



15th Aerobic Gymnastics Interschool Competition

Directives

- I. **Aim:** Promote Aerobic Gymnastics
- II. **Date:** 22 April 2018 (Sunday)
- III. **Time:** 09:00 – 18:00
- IV. **Venue:** Wai Tsuen Sports Centre - Arena
- V. **Qualification:**
- | | |
|---------------------|--|
| Primary School (A): | All students from whole day / half-day Primary School (Pr. 1–3) |
| Primary School (B): | All students from whole day / half-day Primary School (Pr. 4–6) |
| Secondary School: | All students from whole day / half-day Secondary School |
| College: | All students from College |

VI. Event & fee

Category	Events					
	Aerobic gymnastics					Aerobic dance
	Individual Men (IM)	Individual Women (IW)	Mixed pair (2ppl) (MP)	Trios (3ppl) (TR)	Group (5ppl) (GP)	8 people
Primary School (A)	Fee		Fee	Fee	Fee	Fee
Primary School (B)	\$70		\$100	\$ 150	\$250	\$ 300
Secondary School	(per head)		(per team)	(per team)	(per team)	(per team)
College						

Remark: **Addition \$30 insurance fee per head

VII. Application:

1. All application must apply with the school chop
2. Maximum 3 events per participants

VIII. Application method:

Fill the form and send it together with the self- addressed envelope and crossed cheque (Heading: The Gymnastics Association of Hong Kong, China) to GAHK office, address: Room 1002, Olympic House, 1 Stadium Path, Causeway Bay.

IX. **Deadline:** 29th March 2018 (No late or incomplete applications will be considered.)

X. Team Manager Meeting and Drawing:

Team Manager Meeting will hold in the Meeting Room of Olympic House on **4th April 2018 (Wednesday) at 6:00 pm**. The meeting will brief about competition remarks and draw orders of the participants. Each participants must send representative to attend the Team Manager Meeting.

XI. Award:

1. All participants will receive a certificate of attendance
2. Top 8 participants in each events will receive a certificate of ranking
3. Participants who have 10 marks or above but do not receive certificate of ranking, will receive a certificate of merit
4. Merit will offer when there is less than 2 participants / teams
5. School which participate in 3 or above events will participate in Team Prize. Events are as following: Individual Men, Individual Women, Mixed pair, Trios, Group and Aerobic Dance

Score of Team Prize :

Rank	1	2	3	4	5	6	7	8
Score	9	7	6	5	4	3	2	1

XII. Size of competition floor:

Category	Events	Size
Primary School (A & B)	IM / IW / MP	7m x 7m
Primary School (A & B)	TR / Group / Aerobic Dance	10m x 10m
Secondary School / College / Kindergarten	All events	

XIII. Dress Code:

1. Dress code of the participants must follow the rules from the AERO Code of Point (2017-2020).
2. Participants must wear the white aerobics shoes and the white socks.
3. Participants who participate in Mixed Pair, Trios and Groups must wear the same leotard.
4. Participants who participate in Aerobic Dance can wear the school sports uniform or same leotard.
5. Attire violating any description written in the AERO Code of Point (2017-2020) will be deducted 0.2 points each time for different criteria.

XIV. Competition Rules: Refer to the attachment**XV. Notices for School and Participants:**

1. A draw will decide the starting order of the competition during the Team Manager Meeting, if the representatives' absence from the meeting, the organizer will help to draw the orders in the competition.
2. Each participant / team must hand in the difficulty form on the competition day during the registration.
3. Each school must send representative(s) (Maximum 4 representatives) in the opening ceremony. Each school need to prepare **2 Eight Counts** of Aerobic Movement Pattern (AMP) in the opening ceremony. (Remark: Could be the AMP from the competition routine)
4. Registration time will be announce during the Team Manager Meeting.
5. Only the Teacher / Coach and the participant(s) can enter the waiting area. Others cannot enter the waiting area.
6. Participants must report to the **Registration Counter** and show the valid document with the photo-bearing (E.g.: Identity card, Student card / Student handbook) during the registration. Participant who fail to show the valid document, **he / she will not be allowed to take part in the competition.**

XVI. Remarks

1. Unless stipulated, all rules and regulations will follow The Gymnastics Association of Hong Kong, China.
2. According to our policy, all enrolled participants must pay for the insurance fee (i.e. Personal Accident Insurance) in addition to the entry fee for the event. Participants can purchase extra insurance due to specific needs. You may find more details on the insurance coverage in our website and read the Physical Activity Readiness attached in Appendix I.
3. If any participant(s) is/are found to be impostors, the Organizer will have the right to order him/her/them to withdraw from the competition and his/her/their result(s) in the competition will be cancelled. Enrolment fee will not be refunded.
4. The Gymnastics Association of Hong Kong, China has the right to make any necessary changes and its decision will be final.

XVII. Enquiries:

The Gymnastics Association of Hong Kong, China (Phone: 2504 8233, Fax no.: 2882 8590, Email: mail@gahk.org.hk)



15th Aerobic Gymnastics Interschool Competition

Application Form

(Aerobic Gymnastics – Individuals / Mixed Pair / Trio)

School : _____

Address : _____

Teacher name : _____ Phone : (Office) _____ (Mobile) _____

Fax : _____ Email : _____

Events	Name		DOB (dd/mm/yy)	Grade	Category	Gender
	Chinese	English				
Individual Men (1)						M
Individual Men (2)						M
Individual Women (1)						F
Individual Women (2)						F
Mixed Pair (1)						M
						F
Mixed Pair (2)						M
						F
Trio (1)						M / F
						M / F
						M / F
Trio (2)						M / F
						M / F
						M / F

Remark:

- > Maximum 3 events per participants
- > All participants must sign the **declaration**

Teacher / Coach Signature : _____

Date : _____ School Chop : _____

If there is any inconsistency or conflict between the English and Chinese versions, the Chinese version shall prevail.



15th Aerobic Gymnastics Interschool Competition

Application Form

(Aerobic Gymnastics – Group)

School : _____

Address : _____

Teacher name : _____ Phone : (Office) _____ (Mobile) _____

Fax : _____ Email : _____

Events	Name		DOB (dd/mm/yy)	Grade	Category	Gender
	Chinese	English				
Group (1)						M / F
						M / F
						M / F
						M / F
						M / F
Group (2)						M / F
						M / F
						M / F
						M / F
						M / F

Remark:

- > Maximum 3 events per participants
- > All participants must sign the **declaration**

Teacher / Coach Signature : _____

Date : _____ School Chop : _____



15th Aerobic Gymnastics Interschool Competition

Application Form

(Aerobic Gymnastics – Aerobic Dance)

School : _____

Address : _____

Teacher name : _____ Phone : (Office) _____ (Mobile) _____

Fax : _____ Email : _____

Events	Name		DOB (dd/mm/yy)	Grade	Category	Gender
	Chinese	English				
Aerobic Dance						M / F
						M / F
						M / F
						M / F
						M / F
						M / F
						M / F
						M / F

Remark:

- > Maximum 3 events per participants
- > All participants must sign the **declaration**

Teacher / Coach Signature : _____

Date : _____ School Chop : _____

15th Aerobic Gymnastics Interschool Competition

Declaration

(The parents / guardians of applicants aged below 18 must sign this form)

I certify that I am entering this competition at my risk and responsibility. I agreed to abide by the regulations, policies and anti-doping policy of The Gymnastics Association of Hong Kong, China. I for myself, my executors and administrators, do hereby waive and release, any and all rights, claims and causes of action I have or May have against The Gymnastics Association of Hong Kong, China and all sponsors, promoters, supporters and all other contributors from any and all liability arising from illness, injury death, loss and economic consequences I May suffer as a result of my entry in this event from any cause whatsoever, including negligence. I certify that I am physically fit and sufficiently trained to compete for the completion of this event. I grant permission and assign all rights, title and interest to the organizer to utilize my appearance, name voice biodata and likeness in connection with the race in any and all media throughout the world in perpetually and agree to waive any rights of inspection or approval associated.

I have read and understood the declaration and Physical Activity Readiness (Appendix I).

School Name: _____

Date: _____ Name of Guidance: _____

Signature of Applicant: _____ Signature of Guidance: _____

15th Aerobic Gymnastics Interschool Competition

Declaration

(The parents / guardians of applicants aged below 18 must sign this form)

I certify that I am entering this competition at my risk and responsibility. I agreed to abide by the regulations, policies and anti-doping policy of The Gymnastics Association of Hong Kong, China. I for myself, my executors and administrators, do hereby waive and release, any and all rights, claims and causes of action I have or May have against The Gymnastics Association of Hong Kong, China and all sponsors, promoters, supporters and all other contributors from any and all liability arising from illness, injury death, loss and economic consequences I May suffer as a result of my entry in this event from any cause whatsoever, including negligence. I certify that I am physically fit and sufficiently trained to compete for the completion of this event. I grant permission and assign all rights, title and interest to the organizer to utilize my appearance, name voice biodata and likeness in connection with the race in any and all media throughout the world in perpetually and agree to waive any rights of inspection or approval associated.

I have read and understood the declaration and Physical Activity Readiness (Appendix I).

School Name: _____

Date: _____ Name of Guidance: _____

Signature of Applicant: _____ Signature of Guidance: _____

15th Aerobic Gymnastics Interschool Competition

Difficulty Form

(Each Event must fill in one form)

School : _____ Teacher / Coach : _____

Category : Primary School (A) / Primary School (B) / Secondary School / Collage

Event : Individual Men / Individual Women / Mixed Pair / Trios / Groups

Name (No.) : _____(_____) Name (No.) : _____(_____)

Name (No.) : _____(_____) Name (No.) : _____(_____)

Name (No.) : _____(_____)

Please write down the element code* (E.G.: A101, B102, C103, D121)

*Refer to the COP 2017-2020

Element 1	Element 2	Element 3	Element 4	Element 5	Element 6	Element 7	Element 8	Element 9	Element 10

15th Aerobic Gymnastics Interschool Competition

Difficulty Form

(Each Event must fill in one form)

School : _____ Teacher / Coach : _____

Category : Primary School (A) / Primary School (B) / Secondary School / Collage

Event : Individual Men / Individual Women / Mixed Pair / Trios / Groups

Name (No.) : _____(_____) Name (No.) : _____(_____)

Name (No.) : _____(_____) Name (No.) : _____(_____)

Name (No.) : _____(_____)

Please write down the element code* (E.G.: A101, B102, C103, D121)

*Refer to the COP 2017-2020

Element 1	Element 2	Element 3	Element 4	Element 5	Element 6	Element 7	Element 8	Element 9	Element 10

The Gymnastics Association
of Hong Kong, China

中國香港體操總會

Room 1002, Olympic House, 1 Stadium Path,
So Kon Po, Causeway Bay, Hong Kong
香港銅鑼灣掃桿埔大球場徑一號奧運大樓1002室
Tel: (852) 2504 8233 Fax: (852) 2882 8590
Web-site : www.gahk.org.hk
E-mail: mail@gahk.org.hk



Affiliated to:

The Sports Federation &
Olympic Committee Hong Kong, China

Federation Internationale de Gymnastique

Asian Gymnastic Union

Pacific Alliance of National Gymnastic Federations

(Limited by Guarantee)

The Gymnastics Association of Hong Kong, China

Appendix I

Physical Activity Readiness

1. I certify that:
 - My doctor has never said that I have a heart condition and that I should only do physical activity recommended by a doctor.
 - I have never felt pain in my chest when I do physical activity.
 - In the past Month, I did not have had chest pain when I was not doing physical activity.
 - I have never lost my balance because of dizziness or I have never lost consciousness.
 - I do not have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in my physical activity.
 - My doctor is not currently prescribing drugs (for example, water pills) for my blood pressure or heart condition.
 - I do not know of any other reasons why I should not do physical activity.
2. It is suggested that you should determine your basic fitness so that you can have the best planning when doing physical activity. It is also highly recommended that you have your blood pressure evaluated and consult your doctor before you join the event.
3. If you are not feeling well because of a temporary illness such as cold or fever, please join the event after you feel better.
4. If you are or May be pregnant, please talk to your doctor before you join this event.
5. You should start the activity slowly and build up gradually. This is the safest and easiest way to go.
6. If you have the above health changes, tell your doctor or the coach. Ask whether you should continue this event.
7. If you know of any other reasons such as safety, disease, or condition changes that May influence you to join the event, you should notice the GAHK in writing.
8. If necessary, the GAHK has the right to request your medical certificate for reference.
9. If you have any questions of this physical activity readiness, please consult your doctor before you join the event.