

**GUIDELINES**  
**FOR**  
**GROUP AEROBIC DANCE/GYM DANCE ROUTINES**

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## ROUTINE GUIDELINES FOR PERFORMANCE / RECREATIONAL

### AEROBIC DANCE

Aerobic Dance and Aerobic Step are the two newest competitive event categories of FIG Aerobic Gymnastics that were introduced internationally in 2011. FIG Competitive Aerobic Dance is designed for groups of 8 athletes that incorporates both aerobic content and dance choreography. For the FIG Technical Rules governing Aerobic Dance, refer to the following GCG link – [www.fig-gymnastics.com](http://www.fig-gymnastics.com)

#### **Recreational Aerobic Dance- Group Performance**

Aerobic Dance at the recreational level is designed as a group performance event modified to accommodate small to large groups (4 or more) and a variety of age levels in club recreation programs or in school Physical Education or Dance curriculum classes. Due to the modifications, some clubs or school programs may prefer to call it **Gym Dance** in order to distinguish it from the competitive version. It can be done for fitness development and/or performance/demonstration purposes only, such as, club demonstrations/year-end showcases, Gymnastradas, etc.

The following information are guidelines for composition structure when choreographing group performance routines. Since these guidelines are similar to the FIG Aerobic Dance Technical rules, they can become a developmental stepping stone towards competitive Aerobic Gymnastics – Aerobic Dance in the club, Provincial or High School setting.

**Recreational Aerobic Dance/GymDance** is group choreography (groups of 4 or more – male, female or mixed) requiring a minimum of 1 Aerobic Movement Pattern Sequence (16 counts)\* with the integration of a 32 count block of a 2<sup>nd</sup> style\* (Salsa, hip-hop, tango, funky, break-dance, etc) to the music. The choreography should represent teamwork and synchronization.

The routine must include a minimum of 4 elements (1 from each group) from the CAN-GYM Element List (see pg. 5 – 9 DV .1-.4) and/or FIG COP 2009-12 and a minimum of 1 Lift\* (maximum 3 lifts) must be performed. All members of the group must perform the same element at the same time.\*

The routine may include movements from other disciplines – Acrobatics, Artistic etc. Inversions or tumbling (acro skills) performed singly are allowed. **No more than 3 acro series of only 2 acro elements are allowed.\*** Moves usually prohibited in the Aerobic COP are allowed except propelling).

*Note: \* indicates same requirement for FIG Aerobic Dance.*

*CANGYM Routines I, II or III (see pg. 10 - 12) may be utilized to provide ideas for developmental structure of Aerobic Sequences and Element requirements. All three routines are*

*composed of the same Aerobic Movement Sequences. The Required Elements progress from easy in Routine 1 to more difficult in Routine 111.*

## MUSIC

The competitive time requirements for group routine can be a **minimum of 1:00** to a **maximum of 1:30\*+/- 5\* minutes in length**. For demonstration/performance purposes, the time requirement is open. The music should be upbeat and fast paced. Music can be selected from the pop, rock, disco or hip hop category. Lyrics are allowed but should not contain vulgar, suggestive or foul language.

## FLOOR

The routine will be performed on a 12 x 12 m floor area/space. A carpeted OR spring floor may be used.

## COMPOSITION OF AEROBIC DANCE ROUTINES

A routine is made up of aerobic and dance choreography plus fitness/difficulty elements (these elements are grouped into four families).

**ELEMENT GROUPS** (*refer to Aerobic Gymnastics CanGym/FIG Code of Points*) – pg. 5-9

- **FIG website:** [www.fig-gymnastics.com](http://www.fig-gymnastics.com) Click on Aerobics icon, Click on Rules, Login: guest, Password: figguest, Click on Code of Points

### Group A - Pushups/Freefalls/Leg Circles & Cuts

- Pushup from knees. Straddle Pushup, Tricep Pushup
- Hinge Pushup, Wenson, Plio Pushup, A-Frame
- Swedish Fall, Single Leg Circle, Straddle Cut

### Group B - Supports and Levers (Held for 2 seconds)

- Front/Back/Side Support
- Straddle Support/L Support/V Support/Levers
- Levers /Supports with turns/one or both hands

### Group C - Jumps and Leaps

- Select from gymnastics' jumps and leaps in CanGym/ FIG COP

### Group D - Flexibility/Turns/Balances/Kicks

- Needle (Vertical Split), illusion, splits, pancake, supine/frontal/prone split, split roll
- Turns (minimum 360 )
- Sagittal/Frontal Balance with or without hand support – **“balances must be held for 2 seconds”**
- Fan Kick, Double Fan Kick, Scissor Kick, Hitch Kick

The composition of the routine must show aerobic movement patterns/sequences throughout the routine.

A complex sequence is defined as a series of basic aerobic steps and movement patterns using simultaneous arm and leg movements that show variety in some of the following ways: speed, travel directions, range of motion, symmetrical, asymmetrical movements, height, angle, planes, levels and High or Low impact.

## **BASIC AEROBIC STEPS/AEROBIC MOVEMENTS/DANCE MOVEMENTS**

These are some suggested aerobic and dance movements that can be used in any combination. Be creative and invent your own combination and sequences. Arm movements add style, interest, variety and artistry. They can range from the basic to the very intricate. **Note: A Basic Step Sequence and a Dance Segment are special Composition Requirements (CRs).**

### **SEVEN BASIC STEPS**

- Jumping Jacks – cross/air/heel
- Knee Lifts – front/side
- Kicks – front/side/back/diagonal
- Lunges – front/side/back
- March-High or Low Impact
- Jog - High or Low Impact
- Skip - High or Low Impact

### **AEROBIC MOVEMENTS**

- Hamstring curls
- Heel flex/digs
- Step touch, taps – side/front/back
- V Step, step together step

### **DANCE MOVEMENTS**

- mambo/samba
- pas chassee
- pas de bouree
- ball change
- step ball change
- grapevine
- jazz box/square
- pivot turn
  
- lindy
  
- Charleston
- Chainee turns
- Hip Hop steps

## COMPOSITIONAL REQUIREMENTS (CR):

1. A **minimum 16 count Aerobic Basic Step Sequence** must be contained within the content of the routine. The Aerobic Basic Step Sequence of 16 counts must contain a minimum of **four** of the following **seven** basic aerobic steps - knee lift, kick, lunge, jumping jacks, skip, march, jog. The sequence must not include the difficulty elements or dance movements.
2. **A 32 count minimum Dance Segment showing a 2<sup>nd</sup> dance style** (salsa, hip-hop, tango, funky, break-dance, street dance, etc) to the music is required.
3. The routine **must include 4 difficulty elements** (1 from each of the 4 family groups – max of 4 elements only from Group C/D).  
*(Note in FIG Aerobic Dance -4 different difficulty elements must come from Group C & D only)*

Group A - Pushups, Freefalls, Leg Circle/Cuts

Group B - Supports and Levers

Group C - Jumps and Leaps

Group D - Flexibility, Turns, Kicks, Balances

**Any and all difficulty elements performed in the routine must be performed by all members at the same time.\***

4. Each routine must include a **minimum of one Lift**. Propelling in the lift is prohibited and will be deducted 1.0 each time.  
*A lift is defined as: When one or more competitors are lifted, held, supported or carried off the ground, showing a precise shape. **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 can occur at the beginning, at the end or anywhere within the routine.

Tumbling/acro elements (cartwheels, handsprings etc) and inversions (walkovers) performed singly are allowed. **FIG Acro/Tumbling series of more than 2 acro elements are prohibited\***  
Acro-dance series (ie Round-off, Back Handspring, Straddle Jump) are allowable in GymDance.

A balance distribution should be shown in the use of all space, floor surfaces and airborne movements and the overall choreography should represent teamwork.

## PROHIBITED MOVES

### No propulsion or releases are permitted during the lifts.\*

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

In the case of a standing lift (pyramid), ie. One person lifting two persons, the build cannot be higher than two standing persons high (standing one on top of the other).\*

### **The following are Restricted Moves:**

<u>Propelled Lifts</u>	<u>Inappropriate Attire</u> (as determined by club/school/coach)
<u>Illegal Pyramids</u>	Inappropriate <u>Music</u> (as determined by club/school/coach)

<i>Acro Series</i>	<i>More than 2 Acro elements in a series</i> <i>More than 3 acro-series in a routine*</i>
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<i>Prohibited Acro</i>	<i>Moves showing extreme back flexibility*</i> <i>Dive Rolls with Twists or Saltos with Twists</i> <i>Handstands held more than 2 seconds*</i> <i>Use of any prohibited moves in combination of Acro elements</i>
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**AEROBIC GYMNASTICS**  
**CAN-GYM LIST OF ELEMENT VALUES**  
**Group A – Dynamic Strength**

Group A	Dynamic		Strength	Group A
CAN-GYM 0.10	FIG 0.10	FIG 0.20	FIG 0.30	FIG 0.40
<b>001</b> Tricep PushUp with Knees onFloor	<b>A101</b> Straddle Push Up	<b>A102</b> 1 Leg PushUp	<b>A103</b> 1 Arm PushUp  <i>A005*1 Arm or 1 Leg Straddle PushUp</i>	<b>A104</b> 1 Arm 1 Leg PushUp  <i>A101* Tricep PushUp</i>
<b>002</b> Lateral Knee PushUp		<b>A112</b> Straddle Lateral PushUp		<b>A114</b> 1 Arm Straddle Lateral PushUp
<b>003</b> 1 Arm Push Up from the knees		<b>A122</b> Lateral PushUp	<b>A123</b> 1 Leg Lateral PushUp	
<b>004</b> 1 Leg PushUp on Knee		<b>A132</b> Hinge PushUp	<b>A133</b> 1 Leg Hinge PushUp	<b>A134</b> 1 Arm Hinge PushUp
			<b>A143</b> Wenson PushUp	<b>A144</b> Lifted Wenson PushUp
<b>006</b> Free Fall or Free Fall from Knees			<b>A153</b> Free Support Wenson PushUp	<b>A154</b> Wenson or Free Support Wenson Hinge or Lateral PU
<b>007</b> PushUp Hops (Feet remain on Floor)			<b>A173</b> Plio PushUp Airborne	<b>A164</b> PushUp 1/1 Twist PushUp
<b>008</b> Squat to Front Support		<b>A212</b> High V Support to Back (Rear) Support		<b>A194</b> Straddle Cut
<b>009</b> Single Leg Circle	<b>A231</b> From PushUp Single Leg Circle		<b>A223</b> Double Leg ½ Circle	
<b>010</b> Double Leg ½ Circle to seated L position			<b>A233</b> Double Leg ½ Circle	<b>A264</b> Helicopter
		<b>A272</b> Capoeira	<b>A273</b> Capoeira to Split	<b>A274</b> Capoeira ½ Twist to Split
				<b>A284</b> Capoeira Switch to Split

**AEROBIC GYMNASTICS**  
**CAN-GYM LIST OF ELEMENT VALUES**  
**Group B - Static Strength Supports**

<b>GROUP B</b>	<b>STATIC</b>		<b>STRENGTH</b>	<b>GROUP B</b>
<b>CAN-GYM 0.10</b>	<b>FIG 0.10</b>	<b>FIG 0.20</b>	<b>FIG 0.30</b>	<b>FIG 0.40</b>
<b>001</b> Front Support	<i>B101* (0.30)</i> <i>Straddle Support 1</i> <i>Hand in Front &amp; 1</i> <i>Hand Behind</i>	<b>B102</b> Straddle Support	<b>B103</b> Straddle Support ½ Turn	<b>B104</b> Straddle Support 1/1 Turn
<b>002</b> Rear Support		<b>B122</b> Straddle V Support 1 Leg Raised	<i>B101* Straddle</i> <i>Support 1 Hand in</i> <i>Front &amp; 1 Hand</i> <i>Behind</i>	
<b>003</b> L-Support, feet on floor		<i>B142 * (0.40)</i>  <i>L-Support</i>	<b>B143</b> L-Support ½ Turn	<b>B144</b> L-Support 1/1 Turn  <i>B142* L Support</i>
<b>004</b> Seated Straddle Support 1 Leg Raised			<b>B173</b> Straddle V Support	<b>B174</b> Straddle V Support ½ Turn
<b>005</b> Seated straddle Support				<b>B184</b> V Support Legs on 1 Side
<b>006</b> Tucked V Sit				<b>B194</b> V Support
<b>007</b> Static Wenson Support		<b>B212</b> Lifted Statis Wenson Support		
<b>008</b> Full Support Straddle Lever with 1 or both feet on ground		<b>B222</b>  Full Support Straddle Lever	<b>B223</b> Full Support Straddle  Lever ½ Turn	
<b>009</b> 1 Arm Side Support				<b>B234</b> 1 Arm Full Support Straddle Lever
<b>010</b> 1 Arm/leg variation Side Support			<b>B243</b> Full Support Lever	<b>B244</b> Full Support Lever ½ Turn
<b>011</b> Tuck Support				
<b>012</b> Sagital Scale				



**AEROBIC GYMNASTICS**  
**CAN-GYM LIST OF ELEMENT VALUES**  
**Group C Jumps & Leaps**

<b>GROUP C</b>	<b>JUMPS</b>	<b>&amp;</b>	<b>LEAPS</b>	<b>GROUP C</b>
<b>CAN-GYM 0.10</b>	<b>FIG 0.10</b>	<b>FIG 0.20</b>	<b>FIG 0.30</b>	<b>FIG 0.40</b>
<b>001</b> Straight Jump <b>002</b> Air Jack		<b>C102</b> ½ Air Turn	<b>C103</b> 1/1 Air Turn	<b>C104</b> 1 ½ Air Turn
<b>003</b> Straight Jump to Lunge, slide to Incomplete Split <b>004</b> ½ Air Turn to Lunge, slide into Split			<b>C113</b> ½ Air Turn to Splits	<b>C114</b> 1/1 Air Turn to Splits
<b>005</b> Straight Jump to Straddle slide to prone split <b>006</b> ½ Air Turn to Straddle, slide into Prone Split			<b>C123</b> ½ Air Turn to Frontal or Prone Split	<b>C124</b> 1/1 Air Turn to Frontal or Prone Split
			<b>C143</b> Free Fall Airborn	<b>C144</b> Airborne FreeFall ½ Twist  <b>C154</b> Airborne FreeFall to 1 Arm PU
				<b>C184</b> Gainer ½ Twist <b>C194</b> Gainer ½ Twist to Frontal Split
<b>007</b> Sagital Scale Fall to PushUp		<b>C222</b> Sagital Scale Airborne to PushUp	<b>C223</b> Sagital Scale Airborne to 1 Arm PushUp	<b>C224</b> Sagital Scale Airborne 1/1 Twist to PushUp  <b>C234</b> Sagital Scale Airborne 1/1 Twist to Frontal or Prone Split
<b>008</b>  Tuck Jump to Lunge, slide into Sagital Split  <b>009</b> Tuck Jump to Straddle slide into Prone Split		<b>C262</b>  Tuck Jump	<b>C263</b>  ½ Turn Tuck Jump  <b>C273</b> Tuck Jump to Splits	<b>C264</b>  1/1 Turn Tuck Jump  <b>C274</b> ½ Turn Tuck Jump to Splits  <b>C304</b> Tuck Jump to PushUp

<b>010</b> Straight Jump to Straddle, slide to split landing			<b>C383</b> Straddle Jump	<b>C384 ½ Turn Straddle Jump</b> <b>C394 Straddle Jump to Splits</b>
			<b>C463</b> Cossack (Wolf) Jump	<b>C464 ½ Turn Cossack (Wolf) Jump</b> <b>C484 Cossack (Wolf) Jump to Splits</b>
			<b>C543</b> Pike Jump	<b>C544</b> ½ Turn Pike Jump <b>C554</b> Pike Jump to Splits
<b>011 Stride Leap</b>			<b>C623 Split Leap</b> <b>C663 Split Jump</b> <b>C703 Frontal Split Leap</b> <b>C713 Frontal Split Jump</b>	<b>C624 Split Leap ½</b> <b>C664 Split Jump ½</b> <b>C674 Split Jump to Split</b> <b>C704 Frontal Split Leap to Straddle</b> <b>C714 1.2 Turn Frontal Split Jump</b> <b>C724 Frontal Split Jump to Frontal or Prone Splits</b> <b>C754 Switch Split Leap</b>
<b>012</b> Single Leg Fan Kick Cat Leap* (OFSAA)	<b>C781</b> Hitch Kick	<b>C782</b> Scissors Kick		<b>C824</b> Scissor Leap ½ Turn (Tour Jete)
			<b>C813</b> Double Fan Kick	
<b>GROUP C</b> <b>CAN-GYM 0.10</b>	<b>JUMPS</b> <b>FIG 0.10</b>	<b>&amp;</b> <b>FIG 0.20</b>	<b>LEAPS</b> <b>FIG 0.30</b>	<b>GROUP C</b> <b>FIG 0.40</b>

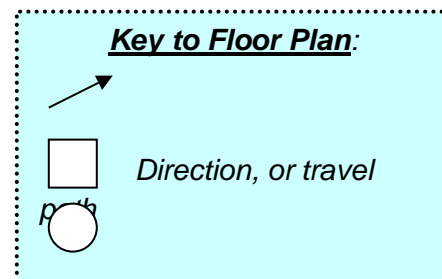
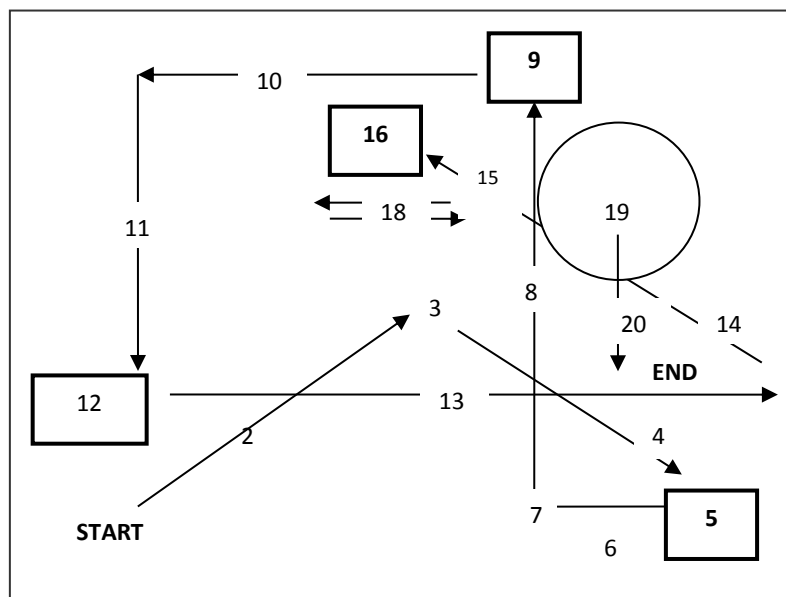
**AEROBIC GYMNASTICS**  
**CAN-GYM LIST OF ELEMENT VALUES**

**Group D – Balance/Turns/Flexibility**

<b>GROUP D</b>	<b>BALANCE</b>	<b>TURNS</b>	<b>FLEXIBILITY</b>	<b>GROUP D</b>
<b>CAN-GYM 0.10</b>	<b>FIG 0.10</b>	<b>FIG 0.20</b>	<b>FIG 0.30</b>	<b>FIG 0.40</b>
<b>001</b> ½ Turn		<b>D102</b> 1/1 Turn	<b>D103</b> 1 ½ Turn	<b>D104</b> 2/1 Turn
				<b>D114</b> 1/1 Turn To Vertical Split
	<b>D141 Sagital Balance</b>	<b>D142 Sagital Balance Free Support</b>	<b>D143 Sagital Balance 1/1 Turn</b>	<b>D144 Sagital Balance 1 ½ Turn</b>
	<b>D151 Frontal Balance</b>	<b>D152 Frontal Balance Free Support</b>		<b>D154 Free Support Balance 1/1 Turn Frontal or Sagital</b>
<b>002 Step Kick Forward</b> <b>003 4 Consecutive Sagital Waist High Leg Kicks 1/1 Turn</b>	<b>D171</b> 4 Consecutive Sagital High Leg Kicks (Shoulder Ht.)	<b>D172</b> 4 Consecutive Sagital Leg Kicks Vertical	<b>D173</b> 4 Consecutive Sagital Leg Kicks Vertical 1/1 Turn	<b>D174</b> 4 Consecutive Sagital Leg Kicks Vertical  1 ½ Turn
<b>004 Incomplete Split</b> <b>005 Seated Fan Kick</b>	<b>D181</b> Splits	<b>D182</b> Vertical Splits (Needle)	<b>D183</b> Free Support Vertical Splits	<b>D184</b> Illusion
<b>007 Supine Straddle</b> <b>008 Supine Pike</b> <b>009 Start in Supine Split roll to Split</b>		<b>D192</b> Supine Split	<b>D193</b> Split Roll	
<b>010 Stride Hold</b>	<b>D201</b> Frontal Splits	<b>D202</b> Frontal Vertical Split	<b>D203</b> Free Support Frontal Vertical Splits	
<b>011 Straddle Passive</b> <b>012 Straddle Sit - Chest resting on Floor</b>	<b>D211</b> Frontal Prone Splits		<b>D213</b> Split Through (Pancake)	
<b>013 X-Scale, at 90°</b>				

# CANGYM Routine 1

## CANGYM Routine I – Floor Plan of Choreography



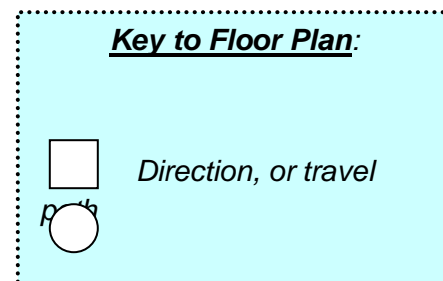
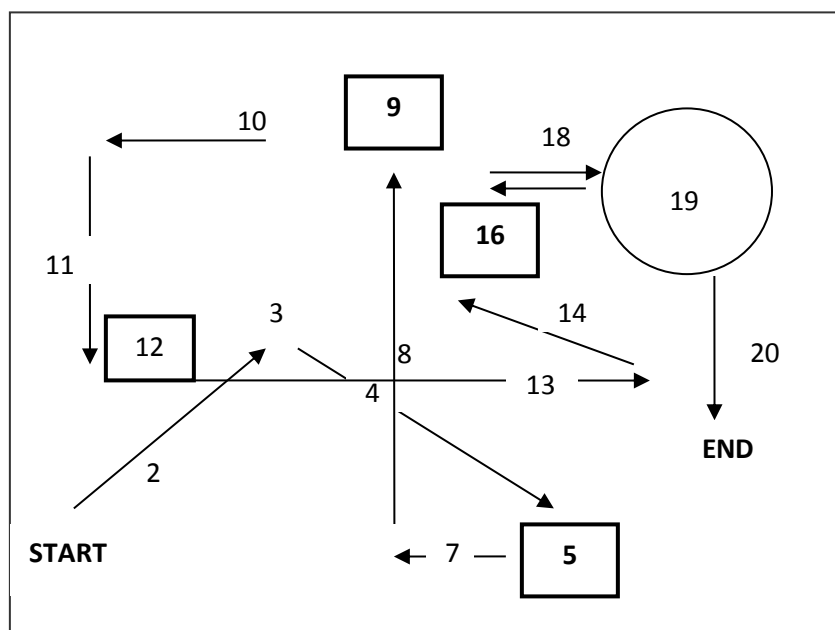
### Required Elements (CANGYM .1 Elements)

- #5 Seated V- sit Hold (legs up in high V position)
- #9 ½ Air turn
- #12 Scale
- #16 Triceps Push up with knees on the floor (A101 with knees on floor)

### 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

## CANGYM Routine II – Floor Plan of Choreography



### Required Elements (CANGYM .1 & FIG .1-.2 Elements)

**#5 Straddle support, one hand in front and 1 hand back (B101)**

**#9 Tuck Jump (C262)**

**#12 4 consecutive Leg kicks**

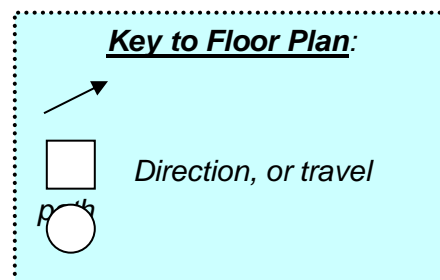
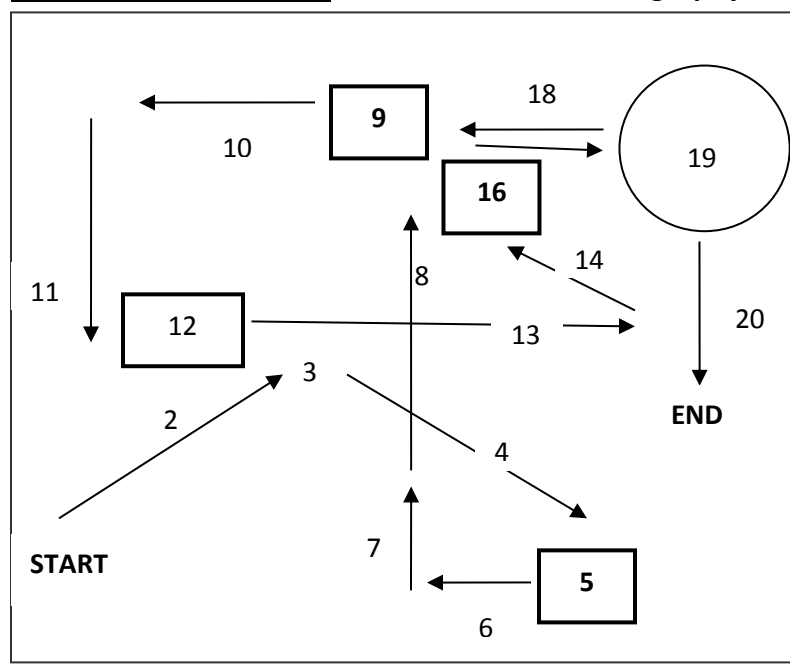
**#16 Triceps Push up (A101)**

### 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)

Left Mambo step, pivot (8 counts), side lunge, side lunge (4 counts). Repeat on Right into closing position

## CANGYM Routine III - Floor Plan of Choreography



### Required Elements (FIG Elements)

#5 **Straddle support (B102)**

#9 **1/1 Air turn (C103)**

#12 **Sagittal or frontal Balance (D141, D151), minimum shoulders high**

#16 **Hinge Push up (A132)**

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

1. Optional opening position (8 counts)
2. 8 marches traveling backward with arms (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 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