



**Aerobic Gymnastics**  
**Section I**  
**Technical Rules & Regulations**  
**2019 - 2020**

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# 1 General Information for Aerobic Gymnastics

## 1.1 Rationale/Purpose

The Aerobic Gymnastics Development model is designed to accommodate the following:

- A performance opportunity for athletes of all ages interested in progressing through a developmental system at the Recreational, Invitational/Interclub, Provincial or National level.
- To provide competitive opportunity, as an individual or as a member of a group, that develops showmanship and teamwork.
- A challenging and fun program that is within every athlete's potential.
- 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.
- 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.
- 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.
- Provide another competitive opportunity for a gymnastic club or school's Cheerleading program. A safer alternative since throws or propulsion moves are not allowed at the Recreational, Invitational & Provincial levels.
- An adaptable judging system for competition.

## 1.2 Athlete/Coach Model Program Overview

| DEVELOPMENT LEVELS   | COMPETITION LEVELS  |  |   |   |
|--|---|--|---|---|
| ↓  | Aerobic<br>Gymnastics &<br>Aerodance<br>Invitational Novice<br>Program  | Aerodance<br>Invitational &<br>Provincial<br>Program   | Aerobic<br>Gymnastics<br>Provincial<br>Program  | Aerobic<br>Gymnastics<br>National Program   |
| <p><b>CanGym Aerobics Development /Recreational Program</b></p> <p>Can-Gym Aerobics Program<br/>Levels/Stages 1 – 6</p> <p><b>Assessment Categories</b><br/>CanMove<br/>CanDynamic<br/>CanStatic<br/>Can Jump<br/>CanFlexibility</p> <p><b>1.Aero Gym Fitness Resource Booklet</b><br/>Innovative Ideas &amp; Resources about How to Incorporate &amp; Develop Aerobics into Existing Club Recreation Programs or School Curriculum</p> <p><b>*Introduces the Basic Components of AG</b><br/><b>*4 Element Groups</b><br/>A Dynamic Strength<br/>B Static Strength<br/>C Jumps &amp; Leaps<br/>D Balance Turns &amp; Flexibility<br/><b>*Seven BasicSteps</b><br/><b>* Aerobic Movement Sequence (16cts)</b></p> <p><b>* CanGym Compulsory Routine I, II, III</b><br/><i>CanGym Element Values &amp; OFSAA Technical Rules on GO website</i></p> <p><a href="http://www.gymnasticsontario.ca">www.gymnasticsontario.ca</a></p> | <p><b>Event Categories</b><br/>AG Individual MW<br/>AG MP, Trios<br/>AG Group (5) MW<br/><b>AD Individual MW</b><br/><b>AD MP, Trios</b><br/><b>AD Team (5-10)</b></p> <p><b>Invitational-Novice Age Categories:</b><br/><b>Pre-Novice 7&amp;8yr</b><br/>ND 9-11 yr.<br/>AG1 12-14 yr.<br/>AG2 15-17 yr.<br/>Seniors 18+</p> <p><b>Requirements</b><br/>AG Invitational &amp; Provincial Technical Rules &amp; Regulations available herein</p> <p><b>Development Resources</b><br/><i>Aero-Gym Booklet available on GO Aerobics website</i></p> <p><i>Contact GO/GCG re: NCCP Aerobic Foundation Courses</i></p> <p><a href="http://www.gymcan.org">www.gymcan.org</a></p> | <p><b>AERODANCE</b><br/><b>Event Categories</b><br/><b>AD Ind IM IW</b><br/><b>AD MP AD Trio</b><br/><b>AD Team 5- 10</b><br/><b>Note:</b><br/><b>AD FIG Sr Grp 8</b><br/><b>AD FIG AG2 Grp 6</b></p> <p><b>AD Invitational &amp; Provincial</b><br/><b>AD AgeCategories:</b><br/><b>Pre-Novice 7&amp;8yr</b><br/><b>Junior 9- 12 yr</b><br/><b>Varsity 13-17 yr</b><br/><b>Senior 18+</b></p> <p><b>Requirements</b><br/><b>Refer to Aerodance Requirements in Technical Rules available herein</b></p> <p><b>Refer to 2017-20 FIG AerobicGymnastic Code of Points – Aerobic Dance</b></p> <p><b>Aerodance Age Categories are based on ANAC Rules:-</b><br/><a href="http://www.sportaerobics-nac.com">www.sportaerobics-nac.com</a> <b>Note:</b><br/><b>Age Categories are different</b></p> | <p><b>Event Categories</b><br/>AG Individual MW<br/>AG <u>Mixed</u> Pairs,<br/>AG Trios<br/>AG Group 5 MW<br/><b>AD Individual MW</b><br/><b>AD MP, Trios</b><br/><b>AD Team (5-10)</b></p> <p><b>Provincial Age Categories:</b><br/>ND 9-11 yr.<br/>AG1 12-14 yr.<br/>AG2 15-17 yr.<br/>Seniors 18+</p> <p><b>Requirements</b><br/>Refer to FIG Aerobic World Age Group Requirements</p> <p>Appendix V<br/>2017-20 FIG Aerobics Code of Points</p> <p><i>AG Invitational &amp; Provincial Technical Rules &amp; Regulations available herein</i></p> | <p><b>Event Categories</b><br/><b>Individual MW</b><br/><b>Mixed Pairs, Trios</b><br/><b>AG Group 5 MW</b><br/><b>AD Sr Group 8</b><br/><b>AD AG2 Group 6</b></p> <p><b>National FIG Age Categories:</b><br/>Nat'l Dev 9-11 yrs Age Group1 12-14yr Age Group2 15-17yr FIG Senior 18+</p> <p><b>Requirements Refer to 2017-20 FIG Aerobic Gymnastics Code of Points for Technical Rules and Regulations</b></p> <p><a href="http://www.fig-gymnastics.com">www.fig-gymnastics.com</a><br/><a href="http://www.fig-aerobics.com">www.fig-aerobics.com</a></p> |

## 1.3 Aerobic Gymnastics Program Descriptions

### 1.3.1 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](http://www.gymnasticsontario.ca) – Aerobics*

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

Athletes must be Gymnastics Ontario Recreational registered athletes. Can 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.

### 1.3.2 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](http://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.**

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.

## 1.3.3 Aerobic Dance

**Aerobic Dance (FIG Senior 18+yrs)** 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 2<sup>nd</sup> 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 (15 – 17yrs).

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

## 1.3.4 Aerodance (Invitational & Provincial)

Invitational & Provincial Aerodance categories are: Individual (IM, IW), Mixed Pairs, Trio, Team (5- 10) in **three Age Divisions –Junior 9-12 yrs, Varsity 13-17 yrs, and Senior 18+**. The routine must utilize Aerobic Movement Pattern Sequences in an Aerobic Dance Style with the integration of a minimum 32 – 64 counts of a 2<sup>nd</sup> dance style to the music (the 2<sup>nd</sup> Dance Style performed may be **any** dance style in Pre-Novice & Junior Ages 7 – 12 yrs). *Note: FIG & ANAC Aerodance routines require that the 2<sup>nd</sup> Segment & Dance Style performed must be Street Dance.*

A 0.1 Bonus will be awarded in Aetistry if a 3<sup>rd</sup> dance style (Jazz, Folk, Bollywood, Social, a **different Street Dance style etc – not Lyrical**) is performed.

The routine may include Difficulty Elements but are not required as the routine is only judged on Execution & Artistry. 1 lift is allowed in the Senior category only. All members of the group must perform the same element at the same time. The routine may include movements from other disciplines but must be well integrated into the choreography (prohibited moves in the COP are allowed except propelling – Note propelling is permitted in Senior Lift only). Tumbling (Acrobatic Elements) performed singly *or in no more than 3 combination sets/series (of 2 consecutive acro skills only)* are allowed.

*Requirements for Invitational & Provincial Aerodance follows ANAC Aerodance Competition Rules – refer to [www.sportaerobics-nac.com](http://www.sportaerobics-nac.com) with modifications based on Ontario Aerodance Rules- 2<sup>nd</sup> Dance Style may be **any dance style for ages 7 to 12 years of age.***

## 1.3.5 Aerobic Gymnastics Description

### 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

### The Components of an Aerobic Gymnastics Routine:

- A. The 7 Basic Steps
- B. 4 Difficulty Element Groups A, B, C, D
- C. Aerobic Movement Pattern AMP - Aerobic 8 Count/Aerobic Sequence

- A. The Seven 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/Helicopter/A Frame/Flairs
- 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.

*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 (chausee, 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.

**NOTE:**

**Aerobic Gymnastics (Provincial/National)** 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. **Refer to Section 5.1 - Provincial Routine Requirement Chart.**

**Aerobic Gymnastics (Invitational - Novice)** for Individual (IM, IW), Mixed Pairs, Trios & Group (5) are governed by Ontario modifications to the FIG 2017-20 Code of Points, Appendix V- World Age Group Competitions which are intended to encourage competitive participation, development and facilitate progression into the Provincial Competitive Stream. **Refer to Section 4.3- Invitational (Novice) Routine Requirement Chart.**

## 1.4 Aerobic Competitive Programs

### 1.4.1 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](http://www.sportaerobics-nac.com).

A CanGym Aerobics List of Difficulty Element (.1 to .4) Values was developed to include developmentskill 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](http://www.gymnasticsontario.ca) under – Aerobic Technical Rules & Regulations and is designed for use in the Recreational & OFSAA High School programs.

FIG Difficulty Element Values of .1 to 1.0 are available in the FIG Aerobics COP [www.fig-gymnastics.com](http://www.fig-gymnastics.com) The FIG Table of Difficulty Values is the required reference for Invitational, Provincial and National Difficulty Values.

For the purpose of encouraging participation and continued development in the sport of Aerobic Gymnastics, the competitive structure for **Invitational & Provincial** competition will be based on the FIG COP Age Groups, Event Categories and Routine Requirements/Difficulty Penalties.

*Ontario Invitational/Interclub Modifications are listed in the Routine Requirements Charts and Difficulty Deductions Chart [www.gymnasticsontario.ca](http://www.gymnasticsontario.ca) Aero Resources –Invitational Aerobic Gymnastics.*

## 1.4.2 Aerobic Gymnastics Program Streams

- a) Recreational/Development Stream
- b) Invitational/Interclub (Novice) Competitive Stream
- c) Provincial Competitive Stream

The following abbreviations shall be used in the Aerobic Gymnastics Technical Rules & Regulations;

**Category** – refers to Aerobic Event categories – IW/IM,MP,TR,GP,AD

**Level** – is by age based on the 4 FIG World Age Group Divisions ND, AG1, AG2, Senior

**G.O.** – Gymnastics Ontario

**Acro & Aero Program Manager** – Gymnastics Ontario Technical Program Manager A&A

**G.C.G.** – Gymnastics Canada Gymnastique

**ANAC** – Association of National Aerobics Championship (USA)

**Aero – (AG)**Aerobic Gymnastics **AD** - Aerodance/Aerobic Dance

**CJP** – Chair of the Judge’s Panel **ATC** - Aerobics Technical Committee

**AG** – Age Group (AG1/AG2)

**ND** – Novice Development – Invitational 9-11yr. olds

**ND-** National Development – Provincial 9-11yr. olds

**PN** – Pre-Novice - 7&8 yr. olds

**IW** - Individual Women **IM** - Individual Men

**MP** – Mixed Pair **TR** – Trio

**GP** – Aero Group of 5 or Aerodance Group/Team of 5-10

## 1.4.3 Competitive Categories (Invitational/Provincial/National)

1. FIG AG Individual Women IW Individual Men IM
2. FIG AG Mixed Pairs
3. FIG AG Trios (3 Women/3 Men or any combination)
4. FIG AG Group of 5 (all Women/all Men or any combination)
5. FIG Aerobic Dance Senior (8) FIG AG2 Aerobic Dance (6)
6. **Aerodance Group/Team (5-10) (Invitational/Provincial/ANAC)**
7. **Aerodance Mixed Pairs or Trios (Invitational/Provincial/ANAC)**
8. **Aerodance Individual IW IM (Invitational/Provincial/ANAC)**

*FIG Aerobic Step - (Group of 8) **Note:** Gymnastics Ontario Programs do not include Aerobic Step*



## 1.4.4 Age Group Aerobic Categories (Invitational/Provincial/National)

Age Requirement is based on age as of December 31<sup>st</sup> of the year of competition

| <u>Invitational</u> |              | <u>Provincial/National</u> |              |
|---------------------|--------------|----------------------------|--------------|
| Novice Development  | 9 - 11 yrs.  | National Development       | 9 - 11 yrs.  |
| Novice Age Group 1  | 12 - 14 yrs. | World Age Group 1          | 12 - 14 yrs. |
| Novice Age Group 2  | 15 – 17 yrs. | World Age Group 2          | 15 –17 yrs.  |
| Novice Senior       | 18+ yrs.     | Senior                     | 18+ yrs.     |

## 1.4.5 Age Group AeroDance Categories (Invitational/Provincial/ANAC)

Note: Age Divisions are based on ANAC Aerodance Rules. Aerodance is judged on Execution & Artistic only. (FIG)

Aerodance (AD) Individual, MP, Trio, Team:

**Junior 7-12 yrs.                  Varsity 13-17yrs.                  Senior 18+yrs.**

- Ontario follows ANAC Aerodance rules and allows Aerodance to be competed as an Individual, Mixed Pair, Trio or Group.
- An Aerobic Dance group/Team of 5 to a maximum of 10 is permitted to compete.

## 1.5 Definition of a Competition

a) Sanctioned Competition:

All competitions held within the jurisdiction of Gymnastics Ontario for which sanction has been granted, as well as all Ontario Cups and Ontario Championships.

b) Competitive Session/Round:

The portion of the competition specific to each age level/event category, beginning with the first routine of that level/event and ending with the posting of the scores of that same level.

c) Types of Competitions:

**Invitational Meet** –Sanctioned event open to Invitational &/or Provincial competitors - Invitational Medals & Ribbons awarded

**Qualifiers/Ontario Championships** – sanctioned events for Aerobic Provincial competitors – Provincial/Ontario Medals & Ribbons awarded.

**Ontario Championship Eligibility** – must have competed at the Aero Cup Provincial Qualifier (only one Aero Cup offered at this time) *refer to 1.11 Petitions* if unable to attend/compete.

**Tour Selection Meets** – sanctioned event open to all Provincial competitors for selection to FIG Aerobic World Cups, Pan-Ams or ANAC & FIG International competitions.

## 1.6 Bid to Host/Hosting Requirements

- a) Bids for Ontario Cups and/or Ontario Championships must be submitted, in writing, to the A.T.C. through the Acro & Aero Program Manager at Gymnastics Ontario. A Bid to Host submission is also required for Invitational Meets.
- b) The A. T.C. must approve facilities before being used for any sanctioned competition.
- c) Opportunity must be provided for Provincial athletes to qualify at least at one AERO Cup Qualifier during the competitive season.

- d) The Call to Meet must be submitted to the Aero Program Manager a minimum of eight (8) weeks prior to the competition for approval and circulation, by Gymnastics Ontario, to member clubs.
- e) All Meet Director's must reference the current F.I.G. Code of Points, GCG/GO Technical Rules and Regulations –General Competition Information, the G.O. Meet Director's Manual, as well as all sections of this manual (including the G.O. Safety Guidelines (Appendix A) and the G.O. **Aerobic Gymnastics** Judging Policies) prior to hosting a competition.
- f) **Clubs will be permitted to host an Invitational meet in conjunction with Aerobic Ontario Cups and Ontario Championships with the approval of the Aerobic T.C. and the GO Aerobic Program Manager.**
- g) The Host Club of Invitational, Ontario Cup(s) and Ontario Championships shall provide a variety of the following for **coaches** on-site during the competition; this is a suggested guideline for minimum standards to be followed:
  - yogurt, fruit, vegetables, cheese & crackers
  - sandwiches, pizza
  - danish, muffins & bagels
  - a hot item such as a stew / soup is always appreciated
  - water, juice, coffee or tea

## 1.7 Eligibility Rules/Participants & Clubs

- 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) in either the Recreational, Invitational/Interclub or Provincial Stream.
- Only athletes registered with clubs who are member clubs in good standing of G.O. are eligible to compete for official standing at Invitationals, Ontario Cups and Ontario Championships.
- Age requirements are as of December 31st of the current year of competition
- **Minimum Competitive age requirement (Invitational): 7 years as of December 31<sup>st</sup> of the current year of the competition.**
- **Minimum Competitive age requirement (Provincial): 9 years as of December 31<sup>st</sup> of the current year of the competition.**
- **An athlete may change their competitive stream program (Invitational to Provincial) any time between date of GO Registration July 1st and December 31st provided all eligibility guidelines are adhered to.**
- No registered athlete may change his/her club affiliation during the competitive season without the completion and acceptance of the Application for Athlete Transfer form.
- An athlete must meet the requirements for an amateur as outlined by F.I.G.
- **Any athlete unable to compete, as outlined in the GO Technical Rules & Regulations– Section C General Competition Information –Petition Policies, at Ontario Cup Qualifier will require a petition, if applicable.**
- **Athletes from outside of Ontario will be permitted to compete at the Ontario Cups and Ontario Championships as long as all GO and GCG requirements for out of Province, foreign resident athletes or international entries are met (as per GO Technical Rules and Regulations Section C - General Competition Information).**

## 1.8 Meet Entry, Admission Fees

- a) Ontario Cups: The maximum entry fee, for both Provincial and National level athletes is \$75.00 for the first event, \$25.00 for each additional event. *Demonstration fees: \$40*
- b) Ontario Championships: The maximum entry fee is \$100.00 for the first event, and \$25.00 for each additional event. *Demonstration fees: \$40*
- c) Entry fees for Invitational Meets are set by the Host Club.
- d) Entry Fees for all Invitational meets, Ontario Cups and Ontario Championships are to be paid directly to the host club.
- e) GO Sanction Fees will be collected on top of the registration fees and are as follows:
  - Qualifiers/Cups - \$6.00 +HST per athlete (\$6.78)
  - Tour Selection/Ontario Championships/Elite Ontario - \$10.00 +HST per athlete (\$11.30)
- f) Late entry fees are subject to a penalty at the host club's discretion (up to three (3) times the registration fee) but must be clearly outlined on the Call to Meet, along with the terms of payment and reimbursement policies. The host club may require late entry payment to be in the form of a certified cheque or cash.
- g) Copies of each participating club's registration forms must be submitted by the hostclub and to the Acro/Aero Program Manager within seventy-two hours from the registration date of the Ontario Cup(s) and or Ontario Championships. The Acro/Aero Program Manager is to be notified of any subsequent changes immediately thereafter.
- h) At Ontario Cup(s) and or Ontario Championships there are no refunds after the registration deadline. A proper petition form must be submitted to GO for any possible refund. A refund may be considered for any extraordinary circumstance pending approval by the host club.
- i) An athlete who is registered to compete at Tour Selection, Ontario Cup(s) and or at Ontario Championships is not required to pay an admission fee throughout the competition in which they have been registered to compete.
- j) For Cups and Qualifiers, the recommended spectator fees are as follows:

| <b>Cups and Qualifiers</b>      | <b>1 Day Pass</b> | <b>2 Day Pass</b> | <b>3 Day Pass</b> |
|---------------------------------|-------------------|-------------------|-------------------|
| Adult: 18 years of age & older  | \$8               | \$13              | \$18              |
| Senior: 55 years of age & older | \$5               | \$8               | \$12              |
| Student: 11 to 17 years of age  | \$5               | \$8               | \$12              |
| Children: 6 to 10 years of age  | \$3               | \$5               | \$7               |
| Children: 5 & Under             | Free              | Free              | Free              |

All Athletes competing in the Qualifier are not required to pay an admission fee throughout the weekend. Admission fees for Ontario Championships are set by GO and are communicated to the host clubs in the Hosting Agreement.

## 1.9 Call to Meet

- a) The Meet Director is required to submit a draft copy of the Call to Meet to the Program Manager at least eight (8) weeks prior to the competition for approval and circulation, by G.O., to Aero clubs.
- b) The Program Manager will establish the registration deadline, which will ensure adequate time for clubs to respond.
- c) Registration forms for all competitions must include the name of the coach attending the competition (and whether that is the athlete's named coach if the competition will include the selection of team coaches). Registration forms will provide room for alternate coaches' names. If for some reason none of the coaches listed are able to attend, the coach accepting the responsibility for the athlete(s) must sign the change on the registration form on-site, after showing proof of G.O. membership and N.C.C.P. certification.
- d) The host club is required to e-mail each registered club a confirmation of registration, verification of the spelling of each athlete's name, their category, their level, their pair, trio or group partners, and their gender following the registration deadline in a timely manner.

## 1.10 Competition Guidelines / General

- a) The Aero T.C. Chairperson, and ATC Member for Judging shall make the competition schedule for Ontario Cups and Ontario Championships in partnership with the host club to ensure adequate warm-up and competition times for all athletes.
- b) The order of events is at the discretion of the Meet Director but must be approved by the Aero T.C. Chairperson.
- c) Tour Selection, Ontario Cups and Ontario Championships' schedules shall include the following details on the schedule with assigned times for each category; "General Stretch", "Specific Warm-up" and "Competition".
- d) A minimum of twenty (20) minutes must be provided for a general stretch for athletes to warm-up in a designated area prior to the specific warm-up. Coaches must be present and supervising their athlete(s) during general stretch, specific warm-up and competition. No more
- e) than 8 pairs/groups or 16 individuals may be present on a single standard sized floor at any time during specific warm-up.
- f) Coaches are responsible for the conduct of their athletes at competitions. Coaches must ensure that athletes do not use any piece of equipment in the gym (including the floor, etc.) until their scheduled warm-up or competition has begun. When the competition has ended, athletes are to remain in the designated athlete corral and leave the competition floor at the conclusion of their flight.
- g) The starting order of the Qualifying Round is decided by a random draw. The event categories and levels/age divisions will be divided into groups of no more than 12.
- h) When there is an error that is the fault of the host club / meet director the individual/pair/trio/group shall be placed as the last competitor(s) on the start order. However, if the error is deemed to be the fault of the individual/pair/trio/group's club registrar / coach or a late registration, the individual/pair/trio/group shall be placed as the first competitor on the start order.
- i) Athletes, coaches and judges must be prepared for a schedule to run ahead of the posted times. However, a competition may not run more than thirty (30) minutes ahead of scheduled times without a meeting of the C.J.P., Meet Director and coach representative from each club in the respective level

indicating that they are all in agreement and that each of the athletes are prepared to start ahead of the scheduled time; if there is one 'no' vote then the scheduled times shall be followed.

- j) It is recommended that awards are given between competitive sessions to decrease the amount of time athletes and spectators need to spend at the competition. Grouping of like event categories/levels will also help to decrease the amount of time/days an athlete needs to be present at the competition.
- k) All one-day competitions shall end no later than 10:00 p.m. The warm-up may commence before 9 a.m. The duration of any competition shall be no greater than eleven (11) hours. Any given flight of competition may not exceed four (4) scheduled hours. The duration of the flight will be determined from the start of the first scheduled general stretch time to the conclusion of the scheduled competition time within a flight.
- l) The Chair of the Judges' panel will ensure that all athletes utilize the specific warm-up period properly.
- m) Host clubs of Tour Selection, Ontario Cup and Ontario Championships are not permitted to tear down equipment, mats and or carpet rolls, tables, judging podiums or any other large items on the competition floor until the final athlete award has been presented at the concluding awards ceremony of the competition, without exception. Failure to comply with this rule may result in a club not being awarded an event the following season when bids to host are reviewed by the Technical Committee.

## 1.11 Petitions

A petition is a formal written request submitted by the club and/or coach of the athlete to the Aerobic Gymnastics Technical Committee, through the Program Manager at Gymnastics Ontario, for the 'relaxation' of established rule(s), regulation(s) or procedure(s).

A petition is intended to provide an opportunity to account for extraordinary circumstances to ensure that established rules, regulations and procedures do not compromise Gymnastics Ontario's efforts in achieving specific goals and objectives. However, by their nature, approved petitions have the potential to impact the credibility of Gymnastics Ontario and its programs.

Therefore, petitions are generally approved only when there is compelling evidence that Gymnastics Ontario's mandate will be best served by allowing a relaxation of the rules, regulations or procedures. Refer to Section C- General Competition Information in the GO Technical Rules & Regulations.

### Medical Petitions

- a) The Technical Committee shall approve medical petitions for athlete(s) unable to compete at Ontario Cup to be considered eligible for Ontario Championship provided the athlete was unable to participate in the sanctioned Qualifier due to the medical condition being petitioned.
- b) Any medical petition must have a medical note from a certified medical practitioner (i.e. M.D.) accompanying the petition request, without a medical note the petition will not be reviewed.

### Non-Medical Petitions "Extraordinary Circumstances"

The Technical Committee shall review non-medical petitions that do not allow an athlete/pair/trio/group to fulfill the requirements to participate at Ontario Cup and/or Ontario Championships because of extraordinary circumstances.

The Technical Committee shall review a petition submitted by World Age Group or Senior athletes/pair/trio/group(s) who are unable to attend an Ontario Cup and or Ontario Championships due to participation at an International Competition that is deemed of high enough calibre, supporting documents demonstrating participation at an event must accompany this petition for it to be reviewed and approved.

If any pair/trio or group is affected by the absence of a member(s) competing as an individual at an International Competition, and unable to compete in their pair/trio/group at the Ontario Cup, an alternate meet/competition as determined and designated by the ATC will be allowed in order to grant eligibility approval to compete at Ontario Championships.

## 1.12 Competitive Standards

### Competition Facilities

- 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.
- 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) and Seniors18+yrs** and **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 coach Aerobic Gymnastics.

To gain access to the competition floor for any Aerobic Gymnastics Competitions (Invitational &/or Provincial), coaches require certification in one of the following Levels: NCCP Level 1, Competition 1 (Artistic) or NCCP Level 2, FIG Academy (Aerobics) Certification 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.

### **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.

- Jewelry 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.

### 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.

## 1.13 Competition Information

Invitational/Provincial 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.

**Difficulty Element List** DE Lists are mandatory for all Provincial & Invitational Aerobic Gymnastic routines where a Difficulty Score is to be determined; therefore excludes Aerodance, or Showcase level routines. (*DE Forms in the Appendix of Aerobics Technical Regulations*)

DE Lists must be submitted to Competition Meet Director with copies to ATC Chair 2 weeks prior to any Provincial or Invitational sanctioned competition or a \$25 late penalty will be applied.

**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. **A 3 routine bump start may be used.**

**Music** Each athlete's (Individual) & each event category's (Pair/Trio/Group/Aerodance) music must be submitted by emailing it to the host club in a digital format (e.g. mp3 or mp4) 1 – 2 week(s) prior to the competition as designated in the Call to Meet.. The coach should ensure that back up music on either iPod or USB stick is brought with them to the competition.

### **Music Selection:**

- 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 (Novice & Pre-Novice) event categories are **1:15 seconds** (+/- 5 seconds)

## 1.14 Judging

All Invitational/Provincial/National Aerodance categories will be judged on Execution & Artistic only. Invitational & Provincial Aerobic Gymnastics categories will be judged on Execution & Artistic & Difficulty. Difficulty Element Lists are required.

Difficulty deductions will be applied for missing requirements as well as CJP (Chair) deductions.

*Difficulty Penalty for Repetition of Elements from same Family Group will not be applied in Invitational-Novice & Pre-Novice Divisions.*

### Judging Panels:

Certified Aerobic Judges (registered GO members in good standing) only will be eligible to judge Invitational, Provincial or National sanctioned competitions.

Current Certified Judges (registered GO members in good standing) from other gymnastics disciplines will be allowed to judge execution/artistic only for some Aerobic competitions as approved by the ATC. (Masters/OFSAA Competitions)

A Judging Panel will consist of 2-4 Execution judges and 2-4 Artistry judges, 1-2 Difficulty Judges.

**For sanctioned competitions the minimum panel consists of 2 Execution judges, 2 Artistic judges and 1-2 Difficulty Judges.**

One Chair of Judging Panel (CJP) may be selected in addition to the panel or one member of the judging panel may be designated as Judging Chair (CJP) by the Aerobics T.C.

- 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.
- Difficulty Score (Difficulty Element Values ÷ by 2 or (1.8 only in Senior MP,TR,GP with Women) is determined.
- All penalty deductions (Difficulty deductions + CJP deductions, Line) will be subtracted from the Total Score to determine the Final Score as per FIG 2017-20 Aerobics Code of Points. (Invitational/Provincial/National)
- Only Bonus for Lifts (1 required) is applied in Senior Aerobic Events – Lift Bonus does not apply to World Age Group Aerobic Events
- In Aerodance, a .1 Bonus in Artistry will be applied if a 3<sup>rd</sup> Dance Style is performed with quality. No other ANAC Bonus will be applied.



- In Aerodance in the Pre-Novice & Junior Age Divisions, the 2<sup>nd</sup> dance style performed may be any Dance Style. However, in Senior & Varsity AD the 2<sup>nd</sup> Segment & Dance style must be Street Dance.
- 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 ½ day or full day rate. Mileage will be based on current GO rates.
- Judges' honorarium and expenses (accommodation & mileage) are the responsibility of the host club.
- *GO Aerobic Judges Honorarium Form is posted on the GO Acro/Aero website - Competition Forms.*

## 1.15 Marshalling & Awards

### Marshalling

- 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.

### Awards

The following Aerobic Gymnastics awards will be presented at Invitational, Provincial Cup Qualifiers & Ontario Championships. It is the responsibility of the Host club to order and budget for the cost of the awards.

Ontario Medals for Provincial Cup Qualifiers & Ontario Championship competitions must be purchased and ordered through Gymnastics Ontario.

Medals & Ribbons for Invitational competitions must be different and may not use Ontario medals. Host clubs may design, purchase & order Invitational medals at their own choosing.

- Medals will be awarded for 1<sup>st</sup> to 3<sup>rd</sup> place with Ribbons awarded from 4<sup>th</sup> to 8<sup>th</sup> place
- Awards will be given for 1<sup>st</sup> to 8<sup>th</sup> place (no bumping for ties) to each member within a group event category: Pairs, Trios, Group (5), Aerodance (5-10)
- In both the Aerobic & Aerodance age division categories - Mixed Pairs, Trios and Group will be combined into one Award Category **unless there is more than 1 set of athletes (MP,TR or GP) in the age division category.**

- Ties: In the event of ties for Medals at any Provincial Cup Qualifiers and Ontario Championships in the individual and/or groups categories, ties will be broken based on highest Execution Score, if still tied then by highest Artistic Score, if still tied the tie will stand (FIG COP).
- Tie breaking procedure will not apply to 4<sup>th</sup> to 8<sup>th</sup> place ribbons. There is no bumping for ties.
- **All Individual Event Categories will be split if \*12 or more competitors are in the Age Division.** The split will be determined by median age (by birth dates) of oldest gymnast competing in that Age Division. Age is determined as of December 31<sup>st</sup> in the year of Ontario Championships.
- **If in the Individual Event Categories the number of competitors exceeds 24 in the Age Division the category will be split into 3 groups evenly divided by birth dates of oldest to youngest.**
- Medals for 1<sup>st</sup> to 3<sup>rd</sup> and ribbons for 4<sup>th</sup> to 8<sup>th</sup> will be awarded in each designated age split.
- **Medals will be awarded in 2 Aerodance Event Categories in each Age Division – AD Individual & AD Group which includes Mixed Pairs/Trios/Team (5-10)**
- **If numbers in the AeroDance Senior age category are not sufficient (only 1), it will be combined with the AG2 Age Division in the AD Individual &/or AD Group Events for Medals**

## 2 Recreational Aerobic Gymnastics

- Gymnasts may register with GO as a Recreational athlete.
- Recreational gymnastics is non-discipline specific and non-competitive.
- Registered Recreational gymnasts are permitted to demo or showcase their routines at competitions at which these athletes can be evaluated but are not eligible for Invitational/Provincial awards.

To encourage participation & development in Aerodance/Aerobic Group any age combinations are permitted.

### Showcase is a non-ranked event for all registered Recreational athletes

All Recreational Showcase athletes may register to demonstrate their routines at any Aerobic Invitational meets. Entry Fees will be indicated in the Call-to-Meet as determined by the Host club.

Participation Certificates or some other token of participation, as determined by the Host club, will be given to all registered Showcase -Recreational athletes. The same form of recognition is to be given to all participants.

No ranking of these athletes is allowed nor are scores (if Execution is evaluated) to be publicly displayed. Gold, Silver or Bronze Recognition on athletes Participation Certificate may be given based on their 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 GOLD recognition. An athlete with an Execution Score of **8.95 - 8.0** points will obtain SILVER

An athlete with an Execution Score below **7.95** points will obtain BRONZE

## 3 Competitive Aerobic Gymnastics Programs

### 3.1 Athlete Registration

- Clubs must register their aerobic gymnastics athletes as one of the following:
  - a) Recreational: (non-discipline specific-Showcase only- non-competitive)

b) Invitational/Interclub: Competitive Novice Division & Pre-Novice Division (7&8 yrs) FIG World Age Group Rules -Event & Age Categories with Ontario modifications

c) Provincial: FIG World Age Group Rules-Competitive Event & Age Categories

- Athletes wishing to compete must be registered with Gymnastics Ontario in either the Invitational or Provincial Stream.

Note: The competitive Invitational stream is designated as the Novice Division.

- Athletes do not need to identify which Event(s) or Age Category they are competing in until the time of registration for a competition.
  - Refer to Section 4.3 *Invitational Routine Requirements Chart* pg. 22.  
Note: Difficulty Penalty for Repetition of Elements from same Family Group will not be applied in Invitational-Novice & Pre-Novice Divisions. [www.gymnasticsontario.ca](http://www.gymnasticsontario.ca) -Resources
  - Refer to Section 5.1 *Provincial Routine Requirements Chart* pg. 24
- Athletes may compete in an Individual program and/or compete as a member of a Mixed Pair, Trio, Group and/or Aerodance.
- Athletes may compete in multiple events in their Age Division.
- Club/Coaches registering athletes competing in 4 or more events in their Age Division must indicate this to the Meet Director and have approval from Aerobics Technical Committee & Aero Program Manager.
- Minimum competitive Provincial age requirement is 9 yrs as of December 31<sup>st</sup> of the current year of the competition.

Minimum Competitive age requirement (Invitational): 7 years as of December 31<sup>st</sup> of the current year of the competition.

**Note: 7 & 8 yr. olds are permitted to compete in the Invitational Stream only designated as the Pre-Novice Division.**

## 3.2 Pre-Novice Age Division

- 7 & 8 yr olds will be allowed to compete in their own age based Pre-Novice division
- Age Requirement is based on minimum age of 7 yrs. as of December 31<sup>st</sup> of the year of competition
- Must be registered with GO in the Invitational Stream to be eligible to compete.
- 7 & 8 yr olds are not permitted to participate in the Provincial Qualifying System and are not eligible for Ontario Championships.
- 7 & 8 yr olds are eligible only for Invitational awards – medals & ribbons
- Pre-Novice athletes in the Individual event category cannot be combined with any other age categories for awards. No flashing/displaying of scores is allowed.
- A Pre-Novice athlete will be allowed to be a member (only one) of a Trio or Group with 9–11yr olds and will be permitted to compete in the Invitational Novice Category(Trio/Group).
- Pre-Novice Age Division will follow the same Invitational routine requirements and Difficulty deductions as Novice Development 9-11 yr Age Division
- Competition results for 7&8 yr. olds are to be made available for coaches ONLY.

## 4 Competitive Invitational (Novice & Pre-Novice) Stream Program

### 4.1 Purpose

- To promote development of athletes participating in the sport.

- To provide competitive opportunities for developing Aerobic gymnasts as an alternative to Provincial Stream competition.
- To foster sport development of Aerobic Gymnastics within the Ontario clubs.

## 4.2 Invitational - Novice Division Criteria

- Must be registered with GO as an Invitational or Provincial Aerobics athlete.
- Registered Provincial Aerobic athletes who are members of an Invitational MP, Trio or Group are considered to be Invitational Stream participants. If they are competing in any other Group events or as an Individual, they will be permitted the option to compete in the Provincial Stream; therefore, allowing them to compete in two streams in the same competitive year. Note: Only registered Provincial athletes are eligible to compete in the Aerobic Provincial Stream.
- Competitive athletes 7 & 8 years of age may only register with GO as an Invitational athlete (refer to Section 3.2 PreNovice Age Division)
- Must pay the GO registration fee required of an Invitational or Provincial athlete
- Ineligible for Provincial Medal Awards or to qualify for Aerobic Ontario Championships
- In Invitational Stream only in the Aerodance Trio or Group event, it is allowed to have one competitor (but no more than one member) from another age division. Note: that in Aerodance the age divisions are different.
- An Invitational competitor in an Aerodance Trio or Group whose age falls between two age divisions in the competition year (ending December 31st ) may compete in either age division within that year. Example: A 12 year old turning 13 within the competition year can compete in the Junior or Varsity Aerodance division.
- In the Invitational stream in an Aerobic or Aerodance Trio or Group, if one member of a Trio or Group is 7 or 8 years old, they are allowed to compete in the Novice Development division.

Requirements for Invitational Aerodance follows ANAC Aerodance Competition Rules, ANAC Event & Age Categories – refer to Section 1.4.5 or [www.sportaerobics-nac.com](http://www.sportaerobics-nac.com) with the following Ontario Aerodance modifications:

- Age exception in Invitational applies to both Aerodance Trio & Group
- 2<sup>nd</sup> Dance Style may be any dance style for ages 7 to 12
- 0.1 Bonus awarded under Artistry for the Artistic Score if a 3<sup>rd</sup> dance style is performed with quality (no other ANAC bonus is applied)

## 4.3 Invitational (Novice Division & Pre-Novice) Routine Requirements

| Novice Age Group Requirements (Invitational Division) <i>Judged on Difficulty, Execution &amp; Artistic</i> | Novice Development 9 – 11yrs<br><i>in year of the competition</i><br><b>Pre-Novice 7 &amp; 8yrs</b> | Novice Age Group 1 12 – 14 yrs<br><i>in year of the competition</i>  | Novice Age Group 2 15 – 17 yrs<br><i>in year of the competition</i><br><b>Senior Novice 18+yrs</b>   |
|---|---|--|--|
| <b>Categories</b><br>Note: Aerodance Judged on Execution & Artistic Only                                    | AG IW IM MP TR GP(5)<br>AD <b>AERODANCE</b><br>IM IW MP TR TEAM(5-10)<br><b>Junior AD – 9-12yrs</b> | IW IM MP TR GP(5)<br>AD <b>AERODANCE</b><br>IM IW MP TR TEAM(5-10)<br><b>Varsity AD – 13-17yrs</b>   | IW IM MP TR GP(5)<br>AD <b>AERODANCE</b><br>IM IW MP TR TEAM(5-10)<br><b>Varsity AD 13-17yrs Senior AD – 18+yrs</b>  |
| <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<br>10 x 10 GP   | 7 x 7 IW-IM<br>10 x 10 MP-TR-GP  | 10 X 10<br>All Categories  |
| <b>Compulsory Elements <i>Must be performed at the same time without any combination</i></b>                | 4<br>A 101 Push Up<br>B 102 Straddle Support<br>C 103 Air Turn<br>D 121 Vertical Split              | 4<br><b>A142 Wenson PU</b> or A 364 Helicopter to PU<br>B102/104 Straddle Support-max 1/1<br>C 184 Tuck Jump 1/1<br>D 153 1/1 Turn to Vertical Split | 4<br><b>A 364/374/365 Helicopter to PU</b> or to Split or to Wenson<br>B 102/104/106 Straddle Support-max 2/1<br>C 314 Straddle Jump<br><b>D 153/264/265/286 1/1 Turn to Vertical or Illusion</b> or Illusion to Vertical Split or Free Illusion to Vertical Split<br><b>Senior –No Compulsory Elements Required</b> |
| <b># of Difficulty Elements</b>   | 6 Maximum<br>Off Axis Jump not allowed  | 8 Maximum<br>Off Axis Jump not allowed   | 10 DE Max IW-IM<br>9 DE Max MP-TR-GP   |
| <b>Elements Allowed Value</b>   | 0.1 – 0.4<br>(1 DE 0.5 Optional)<br>No 1 Arm PU<br>No 1 Arm Support                                 | 0.1 – 0.6<br>(1 DE 0.7 Optional)<br>No 1 Arm PU<br>No 1 Arm Support  | <b>0.1</b> – 0.7 (AG2)<br>(1 DE 0.8 Optional AG2)<br><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<br>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<br><b>Senior – 2 Combinations of 2/3 Elements Allowed</b>   |
| <b>Lifts</b>  | 0   | 1 Lift Optional No Value   | <b>1 Lift Optional - No Value AG2 &amp; Seniors</b>  |
|   | ND – Max. DV= 1.6 ÷2<br>ND – Max D-S= .800  | AG1 – Max. DV= 4.1 ÷2<br>AG1 – Max D-S= 2.05<br>AG2 – Max. DV= 6.6/5.9 ÷2<br>AG2 – Max D-S= 3.3/2.95   | Seniors – 18+ yrs Same as AG 2 with the exception of : <b>No Compulsory Elements Combinations Allowed</b>  |

## 5 Competitive Provincial Stream Program

### 5.1 Provincial Program - Routine Requirements

| World Age Group Requirements<br>Judged on Difficulty, Execution & Artistic                      | National Development 9 – 11yrs<br><i>in year of the competition</i>                           | Age Group 1<br>12 – 14 yrs<br><i>in year of the competition</i>  | Age Group 2<br>15 – 17 yrs<br><i>in year of the competition</i><br>Senior – 18+yrs   |
|---|---|--|--|
| <b>Categories</b><br>Note: Aerodance Judged on Execution & Artistic Only                        | AG IW IM MP TR GP(5)<br>AD <b>AERODANCE</b> IM IW MP TR GP(5-10)<br><b>Junior AD -9-12yrs</b> | AG IW IM MP TR GP(5)<br>AD <b>AERODANCE</b> IM IW MP TR GP(5-10)<br><b>Varsity AD – 13-17yrs</b>                                 | AG IW IM MP TR GP(5)<br>AD <b>AERODANCE</b> IM IW MP TR GP(5-10)<br>FIG AG2 AeroDance GP(6)<br>FIG Senior Aerobic Dance (8)<br><b>Varsity AD – 13-17yrs Senior AD -18+yrs</b>  |
| <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<br>10 x 10 GP   | 7 x 7 IW-IM<br>10 x 10 MP-TR-GP  | 10 X 10<br>All Categories  |
| <b>Compulsory Elements</b><br><i>Must be performed at the same time without any combination</i> | 4<br>A 101 Push Up<br>B 102 Straddle Support<br>C 103 Air Turn<br>D 121 Vertical Split        | 4<br>A364 Helicopter to PU<br>B102/104 Straddle Support-max 1/1<br>C 184 Tuck Jump 1/1<br>D 153 1/1 Turn to Vertical Split       | 4<br>A 374/365 Helicopter to Split or to Wenson<br>B 102/104/106<br>Straddle Support-max 2/1<br>C 314 Straddle Jump<br>D 265/286 Illusion to Vertical Split or Free Illusion to Vertical Split<br><b>Senior –No Compulsory Elements Required</b> |
| <b># of Difficulty Elements</b>   | 6 Maximum<br>Off Axis Jump not allowed  | 8 Maximum<br>Off Axis Jump not allowed   | 10 DE Max IW-IM<br>9 DE Max MP-TR-GP   |
| <b>Elements Allowed Value</b>   | 0.1–0.4<br>(1 DE 0.5 Optional)<br>No 1 Arm PU No 1 Arm Support                                | 0.1- 0.6<br>(1 DE 0.7 Optional)<br>No 1 Arm PU No 1 Arm Support  | 0.2–0.7<br>(1 DE 0.8 Optional)<br><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<br>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<br><b>Senior – 2 Combinations of 2/3 Elements Allowed</b>   |
| <b>Lifts</b>  | 0   | 1 Lift Optional No Value   | 1Lift Required - No Value<br><b>Senior -1 Lift of Value</b>  |
|   | <b>ND – Max. DV= 1.6 ÷2</b><br><b>ND – Max D-S= .800</b>                                      | <b>AG1 – Max. DV= 4.1 ÷2</b><br><b>AG1 – Max D-S= 2.05</b><br><b>AG2 – Max. DV= 6.6/5.9 ÷2</b><br><b>AG2 – Max D-S= 3.3/2.95</b> | Seniors – 18+ yrs Same as AG 2 with the exception of :<br><b>Compulsory Elements</b><br><b>Combinations Allowed</b><br><b>1 Lift of Value</b>  |

### 5.2 Provincial Program

Minimum Competitive age requirement (Provincial): 9 years as of December 31st of the current year of the competition.

Only Aerobic Provincial registered athletes are eligible to compete at Aero Cup Qualifiers, Ontario Championships, or to receive sanctioning for ANAC or any other International Competitions.

**Aerobic Gymnastics (Provincial/National)** for Individual (IM, IW), Mixed Pairs, Trios & Group (5) are governed by the FIG 2017-20 Code of Points & Appendix V- FIG World Age Group Requirements. Refer to FIG 2017-20 COP at [www.fig-aerobics.com](http://www.fig-aerobics.com)  
Refer to Section 5.1 - Provincial Routine Requirement Chart.

**Provincial Aerodance:** Requirements for Provincial Aerodance follows ANAC Aerodance Competition Rules and ANAC Event & Age Categories (refer to Section 1.4.5 or refer to [www.sportaerobics-nac.com](http://www.sportaerobics-nac.com) ) with the following Ontario Aerodance modifications:

- o 2<sup>nd</sup> segment & Dance Style may be any dance style for athletes of 7 to 12 years of age.
- o Bonus awarded under Artistry for the Artistic Score if a 3<sup>rd</sup> dance style is performed with quality (no other ANAC bonus is applied)

**Age exception in Provincial Stream applies only to Aerodance Group/Team(5-10)**

*In the Provincial stream, only in Aerodance Group/Team is the rule (competing in another age division) applied. Only allowable for ONE competitor of an Aerodance Group/Team to be from another age division. (ANAC).*

**Note:** For FIG & ANAC Competitions - Aerodance routines require that the 2nd Segment & Dance Style must be Street Dance.

Aerodance at FIG competitions allows only a FIG Group of 8 in Senior or a FIG Group of 6 in AG2. Refer to FIG 2017-20 Code Of Points at [www.fig-aerobics.com](http://www.fig-aerobics.com)

## 6 Additional Documents & Information

### Aerobic Gymnastics FIG 2017-2020 Rules – Summary Guide

| DIFFICULTY<br>GROUPS/FAMILIES   | DIFFICULTY DEDUCTIONS - 1.0 @   |
|---|---|
| <p><b>Group A – Dynamic Strength</b></p> <ol style="list-style-type: none"> <li>1. <b>Push Up</b><br/>PU /Hinge/Lateral/Wenson</li> <li>2. <b>Explosive PU</b><br/>A Frame/Cut</li> <li>3. <b>Explosive Support</b><br/>High V/Reverse Cut</li> <li>4. <b>Leg Circle/Flair</b></li> <li>5. <b>Helicopter</b></li> </ol> | <p><b>10DE for IW&amp;IM – 9 DE for MP/TR/GR 1 Lift of Value required 1 Element from at least 3 groups</b> (no max # Floor Elements) Exceeding Max of 9/10 DE (- 1.0 per element)</p> <ul style="list-style-type: none"> <li>• Less than 3 Element Groups (-1.0 per missing group)</li> <li>• Repetition of Element/<i>Same Family</i> (-1.0 per element)</li> <li>• Exceeding 3 DE (Group C) landing in PU and/or Splits</li> <li>• Combination exceeding 3 elements (AE or DE-1.0 per element)</li> </ul> <p><i>*Elements with a Fall or not meeting min. requirements or with unacceptable execution will not receive value.</i></p> <p>All MP,TR,GP must perform same DE at same time or consecutively. <b>MP&amp;TR- perform 2 diff DE at same time-<i>*No Elem Values, 1 Element counted in total #of 9 elements allowed.</i></b></p> <p><b>Group 1x only-if do 2 diff DE at same time- element of lowest value receives the value -<i>*the 2<sup>nd</sup> time or more 2 Diff El performed at same time by Group=No Elem Value No Deduction 1ElementCounts</i></b></p> <p><b>MP&amp;TR- DE performed by only 1 or 2 <i>*No Recognition Not Counted</i></b></p> |



|  |  |
|--|--|
| <p><b>Group B – Static Strength</b></p> <ol style="list-style-type: none"> <li><b>Support</b><br/>Straddle/ L Support</li> <li><b>V Support/High V Support</b></li> <li><b>Horizontal Support</b><br/>Planche/ Wenson Support</li> </ol>   | <p><b>Bonus:</b> 0.1 Combination of 2 DE 0.2 Combination of 3 DE<br/>0.1 Combination of Acro + DE 0.2 for 3 (1 Acro+ 2 DE)</p> <ul style="list-style-type: none"> <li>Combined directly w/o stop, hesitation or transition</li> <li>2 or 3 elements may be from same or different groups but <u>must be from different families</u></li> <li><b>Combination of 2 Acro NOT ALLOWED=CJP Deduction-0.5</b></li> <li>Each element must meet minimum requirements &amp; <u>cannot be repeated</u> to receive the additional Bonus value</li> <li>MP/TR/GR must perform <b>same combination of 2/3 elements at the same time</b><br/><i>*Combinations not performed at the same time = No Value /No Bonus/ No Deduction /Elements Counted</i><br/>Exceeding 2 combinations of 2/3 elements = <b>Value Given No Bonus No Deduction Elements Counted</b></li> </ul>  |
| <p><b>Group C – Jumps &amp; Leaps</b></p> <ol style="list-style-type: none"> <li><b>Vertical/Straight Jump</b><br/>Air Turn/Free Fall</li> <li><b>Horizontal Jump</b> Gainer</li> <li><b>Bent Legs Jump</b><br/>Tuck/ Cossack (Wolf)</li> <li><b>Pike Jump</b></li> <li><b>Straddle Jump</b><br/>Straddle &amp; Frontal Split</li> <li><b>Split Jump/ Switch Leap</b></li> <li><b>Scissor Leaps</b> (Tour Jete)</li> <li><b>Scissor Kick Jump</b></li> <li><b>Off Axis Jump- Rotation</b></li> <li><b>Butterfly</b></li> </ol>   | <p><b>Scoring:</b> Value is given only to the 1<sup>st</sup> 9/10 DE performed<br/><i>At Senior International events -.1&amp;.2 DEs will not be considered as DE</i></p> <ul style="list-style-type: none"> <li>All DE s and Combinations that have received a value will be <b>added together and then:</b></li> <li>Total divided by 2 points for IW IM MP TR(Men) GR(Men)</li> <li>Total divided by 1.8 points for TR &amp; GR (Women or Mixed)</li> <li><b>Total divided by 2 points for AD AS ND WA 1 &amp; WA2</b> Resulting <b>D SCORE</b> submitted is given to 3 decimal points</li> </ul> <p><i>2 D Judges agreed score is the final D Score; allowable deviation of .3 (before dividing by 2 or 1.8)</i></p> <p><b>TOTAL SCORE = A Score+ E Score+ D Score+ CJP Score(Lift) All D Judge Deductions are recorded &amp; submitted.</b></p> <p>All <b>D Judge Deductions</b> are added together; then total divided by 2 (<i>given to 2 decimal points</i>)</p> <p><b>*D Judge Deductions+ Line Judge + Chair JP deductions are deducted from <u>Total Score</u> to give FINAL SCORE</b></p> |
| <p><b>Group D – Balance &amp; Flexibility</b></p> <ol style="list-style-type: none"> <li><b>Splits</b> Frontal/Vertical</li> <li><b>Turns &amp; Turns Leg at Horizontal</b></li> <li><b>Balance Turn</b></li> <li><b>Illusion</b></li> <li><b>Kicks</b></li> </ol>   |  |
| <p><b>CHAIR OF JUDGES PANEL</b><br/>Prohibited Moves: 0.5 each time<br/><i>Acrobatic Refer to Chapter 7.1 pg. 28</i></p> <ul style="list-style-type: none"> <li>Static Moves- Extreme Flexibility</li> <li>Moves of Extreme Back Flexibility</li> <li>Handstand held more than 2 secs</li> <li>Dive Rolls with Twists</li> <li>Salto less or more 360° w or w/o Twist</li> <li><b>*Propelling during Collaboration*</b></li> <li>Combination of Acrobatic Elements <b>AE may be used only 2x in whole routine w/o combination</b><br/><i>if MP/TR/GR do 2 different AE at same time, it counts as *1 Acro.</i></li> </ul> <p>Prohibited Lifts: 0.5 each time Height higher than 2 persons standing Direct Salto from propelling<br/>Entry of Lift with more than 1 Acro Elem</p> | <p><b>CHAIR OF JUDGES PANEL (CJP) DEDUCTIONS</b></p> <p>0.5 - Lift missing or additional Lift (each time) -1 required<br/>0.5 - Prohibited Lifts (each time)<br/>0.5 - Prohibited Moves (.5 Combination of 2 Acro Elements)<br/>0.5 - 3 or more Acro Elements in the routine (each time)</p> <p>0.2 - Attire Incorrect (.3 Missing National Emblem )<br/>0.2 - Presentation Fault/Theatrical<br/>0.2 - Time Infraction +/- 1-2 sec<br/>0.5 - Time Fault +/- 3 sec<br/>0.5 - Interruption of performance for 2-10 seconds (each time)<br/>0.5 - Failure to appear on Competition area within 20 sec.<br/>2.0 - Stop of performance over 10 secs <b>2.0 – Theme unacceptable</b></p> <p>Warning – Prohibited Area/Bad Behaviour/Nat Tracksuit not worn/ Competition Attire not worn at Award Ceremony<br/>DQ - Serious Breach of FIG Statues, COP or Tech Regs<br/>Walkover – failure to appear within 60 secs of being called</p>   |



|  |   |  |    |    |  |  |    |    |  |   |       |   |    |    |  |  |       |       |  |
|--|---|--|----|----|--|--|----|----|--|---|-------|---|----|----|--|--|-------|-------|--|
| <p><b>Lifts: 1 Standing Dynamic Lift Required</b><br/> <i>Lifts are considered Collaborations if <u>not</u> lifted on to the shoulders or <u>not</u> above the shoulders of standing person or if lifter is not standing (ICC2016)</i></p> <ul style="list-style-type: none"> <li>• Base must be standing at start of Lift</li> <li>• Must be lifted <u>on to or above</u> shoulder height/axis – <u>bent arms/straight arms</u></li> <li>• May involve any combination of competitors</li> <li>• End/Exit position must be controlled</li> <li>• Must show different shapes and/or different levels before propelling (if included) the lifted person(s)</li> </ul> | <p style="text-align: center;"><b>Criteria for Evaluation of the Lift Value Max 1.00</b></p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding-left: 20px;">1 Entry of the Lift/ Levels of Lift <u>onto or Above</u> Shoulder Ht</td> <td style="text-align: right; vertical-align: bottom;">.1</td> </tr> <tr> <td style="padding-left: 20px;">.2</td> <td></td> </tr> <tr> <td style="padding-left: 20px;">2 Show Physical Capacities- Strength, Flexibility, Balance</td> <td style="text-align: right; vertical-align: bottom;">.1</td> </tr> <tr> <td style="padding-left: 20px;">.2</td> <td></td> </tr> <tr> <td style="padding-left: 20px;">3 Changing Different Levels with Different Shapes</td> <td style="text-align: right; vertical-align: bottom;">.1 .2</td> </tr> <tr> <td style="padding-left: 20px;">4 Showing Dynamism – Speed, Rotation of Competitors</td> <td style="text-align: right; vertical-align: bottom;">.1</td> </tr> <tr> <td style="padding-left: 20px;">.2</td> <td></td> </tr> <tr> <td style="padding-left: 20px;">5 Showing Airborne Phase w or w/o 1/1 rotation</td> <td style="text-align: right; vertical-align: bottom;">.1 .2</td> </tr> <tr> <td style="padding-left: 20px;">.1 .2</td> <td></td> </tr> </table> <p>Note:<br/> All Prohibited Moves cannot be performed in the Lift – A Lift with a Fall will receive “0” Value<br/> <b>Propelling: defined as when a competitor is thrown by a partner into an airborne position with no contact with partner.</b></p> <p><b>A-1 Cartwheel is in standing position (from standing to standing in upright position)</b></p> | 1 Entry of the Lift/ Levels of Lift <u>onto or Above</u> Shoulder Ht | .1 | .2 |  | 2 Show Physical Capacities- Strength, Flexibility, Balance | .1 | .2 |  | 3 Changing Different Levels with Different Shapes | .1 .2 | 4 Showing Dynamism – Speed, Rotation of Competitors | .1 | .2 |  | 5 Showing Airborne Phase w or w/o 1/1 rotation | .1 .2 | .1 .2 |  |
| 1 Entry of the Lift/ Levels of Lift <u>onto or Above</u> Shoulder Ht   | .1  |  |    |    |  |  |    |    |  |   |       |   |    |    |  |  |       |       |  |
| .2   |   |  |    |    |  |  |    |    |  |   |       |   |    |    |  |  |       |       |  |
| 2 Show Physical Capacities- Strength, Flexibility, Balance   | .1  |  |    |    |  |  |    |    |  |   |       |   |    |    |  |  |       |       |  |
| .2   |   |  |    |    |  |  |    |    |  |   |       |   |    |    |  |  |       |       |  |
| 3 Changing Different Levels with Different Shapes  | .1 .2   |  |    |    |  |  |    |    |  |   |       |   |    |    |  |  |       |       |  |
| 4 Showing Dynamism – Speed, Rotation of Competitors  | .1  |  |    |    |  |  |    |    |  |   |       |   |    |    |  |  |       |       |  |
| .2   |   |  |    |    |  |  |    |    |  |   |       |   |    |    |  |  |       |       |  |
| 5 Showing Airborne Phase w or w/o 1/1 rotation   | .1 .2   |  |    |    |  |  |    |    |  |   |       |   |    |    |  |  |       |       |  |
| .1 .2  |   |  |    |    |  |  |    |    |  |   |       |   |    |    |  |  |       |       |  |

### Integration 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.*

### Allowed Acrobatic Elements (AE): (2017-20 FIG COP –Chapter 7 pg.28)

- A1 –Cartwheel (from a standing to standing position)
- A2 – Roundoff
- A3 – Walkover Forward or Backward
- A4 – Headspring
- A5 – Front Handspring
- A6 - Back Handspring (Flic Flac)
- A7 - Salto (360°max) Front or Back or Sideward / 1/1 Twist/Aerial Cartwheel

### Prohibited Acrobatics: -0.5 each CJP Deduction

- moves showing extreme back flexibility (Static Moves, Bridges, Ring Leap/Jump)
- Dive rolls with twists
- 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/Series 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 Aerobic Gymnastics Routines: (Not applicable to Aerodance)**

- In some categories 2 combinations of 2/3 Difficulty Elements (DE) & Acrobatic Elements (AE) are allowed and may receive Bonus. 0.1 Bonus for DE+DE or AE+DE  
0.2 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 2<sup>nd</sup> or more times 2 different DE performed at the same time by Group = No Value given – No Deduction*

**Aerobic Gymnastics Individual, Pairs, Trio, Group (5), Aerobic Dance**

- Follows the 2017-20 FIG Aerobics Code of Points – Appendix V World Age Group & Appendix VI – Aerobic Dance Rules & Requirements

**Aerodance Individual, Pairs, Trios, Team (5-10)**

- Refer to Page 5 Aerodance (Provincial) of Aerobic Gymnastics Technical Rules & Regulations  
*Follows ANAC Aerodance Competition Rules*

**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, propelled and/or carried off the ground. FIG Code of Points 2017 – 2020**

*In a lift an individual may be inverted, swung, or perform saltos/twists* 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 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. Propelling is allowed in Lifts.

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.

## **6.1 Webpages & Documents**

GO website (Acro & Aero) [www.gymnasticsontario.ca](http://www.gymnasticsontario.ca)

- Provincial Routine Requirements
- Invitational (Novice & PreNovice) Routine Requirements
- Difficulty Deductions Invitational (Novice) & Provincial
- Aerobic Gymnastics – Resources & Contacts

(Acro & Aero) [www.gymnasticsontario.ca](http://www.gymnasticsontario.ca) Competition Forms

- DE Element List – Coaches Form
- DE Element List Example & Guide to Form Requirements
- Aerobic Gymnastics Judges Honorarium Form

FIG Aerobics [www.fig-aerobics.com](http://www.fig-aerobics.com)

GCG [www.gymcan.org](http://www.gymcan.org)

ANAC [www.sportaerobics-nac.com](http://www.sportaerobics-nac.com)

Facebook Resource: World Class Aerobic Gymnastics