



15th Aerobic Gymnastics Interschool Competition

Rules

1. Composition Content Performance

i. Content

> An Aerobic Gymnastics routine must show a balance between Aerobic movement patterns, Difficulty Elements.

ii. Time

Category	Primary School (A)	Primary School (B)	Secondary School (C)	College (D)
Length	1 min 15 sec (± 5 sec)			1 min 20 sec (± 5 sec)

iii. Music

> Any style of music adapted for Aerobic Gymnastics can be used. (Music format: MP3)

> Competition music must send to aercpmusic@gmail.com on or before **4th April 2018 (Wednesday)**.

> File name must show the event, the category and one of the athlete' s name.

Individual Men	Individual Women	Mixed Pair	Trio	Group
IM	IW	MP	TR	GR

Example:

Example	File Name
Individual Men (Primary School (B)) Chan Tai Man	IM_B_CHAN TAI MAN.mp3
Mixed Pair (Secondary School) Chan Tai Man, Chan Siu Mei	MP_C_CHAN TAI MAN.mp3

* The Organizer reserves the right to cancel athlete' s qualification if they fail to do the above requirements.

2. Difficulty

Categories	Primary School (A & B)	Secondary School	College
Difficulty elements	6 MAXIMUM	8 MAXIMUM	10 MAXIMUM
Exceptions	No 1 arm PU No 1 arm support	No 1 arm PU No 1 arm support	N/A
Compulsory Elements (Must be performed at the same time <u>without</u> any combination)	4 1) A101 Push Up 2) B102 Straddle Support 3) C103 Air Turn 4) D121 Vertical Split	4 1) A364 Helicopter 2) B104 Straddle Support 360 ° 3) C184 Tuck Jump 360 ° 4) D153 1/1 Turn to Vertical Split	N/A
Optional Elements	2	4	10 (IM / IW) 9 (MP / TR / GR)
Elements Allowed value	0.1 - 0.4 (1 element 0.5 point optional)	0.1 - 0.6 (1 element 0.7 point optional)	0.3 – 1.0
Floor Elements	4	5	N/A
Push Up / Split Landing	Maximum 1 JUMP landing in Split	Maximum 1 JUMP landing in Split Maximum 1 JUMP landing in PU	Maximum 3 JUMPS landing in Split or PU
Difficulty performance	Group At least 3 Groups of Difficulty (A,B,C,D) must be performed		
Lift	0	(1) Optional, No value	1 lift, Yes Value

* Any physical contact with other partner while doing the elements will not count as Difficulty

3. Difficulty Deduction

- i. -1.0 point per each time

Category Deduction	Primary School A & B	Secondary School	College
Total no. of Difficulty	More than 6	More than 8	More than 9 /10
Compulsory Difficulty	Missing or in any combination or not at the same time	Missing or in any combination or not at the same time	N/A
Missing Groups#	Less than 3 Groups	Less than 3 Groups	Less than 3 Groups
Repetition of element or Family Name*	Repeated for each time	Repeated for each time	Repeated for each time
No. of floor element	More than 4	More than 5	N/A
Element Value	More than 1 element of value 0.5	More than 1 element of value 0.7	N/A
Exceptions Movement	Performed 1 arm support	Performed 1 arm support	N/A
Exceptions of landing Movement	Performed 1 arm PU landing	Performed 1 arm PU landing	N/A
Landing in PU	Performed 1 time	Performed more than 1 time	More than 3 times in split landing and / or PU
Landing in Split	Performed more than 1 time	Performed more than 1 time	

#Groups of Difficulty: Group A - Dynamic Strength / Group B – Static Strength / Group C – Jumps & Leaps / Group D – Balance & Flexibility

In the whole routine must perform **3 of the 4 Groups (A, B, C, D)**, If less than 3 groups, it will consider as missing group.

* For Family Name, refer to FIG 【Aerobic Code Of Points 2017 – 2020】

- ii. One dynamic standing lift in MP / TR / GR routine must meet the requirement of the rules of COP.
Deduction of 0.5 point for not meeting the standard of a lifting

4. Scoring of Difficulty

- i. Scoring

All difficulty element and combinations that have received a value will be added together and the total will be divided by 2 points for IM, IW, MP, TR (men) and GR (men); divided 1.8 point for TR (women or mixed) and GR (women or mixed)

- ii. Deduction

All deduction made are added together. The total will be divided by 2.

5. Prohibited Movements

- A. 0.5 point deduction for each prohibited movement.
- B. Prohibited movement including:
- Perform 3 or more of acrobatic elements (including Cartwheel (from standing to standing), round off, walkover (forward/ backward), headspring, handspring(forward/ backward), flic flac, salto)
 - Using elbow(s) to perform acrobatic elements
 - Moves showing extreme back flexibility during routine
 - Static moves showing extreme flexibility (i.e. Hyper extension of back bridge)
 - Handstand held more than 2 seconds
 - Dive roll with twist
 - Salto less or more than 360 ° , with or without twist
 - Combination of Acrobatic Elements

6. Others

- There will be no appeal on the event. All rules please refer to the FIG Aerobic Code of Point (2017-2020). All coaches and athletes should obey the rules without any objection.
- FIG Aerobic Code of Point (2017-2020) (English Version) can be download on the website of FIG (<http://www.fig-gymnastics.com>)
- The organizer reserves the right to make changes at any time without any separate notice.



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Aerobic Dance Rules

(Primary School (A) / Primary School (B) / Secondary School (C) / College (D))

1. Dance Content and Performance

i. Dance Content

Utilizing the Aerobic movement in Dance Style. The routine must include **32 to 64 counts of STREET DANCE**, as a 2nd style. The routine may including Acrobatic and/ or difficulty element but they will not receive any value.

ii. Time

Primary School (A & B)	Secondary School (C) & College (D)
1 minutes 15 seconds (± 5 sec)	1 minutes 20 seconds (± 5 sec)

iii. Music

> Any style of music adapted for Aerobic Gymnastics can be used. (Music format: MP3)

> Competition music must send to aercpmusic@gmail.com on or before **4th April 2018 (Wednesday)**.

> File name must show the event, the category and one of the athlete' s name.

Aerobic Dance
AD

Example:

Example	File Name
Aerobic Dance Primary School (B) Chan Tai Man, Chan Siu Man and the other six students	AD_B_CHAN TAI MAN.mp3

* The Organizer reserves the right to cancel athlete' s qualification if they fail to do the above requirements.>

2. Scoring

The Artistry Score, the Execution score and the Chair of Judges Panel (CJP) Score are added together and constitute the total score.

3. Scoring Standard

I. Artistic

	Standard	Points
Music & Musicality	- Selection & Composition / Usage (Musicality)	2 points
Dance Content	- Creativity / Complexity	2 points
General Content	- Including transition / linking, partnership, collaborations / lift, other discipline moves	2 points
	- Complexity / Variety / Fluency	
Space	- Use of the competition area and formation / Formations	2 points
Artistry	- Quality of the performance / Originality / Creativity and expression	2 points

II. Execution

Execution Judge	Deduction	
Judges evaluate: - Difficulty / Acrobatic element - AMP - Transition / links / lift - Physical interaction / Collaborations - Formations - Synchronization Technical Skill – 7 points, Synchronization 3 points	ERROR: Deviation from perfect execution. - SMALL: Small deviation from perfect execution.	-0.1 pts
	- MEDIUM: Major deviation from perfect execution.	-0.3 pts
	- UNACCEPTABLE: Incorrect technique or combination of multiple errors.	-0.5 pts
	- FALL: To drop or come down to the floor with total loss of control.	-1.0 pts
	- Synchronization: Not perform as single unit	-0.1 pts

4. 7 Basic Steps

March	Ankle shows clear movement, toe-ball-heel. Total movement is upwards, not downwards.
Jog	Lower leg is lifted maximally backwards to the gluteus. Ankle is showing plantar flexion at top position. Feet show controlled movement, landing toe-ball-heel.
Skip	Skip starts as a jog with hip extension, knee flexion and heel backwards to the gluteus to set of a low kick with hip flexion of 30-45° and full knee extension to 0° - a skip.
Knee Lift	Working leg shows a high degree of flexion in hip and knee, minimum 90° flexion in both joints. When thigh of moving is at the top position, the lower leg is vertical, with ankle plantar flexion.
Kick	Straight leg high kick, minimum amplitude: heel at shoulder height, approx. 145°. Upper body stays erect with neutral spine, natural alignment
Jack	A hop out and in with legs bending. Natural outwards rotation in hip joint. Landing is with feet further than shoulder width apart, knees and feet point outwards. Hopping in: Feet/heels together, toes point forward (preferred) or outward.
Lunge	Legs/feet start together or shoulder width apart, no outward rotation at hip. One leg is extended (without locking the knee) backwards in the sagittal plane. Heels are lowered with control.

5. Prohibited Movements

- 0.5 point deduction for each prohibited movement.
- Prohibited movement including:
- Perform 3 or more of acrobatic elements (including Cartwheel (from standing to standing), round off, walkover (forward/ backward), headspring, handspring(forward/ backward), flic flac, salto)
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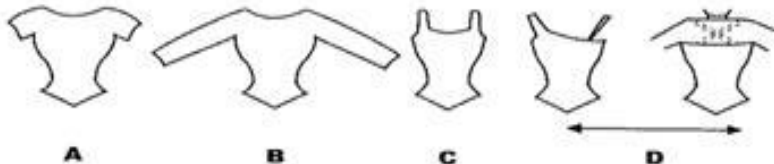
Dress Code

(1) Dress Code

1. Aerobics attire must be in non-transparent material without showing the underclothing.
2. Attire for women may be with or without long sleeves (1 or 2 sleeves). Long sleeves end at the wrist. Transparent material allowed for sleeves.
3. Attire depicting war, violence or religious themes is forbidden.
4. Athlete who participate in the **Aerobic Dance** could wear the school PE uniform or unit leotard.

(2) Women' s Attire

1. Women must wear a one-piece leotard with flesh coloured or transparent tights or a unitard (one piece leotard with full length neck to ankle). Sequins are allowed.
2. The neckline of the front and back of the leotard/unitard must be no further than half of the sternum for the front and no further than the lower line of the shoulder blades for the back.
3. The cut of the leotard at the top of the legs must not go higher than the waist and the outside seam must pass through the crest of ilium. The leotard must cover the crotch completely.
4. Long tights / full-length unitard are allowed.
5. Examples for WOMEN

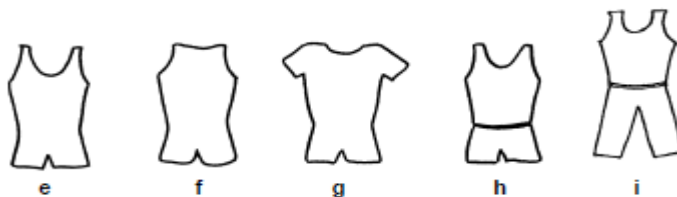


The examples shown "a to c" represent the same front and back of the leotard.

The example "d" is the same leotard showing the front and the back.

(3) Men' s Attire

1. Men must wear a unitard or shorts and a form fitting top or leotard with an adequate support (ie; dance belt).
2. The attire must not have an open cut at the front or back.
3. The armhole must not be cut below shoulder blades (scapular).
4. SEQUINS for Men' s Attire are not allowed.
5. 3/4 leggings, long gymnastics trousers (leotard + trousers), 1 piece combi-trousers are allowed
6. Examples for MEN:



The examples shown "e to i" represents the same front and back of the leotard.

(4) Dress code deduction : - 0.2 points (each time for different criteria)