

OFSAA AEROBIC GYMNASTICS GENERAL INFORMATION

A team may be comprised of 4, 5 or 6 competitors.

There are two competitive OFSAA Aerobic Gymnastics (Sports Aerobics) categories.

Novice: All team members must be competing in Artistic Gymnastics Levels 1 – 3. Each member of a school's Novice Aerobic Gymnastics team must have competed as a member of the school's artistic gymnastics team in at least one artistic gymnastics competition during the current competitive season. Members of the school's aerobic gymnastics team do not have to qualify for an OFSAA artistic gymnastics event to qualify for the OFSAA aerobic gymnastics team.

Open: This category may consist of teams from schools competing in artistic gymnastics or may be teams from schools that do not have nor compete in the artistic gymnastics program.

All Aerobic Gymnastic (Sports Aerobics) teams must compete at an **Association or a sanctioned qualifying competition** and must submit a signed evaluation sheet with their entry form. All aerobic gymnastics teams/competitors are subject to adherence to the OFSAA Gymnastics meet regulations.

For OFSAA Aerobic Gymnastics competition, Associations with one (1) school competing may enter (1) team per division. Associations with two (2) schools competing may enter two (2) teams per division. Associations with three (3) or more schools competing may enter three (3) teams per division. Any one school may qualify one (1) team per division only. The only exception will be if a school has qualified both a Novice and an Open team, they may qualify a third team, only if that would not mean displacing a team from another school. No girl may compete on more than one Aerobic Gymnastics team.

Difficulty Elements:

The routine must include a minimum of two elements from (3) three of the four family groups of elements and cannot exceed a maximum of 10 elements. In the Novice category four compulsory elements (**DV value = 0.50**) and in the Open category four compulsory elements (**DV= 1.0**) must be performed by all members of the group at the same time or in consecutive sequence.

- **In the Novice Category:** An additional 4 elements may be performed from any of the Four Element Groups and are valued at 0.50 each to an additional maximum of **2.00 DV Bonus**.
- **In the Novice Category:** The additional 4 elements must be performed by all members of the group at the same time or in consecutive sequence.
- **In the Open Category:** An additional **5 elements** may be performed from any of the Four Element Groups and are valued at **0.30** each to an additional maximum of **1.50 DV Bonus**.

- **In the Open Category:** The additional 5 elements must be performed by all members of the group at the same time or in consecutive sequence.

Refer to attached OFSAA CanGym Difficulty Element Lists or FIG Aerobic Code of Points
FIG website: www.fig-gymnastics.com

ELEMENT GROUPS

Group A - Pushups/Freefalls/Leg Circles & Cuts

- Pushup from knees. Straddle Pushup, Tricep Pushup
- Hinge Pushup, Wenson, Plio Pushup, A-Frame
- Free Fall, 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
- **no hyperextension of back allowed**

Group D - Flexibility/Turns/Balances/Kicks

- Needle (Vertical Split), illusion, splits, pancake, supine/frontal/prone split, split roll **“no arching permitted”**
- Turns (minimum 360)
- Sagital/Frontal Balance with or without hand support –
- Fan Kick, Double Fan Kick, Scissor Kick, Hitch Kick

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 you 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 an Aerobic Dance Sequence/Segment are special Composition Requirements (CRs).**

SEVEN BASIC AEROBIC 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
- chassee
- pas de bourree
- ball change
- step ball change
- grapevine
- jazz box/square
- pivot turn
- lindy
- Charleston
- Chainee turns
- Hip Hop steps

**OFSAA GIRLS' GYMNASTICS
APPENDIX II TO MEET REGULATIONS
AEROBIC GYMNASTICS**

GUIDELINES**DRESS CODE**

1. **A neat and proper athletic appearance** must be the overall impression.
2. Group members must wear a **one piece leotard** or unitard (long sleeved, short sleeved or sleeveless). Either **bike pants or full length tights** must be worn over or under the leotard. The leotard/unitard may not have cutouts and must not be backless. A top (sport bra style, t-shirt, etc.) and separate bottoms (boxer shorts or other undergarment styles) are not permitted.
3. Although all members of the team do not need to wear identical uniforms, the team should **appear as a coordinated group**.
4. **No jewellery**, bracelets, necklaces or watches may be worn by competitors. Only small stud type pierced earrings are permitted.
5. Long hair must be tied back.
6. **Running shoes** must be **predominately white, clean** and laces properly tied.
Note: The option to wear just socks (white only) will be allowed if performing on a carpeted competitive floor surface.
7. Loose items such as belts, suspenders, scarves are not permitted. **Props** (canes, hats, rubber bands, weights, hoops, ribbons) are also **not allowed**.

MUSIC

The routine must be performed in its entirety to music. The group routine must be a **minimum of 1:15** to a **maximum of 1:30 minutes in length (+/- 5 seconds)**. *A 0.50 time fault deduction will be taken for music that is under or over time.* The music should be upbeat and fast paced. Music can be selected from the pop, rock, disco or hip hop category. Rap music is not permitted. Lyrics may not contain vulgar, suggestive or foul language.

FLOOR

The routine will be performed on the regular 12 x 12 m floor exercise mat. (Note: At OFSAA, a carpeted spring floor will be used.)

COMPOSITION OF ROUTINES

A routine is made up of aerobic choreography and elements (these elements are grouped into four families of moves). The composition of the routine must show balance between aerobic movement patterns (AMP sequences), and difficulty elements. A balance must also be shown in the use of all space, floor surfaces and airborne movements. (Refer to the list of Difficulty Elements, Basic Aerobic Steps, Aerobic and Dance Movements.)

Sequences of complex combinations must be contained within the content of the routine. A complex combination is defined as a series of **aerobic movement patterns (1 AMP= 8 counts)** comprised of the Basic Aerobic Steps 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.

**OFSAA AEROBIC GYMNASTICS –
Difficulty Value Information**

Maximum Difficulty Score = 5.00

Max. DV = Total Value of Compulsory Elements + DV Bonus (2.50) + CRs (2.50) = 5.00

Note: A DV List of Elements for a Team's routine (a DV form will be provided) must be submitted to the Aerobic Gymnastics Chief Judge prior to the competition. All elements (maximum 10) should be listed in the order in which they occur in the routine. **Indicate the compulsory elements with a "C"**.

Compulsory Elements: Novice **DV (0.50)** **Open DV (1.0)**

- **Four** compulsory elements are required.
(one compulsory element is from each of the four element groups A, B, C, & D)
- the four compulsory elements must be **performed by all members of the group at the same time or in consecutive sequence**
- *Difficulty elements not meeting the minimum technical requirements and difficulty elements with a fall will receive a value of 0.0.*

The Compulsory Elements are:**Novice Category (DV= 0.50)**

A. Pushup (2 hands-2 feet)	0.10
B. Seated V-sit Hold (2 sec)	0.10
C. Scissor Kick	0.20
D. Scale (No arch)	0.10

Open Category (DV=1.00)

A. Tricep Pushup	0.40
B. 1 Hand Side Support (2 sec)	0.10
C. 1/1 Air Turn (Jump 1/1 Turn)	0.30
D. 4 1/1 Consecutive Leg Kicks	0.20

(full turn alternating waist high or higher leg kicks)

DV Bonus Value + Compulsory DV = Difficulty Score 2.50

- An additional 4 elements (Novice), and an additional 5 elements (Open) may be used to achieve Bonus Value
- *Difficulty elements not meeting the minimum technical requirements and difficulty elements with a fall will receive a value of 0.0.*
- **In the Novice Category:** An additional 4 Bonus elements may be performed from any of the Four Element Groups (*refer to the OFSAA/CanGym Aerobic List of Elements*) and are valued at 0.50 each to a maximum 2.00 DV Bonus.

Note: In Novice the minimum number of Difficulty Elements (DE) is 8 DE. A minimum of 2 Difficulty Elements (DE) must be performed from at least 3 of the 4 Element Groups (A,B,C,D) to fulfill Composition Requirement.

- **In the Novice Category:** The additional 4 Bonus elements must be performed by all members of the group at the same time or in consecutive sequence.
- **In the Open Category:** An additional 5 elements may be performed from any of the Four Element Groups (*refer to the OFSAA/CanGym Aerobic List of Elements*) and are valued at 0.30 each for a maximum of 1.50 DV Bonus

Note: In Open the minimum number of Difficulty Elements (DE) is 9 DE. A minimum of 2 Difficulty Elements (DE) must be performed from at least 3 of the 4 Element Groups (A,B,C,D) to fulfill Composition Requirement.

- **In the Open Category:** The additional 5 Bonus elements must be performed by all members of the group at the same time or in consecutive sequence.

COMPOSITION REQUIREMENTS (CRs) 2.50

Each CR is valued at a 0.50 value to a maximum value of 2.50 as indicated below.

1. The routine must contain a minimum of 8 elements **not exceeding a maximum of 10 elements. Less than 8 or exceeding 10 elements is a penalty of 0.50.**
2. A Balanced Distribution of Difficulty Elements from the four Element Groups. The routine must contain **two elements from at least three of the four family groups** of elements. **(0.50)**

Group A - Pushups, Freefalls, Leg Circle/Cuts

Group B - Supports and Levers

Group C - Jumps and Leaps

Group D - Flexibility, Turns, Kicks, Balances

A Balanced Distribution of Aerobic movements, Dance movements & Difficulty Elements is required. (Max. 4 AMP sequences in a row, Max 3 elements in a row, **Max 32 counts of Dance Sequence/Segment**, varied placement of Elements & Lifts performed.

3. Throughout the routine, there must be a minimum of **four Aerobic (Basic Step) Movement Pattern Sequences** - 1 AMP = 8 counts. Each AMP sequence (8 ct) must contain a minimum of **two** of the following **seven** basic aerobic steps - march, skip, jog, knee lift, kick, lunge and jumping jacks. The sequence must not include the difficulty elements or dance movements. **(0.50)**
4. Minimum one **Aerobic Dance Sequence/Segment** of a 16 count minimum (*maximum 32 counts*). The Dance Sequence (16 cts) or **Dance Segment** (up to a max of 32cts) is an assembly of dance choreography performed on the feet reflecting dance steps and movements or a **dance style/genre (ie. Jazz/Ethnic-Folk/Salsa/Hip-Hop)**. Difficulty elements (Jumps, Leaps, Turns) are permitted (however, difficulty elements performed down on the floor are not permitted in the Aerobic Dance Sequence). **(0.50)**
5. A group routine requires a minimum of **1 Lift**. **Lift may occur anywhere in the routine.** (see definition of Lifts) **(0.50) Maximum Lifts allowed is 2.**

****ACROBATIC ELEMENTS**** (*allowed but not required*)

Only the following list of Acrobatic elements are allowed; - Cartwheel, Round-off, Walkovers (Fwd & Back), Handspring (Fwd & Back), Salto (Fwd, Back or Side – **No Twists**) ****NOTE: Rolls (forward, back, side or dive) are considered to be transition movements to change level only and are not counted as acrobatic elements.**

- *These acrobatic elements can be performed with 1 or 2 arms/hands OR from 1 or 2 feet.*
- **These acrobatic elements may be used singly 2 times in a whole routine and/or 2 acrobatic elements in combination (= 1set/series) may be performed only once.**

- Use of 3 or more single acrobatic elements in a routine or an acrobatic set/series of 2 acro elements in combination performed more than once will receive a **penalty of 0.50 each time.**
- **1 Acro combined with a Group C Jump or Leap** – (ie Cartwheel to Split Jump) is allowed and counts as 1 single Acro Element and 1 Difficulty C Element.
- ***An Acrobatic Series is 2 Acro elements combined** (ie Round Off, Back Handspring)
- ***Any Acrobatic Elements performed must all be different; no repetition is allowed.**

RESTRICTED MOVES

Prohibited Moves:

- Static moves showing extreme flexibility (Hyperextension of back, Bridge)
- Moves showing extreme back flexibility (Sheep Jump, Ring Jump/Leaps)
- Handstand held more than 2 seconds
- Dive roll with twists
- Salto more than 360° with or without twist
- Salto 360° with twist

Lifts with propulsion are not permitted. A lift is defined as: When one or more competitors are lifted, held, supported or carried off the ground.

In a lift an individual may be inverted, swung, or perform saltos as long as they are supported, carried or held throughout.

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), the build cannot be higher than two standing persons high.

If the last movement of the routine is a lift, when the final lift has commenced, i.e., when the person lifted is without contact with the floor, she is not allowed to touch the floor with any body part until the routine is over. If this occurs, a .5 deduction will be taken.

A 0.50 deduction will be taken for the following Restricted Moves:

Prohibited Moves	Inappropriate Attire	3 or more acrobatic elements
Illegal Pyramids	Inappropriate Music	More than 1 acrobatic set/series
Propelled Lifts	Repeated Acro Element	Less than 8 or Exceeding 10 Elements

EVALUATION OF ROUTINES

Evaluation of the routine will be based on the following areas: (Refer to the OFSAA Evaluation Sheets)

A. COMPOSITION/DIFFICULTY

- Adherence to Time Requirements
- Adherence to Difficulty & Element Group Requirements– 2 elements from each of the 4 family groups/maximum of 10 elements/4 Compulsory Elements/4 (Novice) or 5 (Open) Bonus Elements/4 AMP Basic Step Sequence/16-32 ct Dance Sequence-Segment/1 Lift
- Use of Restricted/Prohibited Moves
- Balance distribution of Difficulty, Dance and Aerobic movement.

B. EXECUTION

- group synchronization
- precision/amplitude of movements
- body alignment/proper technique of basic aerobic steps/elements
- no arching of back or neck

C. ARTISTIC

Music & Musicality – Selection & Use of Music/Timing

- Music Suitability – Moves suit the music and the music suits the moves
- Movements performed on the beat/with the music

Aerobic Content- Creative Aerobic Movement Patterns/Dance Sequences

- a. Use of Complex Combinations/Sequences & Variety
- b. Intensity – competitors moving at all times with good speed and amplitude of movement, demonstrating high energy and cardiovascular endurance.

General Content –

- a. Creativity, Originality, Variety in Interactions, Lifts, Opening and Ending, Formations, Transitions, **Dance Sequence-Segment**
- b. Transitions and Linking (overall continuity)- different movements/levels must lead to another in an easy, fluid and dynamic way

Use of Space – must **travel** into the 5 areas (excludes start position)

- use a variety of directions (fwd, bwd, side, diagonal, circular)
- use a variety of formations

Artistry Presentation –

- a. Showmanship, Enthusiasm, Confidence, Quality of Movement/Partnership

**OFSAA AEROBIC GYMNASTICS
Difficulty Elements List**

School: _____ **Association:** _____

Coach: _____ **Category:** _____

- List Difficulty Elements in the order they occur in the routine
- Indicate the Element Group (A, B, C, D) for each
- Indicate the Compulsory Elements with a C
- Indicate the Value – Novice 4 Compulsory Elements 0.50 Open 4 Compulsory Elements= 1.00
- Novice Bonus = 4 add'l at 0.50 ea = 2.00 Open Bonus = 5 add'l at 0.30 ea = 1.50

Start Order	Element Group	ELEMENT NAME	C	Value	In Competition
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
		TOTAL (2.50)			

****Filled in by the Judge**

Judge's Signature: _____

OFSAA AEROBIC GYMNASTICS

DIFFICULTY EVALUATION

ENTRY FORM-

SCHOOL: _____

CATEGORY: _____

COACH: _____

TEAM MEMBER(S)1. _____ **4.** _____

2. _____ **5.** _____

3. _____ **6.** _____

NOVICE 4 COMPULSORY ELEMENTS: = NOVICE Difficulty Value

A Pushup (2 hands-2 feet) .1_

B. Seated V-sit Hold (2 sec) .1_ **Novice** **0.50 DV/** _____

C. Scissor Kick .2_

D. Scale (No arch) .1_

Novice Total DV= _____
(2.50)

NOVICE 4 DIFFICULTY BONUS:

4 Additional Elements at 0.50 each _____ x 0.50 = **DV Bonus 2.00/** _____

OPEN 4 COMPULSORY ELEMENTS: = OPEN Difficulty Value

A. **Tricep Pushup** .4

B. 1 Hand Side Support (2 sec) .1 **Open DV (1.00)** _____

C. **1/1 Air Turn (Jump 1/1 Turn)** .3

D. **4 1/1 Turning Consecutive Leg Kicks** .2

Open Total DV= _____
(2.50)

(full turning 4 alternate waist high or higher leg kicks)

OPEN DIFFICULTY BONUS -

5 Additional Elements at 0.30 each _____ x 0.30 = **DV Bonus 1.50/** _____

COMPOSITION REQUIREMENTS (CRs) = (2.50)

* 4 Basic Step Sequences (AMP) 0.50 _____

* Min 1 Lift 0.50 _____

TOTAL CR SCORE= _____

* 1 Aerobic Dance Sequence/Segment 0.50 _____

* 2 elements in 3 out of 4 Group 0.50 _____

(2.50)

* Balance Distribution AMP /DE/ 0.50 _____

RESTRICTED MOVES: (Circle) - 0.50 deduction for each:

Prohibited Moves (Acro) Propelled Lifts/ Illegal Pyramids Inappropriate Music Inappropriate Attire

3 or more Acrobatic Elements **Less than 8 elements** or more than 10

More than 1 acrobatic set/series **Repetition of Acro Elements**

TIME: _____ **(1:15-1:30 +/- 5 sec)** 0.50 deduction over or under time

PENALTY DEDUCTIONS _____

DIFFICULTY SCORE _____ /5.0

COMMENTS:	DIFFICULTY SCORE (5 m)	
	EXECUTION SCORE (10 m)	
	ARTISTIC SCORE (10 m)	
JUDGES SIGNATURE:	FINAL SCORE (25 m)	

AEROBIC GYMNASTICS ARTISTIC JUDGES' SHEET 2013-16

SCHOOL: _____ **ASSOCIATION:** _____ **Group:** 4 5 6

MUSIC & MUSICALITY		2.00	EXCEL 2.0	VERYGOOD 1.9 – 1.8	GOOD 1.7 – 1.6	OKAY 1.5 – 1.4	POOR 1.3 – 1.2	UNACCEPT 1.1 – 1.0
Music Selection								
Music suits Athlete character & style								
Music Composition Technical								
Quality/Arrangement/Sound Effects Technically Ex Style/Mvts fits the music/idea/timing								
Musicality/Use of Music								
USE OF SPACE		2.00	EXCEL 2.0	VERYGOOD 1.9 – 1.8	GOOD 1.7 – 1.6	OKAY 1.5 – 1.4	POOR 1.3 – 1.2	UNACCEPT 1.1 – 1.0
Balance /Frequency /Placement in Use of Space								
Travels to Corners/Centre (5 Areas 2x)			5	4	3	2	1	
Direction ↓↑↔↷ (5 directions) & 3 Levels			5	4	3	2	1	
Changes of Formation (5)/Positions/Spacing			5	4	3	2	1	
AEROBIC CONTENT		2.00	EXCEL 2.0	VERYGOOD 1.9 – 1.8	GOOD 1.7 – 1.6	OKAY 1.5 – 1.4	POOR 1.3 – 1.2	UNACCEPT 1.1 – 1.0
Variety & Complexity of AMP Basic Steps & Arms								
Creative AMP Combinations								
Intensity								
GENERAL CONTENT		2.00	EXCEL 2.0	VERYGOOD 1.9 – 1.8	GOOD 1.7 – 1.6	OKAY 1.5 – 1.4	POOR 1.3 – 1.2	UNACCEPT 1.1 – 1.0
Variety & Complexity of Transitions/ Dance /Lifts								
Creative								
Fluidity								
ARTISTRY		2.00	EXCEL 2.0	VERYGOOD 1.9 – 1.8	GOOD 1.7 – 1.6	OKAY 1.5 – 1.4	POOR 1.3 – 1.2	UNACCEPT 1.1 – 1.0
Presentation –Quality of Mvts –Performed well Clean Appearance/Mvts Clear & Sharp								
Expression - Self Confident/Natural Throughout								
Partnership- Interaction								
TOTAL ARTISTIC/10			EXCEL 10-9.6	VERYGOOD 9.5- 9.0	GOOD 8.9- 8.0	OKAY 7.9 – 7.0	POOR 6.9 – 6.0	UNACCEPT 5.9 – 5.0
Judges Signature								

OFSAA AEROBIC GYMNASTICS EXECUTION

EXECUTION

SCHOOL/CLUB: _____ **GROUP SIZE: (Circle) 4 5 6**
CATEGORY: _____

TECHNICAL SKILL: The evaluation of technical skill is based on how the moves (elements, dance/aerobic movements, basic steps) are executed by the members of the group in terms of:

Body Alignment Control/Balance Precision Amplitude

GROUP SYNCHRONIZATION: The evaluation of group synchronization is based on the execution of identical timing, movement (arms/footwork) when identical movements are being performed and group spacing. Synchronization is the ability to execute all movements as a unit. It is matched performance that is in harmony with the music, as well as matched in skill, amplitude and intensity of its performers.

SCORING: Execution is scored according to deductive judging starting from 10.0 and subtracting points for errors in Technical Skill and Synchronization. Deductions are made for every error as follows:

Small error: .1 Medium error: .3 Large Error: .5 Fall: 1.0
 Sync error: .1 ea

Static Elements not held for 2 seconds .5 Touch/Brush on the Floor is .5

Record in the space below a deduction (.1,.3,.5/ - .5 is the maximum deduction taken for an element) each time errors/mistakes in Technical Execution are made by any member of the group. Record an **F** to indicate a Fall. Record in the space below an **S** each time errors are made in Group Synchronization.

Total Execution Deductions = _____

FINAL EXECUTION SCORE: 10 - _____ **=** _____

JUDGES SIGNATURE: _____

AEROBIC GYMNASTICS
OFSAA/CAN-GYM LIST OF ELEMENT VALUES 2013-2017
Group A – Dynamic Strength

Group A	Dynamic		Strength	Group A
OFSAA/CANGYM 0.10 NON-FIG	FIG 0.10	FIG 0.20	FIG 0.30	FIG 0.40
A001 Tricep PushUp with Knees onFloor or Straddle Push Up		A102 1 Leg PushUp	A103 1 Arm PushUp	A104 1 Arm 1 Leg PushUp <i>A1014*</i> <i>Tricep PushUp(.40)</i>
A011 Lateral Knee PushUp		A112 Straddle Lateral PushUp		A114 1 Arm Straddle Lateral PushUp
A021 1 Arm Push Up from the knees			A123 1 Leg Lateral PushUp <i>A1223Lateral PushUp</i>	
A031 1 Leg PushUp on Knee		A132 Hinge Pushup	A133 1 Leg Hinge PushUp	A134 1 Arm Hinge PushUp
		A142 Wenson Pushup	A143 Wenson Hinge	
A041 Free Fall or Free Fall from Knees			A153 Lifted Wenson PushUp	A154 Lifted Wenson Hinge or Lateral PU
A051 PushUp Hops (Feet remain on Floor)		A172 Plio PushUp Airborne	A163 PushUp 1/1 Twist PushUp	A164 PushUp 1/1 Twist to Wenson
A061 Squat to Front Support		A222 High V Support to Back (Rear) Support		A184 A Frame A204 Straddle Cut A224 High V Support to Splits
A071 Single Leg Circle or From PushUp Single Leg Circle			A263 Double Leg ½ Circle	
A081 Double Leg ½ Circle to seated L position				A304 Helicopter
				A314 Helicopter to Splits

Refer to Aerobic Gymnastics FIG Code of Points 2013-16 (February) for Element Values 0.5 – 1.0 at www.fig-gymnastics.com

AEROBIC GYMNASTICS
OFSAA/CAN-GYM LIST OF ELEMENT VALUES 2013-2017
Group B - Static Strength Supports

GROUP B	STATIC		STRENGTH	GROUP B
OFSAA/CANGYM 0.10 NON FIG	FIG 0.10	FIG 0.20	FIG 0.30	FIG 0.40
B 001 Front Support		<i>B002* * Straddle Support 1 Hand in Front & 1 Hd Behind</i>	B103 Straddle Support ½ Turn <i>B1023* (.30) Straddle Support</i>	B104 Straddle Support 1/1 Turn B114 1 Arm Straddle Support
B 011 Rear Support				
B 021 L-Support, feet on floor			<i>B1423* L Support</i>	B144 L-Support 1/1 Turn <i>B1434 L-Support ½ Turn</i>
B 031 Seated Straddle Support 1Leg Raised			B183 Straddle V Support	B184 Straddle V Support ½ Turn
B 041 Seated straddle Support				
B 051 Tucked V Sit				
B 061 Static Wenson Support			B263 Lifted Static Wenson Support	
B071 Full Support Straddle Lever with 1 or both feet on ground		B222 Full Support <u>Straddle</u> Lever	B223 Full Support <u>Straddle</u> Lever ½ Turn	
B 081 1 Arm Side Support or 1 Arm/leg variation Side Support			B233 1 Arm Full Support <u>Straddle</u> Lever	B 234 1 Arm Full Support <u>Straddle</u> Lever ½ Turn
B 091 Tuck Support			B243 Full Support Lever	B244 Full Support Lever ½ Turn
B 0101 Sagital Scale				B 254 1 Arm Full Support Lever

Refer to Aerobic Gymnastics FIG Code of Points 2013-16 (February) for Element Values 0.5 – 1.0 at www.fig-gymnastics.com

AEROBIC GYMNASTICS
OFSAA/CAN-GYM LIST OF ELEMENT VALUES 2013-2017
Group C Jumps & Leaps

GROUP C	JUMPS	&	LEAPS	GROUP C
CAN-GYM 0.10	FIG 0.10	FIG 0.20	FIG 0.30	FIG 0.40
C001 Straight Jump C011 Air Jack		C0102 ½ Air Turn	C103 1/1 Air Turn	C104 1 ½ Air Turn
C031 Straight Jump to Lunge, slide to Incomplete Split OR Straight Jump to Straddle slide to prone split			C113 ½ Air Turn to Splits <i>C0113*½ Air Turn to Lunge, slide into Split or ½ Air Turn to Straddle, slide into Prone Split</i>	C114 1/1 Air Turn to Splits
			C143 Free Fall Airborne	C144 Airborne FreeFall ½ Twist C154 Airborne FreeFall to 1 Arm PU
				C184 Gainer ½ Twist C194 Gainer ½ Twist to Frontal Split
C041 Sagital Scale Fall to PushUp		C222 Sagital Scale Airborne to PushUp	C223 Sagital Scale Airborne to 1 Arm PushUp	C224 Sagital Scale Airborne 1/1 Twist to PushUp C234 Sagital Scale Airborne 1/1 Twist to Frontal or Prone Split
		C262 Tuck Jump	C263 ½ Turn Tuck Jump C273 Tuck Jump to Splits <i>C0273* Tuck Jump to Lunge, slide into Sagital Split OR Tuck Jump to Straddle slide into Prone Split</i>	C264 1/1 Turn Tuck Jump C274 ½ Turn Tuck Jump to Splits C304 Tuck Jump to PushUp
			C553 Straddle Jump	C554 ½ Turn Straddle Jump C564 Straddle Jump to Splits
			C343 Cossack (Wolf) Jump	C344 ½ Turn Cossack (Wolf) Jump C354 Cossack (Wolf) Jump to Splits
			C433 Pike Jump	C434 ½ Turn Pike Jump C444 Pike Jump to Splits

C 051 Stride Leap			C673 Split Leap C713 Split Jump C633 Frontal Split Jump <i>C0673 ** Frontal Split Leap (Split Leap ¼)</i>	C674 Split Leap ½ C714 Split Jump ½ C724 Split Jump to Split C634 ½ Turn Frontal Split Jump C644 Frontal Split Jump to Frontal or Prone Splits C754 Switch Split Leap
C061 Hitch Kick OR Cat Leap* (OFSAA)		C832 Scissors Kick		C914 Butterfly
C071 Double Fan Kick				
GROUP C CAN-GYM 0.10	JUMPS FIG 0.10	& FIG 0.20	LEAPS FIG 0.30	GROUP C FIG 0.40

Refer to Aerobic Gymnastics FIG Code of Points 2013-16 (February) for Element Values 0.5 – 1.0 at www.fig-gymnastics.com

AEROBIC GYMNASTICS
OFSAA/CAN-GYM LIST OF ELEMENT VALUES 2013-2017
Group D – Balance/Turns/Flexibility

GROUP D	BALANCE	TURNS	FLEXIBILITY	GROUP D
CAN-GYM 0.10	FIG 0.10	FIG 0.20	FIG 0.30	FIG 0.40
D 001 ½ Turn		D142 1/1 Turn	D143 1 ½ Turn	D144 2/1 Turn D154 1/1 Turn To Vertical Split
			D183 1/1 Turn Leg at Horizontal	D184 1 ½ Turn Leg at Horizontal
D011 X-Scale, at 90° D021 Frontal or Sagital Balance D021 Frontal or Sagital Balance Free Support				D224 Frontal or Sagital Balance 1/1 Turn – Leg supported by 1 Hand
D031 4 Consecutive Sagital Waist High Leg Kicks 1/1 Turn D041 Seated Fan Kick	D301 4 Consecutive Sagital High Leg Kicks (Shoulder Ht.)	D302 4 Consecutive Sagital Leg Kicks Vertical	D303 4 Consecutive Sagital Leg Kicks Vertical 1/1 Turn	D304 4 Consecutive Sagital Leg Kicks Vertical 1 ½ Turn
D051 Incomplete Split or Stride Hold	D101 Sagital Splits	D102 Vertical Splits (Needle)	D113 Free Vertical Splits	D264 Illusion
D061 <u>Supine</u> Straddle/Pike or Split D071 Start in Supine Split roll to Split			D123 Split Roll D133 Split Through (Pancake)	
D081 Straddle Sit – Passive				
D091 Straddle Sit - Chest resting on Floor	D131 Frontal Splits			

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