

**AEROBIC GYMNASTICS FIG 2022-24 RULES - SUMMARY GUIDE**

DIFFICULTY GROUPS/FAMILIES	DIFFICULTY DEDUCTIONS - 0.5 @
<p><b><u>Group A – FLOOR ELEMENTS</u></b></p> <p><b>A Family 1 Dynamic Strength</b>            1.1) A-Frame            1.2) Straddle Cut            1.3) Explosive High-V</p> <p><b>A Family 2 Static Strength</b>            2.1) Support            2.2) V-Support            2.3) Planche/Straddle Planche</p> <p><b>A Family 3 Leg Circles</b>            3.1) Flair            3.2) Helicopter</p>	<p><b>9 DE for IW&amp;IM – 8 DE for MP/TR/GR</b> 5.2 pg.28  <b>Min of 5 Families</b> -(no max # Floor Elements)</p> <ul style="list-style-type: none"> <li>Exceeding Max of 9/8 DE (- 0.5 per element)</li> <li>Less than 5 Families (-0.5 per missing group)</li> <li>Exceeding 2 Elements from the Same Family</li> <li>Repetition of Element/<i>Base Element</i>(-0.5 per element)</li> <li>Exceeding 3 DE (Group B) landing in PU and/or Splits</li> <li>Exceeding 2 DE in Wenson</li> <li>IM IW - Combination exceeding 3 elements (AE/DE)</li> <li>IM IW - Exceeding 3 Sets * Combinations from Same Family -0.5</li> <li>MP/TR/GP - Exceeding 2 Elements in 1 set *Exceeding 2 Sets</li> <li>IM - No Compulsory Dynamic Jump Family 4</li> <li>IM - Performed DE /AE Landing in Splits</li> <li>IM - Performed DE from Family 8 - Flexibility</li> </ul> <p>MP,TR,GP Must perform the same DE/Same AE# at same time -0.5</p> <ul style="list-style-type: none"> <li>TR &amp; GR - No Overlapping Allowed</li> <li>Min 3 Collaborations with physical contact (A-Jury Deduction -0.2 pg. 34)</li> <li>Turn Elements must complete 3/4 of last Turn or be downgraded to lower value</li> </ul> <p>*Elements with a Fall or not meeting min. requirements or with a Large Error or repeated elements <u>will be counted but will not receive value.</u></p>
<p><b><u>Group B – AIRBORNE ELEMENTS</u></b></p> <p><b>B. Family 4 Dynamic Jumps</b>            4.1) Air Turn 4.2) Free Fall            4.3) Gainer 4.4) Butterfly            4.5) Off Axis</p> <p><b>B. Family 5 Form Jumps</b>            5.1) Tuck 5.2) Cossack            5.3) Pike 5.4) Straddle/Frontal</p> <p><b>B. Family 6 Split Leaps/Jump</b>            6.1) Switch Split            6.2) Scissors Leap (Tour Jete)            6.3) Split Sagittal Jump</p>	<p><i>Chapter 3.5 pg. 21 &amp; 5.2 pg.27</i></p> <p><b>Bonus: .1 Combination of 2 DE .2 Combination of 3 DE</b>  <b>.1 Combination of Acro + DE .2 for 3 (1 Acro+ 2 DE)</b></p> <ul style="list-style-type: none"> <li>Combined <u>directly w/o step</u>, stop, or transition</li> <li>2 or 3 elements must be from <b>different Families</b></li> </ul> <p><i>Comb from Same Family=Value/Deduction/No Bonus/Elem&amp;Fam Counted</i></p> <ul style="list-style-type: none"> <li>1 Combination of 2 AE OK in IM IW only D+A+A/A+A+D= .2</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 elements at the same time</b></li> </ul> <p><i>*Combinations not performed at the same time (Canon)= No Value / No Bonus/D- Deduction /Elements &amp; Family Counted</i>  <i>*Different Elements performed at Same Time=No Value/D- Deduction/ 1 Element Counted/ No Family Counted</i>  <i>TR or GR Overlapping - No Value/No Bonus/No Deduction/Element &amp; Family Counted</i>  <i>Exceeding 2/3 combinations (Sets) of 2/3 elements =Values Given /No Bonus /D-Deduction/Elements &amp; Family Counted</i>  <i>**If any element performed does not exist in COP but the BaseName &amp; End position exists = No Value/No Deduction/Element &amp; Family Counted</i>  <i>**IM - If any Base Element from Family 8 is performed = No Value/ D-Deduction/Element &amp; Family Counted</i></p>

<p><b><u>Group C – STANDING ELEMENTS</u></b></p> <p><b>C. Family 7 Turns</b>  7.1) Turns  7.2) Horizontal Turns</p> <p><b>C. Family 8 Flexibility</b>  8.1) Vertical Split  8.2) Balance Turn  8.3) Illusion</p>	<p><b>Scoring: Value is given only to the 1<sup>st</sup> 9/8 DE performed</b>  <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 added together and then:</li> <li>Total divided by 2 points for IW IM MP TR(Men) GR(Men)</li> <li>Divided by 1.7 for TR &amp; GR (Women) or 1.8 (Mixed)</li> <li><b>Total divided by 2 points for AD AS ND AG &amp; JUNIOR</b></li> </ul> <p><b>Resulting D SCORE submitted is given to 3 decimal points</b>  <i>2 D Judges agreed score is the final D Score; (before dividing by 2, 1.8 or 1.7) Scoring 5.5 pg.39 6.1, 6.2 pg. 40-41</i></p> <p><b>TOTAL SCORE = A Score+ E Score+ D Score</b>  <b>All D Judge Deductions are recorded &amp; submitted.</b>  <b>All D Judge Deductions are added together; (given to 2 decimal points)</b>  <b>*D Judge Deductions+ Line Judge + Chair JP deductions are deducted from Total Score to give FINAL SCORE</b></p>
<p><b><u>ACROBATIC ELEMENTS</u></b></p> <p><b>A1. Roundoff</b>  <b>A2. Walkover (Fwd/Bwd)</b>  <b>A3. Handspring Fwd</b>  <b>A4. Handspring Bwd</b>  <b>A5. Salto 360° (Fwd/Bwd/Swd, 1/2 or 1/1 Twist, Aerial Cartwheel)</b></p>	<ul style="list-style-type: none"> <li>Acro performed on 1 or2 Arms OR 1 or 2 Feet 5.2 pg. 26</li> <li>No Repetition allowed including variations</li> <li>AE used as Transition will be counted as 1 ACRO including variations</li> <li><b>IM IW Only allowed Acro Combination 1 set only in whole routine</b></li> <li><b>IM - AE landing in Split Position is not allowed</b></li> <li><b>MP/TR/GP - must perform same Acro# Elements at the same time</b></li> <li><b>(*A2 -if FWO &amp; BWO done at same time OK -not rep. counts as 1 Acro)</b></li> <li><b>AE performed on elbows deducted -0.5 by E-Jury</b></li> </ul>
<p><b><u>CHAIR OF JUDGES PANEL</u></b>  <b>Prohibited Moves: .5 each time</b>  <i>Acrobatic Refer to Chapter 5 pg. 26</i>  &gt;Static Moves- Extreme Flexibility  &gt;Handstand held more than 2 secs  &gt;Dive Rolls with Twists  &gt;Salto more than 360° w or w/o Twist</p> <p><b><u>Combination of Acrobatic Elements</u></b>  <b>*MP/TR/GP - not allowed</b>  <b>*IM IW - 1 AE set allowed 1 x only</b></p> <p><b>Prohibited Collaborations:</b>  Height higher than 2 persons standing  <b>Collaborations:</b>  <b>* Min 3 Collaborations</b>  <b>* Lifts are considered Collaborations</b>  <b>* Propelling allowed only in Collaborations</b>  <b>*AE in Collaborations are not counted</b>  <b>Propelling: defined as when a competitor is thrown by a member(s) into an airborne position with no contact with member(s).</b></p>	<p><i>Chapter 5.1 pg. 24-25</i></p> <p><b><u>CHAIR OF JUDGES PANEL (CJP) DEDUCTIONS</u></b></p> <ul style="list-style-type: none"> <li>.5 - Prohibited Acro Moves (each time)</li> <li>.5 - Prohibited Collaboration (Pyramid Height)</li> <li>.5 - More Sets of Acro Combinations than allowed</li> <li>.5 - More Acro Elements in a combination than allowed IM IW</li> <li>.5 - Repetition of AE (each time)</li> <li>.5 - IM - AE landing in Split (each time)</li> <li>.5 - MP/TR/GR-Performing Different AE</li> <li>.5 - MP/TR/GR-Not Performing same AE at the Same Time</li> <li>.2 - Attire Incorrect (.3 Missing National Emblem)</li> <li>.2 - Presentation Fault/Theatrical</li> <li>.2 - Time Infraction +/- 1-2 sec</li> <li>.5 - Time Fault +/- 5 sec</li> <li>.5 - Interruption of performance for 2-10 seconds (each time)</li> <li>.5 - Failure to appear on Competition area within 20 sec.</li> <li>2.0 - Stop of performance over 10 secs</li> <li><b>2.0 – Theme unacceptable</b></li> </ul> <p><b>Warning – Prohibited Area/Bad Behaviour/Nat Tracksuit not worn/ National Tracksuit not worn at Award Ceremony (refer to T.R.)</b>  <b>DQ - Serious Breach of FIG Statues, COP or Tech Regs</b>  <b>Walkover – failure to appear within 60 secs of being called</b></p> <p><b>Cartwheel is no longer considered an Acrobatic Element</b></p>

<u>AEROBIC DANCE</u>	<u>AEROBIC DANCE</u>
<ul style="list-style-type: none"> <li>• 8 (Males, Females, Mixed)</li> <li>• Must express a Theme</li> <li>• AMPs in a Dance-Like Style - *Min. of 6 AMP sets required</li> <li>• 2nd Different Style Dance Block               <ul style="list-style-type: none"> <li>- 32 - 64 counts Dance Block</li> <li>- Any Different Dance Style</li> </ul> </li> <li>• AE/DE have No Value</li> <li>• Min 3 Collaborations (with physical contact)</li> </ul> <p>* AD - 10 X 10 Floor Area            * AD - Time Age Group = 1:15 +/- 5                - Time Junior = 1:20 +/- 5                - Time Senior = 1:25 +/- 5</p>	<p style="text-align: center;"><b>AGE GROUP: 12-14 yrs. Only A-1 to A-4 Allowed*</b></p> <p>Acro AE Restrictions - CJP Deduction (-0.5 each time)</p> <ul style="list-style-type: none"> <li>* AE Performed in Combination</li> <li>* Performed Different AE at the same time</li> <li>* Any Repetition of AEs - *A-5 is prohibited</li> </ul> <p style="text-align: center;"><b>JUNIOR: 15 - 17 yrs. No Limit of Single AEs</b></p> <p>Acro AE Restrictions - CJP Deductions (-0.5 each time)</p> <ul style="list-style-type: none"> <li>* More than 2 AE in Combination</li> <li>* More than 2 Sets of 2 AEs</li> </ul> <p style="text-align: center;"><b>SENIOR: 18+ yrs. No Limit of Single AEs</b></p> <p>Acro AE Restrictions - CJP Deductions (-0.5 each time)</p> <ul style="list-style-type: none"> <li>* More than 2 AE in Combination</li> <li>* More than 3 Sets of 2 AEs</li> </ul> <p><u>General CJP Deductions (-0.5 each time)</u></p> <ul style="list-style-type: none"> <li>* Prohibited Pyramid Height</li> <li>* Prohibited Acro Moves</li> <li>* Men Landing AE in Splits</li> </ul>

**Artistic Composition Requirement - Aerobic Content (ND/AG/JR/SR)**

IM/IW - must have min **8 AMPs which includes 3 AMP Block** (w/o choreographic jumps)

MP/TR/GR - must have min **9 AMPs which include 4 AMP Block** (w/o choreographic jumps)

*(performed close together, showing travel, orientation & formation changes)*

**Penalty given by Artistry Judges under Aerobic Content:**

**Deduct -0.2 for each missing 8/9 AMP set      Deduct -0.5 for No 3/4 AMP Block**

**Note: If any routine starts/ends directly with an Element it is deducted -0.2 each by A-J under Artistic Routine Choreography**

**AERODANCE requires: A min. of \*6 AMP sets in a Dance-Like Style and a Dance Block of 32 - 64 cts (4-8 sets) in a 2nd Dance Style**

**A-J Penalty under Dance Content: -0.2 for each missing Dance AMP set**

**A-J Penalty under Dance Content: -0.5 for No Dance Block(-/+ than 4-6 sets)/not Different Dance Style**