

## AEROBIC GYMNASTICS FIG 2025-28 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></p> <p>1.1) Push Up*</p> <p>1.2) A-Frame</p> <p>1.3) Straddle Cut</p> <p>1.4) Explosive High-V</p> <p>1.5) Explosive Capoeira*</p> <p><b>A Family 2 Static Strength</b></p> <p>2.1) Support</p> <p>2.2) V-Support</p> <p>2.3) Planche/Straddle Planche</p> <p><b>A Family 3 Leg Circles</b></p> <p>3.1) Flair</p> <p>3.2) Helicopter</p>	<p><b>8*DE for IW&amp;IM – 8 DE for MP/TR/GR</b>      <b>4.2 pg.21</b></p> <p><b>Min of 4* Families</b> -(no max # Floor Elements)</p> <ul style="list-style-type: none"> <li>• Exceeding Max of 8* DE (- 0.5 per element)</li> <li>• Less than 4* Families (-0.5 per missing group)</li> <li>• Exceeding 2 Elements from the Same Family</li> <li>• Repetition of Same <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>• <b>IM IW - Combination exceeding 3 elements (AE/DE)</b></li> <li>• <b>IM IW - Exceeding 1* Set of 2 or 3 Combinations</b></li> <li>• <b>MP/TR/GP - Exceeding 2 Elements in 1 set *Exceeding 1 Sets</b></li> <li>• <b>IM - No Compulsory Dynamic Jump Family 4</b></li> <li>• <b>IM - Performed DE /AE Landing in Splits</b></li> <li>• <b>IM - Performed DE from Family 8 - Flexibility</b></li> </ul> <p>MP,TR,GP Must perform the <u>same DE/Same AE# at same time -0.5</u></p> <ul style="list-style-type: none"> <li>• <b>TR &amp; GR - No Overlapping Allowed</b></li> <li>• <b>Min 3 Collaborations with physical contact (A-Jury Deduction -0.2</b></li> <li>• <b>Turn Elements must complete 3/4 of last Turn or be downgraded to lower value</b></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></p> <p>4.1) Air Turn    4.2) Axel*</p> <p>4.3) Free Fall    4.4) Gainer</p> <p>4.5) Scale*      4.6) Butterfly</p> <p>4.7) Off Axis</p> <p><b>B. Family 5 Form Jumps</b></p> <p>5.1) Tuck    5.2) Cossack</p> <p>5.3) Pike    5.4) Straddle/Frontal</p> <p><b>B. Family 6 Split Leaps/Jump</b></p> <p>6.1) Switch Split</p> <p>6.2) Scissors Leap (Tour Jete)</p> <p>6.3) Split Sagittal Jump</p>	<p><b>Chapter 4.3 pg. 22 &amp; 23</b></p> <p><b>Bonus: .1 Combination of 2 DE .2 Combination of 3 DE</b></p> <p><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 can be from <b>Same or Different Families *</b></li> </ul> <p><b>Combination =Value/Element&amp;Family Counted/Bonus .1 or .2</b></p> <ul style="list-style-type: none"> <li>• 1 Combination of 2 AE OK but A+A= 0+0 (no Bonus Value)</li> <li>• Each element must meet technical requirements <u>&amp; 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><b>*Combinations not performed at the same time (Canon)= No Value / No Bonus/D- Deduction /Elements &amp; Family Counted</b></p> <p><b>*Different Elements performed at Same Time=No Value/D-Deduction/ 1 Element Counted/ No Family Counted</b></p> <p><b>TR or GR Overlapping - No Value/No Bonus/No Deduction/Element &amp; Family Counted</b></p> <p><b>Exceeding 1** Set of Combinations of 2/3 elements</b></p> <p><b>=Values Given /No Bonus /D-Deduction/Elements &amp; Family Counted</b></p> <p><b>**If any element performed does not exist in COP but the BaseName &amp; End position exists = No Value/No Bonus/Element &amp; Family Counted **IM - If any Base Element from Family 8 is performed = No Value/ D-Deduction/Element &amp; Family Counted</b></p>

<p><b><u>Group C – STANDING ELEMENTS</u></b></p> <p><b>C. Family 7 Turns</b></p> <p>7.1) Passe* Turn 7.2) Horizontal Turn 7.3) Illusion</p> <p><b>C. Family 8 Flexibility</b></p> <p>8.1) Split* 8.2) Vertical Split 8.3) Balance*</p>	<p><b>Scoring: Value is given only to the 1<sup>st</sup> 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 for SR &amp; JR*</li> <li>Total divided by 2 points for IW IM MP TR(Men) GR(Men)</li> <li>Divided by 1.8* for TR &amp; GR (Women) or 1.9* (Mixed)</li> <li>Total divided by 2 points for AD AS ND WY</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, 1.9 or 1.8*) Scoring 8.1 pg. 40-41</i></p> <p><b>TOTAL SCORE = A Score+ E Score+ D Score</b></p> <p><b>All D Judge Deductions are recorded &amp; submitted.</b></p> <p><b>All D Judge Deductions are added together; (to 2 decimal points)</b></p> <p><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 3.5 pg. 19</li> <li>No Repetition allowed including variations</li> <li>AE used as Link will be counted as 1 ACRO including variations</li> <li>IM IW Only allowed Acro Combination 1 set only in whole routine</li> <li>IM - AE landing in Split Position is not allowed</li> <li>MP/TR/GP - must perform same Acro# Elements at the same time</li> <li>MP/TR/GR-AE done in Collab physical contact OK- not counted as AE*</li> <li>(*A2 -if FWO &amp; BWO done at same time OK -not rep. counts as 1 Acro)</li> <li>AE performed on elbows deducted -0.5 by CJP **p.19 P5</li> </ul>

**CHAIR OF JUDGES PANEL**

**Prohibited Moves:** .5 each time

*Acrobatic Refer to Chapter 3..5 pg. 19*

P1 Static Moves- Extreme Flexibility

P2 Handstand held more than 2 secs

P3 Dive Rolls with Twists

P4 Salto more than 360°

P5 AE performed on Elbows\*

**Combination of Acrobatic Elements**

\*IM/IW/MP/TR/GP - Allowed A+A

**\*Note: - 1 Set Combination with DE or AE allowed 1 x only in whole routine\***

Note: A+A= 0+0 No Bonus\*

**Prohibited Collaborations:**

Height higher than 2 persons standing

**Collaborations:**

*\* Min 3 Collaborations*

*\* Lifts are considered Collaborations*

*\* A5 Propelling Elements allowed only in Collaborations with assisted help on Landings\**

\*AE in Collaborations are not counted

**Propelling: defined as when a competitor is thrown by a member(s) into an airborne position with no contact with member(s).**

*Chapter 3.4 pg. 18*

**CHAIR OF JUDGES PANEL (CJP) DEDUCTIONS**

.5 - Prohibited **Acro** Moves (each time)

.5 - Prohibited Collaboration (Pyramid Height)/Landings

.5 - More Sets of **Acro** Combinations than allowed

.5 - **More Acro** Elements in a combination than allowed

.5 - Repetition of **AE** (each time)

**.5 -Males -AE& Variations landing in Split (each time)All Categories**

**.5 - MP/TR/GR-Performing Different AE**

**.5 - MP/TR/GR-Not Performing same AE at the Same Time**

**.3\* - Attire Incorrect (.3 Missing National Emblem)**

**.3\* - Presentation Fault/Theatrical**

.5 - Time Fault +/- 5 sec

.5 - Interruption of performance for 2-10 seconds (each time)

.5 - Failure to appear on Competition area within 20 sec.

**.5\* - Undisciplined Behaviour (each time)**

**5.0\*\* - Stop of performance over 10 secs**

**\*\*GO T.R - 1.0 Penalty ND-IW/IM Stop of Performance\*\***

**5.0\*\* - Theme unacceptable to Code of Ethics**

Warning – Prohibited Area/Behaviour/Nat Tracksuit not worn/  
National Tracksuit *not worn at Award Ceremony (refer to T.R.)*

DQ - Serious Breach of FIG Statues, COP or Tech Regs

**Walkover – failure to appear within 60 secs of being called**

**Cartwheel is not considered an Acrobatic Element**

<u>AEROBIC DANCE</u>	<u>AEROBIC DANCE</u> Appendix 1 pg. 42-45
<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</p> <p>* AD - Time Youth = 1:20* +/- 5            - Time Junior = 1:20 +/- 5            - Time Senior = 1:20* +/- 5</p>	<p><b>*YOUTH* 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 -</li> <li>* A-5 performed w/o Landing assistance*</li> </ul> <p><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><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/Landings</li> <li>* Men Landing AE in Splits</li> </ul>

**Artistic Composition Requirement - Aerobic Content (ND/WY/JR/SR) Chapter 6 pp 31-38\***

IM/IW - must have min 9\* AMPs which includes 4\* 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:**

**Reduce Content -0.5\* for each missing 9 AMP set     Reduce -0.5 for No 4 AMP Block**

*Note: If any routine starts/ends directly with an Element it is Reduce -0.5\*\* each by A-J under Artistic Routine Choreography*

*Note: General Content Reduced 0.5 each - Less than 3 Collaborations /Missing Area or Zone*

*Note: Artistic Performance Reduced 0.5 - Performed with Multiple touches or a Fall*

**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 (Appendix 1 pp 42-46)**

**A-J Penalty Dance Content: -0.5\* each missing Dance AMP set/-0.5 Missing 2nd Style-Block**

**A-J Penalty Artistic Routine: -0.5\* for Missing Theme /-0.5\* Missing Opening-Introduction**

