

**INVITATIONAL (NOVICE DIVISION) 2022-24
AEROBIC GYMNASTICS ROUTINE REQUIREMENTS**

Novice Age Group Requirements (Invitational Division) Judged on Difficulty, Execution & Artistic	Novice Development 9 – 11yrs <i>in year of the competition</i> <i>PreNovice 7& 8yrs</i>	Novice Age Group 12 – 14 yrs <i>in year of the competition</i>	Junior Novice 15 – 17 yrs <i>in year of the competition</i> Senior Novice 18+yrs
Categories Note: Aerodance Judged on Execution & Artistic Only PR=Pairs or Mixed Pair Allowed *New -AD Team(4-10) OPEN Ages (9-18+yrs)	AG IW IM PR TR GR(5) AD AERODANCE IM IW PR TR TEAM*(4-10) Novice AD – 9-11yrs	IW IM PR TR GR(5) AD AERODANCE IM IW PR TR TEAM*(4-10) Varsity AD – 12-17yrs	IW IM PR TR GR(5) AD AERODANCE IM IW PR TR TEAM*(4-10) Varsity AD 12-17yrs Senior AD – 18+yrs
Music Length	1 minute 15 seconds (+/-5 secs) AG&AD	1 minute 15 seconds (+/-5 secs) AG&AD	JR 1:20(+/-5) (AG&AD) SR- IM IW - 1:20 +/-5 SR-PR/TR/GR AD 1:25+/-5
Competition Space	7 x 7 IW-IM-PR-TR 10 x 10 GR	7 x 7 IW-IM 10 x 10 PR-TR-GR-AD	10 X 10 All Categories
Compulsory Elements <i>CE-Must be performed at the same time without any combination for ND & AG</i> <i>JR-CE in Combination OK</i>	3 A101 PU or 122 Wenson PU A212 Straddle Support B403 Air Turn	4 A101 PU or 122 Wenson PU or A334 Helicopter to PU A202/A 212 L or Straddle Support-max 1/1 A204/A214 B504 Tuck Jump 1/1 C704 2/1Turn or 1/1 Turn702	Junior - No Compulsory DE JR - Min. of 4 Families JR (1 DE 0.8 Optional) (2 DE 0.7 Optional) 4,5,6 or 7 DE 0.6 or Lower) Senior –No Compulsory DE Senior - Min 5 Families
# of Difficulty Elements	7 DE Maximum IM- Fam 4 not Compulsory IM- Fam 8 not Allowed	7 DE Maximum IM- Fam 4 Not Compulsory IM- Fam 8 Not Allowed	JR 7 DE Maximum SR 9 DE Max IM IW SR 8 DE Max MP-TR-GR JR/SR IM- F4 Compulsory & No F8 Allowed
Elements Allowed Value	DE 0.1 - 0.4 No 1 Arm Support	DE 0.1 - 0.6 No 1 Arm Support	0.1– 0.8 (JR) SR 0.1 – 1.0
Push Up/Split Landings DE (Group B) & AE	IW PR/MP TR GR Max 1 Jump Landing in Split No PU Landing IM- No Split or PU Landings	IW PR/MP TR GR Max 1 Jump into Split OR 1 Jump landing into PU IM - Max 1 PU Landing - No Split Landings	IW PR/MP TR GR-Max 1 Jump to PU & 1 Jump to Spt IM-JR-Max 2 PU Landings IM-JR/SR- NO Split Landing SR-Max 3 Jumps Landing in Splits and/or Push Up
Acrobatic Elements AE - No Value No Repetition Allowed	2 AE from A1-A2 (Optional)	2 AE from A1 – A4 (Optional)	2 AE from A1 – A5 JR - No Salto w Twist JR/SR-IM/IW - 1 Set A+A ok
Combination of DE/AE Elements Allowed	No Combinations	1 Combination of 2 Elements Allowed A+D/ D+D/ D+A	JR-1 Combinations of 2 Elements Allowed Senior – 2 Combinations of 2/3 Elements Allowed
Collaborations (With Physical Contact)	Min 1 Collaboration	Min 2 Collaborations	Minimum of 3 Collaboration
	ND – Max. DV= 2.30 ÷2 ND – Max D-S= 1.15 No MakeUp Allowed Optional Tights Form Fitting Shorts Allowed	AG – Max. DV= 3.50 ÷2 AG – Max D-S= 1.75 Light MakeUp	JR - Max. DV= 4.70 ÷ 2 JR - Max D-S= 2.35 SR DV ÷ 1.8 (Mixed TR-GR) SR DV ÷ 1.7 (Women TR-GR)

PROVINCIAL AEROBIC GYMNASTICS ROUTINE REQUIREMENTS 2022-24

World Age Group Requirements Judged on Difficulty, Execution & Artistic	National Development 9 – 11yrs <i>in year of the competition</i>	Age Group 12 – 14 yrs <i>in year of the competition</i>	Junior 15 – 17 yrs <i>in year of the competition</i> Senior – 18+yrs
Categories <i>Note: Aerodance Judged on Execution & Artistic Only</i> PR/MP= Pairs or Mixed Pair MP=FIG/ANAC Requirement **New-AD Team (4-10) Open Ages (9-18+yrs)	AG IW IM PR/MP TR GR(5) AD <u>AERODANCE</u> IM IW PR TR GR(4-10) Novice AD -9-11yrs Open Dance Team (9-18+yr)	AG IW IM PR/MP TR GR(5) AD <u>AERODANCE</u> FIGAgeGroup AD 12-14yr (8) Varsity AD – 12-17yrs AD IM IW PR/MP TR GR 4-10 Open Dance Team (9-18+yr)	AG IW IM PR/MP TR GR(5) AD <u>AERODANCE</u> FIG JR 15-17yr AD (8) FIG SR 18+yrs AD (8) Varsity AD – 12-17yrs Senior AD - 18+yrs AD IM IW PR/MP TR GR 4-10 Open Dance Team (9-18+yr)
Music Length	1 minute 15 seconds (+/-5 secs)	1 minute 15 seconds (+/-5 secs)	JR 1:20(+/-5)&SR-IM IW SR 1:25 +/-5 PR/TR/GR/AD
Competition Space	7 x 7 IW-IM-PR/MP-TR 10 x 10 GR	7 x 7 IW-IM 10 x 10 PR/MP-TR-GR	10 X 10 All Categories
Compulsory Elements <i>CE -Must be performed at the same time without any combination for ND & AG</i> <i>JR - CE in Combination Allowed</i>	3 A101 PU or 122 Wenson PU A212 Straddle Support B403 Air Turn PR/TR/GR- CE must be performed at same time w/o combination	4 A334 Helicopter A202 212 L or Straddle Support-max 1/1 A204 214 B504 Tuck Jump 1/1 C704 2/1 Turn PR/TR/GR- CE must do at same time w/o combination Group B&C- If Downgraded = Missing Compulsory	JR- 7 Compulsory DE JR - Min. of 4 Families JR- Max 1 DE 0.8 (Optional) Min 1*- Max 2 DE 0.7 CE) 4.5 or 6 DE 0.6 or Lower CE) PR/TR/GR- CE at same time - *CE in Combinations OK** Senior –No Compulsory DE Senior - Min 5 Families
# of Difficulty Elements	7 DE Maximum IM- Fam 4 not Compulsory IM- Fam 8 not Allowed	7 DE Maximum IM- F4 not Compulsory IM- F8 not Allowed	JR 7 DE Maximum SR 9DE IM/IW - 8DE MP/TR/GP JR/SR-IM F4 Req'd F8 not Allow
Elements Allowed Value	0.1– 0.4 No 1 Arm Support	0.2- 0.6 No 1 Arm Support	0.2– 0.8 (JR) 0.3 – 1.0 (SR)
Push Up/Split Landings DE (Group B) & AE	IW/PR-MP/TR/GR Max 1 Jump Landing in Split No PU Landing IM- No Split or PU Landing	IW/PR-MP/TR/GR Max 1 Jump into Split OR Max 1 Jump into PU IM-Max 1 PU Landing — No Split Landing	IW-PR/MP-TR-GR-Max 1 Jump to PU & 1 Jump to Spt IM-JR-Max 2 PU Landings IM-JR/SR -No Split Landings SR-Max 3 Jumps Landing in Splits and/or Push Up
Acrobatic Elements (AE) No Value (No Repetition Allowed)	2 AE from A1-A2 (Optional)	2 AE from A1 – A4 (Optional)	2 AE from A1 – A5 JR- No Salto w <u>Twist</u> JR/SR-IW/IM 1Set A+A ok
Combination of Elements AE/DE	No Combinations	1 Combination of 2 Elements Allowed A+D/ D+D/ D+A	JR-1 Combination of 2 Elements Allowed SR-3/2 Sets of 3/2 Elements
Collaborations (With Physical Contact)	Minimum 1 Collaboration	Min 2 Collaborations	Minimum 3 Collaborations
	ND – Max. DV= 2.30 ÷2 ND – Max D-S= 1.15 No MakeUp Allowed Optional Tights Form Fitting Shorts OK	AG– Max. DV= 3.50÷2 AG – Max D-S= 1.75 Light MakeUp	JR - Max. DV= 4.70 ÷ 2 JR - Max D-S= 2.35 SR DV ÷ 1.8 (Mixed TR-GR) SR DV ÷ 1.7 (Women TR-GR)

