

## **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**

DEVELOPMENT LEVELS		COMPETITION LEVELS		
↓	↓	↓	↓	↓
<i>CanGym Aerobics Development Program (ADP)</i>	<i>Aero-Gym Recreational Program</i>	<i>Aerobic Gymnastics (Invitational) Interclub Program</i>	<i>Aerobic Gymnastics Provincial Program</i>	<i>Aerobic Gymnastics National Program</i>
Can-Gym Aerobics Program  Levels/Stages 1 – 6	<u>1.Aero Gym Fitness Resource Booklet</u> Innovative Ideas & Resources about How to Incorporate & Develop Aerobics into Existing Club Recreation Programs or School Curriculum  <u>2.GymDance Routine Guidelines</u>	<u>Event Categories</u> <i>Individual –MW</i> <i>CanGym Routines</i> Pairs, Trios MW AG Group 4 – 6 MW <b>Aerodance MW 4 – 8 +</b> <u>Age Categories:</u> 7 – 11 yrs old 12 - 14 yrs old 15+ Masters	<u>Event Categories</u> Individual MW Pairs, Trios MW AG Group 4 – 6 MW <b>AerobicDance 5- 8</b> <u>Age Categories:</u> 9-11 yr olds 12-14yr. olds 15-17 yr.olds 18+ Masters <b>OFSAA HS School</b>	<u>Event Categories</u> Individual MW <b>Mixed</b> Pairs, Trios AG Group of 5 MW <b>AerobicDance 8</b>  <u>FIG Age Categories:</u> Nat'l Dev 9-11 yrs Age Group1 12-14yr Age Group2 15-17yr National Open 18+
<u>Assessment Categories</u>  CanMove CanDynamic CanStatic Can Jump CanFlexibility  CanGym Compulsory Routine I  CanGym Compulsory Routine II  CanGym Compulsory Routine III	<u>AeroGym Fitness Resource Booklet</u> *Introduces the Basic Components of AG *4 Element Groups A Dynamic Strength B Static Strength C Jumps & Leaps D Balance Turns & Flexibility *Seven Basic Steps * Aerobic Movement Sequence (16cts)  <u>GymDance Routine Guidelines</u> *Compositional Requirements * Can Gym Compulsory Routines I, II & III	<u>Requirements</u> Refer to AG Technical Rules & Regulations  *AG CanGym Compulsories & Element Values *AG Optional Routine Requirements *Aerodance Optional Routine Requirements	<u>Requirements</u>  Refer to Aerobic Gymnastics Competition Provincial Program -TBD  <b>Refer to OFSAA Technical Rules &amp; Regulations</b> <a href="http://www.ofsaa.on.ca">www.ofsaa.on.ca</a>	<u>Requirements</u>  Refer to FIG Aerobic Gymnastics Competition – Technical Rules and Regulations
Contact GO re: NCCP Aerobic Foundation Courses	<i>Aero-Gym Booklet &amp; GymDance Guidelines available on GO Aerobics website</i>	<i>CanGym Element Values Technical Rules available on GO website</i>	<i>AG Provincial Technical Rules &amp; Regulations to be developed</i>	<i>See FIG Aerobic Gymnastics Code of Points for further details</i>

**AEROBIC GYMNASTICS  
INVITATIONAL COMPETITIVE PROGRAM  
General Routine Guidelines/ Requirements**

AGE GROUP Individual IW IM	9– 11 YR IW IM	12 – 14 YR IW IM	AGE GROUP 15+ yrs IW IM				
<b>Categories: Women, Men or Mixed</b>	<b>Pair PR</b>		<b>TrioTR</b>		<b>Group GP (4 - 6)</b>		<b>AeroDance AD (4 - 8+)</b>
<b>Music Length</b>	1:00 – 1:30 +/- 5 seconds						
<b>Competitive Space</b>	Age 7-17yr Individual= 7 x 7 m Age 18+= 10x10m PR TR GP AD = 10x10m 12 x 12m SA Carpeted Sprung Floor – Socks (white) only must be worn						
<b>Max. # Difficulty Elements (DE)</b>	<b>IW IM</b> Compulsory I, II or III or Optional (4–8)	<b>PR TR GP</b> 4– 8	<b>AD</b> 6 (4*)-8	<b>IW IM</b> 4 – 8 Optional Routines	<b>PR TR GP</b> 4–8	<b>AD</b> 6 (4*)-8	
<b>Element Value Allowed</b>	CanGym Element Values .10 - .40 FIG COP Elements valued ↑ .60			CanGym Element Values .10 - .40 FIG COP Elements valued ↑ .80			
<b>Max # Lifts Allowed</b>	n/a	1	2	n/a	2	2	
<b>Max Final Score 10.00</b>	Execution = 10.00 Subtract Penalty Deductions 0.5 each to a maximum of 1.0						
<b>Composition Guidelines</b>	<p><b>Must Not exceed a max.# of 10 elements</b></p> <ol style="list-style-type: none"> <li>Balance &amp; Distribution–1 - 2 elements each from the 4 Element Groups is desirable</li> <li>Balanced Distribution of AMP/Dance/DE - max 3 AMPs in a row</li> <li><b>Min. 1 AMP with a min. of 2 out of the 7Basic Steps</b> (1AMP=8cts) 5 +AMPs desirable</li> <li><b>Min. 1 Aerobic Dance Sequence of 16 cts</b> <u>Dance Segment</u> not to exceed 32 cts (AD)</li> <li>Min. 1 Lift – Not to exceed 2 Lifts</li> <li>Min. 3 different Formations</li> <li>Variety of Travel Directions to utilize the Floor Space well (center, 4 corners)</li> </ol>						
<b>Prohibited Moves</b> *Hyperextension of Back- eg. Static Moves- Bridges Ring Jumps/Leaps *Held Handstands (2+sec) *Dive Rolls with twists *Salto 360° with twist *Salto more than 360° with or without twists	<b>Acrobatic Elements (Allowed not Required)</b> Allowed Acro: - Cartwheel, Roundoff, Walkovers (F&B), Handsprings (F&B), Saltos 360° (FB&S) -Allowed Acro using 1or2 arms/hds or from 1or2 ft is OK <i>Rolls (F B S or Dive) are level transitions not counted as acro elements</i> <b>*Acro may be used singly 2 times in whole routine AND/OR</b> <b>*2 acrobatic set/series of 2 acro elements done in combination</b> <i>All single Acro Elements &amp; DE must be performed by all members of a group at the same time or in cannon (consecutively)</i>			<b>.50 Deduction for Restricted Moves</b> <b>*Propelled Lifts</b> <b>*Inappropriate Music</b> <b>*Inappropriate Attire</b> <b>*3+ Acro Sets/Series</b> *Prohibited Move *3+single Acro Elements in whole routine *Exceeding 10 Difficulty Elements  <b>In AeroDance the 4* required elements must be from Group C &amp; D only (Jumps,Leaps,Turns)</b> <b>*In AeroDance 1 Group A Element &amp; 1 Group B Element are also required</b>			
<b>Lifts with propulsion are not permitted</b>							

**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 31<sup>st</sup> in the year of competition.

Age Group 7 – 11 yrs Individual may perform Can Gym Compulsory Routines I, II or III or optional

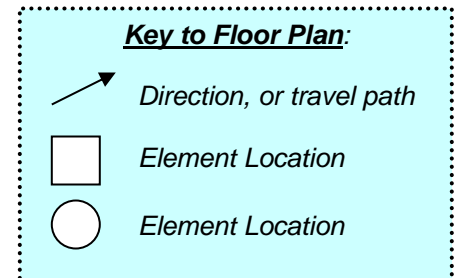
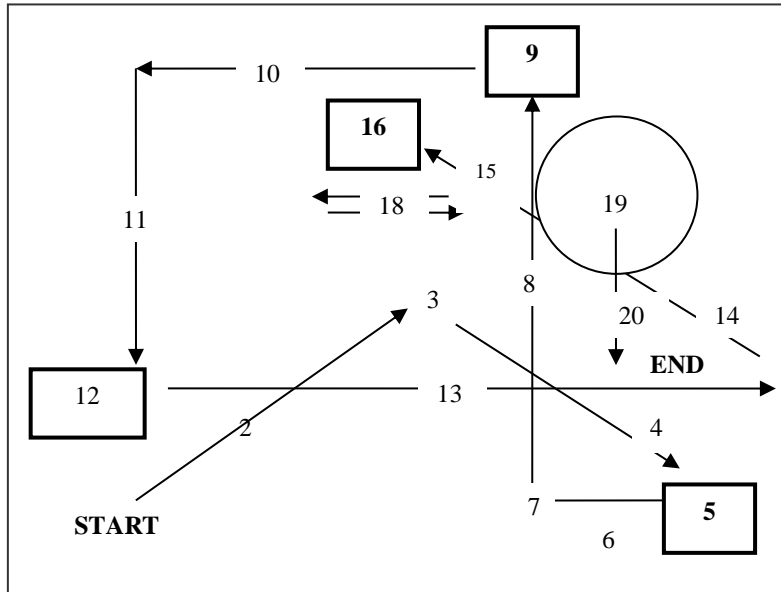
Age Group 12-14 yrs Individual may chose an Optional Routine or Compulsory Routines I,II or III

Age Group 15+ yrs Individual are optional.

Any Age Combinations are allowed for PR, TR, GP & AD

# CanGym Compulsory Routines

## Interclub - CanGym Routine I – Floor Plan of Choreography



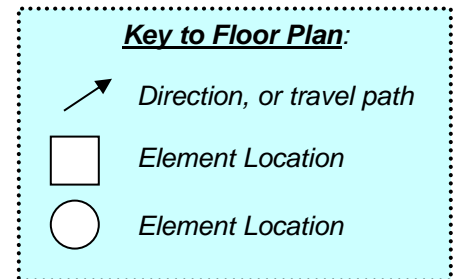
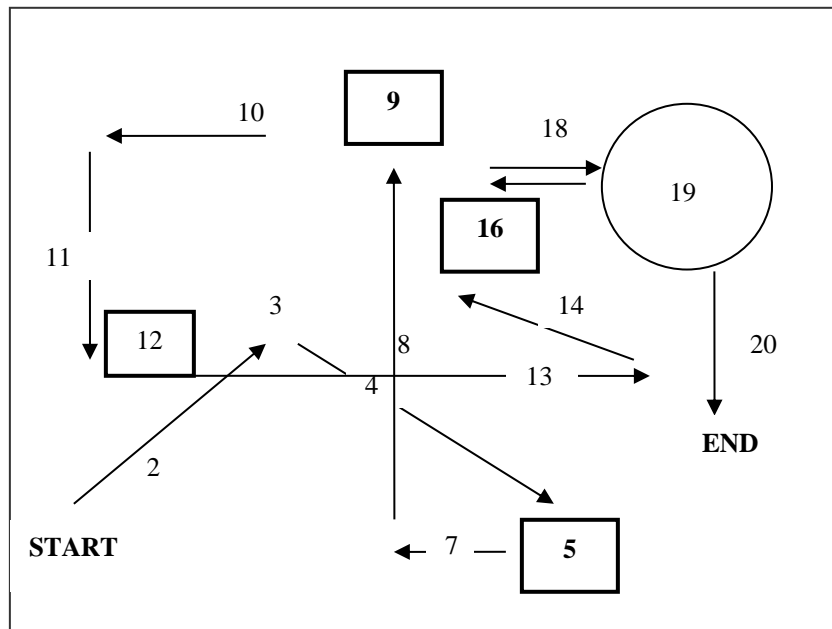
### Required Compulsory Elements *\*Refers to CanGym List of Element Values*

- #5 Seated V- sit Hold (legs up in high V position) **B041\***
- #9 ½ Air turn **(C0102\*)**
- #12 Sagittal 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

## Interclub - CanGym Routine II – Floor Plan of Choreography



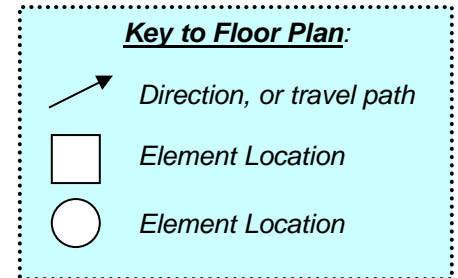
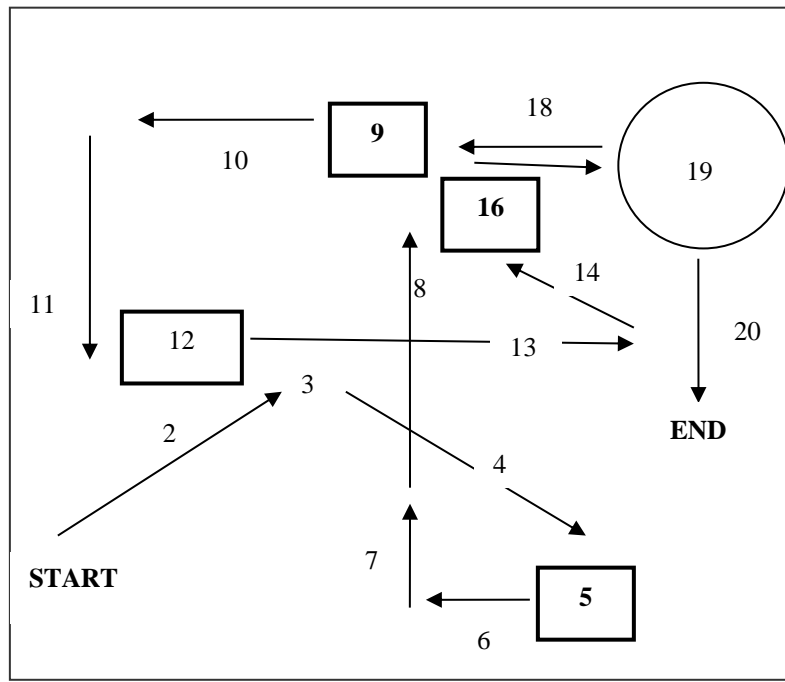
### Required Compulsory Elements *\*Refers to CanGym List of Element Values*

- #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 Sagittal 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) Sagittal 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