

INVITATIONAL (NOVICE DIVISION) 2025-28
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> PreNovice 7& 8yrs	Novice Youth* 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 *AD Team(4-10) OPEN Ages (9-18+yrs) Invitational	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 AD* - 1:20 +/- 5	1 minute 15* seconds AD* - 1:20 +/- 5	JR/SR - 1:25* (+/-5) AD-JR/SR - 1:20 +/-5
Competition Space*	10 x 10 All Categories	10 x 10 All Categories	10 X 10 All Categories
Compulsory Elements <i>CE-Must be performed at the same time <u>without</u> any combination for ND</i>	4 A101 PU A212 Straddle Support B403 Air Turn C702 1/1 Turn	Novice Youth - No Compulsory DE - Min. Of 4 Families	Junior - No Compulsory DE Junior - Min. of 4 Families Senior –No Compulsory DE Senior - Min 4 Families
# of Difficulty Elements	7 DE Maximum IM- Fam 4 not Compulsory IM- Fam 8 not Allowed IW- Fam 7 not Compulsory*	7 DE Maximum IM- Fam 4 Not Compulsory IM- Fam 8 Not Allowed IW- Fam 7 not Compulsory	JR 7 DE Max SR 8*DE Max IM-JR/SR-Min 1 F4 Required IM-JR/SR-NO F8 Allowed IW-JR/SR-Min 1 F7 Required
Elements Allowed Value	DE 0.1 - 0.4 No 1 Arm Support	DE 0.1 - 0.6 No 1 Arm Support	JR 0.1– 0.7* SR 0.1 – 1.0
Push Up/Split Landings DE (Group B) & AE	IW PR/MP TR GR Max 1 Jump Landing in Split OR PU Landing IM- No Split Landings	IW PR/MP TR GR Max 2 Jumps into Split &/or PU Landing IM - No Split Landings	IM/IW PR/MP/TR /GR-Max 3 Jumps to PU &/or to Split IM-JR/SR-NO Split Landings
Acrobatic Elements AE - No Value No Repetition Allowed	2 AE from A1-A2 (Optional) A3-5 Allowed in Collab assisted landing/support	2 AE from A1 – A4 (Optional) A5 Allowed in Collab assisted landing/support	2 AE from A1 – A5 JR - No Salto w Twist Allowed in Collab with assisted landing/support
Combination of DE/AE Elements Allowed	1 Combination of 2 Elements Allowed A+D/ D+D/ D+A	1 Combination of 2 Elements Allowed A+D/ D+D/ D+A	JR-1 Combinations of 2 Elements Allowed Senior – 1 Combination of 2/3 Elements Allowed
Collaborations (With Physical Contact)	Max 2* Collaborations	Min 2* Collaborations	JR&SR –Min of 3* Collaborations
	ND – Max. DV= 2.10÷2 ND – Max D-S= 1.05 No MakeUp Allowed Optional Tights Form Fitting Shorts Allowed	WY – Max. DV= 4.30 ÷2 WY – Max D-S= 2.15 Light MakeUp	JR - Max. DV= 5.00 ÷ 2 SR - Max D-S= ÷ 2

PROVINCIAL AEROBIC GYMNASTICS ROUTINE REQUIREMENTS 2025-28

World Age Group Requirements Judged on Difficulty, Execution & Artistic	National Development 9 – 11yrs <i>in year of the competition</i>	World Youth* 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 Requirement *AD Team (4-10) Open Ages (9-18+yrs) Invitational	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> FIG FIG Youth 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/SR 1:25*(+/-5) JR/SR 1:20* +/-5 AD
Competition Space	10 x 10	10 x 10	10 X 10 All Categories
Compulsory Elements <i>CE -Must be performed at the same time without any combination for ND</i> <i>PR/TR/GR- CE must be at same time w/o combination</i>	4 A101 PU A212 Straddle Support B403 Air Turn C702 1/1 Turn	No Compulsory Element Min 4 Families	JR- No Compulsory DE JR - Min. of 4 Families Senior –No Compulsory DE Senior - Min 4* Families
# of Difficulty Elements	7 DE Maximum IM- Fam 4 not Compulsory IM- Fam 8 not Allowed IW- Fam 7 not Compulsory*	7 DE Maximum IM- F4 not Compulsory IM- F8 not Allowed IW- Fam 7 not Compulsory*	JR 7 DE Maximum SR 8 DE Maximum JR/SR-IM F4 Req'd F8 not Allow JR/SR-IW Min 1 F7 Required
Elements Allowed Value	0.1– 0.4 No 1 Arm Support	0.2- 0.6 No 1 Arm Support	0.2– 0.7 (JR) 0.2 – 1.0 (SR)
Push Up/Split Landings DE (Group B) & AE	IW/PR-MP/TR/GR Max 1 Jump Landing in Split or PU Landing IM- No Split Landing DE/AE	IW/PR-MP/TR/GR Max 2 Jumps into Split &/or PU Landing IM- No Split Landing DE/AE	JR/SR-Max 3 Jumps Landing in Splits &/or PU IM-JR/SR -No Split Landings
Acrobatic Elements (AE) No Value (No Repetition Allowed)	2 AE from A1-A2 (Optional) A3-5 Allowed in Collab assisted landing/support	2 AE from A1 – A4 (Optional) A5 Allowed in Collab assisted landing/support	2 AE from A1 – A5 JR- No Salto w Twist A5 Allowed in Collab assisted landing/support
Combination of Elements AE/DE	1* Combination of 2 Elements	1 Combination of 2 Elements Allowed A+D/ D+D/ D+A	JR(All)& SR(MP/TR/GR) - 1 Set of 2 Elements SR-(IM/IW) -1* Set of 3/2 Elements
Collaborations (With Physical Contact)	Max 2* Collaborations	Min 2 Collaborations	Minimum 3 Collaborations
	ND – Max. DV= 2.10 ÷2 ND – Max D-S= 1.05 No MakeUp Allowed Optional Tights Form Fitting Shorts OK	AG– Max. DV= 4.30÷2 AG – Max D-S= 2.15 Light MakeUp	JR - Max. DV= 5.00 ÷ 2 JR/SR-IM/IW D-S= ÷ 2 JR/SR ÷ 1.9 (Mixed TR-GR) JR/SR ÷ 1.8 Women TR-GR