



## **AEROBIC GYMNASTICS**

# **Technical Rules & Regulations**

Aerobic Gymnastics Technical Committee  
Gymnastics Ontario  
Revised October 2024

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## **Section 1            GENERAL INFORMATION FOR AEROBIC GYMNASTICS**

### **1.1 RATIONALE/PURPOSE:**

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

1. A performance opportunity for athletes of all ages interested in progressing through a developmental system at the Recreational, Invitational/Interclub, Provincial or National level.
2. To provide competitive opportunity, as an individual or as a member of a group, that develops showmanship and teamwork.
3. A challenging and fun program that is within every athlete's potential.
4. 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.
5. 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.
6. 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.
7. Provide another competitive opportunity for a gymnastic club or Cheerleading program. A safer alternative since throws or propulsion moves with unassisted landings are not allowed.
8. An adaptable judging system for competition.

## 1.2 *Gymnastics Ontario* *Aerobic Gymnastics – Athlete/Coach Model Program Overview*

<b>CanGym Aerobics Development / Recreational Program</b>	<b>Aerobic Gymnastics &amp; Aerodance Invitational Novice Program</b>	<b>Aerodance Invitational &amp; Provincial Program</b>	<b>Aerobic Gymnastics Provincial Program</b>	<b>Aerobic Gymnastics National Program</b>
<p>Can-Gym Aerobics Program Levels/Stages 1 – 6</p> <p><u>AssessmentCategories</u> CanMove CanDynamic CanStatic Can Jump CanFlexibility</p> <p><u>1.Aero Gym Fitness Resource Booklet</u> Innovative Ideas &amp; Resources about How to Incorporate &amp; Develop Aerobics into Existing Club Recreation Programs or School Curriculum</p> <p>*Introduces the Basic Components of AG *4 Element Groups A Dynamic Strength B Static Strength C Jumps &amp; Leaps D Balance Turns &amp; Flexibility *Seven BasicSteps * Aerobic Movement Sequence (16cts)</p> <p>* CanGym Compulsory Routine I, II, III <i>CanGym Element Values &amp; OFSAA Technical Rules on GO website</i></p>	<p><u>Event Categories</u> AG Individual MW AG MP/PR, Trios AG Group (5) MW <b>AD Individual MW</b> <b>AD MP/PR, Trios</b> <b>AD Team (4-10)</b></p> <p><u>Invitational-Novice Age Categories:</u> <b>PreNovice 7&amp;8yr</b> N-ND 9-11 yr. N-WY* 12-14 yr. N-JR 15-17 yr. N-SR 18+ yr.</p> <p><u>Requirements</u> AG Invitational &amp; Provincial Technical Rules &amp; Regulations available herein</p> <p><u>Development Resources</u> <i>Aero-Gym Booklet available on GO Aerobics website</i></p> <p><u>Contact GO/GCG re:</u> <i>NCCP Aerobic Foundation Courses</i></p>	<p><u>AERODANCE Event Categories</u> <b>AD Ind IM IW</b> <b>AD MP/PR, TR</b> <b>AD Team 4- 10</b> <i>Note:</i> <i>AD FIG SR Grp 8</i> <i>AD FIG JR Grp 8</i> <i>AD FIG AG Grp 8</i></p> <p><u>AD Invitational &amp; Provincial AD AgeCategories:</u> <b>PreNovice 7&amp;8yr</b> Novice Dance 9-11 yr. Varsity Dance 12-17 yr. Senior Dance 18+ <b>AD Open Team 9-18+yr</b></p> <p><u>Requirements</u> <b>Refer to Aerodance Requirements in Technical Rules available herein</b></p> <p><b>Refer to 2025-28 FIG AerobicGymnastic Code of Points – Aerobic Dance</b></p> <p><i>Aerodance Age &amp; Event Categories have been modified for Ontario use.</i></p> <p><b>Note:</b> FIG AeroDance Age/Event Categories are different <b>Refer to FIG AD National Program</b></p>	<p><u>Event Categories</u> AG Individual MW AG <b>MP/PR</b> Pairs, AG Trios AG Group 5 MW <b>AD Individ MW</b> <b>AD MP/PR, TR</b> <b>AD Team (4-10)</b></p> <p><u>Provincial Age Categories:</u> ND 9-11 yr. <b>WY*</b> 12-14 yr. JR 15-17 yr. SR 18+yr.</p> <p><u>Requirements</u> Refer to FIG Aerobic World Age Group Requirements</p> <p>2025-28 FIG Aerobics Code of Points</p> <p><i>AG Invitational &amp; Provincial - GO website Technical Rules &amp; Regulations available herein</i></p>	<p><u>Event Categories</u> Individual MW <u>Mixed</u> Pairs, Trios AG Group 5 MW <b>FIG AD SR Group 8</b> <b>FIG AD JR Group 8</b> <b>FIG AD WY* Group 8</b></p> <p><u>National FIGAgeCategories:</u> FIG Nat'l Dev 9-11 yr FIG Youth* 12-14yr FIG Junior 15-17yr FIG Senior 18+</p> <p><u>Requirements</u> Refer to 2025-28 FIG Aerobic Gymnastics Code of Points for Technical Rules and Regulations</p>
<a href="http://www.gymnasticsontario.ca">www.gymnasticsontario.ca</a>	<a href="http://www.gymcan.org">www.gymcan.org</a>			<a href="http://www.fig-gymnastics.com">www.fig-gymnastics.com</a> <a href="http://www.fig-aerobics.com">www.fig-aerobics.com</a>

## 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 FIG 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 a 2<sup>nd</sup> dance style to the music. The routine may include acrobatic and/or difficulty elements but they will not receive any value. The choreography should represent teamwork and be well-synchronized.

**Aerobic Dance** is also allowed with a group of 8 competitors (male, female or mixed) in the **FIG World Age Junior (15 – 17yrs) as well as FIG World Age Youth Division (12 - 14yrs)**

*Refer to the 2022-24 FIG Aerobic Gymnastics Code of Points –FIG website*

[www.fig-gymnastics.com](http://www.fig-gymnastics.com)

### **1.3.4 Aerodance (Invitational & Provincial)**

In Ontario, Invitational & Provincial Aerodance competitive categories allow: Individual (IM, IW), Pairs, Trio, Team (4- 10) in **three Age Divisions – Novice Dance 9-11 yrs, Varsity Dance 12-17 yrs, and Senior Dance 18+yrs.** *To encourage greater participation recreationally (Gymnastradas) as well as competitively, the Aerodance Open Team category of 4-10 gymnasts is open to ages ranging from 9 - 18+years.*

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> different dance style to the music. **The 2<sup>nd</sup> Dance Style performed may be any dance style - Jazz, Folk, Bollywood, Social, Street Dance style etc – not Lyrical.**

The routine may include Difficulty Elements but are not required as the routine is only judged on Execution & Artistry. 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. A minimum of 3 Collaborations (with physical contact) is required. Lifts are considered Collaborations. Tumbling (Acrobatic Elements) can be performed singly *or for SR no more than 3 combination sets/series (of 2 consecutive acro skills only) & for JR - only 2 combinations of 2 acro skills are allowed.* **The Youth Division are not allowed any combination of 2 acro skills and Acro elements done in Collaboration must perform landings with partner support/help**

***Requirements for Invitational & Provincial Aerodance follows FIG Aerodance Competition Rules. Aerodance Event & Age Categories follow Ontario modifications.***

### **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. 3 Difficulty Element Groups A, B, C - 8 Family Categories
- C. Aerobic Movement Pattern AMP - Aerobic 8 Count/Aerobic Sequence/Set

#### **A. The Seven Basic Steps:**

1. WALK/MARCH
2. JOG
3. SKIP
4. LUNGE
5. JUMPING JACK
6. KNEE LIFT
7. KICK

#### **B. The 3 Aerobic Gymnastic Element Groups - Values .1 – 1.0**

**GROUP A FLOOR ELEMENTS:** Dynamic & Static Strength - Families 1, 2 & 3

**GROUP B AIRBORNE ELEMENTS:** Jumps & Leaps - Families 4, 5 & 6

**GROUP C STANDING ELEMENTS:** Turns & Flexibility - Families 7 & 8

#### **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 for IM/IW & for PR/TR/GR - Total of 9 AMP sets which includes 4 AMP Block)*

*An AMP Block contains only basic steps without any choreographic jumps (eg. Cat Jump, Air Jack, Hitch Kick, Fan Kick etc.) or super high-impact rebound. In MP-PR/TR/GR the AMP Block must also be performed close together.*

**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 2025-28 Code of Points, Appendix 3,4,5- World Age Group Competitions. **Refer to - Provincial Routine Requirement Chart. GO website -Aerobics**

**Aerobic Gymnastics (Invitational - Novice)** for Individual (IM, IW), -Pairs, Trios & Group (5) are governed by Ontario modifications to the FIG 2025-28 Code of Points, Appendix 3,4,5- World Age Group Competitions which are intended to encourage competitive participation, development and facilitate progression into the Provincial Competitive Stream. **Refer to - Invitational (Novice) Routine Requirement Chart. [GO Website - Aerobics](#)**

## **1.4 Aerobics 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**.

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.

The competitive structure for **Invitational & Provincial** competition will be based on the FIG COP Age Groups, Event Categories and Routine Requirements/Difficulty Penalties.

**For the purpose of encouraging participation and meeting the needs of continued development in the sport of Aerobic Gymnastics in Ontario, some modifications have been applied in regards to Aerodance Age & Event categories (AD -IW/IM/PR/TR/GR & AD OPEN TEAM) and the allowance of Pairs (PR) - 2 Women/2 Males or Mixed (MP) as a competitive Aerobic event category. (Refer to Aerobics Athlete/Coach Model Program Overview)**

*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(PR),TR,GR/AD**  
**Level – is by age based on the 4 FIG World Age Group Divisions ND, WY\*, JR, SR**

**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

**WY**– **World YOUTH N-WY** Novice Youth **12 - 14 yr. olds**

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

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

**PN** – **PreNovice** - 7&8 yr. olds. **JR** - Junior **15- 17 yr. olds** **SR** Senior **18+ yrs.**



**IW** - Individual Women **IM** - Individual Men  
**MP** – Mixed Pair **PR** Pair (2W/2M) **TR** – Trio (3W/3M/Mixed)  
**GR (GP)** - **Aero Group of 5 or Aerodance Group/Team of 4-10**  
**AD-N** - Novice Dance (9 -11yrs) **AD-V** - Varsity Dance (12 -17yrs)  
**AD-S** - Senior Dance (18+yrs) **AD-OT** - Open Team

### **1.4.3 COMPETITIVE EVENT CATEGORIES (Invitational/Provincial/National):**

1. FIG AG Individual Women IW Individual Men IM
2. FIG AG Mixed Pairs **\*\*PR - Invitational/Provincial only**
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 Junior Aerobic Dance (8) FIG World **Youth** Dance (8)
6. **Aerodance Group/Team (4-10) (Invitational/Provincial )**
7. **Aerodance Mixed Pairs /PR or Trios (Invitational/Provincial) \*PR -Invit & Provincial\***
8. **Aerodance Individual IW IM (Invitational/Provincial)**

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

### **1.4.4 WORLD 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

#### **Invitational**

Novice Development	9 - 11 yrs.
Novice <b>Youth</b>	12 - 14 yrs.
Novice Junior	15 – 17 yrs.
Novice Senior	18+ yrs.

#### **Provincial/National**

National Development	9 - 11 yrs.
World <b>Youth</b>	12 - 14 yrs.
World Age Junior	15 –17 yrs.
Senior	18+ yrs.

### **1.4.5 WORLD AGE GROUP AERODANCE CATEGORIES (Invitational & Provincial)**

**Note:** *Event Age Divisions are based on Ontario modifications.*

*Aerodance is judged on Execution & Artistic only. (FIG)*

**Aerodance (AD) Individual, MP, Trio, Team: \*\*PR-AD (Invitational/Provincial Only)**

**\*\*Novice Dance 9 -11 yrs. Varsity Dance 12 – 17yrs. Senior Dance 18+ yrs.\*\***

**AD-Open Team 9 -18+yrs (max of one 7/8 year old is permitted - InvitationalOnly)**

- Ontario allows Aerodance to be competed as an Individual, Pair, Trio or Group/Team.
- An Ontario Aerobic Dance group/Team of 4 to a maximum of 10 is permitted to compete & Aerodance Age divisions have been modified. **\*\*See above paragraph\*\***

## **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 an 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 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 host club

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:

	1 Day Pass	2 Day Pass	3 Day Pass
<b><i>Cups and Qualifiers</i></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.

***Tour Selection/Elite Ontario/Ontario Championships***

Adult: 18 years of age & older	\$12	\$20	\$28
Senior: 55 years of age & older	\$8	\$13	\$18
Student: 11 to 17 years of age	\$8	\$13	\$18
Children: 6 to 10 years of age	\$5	\$8	\$12
Children: 5 & under	Free	Free	Free

All Athletes competing in the Selection/Championship are not required to pay an admission fee throughout the weekend.

## 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 than 8 pairs/groups or 16 individuals may be present on a single standard sized floor at any time during specific warm-up.

e) 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.

f) 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.

g) 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.

h) 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.

i) 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.

j) 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.

k) 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

- 1) 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.
- 2) Competition Area Dimensions – 12 x 12 m Floor Exercise Area
- 3) **The Competition Floor Area is a clearly marked 10m x 10m for all Competitive Categories\***

### 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/Acro\*) or NCCP Level 2, FIG Academy 1(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 2025-28 2.3.1 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 required. (Optional Provincially)
- Form fitting body shorts will be allowed.
- Aerobics attire must be in non-transparent material.
- **Men** must wear 2 pieces (shorts or long pants and a form fitting sleeveless top) or a full-length unitard. Shorts/pants/trousers must not be skin-tight. **Long Sleeves & Sequins are not allowed.**

**Aerodance Attire: FIG COP 2025-28 Part 3 Appendix 01 pg 42 Aerobic Dance**

- Leotard, unitard, two-piece leotard, pants, long leggings, close fitting shorts and tops are allowed. [A skirt leotard \(like Rhythmics\) allowed.](#)
- The attire of team members can be different but should be co-ordinated.

**i) Athletes Dress Code**

- Gymnastic slippers with white socks (optional) or just 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 (optional) 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.

**ii) 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 /Demo level routines. (DE List Forms are located on the G.O. website)**

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 or group 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 is recommended to be used at Aerobic Gymnastics competitions.**

**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 could be done for blocking the 32 -64 count Dance Block 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 **1:25 seconds** for **Junior & Senior** event categories (a +/- 5 second leeway is allowed). **\*\*1:20 +/- 5 seconds for all AD\*\* routines National Development and Youth\* (Novice & PreNovice) event categories are 1:15 seconds (+/- 5 seconds) 1:20 +/- 5 seconds for AD**

### 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 & PreNovice 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 (÷ 1.9\* in Senior TR,GR -Mixed ÷ 1.8\* in SR-TR, GR- all 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 2025-2028Aerobics Code of Points.  
(Invitational/Provincial/National)

- In Aerodance, in all event categories, the 2<sup>nd</sup> dance style performed may be any Dance Style.
- There are no protests or appeals allowed against scores or results.

**Flashing Scores: Flashed Scores should include Name(s), Club Logo, Event Category, Difficulty Score, Execution Score, Artistry Score, Penalties & Final Score .**

**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.***

### 1.15.1 Marshalling & Awards

- 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. *(Note: National Tracksuit must be worn at both the Opening & Closing/Awards Ceremonies at FIG competitions -\*FIG T.R. Section 1, Art 9.3.3.)*
- Athletes are permitted to wear sandals, flip-flops or gym shoes when moving between training floors but not on the training or competition floor.

### 1.15.2 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 (4-10)
- In both the Aerobic & Aerodance age division categories - Pairs, Trios and Group will be

- combined into one Award Category **unless there is more than 1 set of athletes (PR,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 Total Execution Score**, if still tied then by **highest Total 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.
  - **It is recommended at subsequent (Invitational) competitions that large Age Divisions being split into 2 or more groups should be regrouped & split evenly according to their first competition results - highest to lowest Final scores.**
  - **Medals will be awarded in 2 Aerodance Event Categories in each Age Division – AD Individual & AD Group which includes Pairs/Trios/Team (4-10)**
  - **If numbers in the AeroDance Senior age category are not sufficient (only 1), it will be combined with the Varsity/Junior Dance Age Division in the AD Individual &/or AD Group Events for Medals**

## Section 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 publically 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.

## Section 3 Competitive Aerobic Gymnastics Programs

### 3.1 Athlete Registration: refer to GO Registration Handbook [www.gymnasticsontario.ca](http://www.gymnasticsontario.ca)

1. 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.
2. 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.**

3. 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 *Invitational Routine Requirements Chart* - [GO website - Aerobics](#)

*Note: Difficulty Penalty for Repetition of Elements from same Family Group will not be applied in Invitational-Novice & PreNovice Divisions. [www.gymnasticsontario.ca](http://www.gymnasticsontario.ca) -Resources*

- Refer to *Provincial Routine Requirements Chart* - [GO Website - Aerobics](#)
4. Athletes may compete in an Individual program and/or compete as a member of a Mixed Pair/Pair, Trio, Group and/or Aerodance.
  5. Athletes may compete in multiple events in their Age Division.
  6. 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.
  7. 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 PreNovice Division.**

### **3.2 PreNovice Age Division:**

- 7 & 8 yr olds will be allowed to compete in their own age based PreNovice 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
- PreNovice athletes in the Individual event category cannot be combined with any other age categories for awards. No flashing/displaying of scores is allowed.
- A PreNovice athlete will be allowed to be a member (only one) of a Pairs, Trio or Group with 9–11yr olds and will be permitted to compete in the Invitational (Aerobic or Dance) Novice Category(PR, Trio/Group, Novice Dance, Open Dance Team).
- PreNovice 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.

### 3.3 Aerobic Competition General Information

Refer to:

- 1.4.1.2 Aerobics Competitive Programs – Structure & Streams pg.6 - 8
- 1.4.3 Event Categories pg. 9
- 1.4.4 Age Group Aerobic Categories pg.9
- 1.4.5 Age Group Aerodance Categories pg.9
- 1.12 Competition Standards – Facilities/Coaching Standards/Dress Codes pg. 15
- 1.15.2 Awards pg. 18

### Section 4 Competitive Invitational (Novice & Pre Novice) Stream Program:

Invitational-Novice/PreNovice Division is a Competitive Entry/Development Level 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.

**Club/Coaches may choose to register gymnasts in the Invitational stream for the following reasons:**

- In first year entry into competitive Aerobics/ Gymnasts or clubs new to the discipline
- Training less than 4 hours a week
- Low or developing skill level of Difficulty Elements
- 7 & 8 years of age for competitive development

#### 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/PR, 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 PR, Trio or Group** event, it is allowed to have one competitor (but no more than one member) from another age division.

- An Invitational competitor in an Aerodance PR, Trio or Group whose age falls between two age divisions in the competition year (ending December 31<sup>st</sup>) may compete in either age division within that year.

Example: A 11 year old turning 12 within the competition year can compete in the Novice or Varsity Aerodance division.

- In the Invitational stream in an Aerobic or Aerodance Pairs, Trio or Group, if one member of a Pairs, Trio or Group is 7 or 8 years old, they are allowed to compete in the Novice Development division or Novice Dance division.

*Refer to - Invitational Routine Requirement Chart. GO website - Aero Resources*

*Requirements for Invitational Aerodance follows Aerodance Competition Rules, (IW/IM, MP/PR, TR & Team)– refer to Section 1.4.5 pg.9*

**Novice National Development - IW/IM Level Only - An individual athlete who stops performing for longer than 10 seconds be allowed to stop the routine & leave the floor. The athlete will be allowed to redo their routine at the end of their group's competitive rotation. A CJP Penalty Deduction of - 1.0 will be applied to the athlete's score.**

## **Section 5 Competitive Aerobic Gymnastics Provincial Stream**

### **5.1 Provincial Aerobic Gymnastics Program**

Minimum Competitive age requirement (Provincial): 9 years as of December 31<sup>st</sup> 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 or Pairs, Trios & Group (5) are governed by the FIG 2024-28 Code of Points & Appendix 3,4,5- FIG World Age Group Requirements. (Note: Pairs allowed Provincially; Mixed Pair is the FIG Requirement for all International Competitions)

*Refer to FIG 2025-28 COP at [www.fig-aerobics.com](http://www.fig-aerobics.com)*

*Refer to - Provincial Routine Requirement Chart. GO website - Aero Resources*

**5.2 Provincial Aerodance:** for Individual (IM,IW), Mixed Pairs or Pairs, Trios & Group/ Team (4-10)

**Requirements for Provincial Aerodance follows FIG Aerodance Competition Rules and Ontario Event & Age Categories (Novice 9-11 yrs, Varsity 12-17 yrs, Senior 18+yrs, Open Team 9-18+yrs)**

**Age exception in Provincial Stream applies only to Aerodance Group/Team(4-10)**

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

*Note: Aerodance at FIG competitions allows only a FIG Group of 8 in Senior, a FIG Group of 8 in Junior & a FIG Group of 8 in Youth Division. Refer to FIG 2025-28 Code Of Points at [www.fig-aerobics.com](http://www.fig-aerobics.com)*

**6.0 Webpages & Documents**

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

- Aerobic Gymnastics FIG 2025-28 Summary Guide
- Aerobics Program Overview 2025-28
- Provincial Routine Requirements 2025-28
- Invitational (Novice & PreNovice) Routine Requirements 2025-28
- Aerobic Gymnastics Minimum Difficulty Requirements 2025-28
- Difficulty Deductions (Invitational/Novice & Provincial)
- Aerobic Gymnastics Summary - Scoring 2025-28

**6.1 Competition /Judging Forms**

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

- DE Element List - Coaches Form
- Aerobics Judges Honorarium Form

**FIG Aerobics** [www.fig-aerobics.com](http://www.fig-aerobics.com)  
**GCG** [www.gymcan.org](http://www.gymcan.org)  
**GO** [www.gymnasticsontario.ca](http://www.gymnasticsontario.ca)  
**ANAC** [www.sportaerobics-nac.com](http://www.sportaerobics-nac.com)