair, Mixed Pair, Trio or Group does not meet the lift requirements for their category an 0.5 deduction will be taken.

**Prohibited lift / Prohibited move (each time)** – If an illegal move or lift is performed then 0.5 will be deducted from their score.

**Extra or Incorrect acrobatic movements (each time)** – If an athlete performs an acrobatic move that is not allowed for their category or they have too many in the routine then 0.5 will be deducted from their score.

**Interruption of performance (each time 2-10 sec)** – If an athlete forgets their routine (this does not just mean standing still, it can be running around the floor having clearly forgotten their routine) for a period of time between 2 and 10 seconds then 0.5 will be deducted from their score.

**Maximum line fault and/or whole routine performed in the wrong space** – If an athlete is continually performing outside of the competition space, or they perform in the wrong space a MAXIMUM of 1.0 will be deducted from their score.

**Stop of performance (more than 10 sec)** - If an athlete forgets their routine and STAYS IN THE SAME SPOT for a period of time longer than 10 seconds then 2.0 will be deducted from their score.

**Theme in contravention of Olympic charter and COP** – If an athlete's routine or attire in any way contravenes the Olympic Charter and/or the Code of Points then 2.0 will be deducted from the routine.

**Walk over** – This is when a competitor fails to appear on the competition floor within 60 seconds of their name being called, or they leave the floor in the middle of the routine. If this happens the athlete will be disqualified from the category in question.

**Mis-use of AeroSchools Levels routines** – This is when a routine uses either AeroSchools music and/or movements in a way other than what it was developed for. This relates to all music currently being used in our framework. If this happens the athlete will be disqualified.

**Improper behaviour/Manners and/or presence in a prohibited area** – The Chair of Judges Panel may give a verbal warning to athletes or coaches who are behaving in an un-sportive or inappropriate manner, or are standing in a prohibited area.

## **General**

During a competition, only event officials should be approaching the panel during the session. Coaches may approach the Chair of Judges panel at the end of the session to ask for feedback. At no stage should any coach, athlete, parent or member of the audience approach the panel during a session for any reason.

**As per FIG regulations no protests are allowed against scores or results.**

Difficulty sheets will be made available to coaches at the end of the session if this has been cleared with the event organiser

**Composition of judging panels.**

<b>Panel</b>	<b>Levels 1-6</b>	<b>Levels 7-10</b>	<b>International</b>	<b>International Trials</b>	<b>National Champs /International Trials</b>
<b>A</b>	Elementary	Junior	Junior	Junior	Junior (Levels) Junior Advanced (Int)
<b>E</b>	Elementary	Junior	Junior	Junior	Junior (Levels) Junior Advanced (Int)
<b>D</b>	Junior	Junior Advanced	Senior	Senior	Senior
<b>CJP</b>	Junior Advanced	Senior	Senior	Brevet	Brevet