AEROBIC GYMNASTICS

Athletes Model Overview & Program Descriptions

2017 Provincial Technical Rules & Regulations

Aerobic Gymnastics Technical Committee
Gymnastics Ontario
January 2017
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 athletes 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 in the Lifts are not allowed at the Recreational & Provincial levels.
8. An adaptable judging system for competition.
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**CanGym Aerobics Development Program (ADP)**

- **1. Aero Gym Fitness Resource Booklet**
  - Innovative Ideas & Resources about How to Incorporate & Develop Aerobics into Existing Club Recreation Programs or School Curriculum

**Aero-Gym Recreational Program**

- **AeroGym Fitness Resource Booklet**
  - Introduces the Basic Components of AG
  - **4 Element Groups**
    - A Dynamic Strength
    - B Static Strength
    - C Jumps & Leaps
    - D Balance Turns & Flexibility
  - **Seven BasicSteps**
  - *Aerobic Movement Sequence (16cts)*

**Aerobic Gymnastics Provincial Program**

- **GymDanceAeroDance Routine Guidelines**
  - *Recreational*
  - Compositional Requirements
  - *Can Gym Compulsory Routines I, II & III*
  - Refer to OFSAA Technical Rules & Regulations for AG Group 4-6 Requirements
  - Refer to Compulsory & Optional Routine Guidelines GO Aerobics Website

**Aerobic Gymnastics National Program**

- **Event Categories**
  - Individual MW Mixed Pairs, Trios
  - AG Group 5 MW Aerodance 5-8+
  - AD Ind IM IW
  - AD MP AD Trio

**Event Categories**

- **Age Categories:**
  - 9-11 yr olds
  - 12-14yr. olds
  - 15-17 yr. olds
  - Seniors 18+

**Contact GO re:**

- **NCCP Aerobic**

**Requirements**

- **Provincial Aerobic Gymnastics for AeroDance Requirements**
  - Refer to FIG Aerobic World Age Group Requirements Appendix V 2017-20 FIG Aerobics Code of Points

**Requirements**

- **Refer to 2017-20 FIG Aerobic Gymnastics Code of Points for Technical Rules and Regulations**
The CanGym Aerobic Development Program (ADP)
The CanGym ADP is a development program that targets the foundations of fitness through development of dynamic and static strength, flexibility, power and co-ordination, as well as the fundamental components of Aerobic Gymnastics. It is based on the 6 Stage National Can Gym Aerobic Program that focuses on progressive development of skill elements and provides the evaluation tools for assessment, recording and reporting progress of athletes. For clubs already involved in the ODP (Ontario Development Program) they may find the CanGym Aerobics Program a terrific fitness compliment to their existing program.

CanGym Aerobics Stage 1 – Description Content, Assessment & Recording Sheets available in “Aero Gym Fitness Resource” booklet on GO website. www.gymnasticsontario.ca – Aerobics

Contact GO regarding NCCP Aerobics Foundation Course for full National CanGym Aerobic Program + DVD.

Aerobics Program (Stages 1-6) + (DVD), Coaches' Summary/Progression Charts available in NCCP Aerobics Foundation Course. CanGym Program Stage 1 available on GO website (Aerobics – Resources) in the Aero Gym Fitness Resource Manual.

Aero Gym Recreational Program
With today’s focus on fitness and the growing need for people of all ages to be physically active, the Aero Gym program offers a unique opportunity to satisfy both. It appeals to a wide range of participants, from young children, teenagers, adults to dancers, cheerleaders, ex-gymnasts and fitness enthusiasts. It enables gymnasts to continue in the sport after their artistic career is finished.

The Aero Gym Fitness Resource booklet offers excellent activities of fun and fitness for clubs and coaches/teachers seeking to provide innovative programming. This resource provides activities that can easily be incorporated into and enhance existing recreational programs/curriculum. Available at www.gymnasticsontario.ca - Aerobics

Note – Gymnastics is a sport that touches most of the areas of physical development. The Aero Gym program compliments artistic training by maximizing development of core strength, flexibility and power, with the addition of a cardio fitness focus.

What is Aero Gym?
♦ A recreational activity for males and females of all ages
♦ A creative combination of fitness, dance choreography and gymnastics elements (acrobatics, tumbling)
♦ Involves high energy-cardio routines that maximize development and use of core strength, flexibility and power.

The Aero Gym program is a recreational program developed by Gymnastics Ontario. It differs from Aerobic Gymnastics in that it can embrace elements from all the other gymnastic disciplines.
GymDance (Aerodance) Routine Guidelines for Recreational programs/performances are also available on the GO website.

Competitive Aerobic Gymnastics is governed by FIG which adheres to specific technical rules and regulations. In the Aero Gym Program a variety of elements are allowed because it is recreational in scope focusing on Fun, and Fitness Fundamentals.

**Aerobic Dance**

Aerobic Dance (FIG) is group choreography of 8 competitors (male, female or mixed) utilizing the Aerobic Movement Pattern Sequences in a Dance Style with the integration of a minimum 32 – 64 counts of 2nd dance style (Street Dance/Hip Hop) to the music. The routine may include acrobatic and/or difficulty elements but they will not receive any value. The choreography should represent teamwork.

Aerobic Dance is also allowed with a group of 6 competitors (male, female or mixed) in the FIG World Age Group 2.

Refer to the 2017-20 FIG Aerobic Gymnastics Technical Rules & Regulations – FIG website www.fig-gymnastics.com

**Aerodance (Provincial)**

Provincial Aerodance categories are: Individual (IM, IW), Mixed Pairs, Trio, Group (5- 8+) in Age Divisions – 9-11 yrs, 12-14 yr, 15-17 yr and 18+.

The routine must utilize Aerobic Movement Pattern Sequences in a Dance Style with the integration of a minimum 32 counts of a 2nd dance style to the music. The routine must include 4 elements (from Group C&D-Jumps/Leaps,Turns) and must perform 1 lift. All members of the group must perform the same element at the same time. The routine may include movements from other disciplines (prohibited moves in the COP are allowed except propelling) but must be well integrated into the choreography. Inversions or tumbling (acro skills) performed singly or in no more than 3 combination sets/series (of 2 consecutive acro skills only) are allowed.

Requirements for Provincial Aerodance follows ANAC Aerodance Competition Rules – refer to www.sportaerobics-nac.com

**NOTE:**

Aerobic Gymnastics (Provincial) for Individual (IM, IW), Mixed Pairs, Trios & Group (5) are governed by the FIG 2017-20 Code of Points, Appendix V- World Age Group Competitions.

**AEROBIC GYMNASTICS DESCRIPTION**

i) **What is Aerobic Gymnastics?**
- A competitive activity for men & women of all ages
- A creative combination of aerobic movement and dance choreography
- A combination of fitness and gymnastics elements
- Involves high energy-cardio routines that maximize development and use of core strength, flexibility & power

ii) **Aerobic Gymnastics Event Categories**
- Individual Women, Individual Men
- Mixed Pairs
- Trio (any combination of males/females)
The Components of an Aerobic Gymnastics Routine:

A. The 7 Basic Steps:
1. WALK/MARCH
2. JOG
3. SKIP
4. LUNGE
5. JUMPING JACK
6. KNEE LIFT
7. KICK

B. The 4 Aerobic Gymnastic Element Groups - Values .1 – 1.0
   GROUP A  DYNAMIC STRENGTH – PUSHUPS
   GROUP B  STATIC STRENGTH – SUPPORTS
   GROUP C  JUMPS & LEAPS - POWER
   GROUP D  BALANCE/TURNS/KICKS & FLEXIBILITY

C. Aerobic Movement Pattern (AMP)
An Aerobic Movement Pattern is defined as 8 counts/ beats of music using the Basic Steps in any combination. (1 AMP = 8 counts)
Note: An AMP includes only the Basic Steps; it does not include difficulty elements or dance steps/movements.

FIG recommends 3 out of the 7 Basic Steps in an 8 count- AMP with no more than 2 repetitions of the same step to show complexity. (FIG Aerobic Routines requires 8 AMPs.)

Aerobic Dance Sequence/Segments: movement choreography of dance steps (chasse, step ball change, etc) that are performed on the feet & may include Jumps, Leaps, Turns but not Difficulty Elements that are performed on the floor.

INTERGRATION OF ACROBATIC ELEMENTS

Acrobatic Elements are allowed but are not required and do not have difficulty value.

Acrobatic Elements Allowed: with 1 or 2 arms/hands/or from 1 or 2 feet
- Cartwheels, Roundoffs, Walkovers, Handsprings, Flic flac
- 360° Saltos without twists (Provincial) Front, Back, Side

Rolls (forward, back, side or dive) are level transitions and are not counted as acro elements.
Prohibited Acrobatics: -0.5 each Deduction

- moves showing extreme back flexibility (Static Moves, Bridges, Ring Leap/Jump)
- Dive rolls with twists or saltos with twists (Provincial)
- Handstands held more than 2 seconds
- Salto less or more than 360° with or without twist

Acrobatic Elements In FIG Aerobic Routines:

- Acrobatic Elements (AE) may be performed singly only 2 times in whole routine without combination in FIG Routines – Individual, Mixed Pairs, Trios & Group. AE more than 2 times in a routine is a penalty -0.5 deduction.
- If MP, TR or GP perform 2 different AE at the same time or in cannon, it will be counted as 2 elements.
- Note: In the Aerobic Gymnastics categories a combination of 2 Acrobatic Elements together is not allowed. Penalty is a -0.5 deduction.
- In FIG Aerobic Dance (Aerodance) Category only Acrobatic Series/Sets are allowed as well as single Acro Elements
- 3 Acrobatic Sets/Examples of 2 acrobatic elements in combination may be performed
- More than 2 acro elements in combination not allowed - 0.5 Penalty
- More than 3 acrobatic sets/series not allowed -0.5 Penalty

Combination Bonus:

- In some categories 2 combinations of 2/3 Difficulty Elements (DE) & Acrobatic Elements (AE) are allowed and may receive Bonus. .1 Bonus for DE+DE or AE+DE
  .2 Bonus for DE+DE+DE or AE+DE+DE
- More than 2 combinations performed = Value given –No Bonus
- A combination of 2 Acrobatic Elements together is not allowed. -0.5 Penalty

To receive Bonus for Combinations:

- Must be combined directly without stop, hesitation or transition
- 2 or 3 elements may be from same or different groups but must be from different families
- Each element must meet minimum requirements & cannot be repeated to receive Bonus
- MP/TR/GP must perform same combination of 2/3 elements at the same time
  Combinations not performed at the same time = No Value –No Bonus-

  In Group, one time only, if 2 different DE performed at the same time, the element of lowest value receives the value.
  *The 2nd or more times 2 different DE performed at the same time by Group = No Value given – No Deduction

Aerobics Competitive Programs

COMPETITIVE STRUCTURE

The Competitive Structure for Aerobic Gymnastics in Ontario is organized and developed using the FIG World Age Group & the FIG Code of Points for Aerobic Gymnastics. Some modifications have been made to the FIG COP Aerobic Dance requirements; therefore will be referred to as Aerodance (as per ANAC Aerodance Competition Rules) in its modified competitive form. www.sportaerobics-nac.com
A CanGym Aerobics List of Difficulty Element (.1 to .4) Values was developed to include development skill elements along with FIG Element Values up to 0.4. The CanGym List of Difficulty Element Values is posted on the GO website www.gymnasticsontario.ca under – Aerobic Technical Rules & Regulations and is designed for use in the Recreational programs.

FIG Difficulty Element Values of .1 to 1.0 are available in the FIG Aerobics COP www.fig-gymnastics.com

The FIG Table of Difficulty Values is the required reference for Provincial and National Difficulty Values.

For the purpose of encouraging participation and continued development in the sport of Aerobic Gymnastics, the competitive structure for Provincial competition will be based on the following Age Group, Event Categories and Routine Requirements/Guidelines.

**COMPETITIVE EVENT CATEGORIES (Provincial):**
1. Individual Women IW  Individual Men IM
2. Mixed Pairs
3. Trios (3 Women/3 Men or any combination)
4. Group of 5 (all Women/all Men or any combination)
5. Aerobic Dance (8) AG2 Aerobic Dance (6)
6. Aerodance Group 5 – 8 or more (all Women/all Men or any combination)
7. Aerodance Mixed Pairs or Trios
8. Aerodance Individual IW IM

**AGE GROUP CATEGORIES (Provincial/National):** There are four Age Group Event Divisions:

Age Group ND  9 - 11 yrs,  Age Group 2  15 -17 yrs.
Age Group 1  12 - 14 yrs.  Senior – 18+

Age Requirement is based on age as of December 31st of the year of competition

**ELIGIBILITY RULES**

- All Athletes, Coaches, Judges & Officials are required to be registered members in good standing with Gymnastics Ontario (or within their province/country)
- In order to participate in a Gymnastics Ontario sanctioned competition, all athletes must be registered members of Gymnastics Ontario (or as approved by GO/GCG)
- An athlete must meet the requirements for an amateur as outlined by F.I.G.
- Athletes may compete in an Individual program and/or compete as a member of a Pair, Trio, Group and/or Aerodance/Aerobic Dance.
- Athletes may only compete in a maximum of 3 event categories.
- An Aerobic Dance group of more than 8 are permitted to compete.
- Age Requirement is based on age as of December 31st of the year of competition.
- Minimum age requirement: 7 years as of December 31st of the current year of the competition.
- 7 & 8 year olds are Showcase only

To encourage participation in Aerodance Group (5-8+):
- any age combinations (9 – 18 years or older) are allowed for an Aerodance Group
- 7 & 8 yr. olds will be allowed to be part of an Aerodance Group
- should 7 &/or 8 yr. olds be part of an Aerodance Group, it will be considered Showcase in which case it would be evaluated but not eligible for awards.

**Music:**
- Music choice for Aerobics program is Open.
- Any style of music (with or without words) can be used. Lyrics may not contain vulgar or foul language.
- The music can be selected from the pop, rock, country, ethnic, disco or hip-hop category and should be upbeat and fast paced. Rap music is not permitted.
- One or more pieces of music may be mixed. This is recommended for blocking the 32 count
Dance Segment required in Aerodance.

- Original music and well-integrated sound effects are allowed.
- Technically the music must be of clear sound quality and without any abrupt cuts, giving a sense of one music piece.
- **Length:** The duration of the music is **1:20 seconds** for **Age Group 2 and Senior** event categories (a +/- 5 second leeway is allowed). National Development and **Age Group 1** event categories are **1:15 seconds** ( +/- 5 seconds)

**Athlete Competitive Attire:**
Attire of aerobic athletes is: refer to **FIG COP 2017-20 2.3 Dress Code**.
- **Women** must wear a one-piece leotard or unitard. Sequins are allowed.
- Attire may be with or without long sleeves (1 or 2 sleeves)
- Flesh coloured or transparent tights are optional.
- Form fitting body shorts will be allowed.
- Aerobics attire must be in non-transparent material.
- **Men** must wear shorts or unitard, or form fitting body shorts or long pants with a form-fitting top that is short sleeved or sleeveless. Sequins are not allowed.

**Aerodance Attire:** **FIG COP 2017-20 Appendix VI Dress Code**
- Leotard, unitard, two-piece leotard, pants, long leggings, close fitting shorts and tops are allowed.
- The attire of team members can be different but should be co-ordinated.

**Athletes Dress Code**
- Gymnastic slippers with white socks or white socks only must be worn if competing on a carpeted Artistic Floor surface. **Option to perform bare-footed is allowed.**
- Unsoiled white aerobic/running shoes must be worn and white socks (that must be visible above shoe) if performing on wood or parquet sprung floor surface.
- Hair must be secured close to the head.
- Jewellery must not be worn. Body paint is not allowed.
- Undergarments must not be visible.
- Large (loose) clothes, additional items/props (ribbons, ball, sticks, etc) and accessories (belts, braces, scarves, etc) are not allowed.
- Attire depicting war, violence or religious themes is forbidden.

**ROUTINE REQUIREMENTS**

**Aerobic Gymnastics Individual, Pairs, Trio, Group (5), Aerobic Dance (Provincial/National)**
- Follows the 2017-20 FIG Aerobics Code of Points – Appendix V World Age Group & Appendix VI – Aerobic Dance Rules & Requirements

**Aerodance Individual, Pairs, Trios, Group (5-8+) (Provincial)**
- Refer to Page 5 Aerodance (Provincial) of Aerobic Gymnastics Technical Rules & Regulations
  Follows ANAC Aerodance Competition Rules
# Provincial Aerobic Gymnastics Routine Requirements

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<tr>
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<td>IW IM MP TR GP(5)</td>
<td>IW IM MP TR GP(5)</td>
<td>IW IM MP TR GP(5)</td>
</tr>
<tr>
<td>Music Length</td>
<td>1 minute 15 seconds (+/-5 secs)</td>
<td>1 minute 15 seconds (+/-5 secs)</td>
<td>1 minute 20 seconds (+/-5 secs)</td>
</tr>
<tr>
<td>Competition Space</td>
<td>7 x 7 IW-IM-MP-TR</td>
<td>7 x 7 IW-IM</td>
<td>10 X 10</td>
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<tr>
<td>Compulsory Elements</td>
<td>A Push Up</td>
<td>A Helicopter to PU</td>
<td>A Helicopter to Split</td>
</tr>
<tr>
<td></td>
<td>B Straddle Support</td>
<td>B Straddle Support-max 1/1</td>
<td>B Straddle Support-max 2/1</td>
</tr>
<tr>
<td></td>
<td>C Air Turn</td>
<td>C Tuck Jump 1/1</td>
<td>C Straddle Jump</td>
</tr>
<tr>
<td></td>
<td>D Vertical Split</td>
<td>D 1/1 Turn to Vertical Split</td>
<td>D Illusion to Vertical Split</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Free Illusion to Vertical Split</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Senior – No Compulsory Elements Required</td>
</tr>
<tr>
<td># of Difficulty Elements</td>
<td>6 Maximum</td>
<td>8 Maximum</td>
<td>10 DE Max</td>
</tr>
<tr>
<td></td>
<td>Off Axis Jump not allowed</td>
<td>Off Axis Jump not allowed</td>
<td>IW-IM</td>
</tr>
<tr>
<td></td>
<td>0.1 – 0.4</td>
<td>0.1 – 0.6</td>
<td>0.2 – 0.7</td>
</tr>
<tr>
<td></td>
<td>(1 DE 0.5 Optional)</td>
<td>(1 DE 0.7 Optional)</td>
<td>(1 DE 0.8 Optional)</td>
</tr>
<tr>
<td></td>
<td>No 1 Arm PU</td>
<td>No 1 Arm PU</td>
<td>Senior 0.3 – 1.0</td>
</tr>
<tr>
<td></td>
<td>No 1 Arm Support</td>
<td></td>
<td></td>
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<tr>
<td>Push Up/Split Landings</td>
<td>Max 1 Jump Landing in Split</td>
<td>Max 1 Jump Landing in Split</td>
<td>Max 3 Jumps Landing in Splits or Push Up</td>
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<tr>
<td>Acrobatic Elements (AE)</td>
<td>2 AE from A1-A3 (Optional)</td>
<td>2 AE from A1 – A6 (Optional)</td>
<td>2 AE from A1 – A7 (Optional)</td>
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<td>(AE) Allowed</td>
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<td></td>
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<tr>
<td>(Optional- No Value)</td>
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<tr>
<td>Combination of Elements</td>
<td>No Combinations</td>
<td>1 Combination of 2 Elements Allowed</td>
<td>2 Combinations of 2 Elements Allowed</td>
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<tr>
<td>Allowed</td>
<td></td>
<td></td>
<td>Senior – 2 Combinations of 2/3 Elements Allowed</td>
</tr>
<tr>
<td>Lifts</td>
<td>0</td>
<td>1 Lift Optional</td>
<td>1 Lift Required - No Value</td>
</tr>
<tr>
<td></td>
<td></td>
<td>No Value</td>
<td>Senior -1 Lift of Value</td>
</tr>
<tr>
<td>Seniors – 18+ yrs</td>
<td>Same as Age Group 2 with the exception of: Compulsory Elements Elements of Value</td>
<td></td>
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</tbody>
</table>
Additional Recommended Guidelines/Rules:

- During a routine in pair, trio, group or Aerodance dynamic physical interaction should be demonstrated. The dynamic physical interaction is not necessarily a lift or support; a different kind of interaction is also acceptable, such as performing dance steps whilst holding each other.
- Attire for Pair/trio and/or group athletes can be identical (as described in FIG Code of Points) but must be co-ordinated.
- All difficulty elements and acrobatic elements must be performed by all competitors at the same time or consecutively, in the same or different directions.

LIFTS –
Only in Senior FIG MP/TR/GP is 1 Lift of Value required.

- 1 Lift that is above the shoulder level of a standing person is required and will receive value. It is considered collaboration if the supported person entry is not lifted on to the shoulders of a standing person or lift does not go above shoulder axis. The lift must show a lifted entry and an exit. Collaborations can be used as the opening move and/or closing move of routine or can occur anywhere within the routine.

In World Age Groups - Pairs, Trios, Group and all Aerobic Dance/Aerodance categories, where 1 Lift is allowed, optional or required, the Lift does not receive value.

A lift is defined as: when one or more competitors is lifted, held, supported and/or carried off the ground. FIG Code of Points 2017 – 2020
In a lift an individual may be inverted, swung, or perform saltos as long as they are supported, carried or held throughout.

A lift may involve any combination of competitors. A lift may demonstrate different shapes and different formations but these must be performed at the same time.

Propelling is prohibited. Propelling is defined as when a person is thrown by a partner/members of the group or a partner/group members are used to spring off into airborne position. Airborne is defined as when a person has no contact with the surface or the partner/group members.

Creative lifts may be shown by performing one or more examples of the following:
1. To show different levels of the lifted partner in relation to the shoulder axis (under or above the shoulders).
2. To show the strength and/or flexibility of the competitors.
3. To change the form during the movements: the position of a lifted person shows various forms.

Lifts and supports which demand integration must be performed fluently and without interruption of the routine.
When performing a lift or support the initial preparation should ideally not take more than 4 counts. Once the lift is finished, the time it takes to “undo” it & start the next movement should not be more than 4 counts.

FORMATIONS
Any particular formation (ie: a triangle or line) should not be maintained longer than 4 - 8 counts as a guideline.
At least 6 different formations or more should be performed during the routine.
COMPETITIVE STANDARDS

Competition Facilities

1) The equipment standards for G.O. sanctioned events is a regulation sprung 12x12m Artistic Gymnastics Floor or a cushioned floor with a wood or parquet surface as approved by the Aerobic Gymnastics Technical Committee.

2) Competition Area Dimensions – 12 x 12 m Floor Exercise Area

   For all Individual M/W ages (7&8yrs) 9 – 14 yrs & 9-11 yrs in MP & TR, the competition floor area is 7m x 7m (as per FIG World Age Group standards) and will be clearly marked.

   For Individuals Age Group 2 (15-17yrs) and18+yrs or all Group event categories or age 12 -18+yrs of 2 persons or more, the competition floor area is 10m x 10m (max 12 x 12m) and will be clearly marked.

Coaching Standards

Coaches must have completed a minimum NCCP Level 1 Foundations in order to gain access to any Invitational activities.

To gain access to the competition floor for warm-up or for any Aerobic Gymnastics Competitions, coaches require NCCP Level 2 or higher (in Artistic, Rhythmic or Trampoline) or NCCP Level 1 Foundations along with NCCP Sport Specific – Aerobics Foundation certification.

Dress Code for Coaches and Athletes

- Coaches and Athletes are representatives of their clubs and Gymnastics Ontario, therefore proper attire is imperative.
- Coaches must ensure that their athletes adhere to the required dress code. It is the responsibility of coaches to speak to an athlete not dressed appropriately.

Marshalling & Awards

- During march-in competitors must wear their club track suits or competitive attire. Athletes are permitted to wear a current or previous club track-suit, Ontario and or Canadian track-suit.
- Marshalling for presentation to the Chair of Judging Panel and/or introduction of a gymnast’s name by an announcer, shall be done in competitive attire.
- When specific warm-up is conducted in the competition gym all competitors and coaches must dress in competition attire only.
- During the Awards Ceremony all athletes must wear only their competitive attire. The Meet Director is responsible for ensuring that all athletes are dressed appropriately for the awards presentation. Athletes failing to comply will not receive their awards.
- Athletes are permitted to wear sandals, flip-flops or gym shoes when moving between training floors but not on the training or competition floor.

Coaches

- Proper coaching attire is to be worn which includes track-suit, team t-shirt, sport shirt, track/stretch pants (capri or full length). A neat, clean and professional looking appearance should be the overall impression.
- Unsoiled gym/running shoes must be worn. No open shoes, no sandals, flip-flops, or crocs
allowed.

- No denim pants/jeans or denim shorts or cut-offs/short-shorts.
- No caps or hats are allowed.
- Unacceptable attire also includes ripped clothing, inappropriate language on clothing, street shoes or insufficient clothing such as mid-drift or halter tops.
- Any coach in violation of the dress code will be asked to leave the floor if they do not comply upon the first request from the Chair of the Aerobic T.C. or Aerobics Program Manager.

**INVITATIONAL COMPETITION INFORMATION**

Invitational Competition Information regarding Registration, Meet Entry Fee, Venue Location, Accommodation, Schedules will be located in the Call to Meet posting on the Gymnastics Ontario event calendar website.

**Competition Order**

The order of the competition is drawn prior to the meet in conjunction with the Meet Director.

**Warm Up**

The general warm up is a 20-minute flexibility only warm-up. A rotation schedule for warm up of each category will be provided for the warm up gym. Each athlete will have an opportunity to warm-up on the competition floor as determined in the schedule by the Meet Director.

**Music**

Each athlete’s (Individual) & each event category’s (Pair/Trio/Group/Aerodance) music must be submitted on a CD that is clearly labelled with ( IW or IM) athlete’s name, event category and name of club upon arrival to the competition.

Some competitions may request the submission of music by emailing it in a digital format (e.g. mp3 or mp4) 1 week prior to the competition. The coach should ensure that back up music on either iPod or CD is brought with them to the competition.

**Judging**

All Provincial/National Aerodance categories will be judged on Execution & Artistic.

Provincial Aerobic Gymnastics categories will be judged on Execution & Artistic. Difficulty deductions will be applied for missing requirements. Unless otherwise indicated to include a Difficulty Score, FIG Difficulty List of Elements will not be required.

(Note: Submission of FIG Difficulty List of Elements is a requirement for National Stream & FIG Aerobics competitions)

**Judging Panels:**

Until such time that Judging Certification Courses in Ontario can be offered specific to the discipline, current Certified Judges (registered GO members in good standing) from other gymnastics disciplines will be allowed to judge execution only at Invitational, Masters/OFSAA Aerobic competitions.

To become qualified to judge execution of Aerobic Gymnastics, a current certified judge must successfully attained a minimum of 90% on a multiple-choice exam testing their knowledge of execution deductions for Aerobic Gymnastics routines. Preparatory and study materials are provided in advance. If requirement standards have been met and approved by the Aerobics Technical Committee and Gymnastics Ontario, they will be qualified to judge (AG execution only) outside of their certified discipline.

A Judging Panel will consist of 2-4 Execution judges and 2-4 Artistry judges. One Judging Chair may be selected in addition to the panel or one member of the panel may be designated as Judging Chair by the Aerobics Technical Committee and may be required to judge Difficulty.
Execution & Artistry Scores: For each ES & AS the high & low score (if 4 judges) will be dropped and the 2 middle scores will be averaged together; if only 2 judges the 2 scores will be averaged.

- If there is only a panel of 3 judges, all 3 execution or artistic scores will be averaged together and will be truncated to 3 decimals.
- Any penalty deductions will be subtracted from the Total Score to determine the Final Score as per FIG 2017-20 Aerobics Code of Points. (Provincial/National)
- There are no protests or appeals allowed against scores or results.

**Range of Scores:** The difference between the middle scores determines the range
- Allowable range of scores:
  - 0.30 for scores between 8.0 – 10.00
  - 0.40 for scores between 7.0 – 7.99
  - 0.50 for scores between 6.0 - 6.99
  - 0.60 for scores below 5.99

**Judging Honorarium**
- Honorariums will be based on a flat ½ day or full day rate. Mileage will be based on current GO rates.
- Judges' honorarium and expenses are the responsibility of the host club.

**Awards**
- Awards will be given for each event/age category 1st to 8th with no bumping for ties.
- Awards will be given for 1st to 8th place with no bumping for ties in each age division of the Individual Aerobics & Aerodance event categories.
- Awards will be given for 1st to 8th place (no bumping for ties) to each member within a group event category: Pairs, Trios, Group (5), Aerobic Dance & Aerodance (5-8+)
- Pairs and Trios in each age category will be combined into one Award category – Pairs & Trio Category.
- Aerobic Dance (6 or 8) & Aerodance Group (5-8+) will be combined into one Award category – Aerodance Group.
- Must be a minimum of 2 Individual competitors/PR/TR/GP/AD in an age division/event category to be eligible for awards.
- Participation Certificates will be given to all registered athletes

**Invitational Competition for 7 & 8 year olds is a non-ranked event.**
Gold, Silver or Bronze and Merit Certificates will be used as awards for all 7 and 8 year old athletes. No ranking of these athletes is allowed.

Each athlete in the Individual event category will receive one certificate based on the Final Score out of 10.0 achieved on the Execution Score only.

An athlete with an Execution Score of **9.0 - 10** points will obtain a GOLD level certificate.

An athlete with an Execution Score of **8.95 - 8.0** points will obtain a SILVER level certificate.

An athlete with an Execution Score of **7.95 - 7.0** points will obtain a BRONZE level certificate.
Merit Award Certificate will be given for scores below **6.95**

**Eligibility for the National Competitive Stream:**
- Athletes who have been assessed by Aerobic Brevet Judges and meet the FIG Aerobics Code of Points & FIG World Age Group standards/requirements.
- Athletes who have competed at an International Aerobics competition in the previous or past 2 years.