

**INVITATIONAL (NOVICE DIVISION)  
AEROBIC GYMNASTICS ROUTINE REQUIREMENTS**

<b>Novice Age Group Requirements</b> (Invitational Division) <b>Judged on Difficulty, Execution &amp; Artistic</b>	<b>Novice Development</b> <b>9 – 11yrs</b> <i>in year of the competition</i>	<b>Novice Age Group 1</b> <b>12 – 14 yrs</b> <i>in year of the competition</i>	<b>Novice Age Group 2</b> <b>15 – 17 yrs</b> <i>in year of the competition</i> <b>Senior Novice 18+yrs</b>
<b>Categories</b>  <b>Note: Aerodance Judged on Execution &amp; Artistic Only</b>	<b>AG IW IM MP TR GP(5)</b>  <b>AD AERODANCE</b> IM IW MP TR TEAM(5-10)	<b>IW IM MP TR GP(5)</b>  <b>AD AERODANCE</b> IM IW MP TR TEAM(5-10)	<b>IW IM MP TR GP(5)</b>  <b>AD AERODANCE</b> IM IW MP TR TEAM(5-10)
<b>Music Length</b>	<b>1 minute 15 seconds</b> (+/-5 secs)	<b>1 minute 15 seconds</b> (+/-5 secs)	<b>1 minute 20 seconds</b> (+/-5 secs)
<b>Competition Space</b>	<b>7 x 7 IW-IM-MP-TR</b> <b>10 x 10 GP</b>	<b>7 x 7 IW-IM</b> <b>10 x 10 MP-TR-GP</b>	<b>10 X 10</b> <b>All Categories</b>
<b>Compulsory Elements</b> <i>Must be performed at the same time without any combination</i>	<b>4</b> A 101 Push Up B 102 Straddle Support C 103 Air Turn D 121 Vertical Split	<b>4</b> A142 Wenson PU or A 364 Helicopter to PU B102/104 Straddle Support-max 1/1 C 184 Tuck Jump 1/1 D 153 1/1 Turn to Vertical Split	<b>4</b> A 364/374/365 Helicopter to PU or to Split or to Wenson B 102/104/106 Straddle Support-max 2/1 C 314 Straddle Jump D 153/264/265/286 1/1Turn to Vertical or Illusion or Illusion to Vertical Split or Free Illusion to Vertical Split <b>Senior –No Compulsory Elements Required</b>
<b># of Difficulty Elements</b>	<b>6 Maximum</b> Off Axis Jump not allowed	<b>8 Maximum</b> Off Axis Jump not allowed	<b>10 DE Max IW-IM</b> <b>9 DE Max MP-TR-GP</b>
<b>Elements Allowed Value</b>	<b>0.1 – 0.4</b> <b>(1 DE 0.5 Optional)</b> No 1 Arm PU No 1 Arm Support	<b>0.1 – 0.6</b> <b>(1 DE 0.7 Optional)</b> No 1 Arm PU No 1 Arm Support	<b>0.1– 0.7 (AG2)</b> <b>(1 DE 0.8 Optional AG2)</b>  <b>Senior 0.1 – 1.0</b>
<b>Push Up/Split Landings</b>	Max 1 Jump Landing in Split	Max 1 Jump Landing in Split Max 1 Jump landing in PU	Max 3 Jumps Landing in Splits or Push Up
<b>Acrobatic Elements (AE) Allowed (Optional- No Value)</b>	<b>2 AE from A1-A3</b> (Optional)	<b>2 AE from A1 – A6</b> (Optional)	<b>2 AE from A1 – A7</b> (Optional)
<b>Combination of Elements Allowed</b>	No Combinations	<b>1</b> Combination of 2 Elements Allowed	<b>2 Combinations of 2 Elements Allowed</b> <b>Senior – 2 Combinations of 2/3 Elements Allowed</b>
<b>Lifts</b>	<b>0</b>	<b>1 Lift Optional</b> No Value	<b>1Lift Optional - No Value</b> <b>AG2 &amp; Seniors</b>
	<b>ND – Max. DV= 1.6 ÷2</b> <b>ND – Max D-S= .800</b>	<b>AG1 – Max. DV= 4.1 ÷2</b> <b>AG1 – Max D-S= 2.05</b>  <b>AG2 – Max. DV= 6.6/5.9 ÷2</b> <b>AG2 – Max D-S= 3.3/2.95</b>	<b>Seniors – 18+ yrs Same as Age Group 2 with the exception of :</b> <b>No Compulsory Elements Combinations Allowed</b>

**PROVINCIAL AEROBIC GYMNASTICS ROUTINE REQUIREMENTS**

<b>World Age Group Requirements</b> <i>Judged on Difficulty, Execution &amp; Artistic</i>	<b>National Development</b> <b>9 – 11yrs</b> <i>in year of the competition</i>	<b>Age Group 1</b> <b>12 – 14 yrs</b> <i>in year of the competition</i>	<b>Age Group 2</b> <b>15 – 17 yrs</b> <i>in year of the competition</i> Senior – 18+yrs
<b>Categories</b> <i>Note: Aerodance Judged on Execution &amp; Artistic Only</i>	AG IW IM MP TR GP(5)  <b>AD AERODANCE</b> IM IW MP TR GP(5-10)	AG IW IM MP TR GP(5)  <b>AD AERODANCE</b> IM IW MP TR GP(5-10)	AG IW IM MP TR GP(5) <b>AD AERODANCE</b> IM IW MP TR GP(5-10) <i>Note:</i> FIG Aerobic Dance GP (6) FIG Senior Aerobic Dance (8)
<b>Music Length</b>	1 minute 15 seconds (+/-5 secs)	1 minute 15 seconds (+/-5 secs)	1 minute 20 seconds (+/-5 secs)
<b>Competition Space</b>	7 x 7 IW-IM-MP-TR 10 x 10 GP	7 x 7 IW-IM 10 x 10 MP-TR-GP	10 X 10 All Categories
<b>Compulsory Elements</b> <i>Must be performed at the same time without any combination</i>	<b>4</b> A 101 Push Up B 102 Straddle Support C 103 Air Turn D 121 Vertical Split	<b>4</b> A364 Helicopter to PU B102/104 Straddle Support-max 1/1 C 184 Tuck Jump 1/1 D 153 1/1 Turn to Vertical Split	<b>4</b> A 374/365 Helicopter to Split or to Wenson B 102/104/106 Straddle Support-max 2/1 C 314 Straddle Jump D 265/286 Illusion to Vertical Split or Free Illusion to Vertical Split <b>Senior –No Compulsory Elements Required</b>
<b># of Difficulty Elements</b>	<b>6 Maximum</b> Off Axis Jump not allowed	<b>8 Maximum</b> Off Axis Jump not allowed	<b>10 DE Max IW-IM</b> <b>9 DE Max MP-TR-GP</b>
<b>Elements Allowed Value</b>	<b>0.1– 0.4</b> (1 DE 0.5 Optional) No 1 Arm PU No 1 Arm Support	<b>0.1- 0.6</b> (1 DE 0.7 Optional) No 1 Arm PU No 1 Arm Support	<b>0.2– 0.7</b> (1 DE 0.8 Optional) <b>Senior 0.3 – 1.0</b>
<b>Push Up/Split Landings</b>	Max 1 Jump Landing in Split	Max 1 Jump Landing in Split Max 1 Jump landing in PU	Max 3 Jumps Landing in Splits or Push Up
<b>Acrobatic Elements (AE) Allowed (Optional- No Value)</b>	2 AE from A1-A3 (Optional)	2 AE from A1 – A6 (Optional)	2 AE from A1 – A7 (Optional)
<b>Combination of Elements Allowed</b>	No Combinations	1 Combination of 2 Elements Allowed	2 Combinations of 2 Elements Allowed <b>Senior – 2 Combinations of 2/3 Elements Allowed</b>
<b>Lifts</b>	<b>0</b>	1 Lift Optional No Value	1Lift Required - No Value <b>Senior -1 Lift of Value</b>
	<b>ND – Max. DV= 1.6 ÷2</b> <b>ND – Max D-S= .800</b>	<b>AG1 – Max. DV= 4.1 ÷2</b> <b>AG1 – Max D-S= 2.05</b>  <b>AG2 – Max. DV= 6.6/5.9 ÷2</b> <b>AG2 – Max D-S= 3.3/2.95</b>	Seniors – 18+ yrs Same as Age Group 2 with the exception of : <b>Compulsory Elements Combinations Allowed</b> <b>1 Lift of Value</b>