AEROBIC GYMNASTICS

Athletes Model Overview

Aerobics General Routine Guidelines

&

Compulsory Routines I, II, III
RATIONALE/PURPOSE:

The Aerobic Gymnastics Development model is designed to accommodate the following:

1. A performance opportunity for athletes of all ages interested in progressing through a developmental system at the Recreational, Provincial or National level.

2. To provide competitive opportunity, as an individual or as a member of a group, that develops showmanship and teamwork.

3. A challenging and fun program that is within every athlete's potential.

4. To provide recreational athletes with the opportunity to experience a variety of gymnastic disciplines. The Recreational Group Performance event “Gym Dance” uniquely blends tumbling, acrobatic (lifts), dance and fitness/conditioning skills.

5. The FIG Aerobic Dance event category, known as Aerodance in its modified competitive form & requirements, offers participants gymnastics skill elements, high energy movements with a greater emphasis on dance choreography and dance styling performed in a group Floor routine.

6. Create an opportunity for crossover transition or retention of retiring gymnasts or adult (male or female) competitors to compete together in the group, trio or pairs competitive categories; as well as an individual.

7. Provide another competitive opportunity for a gymnastic club or school’s Cheerleading program. A safer alternative since throws or propulsion moves are not allowed.

8. An adaptable judging system for competition.
## Gymnastics Ontario

### Aerobic Gymnastics – Athlete/Coach Model Overview

<table>
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<tr>
<th>DEVELOPMENT LEVELS</th>
<th>COMPETITION LEVELS</th>
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<tr>
<td>CanGym Aerobics Development Program (ADP)</td>
<td>CanGym Aerobics Program</td>
</tr>
<tr>
<td>Levels/Stages 1 – 6</td>
<td>CanGym Aerobics Program</td>
</tr>
</tbody>
</table>

#### Assessment Categories

- CanMove
- CanDynamic
- CanStatic
- Can Jump
- CanFlexibility

#### CanGym Compulsory Routine I

- [AeroGym Fitness Resource Booklet](#)
- [GymDance Routine Guidelines](#)

#### CanGym Compulsory Routine II

- [AeroGym Booklet & GymDanceGuidelines](#)

#### CanGym Compulsory Routine III

- [CanGym Element Values Technical Rules available on GO website](#)

### Event Categories

- CanGym Routines
- AG Group 4 – 6 MW
- Aerodance MW 4 – 8+

### Age Categories:

- 7 – 11 yrs old
- 12 - 14 yrs old
- 15+ Masters

### Event Categories

- Individual MW Pairs, Trios
- AG Group 4 – 6 MW
- AerobicDance 5-8

### Age Categories:

- 9-11 yr olds
- 12-14 yr olds
- 15-17 yr olds
- 18+ Masters

#### Requirements

- CanGym Aerobics Competition Provincial Program -TBD
- FIG Aerobic Gymnastics Competition – Technical Rules and Regulations

#### Refer to

- OFSAA HS School
- www.ofsaa.on.ca

Contact GO re: NCCP Aerobic Foundation Courses

Aero-Gym Booklet & GymDanceGuidelines available on GO Aerobics website

CanGym Element Values Technical Rules available on GO website

AG Provincial Technical Rules & Regulations to be developed

See FIG Aerobic Gymnastics Code of Points for further details
## AEROBIC GYMNASTICS
### INVITATIONAL COMPETITIVE PROGRAM

#### General Routine Guidelines/Requirements

<table>
<thead>
<tr>
<th>AGE GROUP</th>
<th>9–11 YR IW IM</th>
<th>12–14 YR IW IM</th>
<th>AGE GROUP 15+ yrs IW IM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual IW IM</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Categories: Women, Men or Mixed</td>
<td>Pair PR</td>
<td>Trio TR</td>
<td>Group GP (4–6)</td>
</tr>
<tr>
<td>Music Length</td>
<td>1:00 – 1:30 +/- 5 seconds</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Competitive Space</td>
<td>Age 7-17yr Individual = 7 x 7 m</td>
<td>Age 18+ = 10x10m</td>
<td>PR TR GP AD = 10x10m</td>
</tr>
<tr>
<td>Max. # Difficulty Elements (DE)</td>
<td>IW IM Compulsory I, II or III or Optional (4 – 8)</td>
<td>PR TR GP</td>
<td>AD 6 (4*)-8</td>
</tr>
<tr>
<td>Element Value Allowed</td>
<td>CanGym Element Values .10 - .40</td>
<td>FIG COP Elements valued ↑ .60</td>
<td>CanGym Element Values .10 - .40</td>
</tr>
<tr>
<td>Max # Lifts Allowed</td>
<td>n/a</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Max Final Score</td>
<td>10.00</td>
<td>Execution = 10.00</td>
<td>Subtract Penalty Deductions .5 each to a maximum of 1.0</td>
</tr>
</tbody>
</table>

#### Composition Guidelines

- Must Not exceed a max.# of 10 elements
  1. Balance & Distribution – 1 - 2 elements each from the 4 Element Groups is desirable
  2. Balanced Distribution of AMP/Dance/DE - max 3 AMPS in a row
  3. Min. 1 AMP with a min. of 2 out of the 7 Basic Steps (1AMP=8cts) 5 +AMPS desirable
  4. Min. 1 Aerobic Dance Sequence of 16 cts **Dance Segment** not to exceed 32 cts (AD)
  5. Min. 1 Lift – Not to exceed 2 Lifts
  6. Min. 3 different Formations
  7. Variety of Travel Directions to utilize the Floor Space well (center, 4 corners)

#### Prohibited Moves

- Hyperextension of Back - eg. Static Moves - Bridges
- Ring Jumps/Leaps
- Handstands (2+sec)
- Dive Rolls with twists
- Salto 360° with twist
- *Salto more than 360° with or without twists

#### Acrobatic Elements (Allowed not Required)

- **Allowed Acro:** - Cartwheel, Roundoff, Walkovers (F&B), Hand springs (F&B), Salto 360° (FB&S) - Allowed Acro using 1or2 arms/hds or from 1or2 ft is OK
- **Rolls** (F B S or Dive) are level transitions not counted as acro elements
- **Acro may be used singly 2 times in whole routine AND/OR**
- **2 acrobatic set/series of 2 acro elements done in combination**
  - All single Acro Elements & DE must be performed by all members of a group at the same time or in cannon
  - (consecutively)

#### Penalty deductions of .5 each to a maximum of 1.0 for performing any of the highlighted Restrictions.

- **Age 7 & 8 yr. olds in Individual or Group are Showcase Performance only; therefore, ineligible for awards**
- **Age is determined as of December 31st in the year of competition.**
- **Age Group 7 – 11 yrs Individual may perform Can Gym Compulsory Routines I, II or III or optional**
- **Age Group 12-14 yrs Individual may chose an Optional Routine or Compulsory Routines I,II or III**
- **Age Group 15+ yrs Individual are optional.**
- Any Age Combinations are allowed for PR, TR, GP & AD

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### Final Score

- Final Score is out of 10 points based on Execution Score Only = 10.00
- Penalty deductions of .5 each to a maximum of 1.00 for performing any of the **highlighted Restrictions.**
  - Age 7 & 8 yr. olds in Individual or Group are Showcase Performance only; therefore, ineligible for awards
  - Age is determined as of December 31st in the year of competition.
- Age Group 7 – 11 yrs Individual may perform Can Gym Compulsory Routines I, II or III or optional
- Age Group 12-14 yrs Individual may chose an Optional Routine or Compulsory Routines I,II or III
- Age Group 15+ yrs Individual are optional.
- Any Age Combinations are allowed for PR, TR, GP & AD
Required Compulsory Elements *Refers to CanGym List of Element Values

#5  Seated V- sit Hold (legs up in high V position) B041*
#9  ½ Air turn (C0102*)
#12 Sagital Scale  (D021*)
#16  Triceps Push up with knees on the floor (A001*)

Compulsory routine (available on video)

1. Optional opening position (8 counts)
2. 8 marches traveling backward (8 counts)
3. 4 Back lunges (8 counts)
4. 2 step Kicks traveling forward (4 counts)
5. Preparation (4 counts) for seated V sit Hold (8 counts)
6. Move into upright position for next element - use optional arm movement (8 counts)
7. 4 jacks (8 counts)
8. Backward jog (8 counts)
9. 4 count preparation for ½ rotation air turn (4 counts)
10. 2 right grapevine hop together (8 counts)
11. Moving forward, Step L, step R, L leg side, side (8 counts) repeat on right (8 counts)
12. Scale (8 counts)
13. 4 knee lifts front (8 counts)
14. 4 skips frontal plane(8 counts)
15. Side slide to floor, roll over into preparation position (8 counts)
16. Triceps Push Up, knees on floor (8 counts)
17. Move into upright position – use arm movement (8 counts)
18. 2 Right low impact squats, kick, kick (8 counts) Repeat left
19. Forward jog in circle pattern (8 counts)
20. Left Mambo step, pivot (8 counts), side lunge, side lunge (4 counts). Repeat on Right into closing position
Required Compulsory Elements *Refers to CanGym List of Element Values

#5 Straddle support, one hand in front and 1 hand back (B002*)
#9 Tuck Jump (C262)
#12 4 consecutive Leg kicks shoulder height (D301)
#16 Triceps Push up (A101)

Compulsory routine (available on DVD or video)

1. Optional opening position (8 counts)
2. 8 marches traveling backward (8 counts)
3. 4 Back lunges (8 counts)
4. 2 step Kicks traveling forward (4 counts)
5. Entry preparation for Straddle support, one hand in front and 1 hand back (8 counts)
6. Move into upright position for next element - use optional arm movement (8 counts)
7. 4 jacks (8 counts) moving backward direction
8. Backward jog (8 counts)
9. Preparation (4 counts) into Tuck Jump (4 counts)
10. 2 right grapevine hop together (8 counts)
11. Moving forward, Step L, step R, L leg side, side (8 counts) repeat on right (8 counts)
12. 4 consecutive Leg kicks (8 counts)
13. 4 knee lifts front (8 counts)
14. 4 skips frontal plane(8 counts) traveling forwards
15. Side slide to floor, roll over into preparation position (8 counts)
16. Triceps Push Up (8 counts)
17. Move into upright position – use optional arm movement (8 counts)
18. 2 Right low impact squats , kick, kick (8 counts) Repeat left
19. Forward jog in circle pattern (8 counts)
20. Left Mambo step, pivot (8 counts), side lunge, side lunge (4 counts). Repeat on Right into closing position
**Interclub - CanGym Routine III** - Floor Plan of Choreography

Required Compulsory Elements *Refers to CanGym List of Element Values*

- #5 Straddle support (B102)
- #9 1/1 Air turn (C103)
- #12 Sagital or frontal Balance (D021*), minimum shoulders high or Vertical Split (D102)
- #16 Hinge Push up (A132)

**Compulsory routine (available on DVD & video)**

1. Optional opening position (8 counts)
2. 8 marches traveling backward (8 counts)
3. 4 Back lunges (8 counts)
4. 2 step kicks traveling forward (4 counts)
5. **Entry preparation (4 counts) to Straddle support, B102 (8 counts)**
6. Move into upright position for next element - use optional arm movement (8 counts)
7. 4 Straddle jacks using arms (8 counts)
8. Backward jog (8 counts)
9. **Preparation (4 counts) into 1/1 Air Turn (C103) (4 counts)**
10. 2 right grapevine hop together (8 counts)
11. Moving forward, Step L, step R, L leg side, side (8 counts) repeat on right (8 counts)
12. **Preparation (4 counts) into Vertical (D102) Sagital or Frontal Balance (D141 or D151) (4 counts)**
13. 4 Knee lifts (8 counts)
14. 4 step kicks side (8 counts)
15. Side slide to floor position (8 counts)
16. **Hinge Push Up (8 counts)**
17. Move into upright position – use optional arm movement (8 counts)
18. 2 Right low impact squats, kick, kick (8 counts) Repeat left
19. Forward jog in circle pattern (8 counts)
20. Left Mambo step, pivot (8 counts), side lunge, side lunge (4 counts). Repeat on Right into closing position