



**FISAF INTERNATIONAL
SPORT AEROBICS & FITNESS**

SPORT AEROBICS

FITNESS

NOVICE GRADE

TECHNICAL REGULATIONS

2026

The rules and regulations contained in this document supersede all past technical regulations and are valid from 1st January 2026 -31st December 2026. If amendments are made during this period, these will be communicated by email to country members through the official newsletter, or via the official FISAF International Facebook page.

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Appendix: Description and Execution Errors of Skill Elements and Families

1 OBJECTIVES

- To provide Common Rules for all FISAF member countries to use which provides consistency for National Competitions between FISAF member countries.
- To Create Common Rules suitable for 'developing' FISAF National Athletes who feel they need more time to progress to International Level.
- To provide another National category which includes more athletes and allow 'developing' FISAF National athletes to compete against each other at any FISAF Open National Competition.
- To encourage the development of sports aerobics novice (new) athletes who are training towards European or World Championship level.
- To encourage participation, development, and growth in novice athletes, rather than losing athletes who are anxious about progressing to international level.
- To have a pathway for novice athletes to progress to international level.
- To provide a novice level competition for new and developing countries in which their athletes can compete.
- To develop the correct skill execution and aerobic choreography before progressing to international level.
- To provide a resource to new and prospective members, as part of the FISAF getting started package.

Summary of National FISAF Novice Technical Regulations.

- To be used at National and Open National events (all countries)
- Have a restriction on the total number of skill elements.
- Have a restriction on the value of the Technical Index for each age division.
- Is only for Level two and three athletes.

Athletes who are using the Common Novice Technical Regulations, or similar, to compete at National level. They have not trained using the 'elite' Technical regulations. Please refer to the FISAF International Competition levels below.

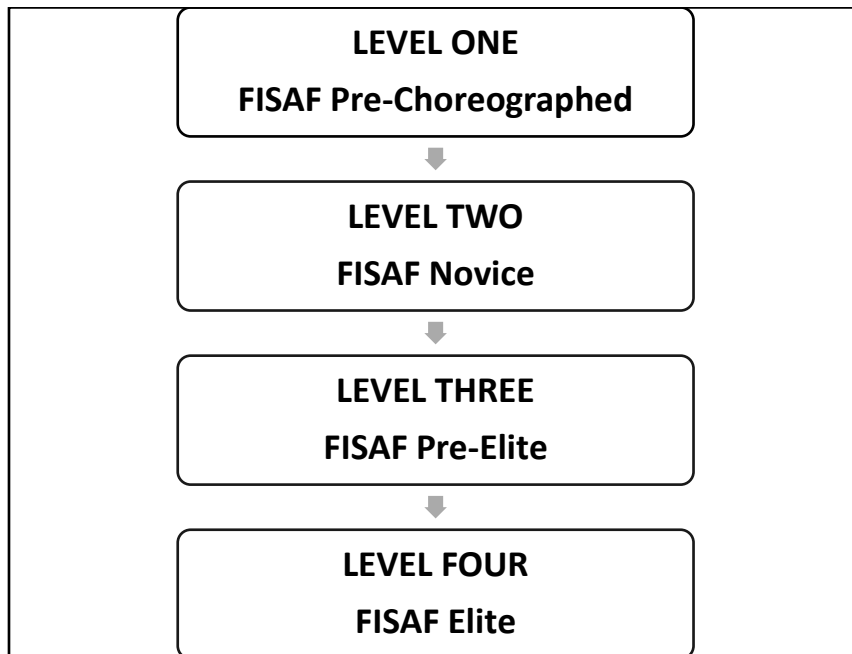
NB – It is the right and responsibility of each country member to make their own internal rules regarding the time period spent in this category.

2 INTRODUCTIONS

The Sports Aerobics and [Fitness](#) Technical Regulations and its appendices contain all information which governs policies, rules of competition, and procedures for FISAF international competition.

Appendices, Description of Skill Elements and Families, Execution Errors of Skill Elements, FISAF International Judges Position and Code of Ethics, are available from the website of FISAF Int.

2.1 FISAF Official Championship Levels for Sports Aerobics and [Fitness](#)



LEVEL ONE; PRE-CHOREOGRAPHED DEVELOPMENT

This level is for entry and development level athletes. This national category gives new and prospective FISAF Country members the opportunity to be part of our sport immediately. The provision of the FISAF Getting Started Package focuses on what new countries need, which is to actually get started. The resources include detailed choreography notes and video instruction of each routine. This is a great way for new countries to learn how to create a routine and also for current members to assist coaches within the country and beginner level athletes. The key is to get started and develop the sport.

LEVEL TWO; FISAF NOVICE

This level consists of athletes who are using the Common Novice Technical Regulations, or similar, to compete at National level. They have not trained using the 'elite' Technical regulations.

Level two typically with have athletes and coaches who are proficient at choreographing their own routines but are not at international level. This category focuses on developing correct skill element execution and choreography skills as a progression to international level. It also provides a category for novice athletes/teams to compete against other athletes/teams of a similar ability level at National or Open National events.

LEVEL THREE; FISAF PRE-ELITE

This level consists of any athlete who has or is currently competing using the Novice Technical Regulations.

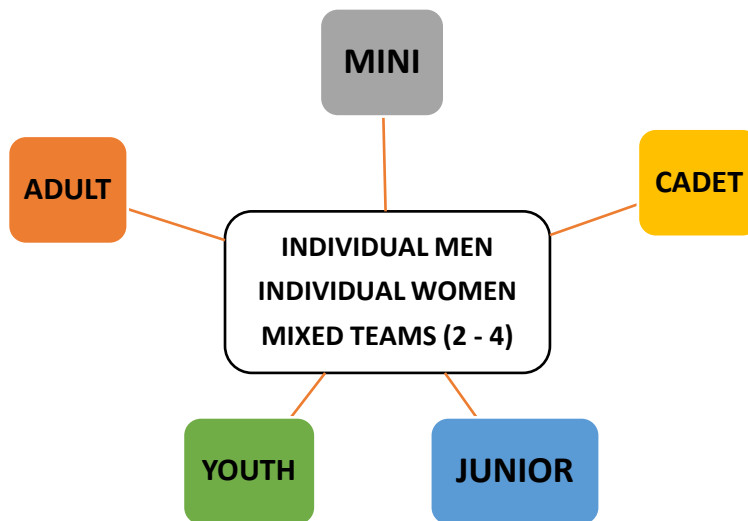
LEVEL FOUR; FISAF ELITE (INTERNATIONAL) LEVEL.

This level is for athletes who have competed internationally, representing their country at any European or World event, using the 'elite' Technical Regulations. This includes the Masters category.

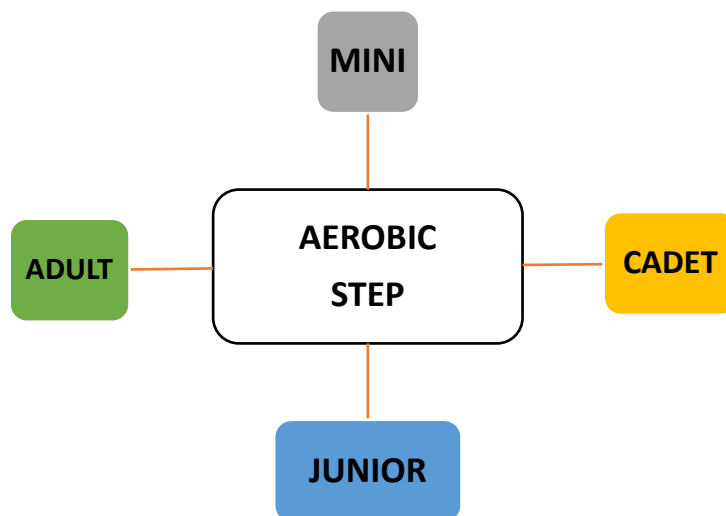
2.2 Competition System

Below is a diagram which explains the Competition Categories for the period of 2026.

SPORT AEROBICS



FITNESS



2.3 International competition system

The FISAF RECREATIONAL CUP for Sport aerobic and Fitness is held at least two times annually, where possible, during the [European Championships](#). This category will use the Novice common rules. The winners in each competition and age division will be known as the FISAF Recreational Cup Champions with the mention “European or World subdivision”.

The FISAF Recreational Cup is defined as; an official FISAF Championship where athletes from all member countries can compete. The athletes must be selected by their own country to compete in this event. Entry requirements are

1. Athletes/teams must be Level two and three (Please see championship Level System above).
2. The number of athletes/teams per country allowed to compete is 10 per country per competition in each division and age division.

2.4 Implementation

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3 PROCESS OF COMPETITION

3.1 Rounds of competition for the Recreational Cup

There are only two rounds, preliminary and final rounds. Please note countries are able to arrange the rounds of competition to best suit them at National level.

NUMBER OF INDIVIDUALS/TEAMS	ROUNDS OF COMPETITION
1 – 10	Final round
11 - 20	Preliminary + 6 in Final round
21 and more	Preliminary + 10 in Final round

Preliminary Round:

The purpose of this round is to find the highest ranked routines to proceed to the final round. This round will be used to check compliance with the technical regulations including attire. If the routine does not comply, the competitors/teams will be informed, straight after the conclusion of this round, by the Head Judge.

If there are 10 or less entries in the competition division, there will be no preliminary round and only a final round. All routines will be checked for compliance to the Technical Regulations in that final round.

The performance order of the preliminary round is randomly assigned by a drawing of numbers done by the computer system.

Finals:

Following the preliminary round, a final round will take place. The purpose of this round is to find the order of the top ranked routines. The performance order of competitors/teams will be randomly drawn by the computer, immediately after the end of the preliminary round.

3.2 FISAF Registration Form (FRF) for the Recreational Cup

Registration, using the FRF, is to be done five weeks prior to commencement of each competition, and includes registration of any substitutes.

The FRF is used to create the Skill Lists for sport aerobics athletes and these are to be submitted no later than two weeks prior to the commencement of the competition. A definite date for the submission of the Skill List will be released prior to each competition by FISAF Head Office. Once submitted, a Skill List cannot be changed, prior to a competition, unless requested by the Technical Committee. No changes to the Skill List is allowed between rounds of competition.

3.3 Entry/Exit

After the competitor/team is introduced they have to enter the performance area and promptly assume their starting position. The competitor/team may briefly greet or acknowledge the audience prior to assuming their starting position.

For all rounds of competition, the competitor/teams is to promptly exit from the performance area, following completion of their performance. The competitor/team may briefly thank or acknowledge the audience prior to their exit.

Excessive posing or choreographed movements will not be permitted prior to a competitor/team assuming their starting position or prior to their exit. Adhering to this rule shows respect and ensures the timetable is not compromised. Competitor/team who breach this rule will be penalized by the Artistic judges and the competitor/s score will be reduced up to 0.5 each time the rule is breached.

3.4 False Start/Interruption

A false start is defined as:

1. A technical problem preventing commencement of a performance after the competitor/s has entered the stage.

2. A technical or medical problem preventing continuation of a performance once it has started.

A false start/interruption is when the circumstances causing it are not within the competitor/s control. This would include, but is not limited to, damage to the facility, failure of equipment or foreign objects on the stage and an injury requiring medical attention.

The decision as to whether the false start/interruption will be acceptable will be at the sole discretion of the Head Judge. If it is deemed to be a false start/interruption, then the competitor will have the option of performing immediately or at the end of the category.

A routine that is not started or is interrupted, without completion, due to the fault of a competitor, is not considered as a false start/interruption. This would include but is not limited to, forgetting a routine, falling down. If not a false start/interruption, the competitor will be disqualified.

Injury during a routine

- The competitor/s should stop the performance immediately.
- First aid should be administered.
- A new start will not be allowed.

Injury or illness between rounds of competition

An individual/duos/trios must let the Head Judge know as soon as possible but within two hours (when possible) prior to the next round if they are going to withdraw from the competition.

In the case where an individual/duos/trios withdraws during a competition the next qualifying athlete will have the option to compete. For example; 8 women qualified for the final round, one is injured prior to the finals and cannot compete therefore the 9th ranked woman has the option to compete in the finals. This 'next qualifying' athlete will be informed no later than two hours (when possible) prior to the next round.

3.5 The Ranking System

The goal of the ranking system is to determine the placing of the competitors, after each round, by finding the majority of places given by the judging panel, rather than an addition of scores. For example, first position is gained by the majority of the panel agreeing on which athlete they have awarded first place too, with the majority being 4 out of 7 judges.

The Technical, Artistic and Aerobic judges will consider their specific criteria to determine a score, out of ten (10) points, which represents a competitor's performance. From this score a competitor's rank is derived.

For example (Sport aerobics individual category):

Ranking								
	Judges	J1	J2	J3	J4	J5	J6	J7

	Viktory	3	4	2	3	1	1	1
	Ella	1	3	5	4	2	3	3
	Luka	6	5	1	1	3	2	4
	Andrea	2	1	3	2	5	4	5
	Katherine	4	2	4	5	6	5	2

There is no majority for first place (Viktory only has 3 first positions) therefore first position is not found. In this case the ranking system will then find a majority of first and second positions.

First Place	Viktory	3	4	2	3	1	1	1	Viktory has a majority of first and second positions (in green) therefore is ranked first
	Ella	1	3	5	4	2	3	3	Ella only has 2 first and second positions
	Luka	6	5	1	1	3	2	4	Luka only has 3 first and second positions
	Andrea	2	1	3	2	5	4	5	Andrea only has 3 first and second positions
	Katherine	4	2	4	5	6	5	2	Katherine only has 2 first and second positions

Because the first and second rankings have been used, the ranking system will now find a majority of three or better (3,2,1) for 2nd place as shown in yellow below;

Second Place	Ella	1	3	5	4	2	3	3	Ella has 5 which is the biggest majority of first, second and third positions
	Luka	6	5	1	1	3	2	4	Luka has 4
	Andrea	2	1	3	2	5	4	5	Andrea has 4
	Katherine	4	2	4	5	6	5	2	Katherine has 2

Now the ranking system finds third place. Luka and Andrea both have 4 positions of first, second and third which are both majorities, so the ranking system finds 'who is better than who' between these two. This is shown in purple below;

Third place	Luka	6	5	1	1	3	2	4	Judges 3,4,5,6 and 7 think that Luka is better than Andrea therefore is ranked 3 rd
Fourth place	Andrea	2	1	3	2	5	4	5	Judges 1 and 2 think that Andrea is better than Luka therefore is ranked 4 th

In the very rare case where two or more competitors have exactly the same rankings in a competition round, the ranking of the lead Technical judge will decide the outcome. For example;

	J1 Lead Judge	J2	J3	J4	J5	J6	J7
John	2	1	3	4	4	3	4
James	1	2	4	3	3	4	4

Both have exactly the same rankings without one being better than the other therefore the lead judges ranking decides the outcome, James is better than John.

Calculation method of the Judge's rankings: (excluding the skill judge)

1. When four or more judges award a competitor with the same or better ranking, this is called 'Achievement of majority'.

2. If no competitor achieves majority for a certain position, a new comparison will be made and will include all rankings from the next lowest position and above. (See green sections above).
3. If more than one competitor achieves majority, the following applies:
 - a. Those competitors achieving majority, are put into a group.
 - b. The competitor with the greatest 'power of majority' is found, e.g. the one with the most rankings achieving majority. (See yellow section above).
 - c. If the competitors in the group have the *same* majority then the highest ranking from each judge is counted, e.g. how many times a competitor is better than another or the others, (who is better than who). (See the purple section above).
4. If the parameter, "more times better" occurs in more than one case within the group, the competitors will be ranked according to the LEAD judge.

4 SPORT AEROBICS

4.1 Event requirements (competition categories, age divisions)

Competition categories

CATEGORIES	NUMBER OF TEAM MEMBERS
Individual Women	1
Individual Men	1
Mixed Teams	2 – 4 members

SECTION NAME & AGE DIVISION	# OF MEMBERS	AGE	BORN IN	Exceptions (age requirements)
SPORT AEROBICS 2026				
Mini - Individual	1	7, 8, 9	2019, 2018, 2017	
Mini – Duo	2	7, 8, 9	2019, 2018, 2017	
Mini - Trio	3	7, 8, 9	2019, 2018, 2017	
Cadet - Individual	1	10, 11, 12	2016, 2015, 2014	
Cadet – Duo	2	10, 11, 12	2016, 2015, 2014	1 athlete can be mini age
Cadet – Trio	3	10, 11, 12	2016, 2015, 2014	2 athletes can be mini age
Junior – Individual	1	13, 14, 15	2013, 2012, 2011	
Junior – Duo	2	13, 14, 15	2013, 2012, 2011	1 athlete can be cadet age
Junior – Trio	3	13, 14, 15	2013, 2012, 2011	2 athletes can be cadet age
Youth - Individual	1	16, 17, 18	2010, 2009, 2008	
Youth – Duo	2	16, 17, 18	2010, 2009, 2008	1 athlete can be Junior age
Youth - Trio	3	16, 17, 18	2010, 2009, 2008	2 athletes can be Junior age
Adult - Individual	1	19-and more years old	2007 and earlier	from 2007 and earlier
Adult – Duo	2	19-and more years old	2007 and earlier	1 athlete can be Youth age
Adult – Trio	3	19-and more years old	2007 and earlier	2 athletes can be Youth age

An athlete can enter different competition divisions.

- Individuals; must compete in their age range, no exception.
- Teams must compete in the age category of the oldest athlete.
- If an athlete competes as a Team, and also as an Individual, then she/he must compete in the correct age division for their individual routine.
- Two members team (all categories); One member can be one age category younger than the stated age range.
- Three or four members team (all categories); Two members can be one age category younger than the stated age range.

Accepted examples (If unsure please send enquires to FISAF International Technical Committee Chair)

- Example 1: An Adult Two members team can have 1x Youth age athlete and 1x Adult age athlete
- Example 2: A Junior Three members team can have 2x Junior age athletes and 1x Cadet age athlete
- Example 3: A Youth Two members team can have 1x Youth age athlete and 1x Junior age athlete
- Example 4: An Adult Three members team can have 2x Youth age athletes and 1x Adult age athlete

Not accepted:

- Example 5: An Adult Three members team cannot have 2x Junior age athletes and 1x Adult age athlete
- Example 6: A Cadet Three members team cannot have 1x Junior age athlete and 2x Cadet age athletes
- For all Mini Mixed Teams of 2, 3 or 4, all members must be in the stated age range. There is no allowance for one member to be older or younger.

It is strongly advised that one person should not perform more than four times during one competition. Please consider your personal health and fitness if wishing to enter many categories/divisions in one competition.

4.1.1 Substitutions

Before commencement of the competition;

Substitution of one member in a Mixed Team (2 – 4 members) is allowed after registration and up to two weeks prior to the commencement of a competition. For extenuating circumstances, such as injury, illness, or compassionate reasons, a request for a substitution can be made to the Sports Aerobics and Fitness Technical Committee, within the two-week period prior to a competition. If this is necessary, a medical certificate will be required in the case of injury to an athlete who needs to be replaced.

During the competition;

No substitute is allowed during the competition.

4.2 Performance requirements

4.2.1 Performance Time and length of music

Performance time is 1min. 30seconds for ALL Categories. A tolerance of plus/minus 5 seconds will be accepted. Those competitors whose performance music falls outside the time of 1 min. 25 seconds – 1min 35seconds will incur a reduction of up to 0.5 by the Aerobic and Artistic judges which can risk a reduction in ranking. Timing begins with the first audible sound and ends with the last audible sound (this includes a cuing beep if used). The responsibility rests solely with the competitor to verify the length of music prior to the competition.

4.2.2 Performance Music and BPM

Athletes must use suitable music with a discernible BPM. The tempo of the music must be within the range stated for each age division, which is;

Mini and Cadet: 150 – 156 BPM

Youth, Junior and Adult: 152 – 160 BPM

The BPM will be submitted with the FRF skill list and it will be shown on that list for the Judges. The BPM will be checked when it is submitted, prior to the competition and if it is too long or short, then the competitor is notified and given the opportunity to fix the error.

The same BPM must be used throughout the entire routine. There will be no replacement of any medium of music once competition has started unless requested by the Head Judge or if there is a fault with the sound equipment.

Music which contains language which is deemed not appropriate and/or offensive by the Head Judge in consultation with the judging panel will not be acceptable. Athletes are not able to request a replacement track once the competition has started. Music and songs belonging to a trademark can't be used as competition music.

If unacceptable, music, length of music, BPM, offensive language, or trademarks are used during the first round of competition, the Head Judge will notify the coach and no deduction will be given. If this music is included in subsequent rounds, Artistic Judges will give a deduction up to 0.5 points.

4.2.3 Performance Area

The performance area is a 7 metre by 7 metre square and is clearly marked by a line of contrasting colour that is between 5 cm and 10 cm in width. The outside edge of the line forms the boundary of the performance area, i.e. the line is inside the performance area.

4.2.4 Sports Aerobics Attire

Whilst athletes are encouraged to display creativity in their attire, a competitor's appearance will reflect the appropriateness and unique qualities of sports aerobics and adequate coverage of the body to enhance a performance.

Competitors are required to wear appropriate attire for their performance that is suitable to their age division and gender such as;

- For women: Leotard, two pieces, full length flesh-coloured tights, supportive aerobic shoes. (sleeves do not have to be connected with the leotard, but neck section must be connected with the leotard).
- For men: Unitard, shorts or short length bike pants and close-fitting tops which are connected with the pants, supportive aerobic shoes.
- Attire should be representative of the SPORT of Competitive Aerobics
- Wristbands and strapping are allowed
- A one sponsor logo measuring 5cm x 10cm maximum is allowed, but not company brands (Nike on the socks, product brand/music group - such as Coca Cola/Beatles etc).

Competitors can change their competition attire for each performance but should be aware that if the outfit chosen is not acceptable then a reduction in the artistic score/rank will occur.

Unacceptable attire/props

The following are considered to be unsatisfactory attires:

- Costume which is too brief and not considered to be appropriately concealing
- Body oils, body paint, or excessive hair product that may jeopardize the safety of any competitor or changes the floor surface.
- No props will be accepted. This includes but is not limited to chairs, balls, chains, motor bikes, etc.
- Theatrical attire including hair accessories, hats, gloves, sunglasses, etc.
- Attire must not be removed at any time during the performance
- Medium length or long hair not held back or held securely, close to the head
- Dirty clothes, torn or damaged attire
- Inappropriate footwear for Sports Aerobics
- G string leotards are not permitted
- Inadequate body support
- Jewellery except wedding rings
- Any body piercing jewellery must be removed or properly covered with skin colour tape
- For women, leotards worn without tights
- Attire must not be removed at any time during the performance, including hats, sunglasses or clothing however they can be touched
- Competition outfits can't represent or carry a trade mark
- A sponsor logo measuring more than 5cm x 10cm maximum is NOT allowed
- Attire that distracts from the performance
- Parts of attire which fall off, or could potentially damage the floor surface, e.g. feathers or large and sharp decorative accessories: You may be asked to review your attire before the next round if it is deemed to be a risk to the floor surface or an athlete.

4.3 Judging panel

The judging panel will consist of four classifications of scoring judges plus a Head Judge who does not score. These four classifications are:

1. Technical Judge
2. Skill judge
3. Artistic Judge
4. Aerobic Judge

National Judging Panel

The event organiser will source a suitably qualified Head Judge for the event. The Head Judge will liaise with the Event Organizers (EO) and can use the support of the FISAF TC to appoint the panels members. Where possible the Sports Aerobics Panel should have at least 5 ranking Judges including one Head Judge.

Being a National event, the judging panel will consist mainly of Nationally certified judges from the hosting country.

International Judges Panel (Recreational Cup)

The event organiser will source a suitably qualified Head Judge for the event. The Head Judge will liaise with the EO and can use the support of the FISAF Technical Committee (TC) to appoint the panels. Where possible the Sports Aerobics Panel should have at least 5 ranking Judges including one Head Judge.

Being an Open National event, the judging panel will consist mainly of Nationally certified judges from the hosting country. However, there must be at least one internationally certified FISAF judge on each panel.

Panel configuration

1 Aerobic Judge

1 Artistic Judge

2 Technical Judges (T1 is the lead judge for the panel)

1 Skill Judge

1 Head Judge (head judge can be non-ranking or one of ranking judges)

The Head Judge will oversee the judging panel and is the highest technical authority at a FISAF International competition. The Head Judge is responsible for ensuring consistent and fair application of the Technical Regulations by the judging panel, overseeing the correct implementation of the judging systems and the tabulation of results. The Head Judge does not score however there may be some situations where scoring will be necessary.

Judges are obligated to adhere to the Technical Regulations in an unbiased and conscientious manner and according to the FISAF International Judges Position and Code of Ethics. It is the responsibility of a judge to assess each performance, in each round of competition, without prejudice and predetermination of the outcome. The judging system, used in the application of scores in FISAF sanctioned events, is a comparative process. This means a competitor's routine is evaluated and compared with the routines of the other competitors within that category. The competitor who is able to apply the Technical Regulations, in a manner superior to all other competitors, will win the competition.

4.4 Technical index

The program for the Skill Judge takes the degree of difficulty and execution of each skill element into consideration. The Skill Judge uses a program that "deducts" the value of elements according to the quality of execution i.e. each element is assessed as a full, half or zero value. The program then calculates the percentage of elements with correct execution and the difficulty of the elements which gives a final skill value.

Example;

Peter has a technical index value, before execution, of 31.5 points (difficulty). He performs his routine and gains a value of 52.91%, which is the value of fulfilment of the skill elements after execution and gains a final value of 84.41. This final skill value is converted to a ranking and submitted with the other Judges rankings. A report, of the skill elements, will be sent via email to the coach.

The purpose of the Technical Index is to give an objective value of the technical level of all the skill elements and the way they are performed in a routine. The technical index has three components:

1. difficulty of each element
2. execution of each element
3. variety of each element

4.4.1 Technical index and difficulty of elements (difficulty index)

The Technical Index considers the difficulty of each skill element as well as the combined skill elements in a routine. Each element is given a difficulty rating, determined by the demand on physical condition and coordination ability.

Example;

Straddle press with 180° turn is 1.5.

Base movement: Straddle press = 1.0

Difficulty to base movement + 0.5 (180° turn)

Difficulty index for Straddle press with 180° turn up is 1.5 (1.0 + 0.5 = 1.5)

4.4.2 Technical index and execution of elements (Execution index)

The Technical Index considers the execution of each skill element in a routine. For a full list of skill elements and their descriptions, please refer to Appendix: Description and Execution Errors of Skill Elements and Families.

1. If the execution of a skill element is according to the technical description, the index is multiplied by one (x 1.0) and given its full value.

Example;

Straddle press = 1.0

Correct execution = 1.0 x 1

Total value = 1.0

2. If the execution of a skill element is not according to the technical description and has one minor error, the index is multiplied by half (x 0.5) and given half its full value.

Example;

Straddle press = 1.0

Bent knees (minor error) = 1.0×0.5

Total value = 0.5

3. The index is multiplied by zero, ($\times 0$), and a skill element is given no value if:
 - a. the element is not executed at all
 - b. there are two or more minor error/s
 - c. there is one or more major error/s
 - d. the element is not done in the correct order

Example;

Straddle press with 180° turn = 1.5

No full turn (major error) = 1.5×0

Total value = 0

4. There are two major errors **and** there will be an additional 1.0 deduction

Example;

One arm triceps push up = 3.0

Hyperlordosis of lower back and finish position is not executed with the elbow in the extended position (two major errors) = $(3.0 \times 0) - 1$

Total value = - 1.0

5. There are more than two major errors, and/or the execution of the skill element is dangerous and risks injury **and** there will be an additional deduction of the total value of the skill element from the starting index

Example;

Straddle jump to push up landing = 4.0

Hips are higher than the shoulders in the landing and landing on the arms are first and then on the legs (two major errors and the competitor hits the ground with his chest during the landing) = $(4.0 \times 0) - 4.0$

Total value = - 4.0

4.4.3 Technical index and variety of elements (variety index)

The Technical Index also takes care of the variety of the technical skill elements in a routine. Variety of elements ensures the ability of the athlete to show as many different elements as possible. A family of elements is a group of elements that has similar biomechanical

properties (beginning and finishing position of movement, process of movement etc.), such as aerials (jumps) that take off and land in the same position.

If one element is repeated, or one element of the same family is repeated, the value for that move will be reduced each time it is performed. The first time it is repeated it will be halved in value, the third and subsequent times it is repeated it will lose its value completely.

A straddle jump to push up landing is used as an example of how the variety index is calculated in a routine that has three straddle jumps to push up landings in a routine in the following order; Example:

- a straddle press 1.0
- a straddle press 180° turn 1.5
- a straddle press 360° turn 2.0

The most difficult element receives full value, the next difficult element receives half value and the least difficult element receives no value, if the execution of all is correct.

1st execution - a straddle press (x 0) therefore $1.0 \times 0 = 0$

2nd execution - a straddle press 180° turn (x 0.5) therefore $1.5 \times 0.5 = 0.75$

3rd execution - a straddle press 360° turn (x 1.0) therefore $2.0 \times 1.0 = 2.0$

4.4.4 Judging with the technical index

Prior to the competition, all athletes will provide an official skill list of the technical elements to be performed in their routines. This enables the judging panel to have relevant judging material and indicates the potential of the technical index.

Skill elements must be listed in the correct order and the timelines to mark the thirds of the routine are mandatory. Please note the following;

- elements that are not listed but performed will not be considered
- elements that are listed and not performed will be deducted from the total index
- elements that are performed in the incorrect order will not be considered

Please note:

1. The split landing from a jump or leap is considered to be part of the jump element, it is not considered to be two separate elements.
2. Static strength elements:
 - a. If two static strength elements, from the same family are performed, they must be listed and shown as two completely separate elements. In this case a competitor will lose half value for the repeated element. For example;
 - i. V Press open completed, before being followed by a complete V Press closed is correct.
 - ii. There must be two separate V presses performed with either, a break, transition or choreography in between.

- iii. There must be a beginning and end to each element.
 - iv. To perform two static strength elements from the same family and one leads into the other you must list only one element. For example; V Press open leading into a V Press closed from the open position, (the first phase of the V Press closed is missing therefore it is considered to be one element.)
3. Transitions are not to be listed in the FRF skill list as own movements. A transition is defined as:
- a. a link between an aerobic sequence and skill elements or vice versa
 - b. a link from element to element
 - c. a link from an aerobic sequence to a lift or support or vice versa
 - d. a link from one movement to other
4. Team members must perform all skill elements in unison at the same time. Skill elements cannot be performed in cannons, or by team members at different times to each other. If skill elements are performed at different times, they will not be considered by any judge.

Combination Elements

A 'Combination' is described as one skill element immediately followed by another element without interruption. A 'combination' **only** applies to jump and static strength elements, it does not apply to push-up or flexibility elements. A combination adds 1.0 value to the technical index, but only when both elements are awarded full value. If one element is given a half or zero value, the two elements are scored separately, and the combination point is NOT given.

N.B. A combination can only be applied when skill elements are from different families within the same element group, for example;

A V press immediately followed with a pike press (horizontal press family)

A planche immediately followed with a straddle press (planche family)

4.5 Performance choreography

A one minute, 30 seconds sports aerobics routine must demonstrate creativity and complexity with perfect integration of all movement with the music chosen. It develops many aspects of a healthy body, such as agility, strength, flexibility, coordination and aerobic endurance. Beyond these functions, it is also exciting and aesthetically pleasing to watch.

A routine must contain the three compulsory elements;

- 4 x consecutive jumping jacks (stride jumps)
- 4 x consecutive high leg kicks
- 4 x consecutive Push-ups

4.5.1 Compulsory Exercises

General Definitions

For a competitor to obtain a maximum possible score their performance must include the completion of four (4) consecutive, identical and stationary repetitions of each of the following three (3) Compulsory Exercise categories.

1. Jumping Jacks (Stride jumps)
2. Alternating High Leg Kicks
3. Push Ups

Target body part

The targeted body parts for Compulsory Exercises are:

Alternating High Leg Kicks - Lower body, hips and torso

Jumping Jacks - Lower body

Push ups - Shoulders & arms & torso

Consecutive

Each of the four (4) repetitions of a Compulsory Exercise is performed without interruption. An interruption is defined as the primary muscle group resting or being involved in another exercise during, or in between, each repetition of a Compulsory Exercise.

Identical

Each of the four (4) repetitions of a Compulsory Exercise are performed with the same i.e. no discernible difference, starting and finishing position, rhythm, range and direction of motion, speed and use of the primary muscle group.

Each member of the Team must perform each of their repetitions of a Compulsory Exercise identically, simultaneously, in unison and facing the same direction with the other members of the Team.

Stationary

Each of the four (4) repetitions of a Compulsory Exercise shall be performed in the same place without discernible travelling or turning.

JUMPING JACKS

- The lower body is the targeted body part therefore each movement of the feet, calves, thighs and hips must be identical.
- Variations of arm movements for each repetition are allowable.

- Facing the front of the performance area is mandatory.
- Starting and finishing position for each repetition is with the feet together. Heels must be in contact with the floor.
- Minimum level of execution is:
 - The outside landing position of the feet must be at least as wide as the outside of the shoulders, i.e. at least shoulder width apart and heels in contact with the floor.
 - The inside landing position must be no greater than the discernible width of the competitor's shoe width.
 - Feet may be in a turned out or parallel position but must be the same for each repetition.

ALTERNATING HIGH LEG KICKS

- The lower body is the targeted body part therefore each movement of the feet, calves, thighs and hips must be identical.
- Variations of arm movements for each repetition are allowable.
- Facing the side of the performance area is mandatory. Each member of a Mixed Team (2 – 4 members) must face the same side.
- Starting and finishing position for each repetition is with both feet in contact with the floor. Lifting the leg to at least waist level is the minimum level of execution.
- Height of leg during the kicks must not be discernibly different.
- Alternate legs must be used, i.e. LRLR or RLRL.
- The direction of each kick must be straight forward (in the sagittal plane). Lateral kicks or kicks that are to the side (turned out) do not qualify as compulsory alternating high leg kicks.

PUSH-UPS

- The shoulders, arms and hands are the targeted body parts therefore each movement of the shoulders, arms and hands must be identical.
- Variations of leg movements for each repetition are allowable.
- Facing the side of the performance area is mandatory. Each member of a Mixed Team (2 – 4 members) must face the same side.
- Start and finish positions for each repetition is with both hands in contact with the floor and the elbows in the extended position, but not locked.
- The minimum level of execution is where both arms are flexed at the elbow to a position of no less than 90 degrees flexion.

- The hands shall remain in the starting position throughout the completion of each repetition and must maintain contact with the floor throughout the completion of each repetition. Therefore, one arm push ups and travelling Push-ups do not qualify as compulsory Push-ups.
- One or both feet must remain in contact with the floor at all times. The position of the feet can move during the push up, but they must not move to a point higher than the hip position laterally during the muscular contraction (the actual movement of pushing up from the base of the push up).
- During the muscular contraction (pushing up) help with knees or hips is not allowed and alignment between shoulders hips and feet is required.

A routine must also contain skill elements and as many aerobic sequences (pure 8 counts of choreography) as possible. Teams should interact with each other and can use lifts and supports.

4.5.2 Skill element requirements

All routines must have the three compulsory elements plus a maximum of 10 - 12 additional skill elements, depend on the age category, i.e. 3 compulsory movements and 10 - 12 additional elements. The minimum number of elements, as determined by each age division, must be present in a routine.

- A deduction 0.5 (per skill element missing) will be used by all judges if the number of additional skill elements is less than the minimum required.
- If more than 10 - 12 additional skill elements are listed, the judges will only consider the first 10 - 12, as skill elements are evaluated in chronological order.
- If less elements are performed than stated in the table below, all judges will deduct 0.5 points per skill element missing in all rounds.
- Any skill elements performed, that are not on the skill list, will not be considered.

The following table shows the number of skill elements, from each group, that are required by each age division in a routine:

Summary of compulsory and skill element requirements by age divisions, according to the FRF program.

	ADULTS	YOUTH	JUNIORS	MINI / CADETS
Compulsory elements	3	3	3	3
Number of skill elements from the push-up group	Min. 1 – Max. 2	Min. 1 – Max. 2	Min. 1 – Max. 2	Min. 1 – max. 2
Number of skill elements from the static strength group	Min. 1 - Max. 2	Min. 1 - Max. 2	Min. 1 – Max. 2	Min. 1 – max. 2
Number of skill elements from the jump group	Min. 4 – Max. 6	Min. 4 – Max. 6	Min. 4 – Max. 5	Min. 3 – Max. 4
Number of skill elements from the flexibility group	Min. 0 - Max. 2	Min. 0 - Max. 2	Min. 0 – Max. 2	Min. 0 – Max. 2
Total Elements	Min. 9 Max. 15	Min. 9 Max. 15	Min. 9 Max. 14	Min. 8 Max. 13

4.6 Routine description and evaluation

The aim of this chapter is to explain the characteristics of a FISAF Novice Grade Sports Aerobics routine and how the judges evaluate it.

4.6.1 Technical Judging

The technical Judge; considers the execution, difficulty and variety of all skill elements as well as the execution of compulsory movements and every other movement such as transitions, aerobic sequences, lifts, supports etc.

There are four groups of elements to be included in a routine, these are: static strength, push-up, jump and flexibility. The value of each element is determined by the technical index, which is used by the technical judges. Mixed Teams (2 – 4 members) are assessed as a single unit meaning each member will display similar ability and execution.

Application of a technical score

In assessing a performance, the technical judges consider the attributes of a performance that would lead to a perfect score, taking into account the technical index of the skill elements. Also assessed are the deviations from a perfect performance, which would lead to a less than perfect score. Appendix 1, Description of Skill Elements and Families and

Appendix 2, Execution Errors of Skill Elements, show the precise description of skill elements and how errors will affect their evaluation.

Technical criteria

A. Difficulty of skill elements

1. The total value of the technical index is in relation to the difficulty, variety and execution of each element. From a technical perspective, the best routine will have the least number of elements with the highest technical index but only if the execution of each skill element is correct.
2. Even placement of difficult skill elements to ensure the difficulty is consistent throughout the routine.

B. Execution of compulsory skill elements

Execution of skill elements is described in Appendix: Description and Execution Errors of Skill Elements and Families.

1. Execution of compulsory movements and skill elements

- a. Precise posture
- b. Control
- c. Precise alignment
- d. Ease of movement
- e. Static and flexibility elements held
- f. Good range of motion
- g. Knees are over the soles of the feet in taking off and landing of jumps.

2. Execution of transitions, lifts, supports

- a. Posture
- b. Control
- c. Alignment
- d. Range of motion
- e. Ease of movement

3. Execution of aerobic sequences etc.

- a. Precise posture
- b. Control
- c. Purposeful placement of the body
- d. Precise alignment
- e. Extended knees and toes pointed

- f. Air under the feet, impact
- g. Speed and ease of movement

C. Variety of elements

1. Push ups

- a. Two arm and/ or one arm
- b. Right and left sides
- c. Pectoral and tricep hinge
- d. Hinge or circular hinge

2. Jumps

- a. Taking off from one leg and two legs
- b. Air position – front flexibility, straddle flexibility, pike position, turn
- c. Landing – on one leg, two legs, split/sit landing, push-up landing

3. Static strength

- a. Horizontal
- b. Planche
- c. V press

4. Flexibility

- a. Straddle and frontal
- b. Front (right and left sides)
- c.
- d. Standing and floor

Pull apart = Difficulty after execution. This is what the technical judges use to pull apart two routines that are very close and after they have applied all of the judging criteria.

Skill Element Judging Criteria

The skill element judge considers only the compulsory and skill elements listed in the skill list. They do not consider the variety or difficulty of the routine.

Application of a skill element score

In assessing a performance, the skill element judge considers the execution criteria of the compulsory and skill elements. Also assessed are the deviations from a perfect performance, which would lead to a less than perfect score. Appendix: Description and

Execution Errors of Skill Elements and Families show the precise description of skill elements and how errors will affect their evaluation.

Skill Element Judging Criteria;

1. Precise posture
2. Control
3. Precise alignment
4. Ease of movement
5. Static and flexibility elements held
6. Good range of motion
7. Knees are over the soles of the feet in taking off and landing of jumps

Must be according to the description of each skill element and execution errors of skill elements. Refer Appendix: Description and Execution Errors of Skill Elements and Families.

4.6.2 Aerobics Judging

Application of aerobics score

Sports Aerobics is the ability to perform complex skill elements and movement patterns to music, which originate from traditional aerobics, with high intensity and perfect execution. A one minute, 30 seconds routine challenges the cardiovascular system and demonstrates creativity with perfect integration of all movement with the music chosen.

All movement must be appropriate to Sports Aerobics and display high levels of intensity, complexity, difficulty and quality. To obtain a maximum aerobic score, a high level of cardiovascular endurance and energy expenditure, continuously maintained throughout the performance, will be demonstrated which shows the physical condition of an athlete.

The aerobic judge considers all skill elements, transitions and aerobic sequences. **An aerobic sequence is defined as at least 8 counts of traditional aerobic movement which is:**

- High impact based
- Continuous, thereby ensuring no cardiovascular rest
- Movement that allows contrast in regard to tempo; half, full, double time
- Movement that allows contrast in regard to vertical levels, especially the lower levels

For example:

- A. 2 x jumping jacks 1 - 4, pencil jump 5 - 6, side step 7 – 8.
- B. 2 x jumping jacks 1 - 4, pencil jump 5 – 6, squat 7 – 8.
- C. Jumping jack 1 – 2, roll 3 – 6 to standing, pencil jump 7 – 8.

An aerobic sequence can start on any count of the music as long as there is a minimum of 8 uninterrupted counts used. All movements and aerobic sequences must be performed in conjunction with the music tempo, therefore there must be an appropriate, discernible BPM (beat per minute), as found in High Impact Aerobics classes.

Aerobics criteria

A. Intensity

1. Quality of all skill elements during the routine

- a. Range of motion
- b. Height of jumps
- c. High energy expenditure and effort (use as many parts of the body and main muscles together)
- d. Precise posture
- e. Purposeful and strong placement of arms and legs

2. Energy expenditure

- a. High level of Cardiovascular fitness that enables good quality of skill elements throughout the entire routine (Endurance high level during the whole routine)
- b. A routine that demands the most energy expenditure possible

3. Difficulty of the routine

- a. Total value of the technical index in relationship to the number and type of skill elements, and how difficult these skills are to execute correctly
- b. Balanced number and technical index value of skill elements in each quarter (30 seconds) of the routine
- c. Chronological order of the skill elements that demand the most energy expenditure

B. Aerobic sequences

1. Intensity of aerobic sequences

- a. High impact
- b. Aerobic sequences should be placed evenly throughout the routine

- c. Vertical levels / 3D space (the level of the centre point of the body)
 - i. Floor
 - ii. Squat
 - iii. Low impact
 - iv. High impact
 - v. Air (jump from high impact elements – Hitch kick, Air jack etc., non-skill element jumps)
- d. Leg levels (in kicks)
 - i. First level – from the floor to waist high
 - ii. Second level – from the waist to shoulder high
 - iii. Third level – shoulder and above
- e. Levers (long and short)
- f. Speed of movement (not speed of music)
- g. Use of space (travelling)

2. Quality of aerobic sequences

- a. Clear, precise movement of the entire body, head, arms and legs
- b. Purposeful and strong placement of arms and legs
- c. Correct posture

3. Complexity of aerobic sequences

- a. Arms should include;
 - i. Use of all planes and directions of arms
 - ii. Movement in the shoulder, elbow and wrist
 - iii. Movement of the fingers
 - iv. Movements using arches and circles
 - v. Use of counter tempos
 - vi. Symmetrical and asymmetrical arms
 - vii. Different lever lengths
- b. Legs should include;
 - i. Leg and footwork from high impact aerobics
 - ii. Use of counter tempos
- c. Use and coordination of arms and legs together

- d. Orientation of the body and travel
Turns; quarter, half, full etc.
- e. Different directions of movement in teams

f. Transitions, lifts and supports

4. Intensity

- a. Variety of movements (different supports, lifts and transitions shown)
- b. Additional movement of arms
- c. Additional turns
- d. Speed of movement (not music)
- e. Direction (to judges, to each other in teams)
- f. Vertical levels (level of the centre point of the body)

5. Quality

- g. Clear, precise movement of the entire body, head, arms and legs
- h. Purposeful and strong placement of arms and legs
- i. Correct posture

6. Complexity

- j. Direction (to judges, to each other in teams)
- k. Vertical levels (level of the centre point of the body)
- l. Additional turns
- m. Speed of movement
- n. Kinds of movement
- o. Additional movements of arms
- p. Direction

Pull apart; RISK = Difficulty with quality (difficulty of the entire routine (aerobic, skill elements, transitions, lifts and supports) that is controlled and with good quality).

4.6.3 Artistic criteria

Application of Artistic score

The Artistic Criteria for Sports Aerobics is about making sure there is in fact an 'artistic' side to this sport and to keep the 'art' form of dance and music as a focus. In the scoring of the Artistic Criteria, judges will consider the ability of the athlete/s to dance and perform aerobic choreography that matches the natural structure of the music chosen.

1. Choreography

1. **Choreography - Principles**

a. Integrity:

Be true to the music and movement. Match the genre of music with; the choreography, costume and presentation. For example: if you have Latino music, you should wear a costume characteristic of Latin, use some Latin based choreography and present the Latin style. Integrity means that all four principles must balance, all four principles are of equal importance; music + choreography + costume + presentation = integrity.

b. Routine Dynamics: (time, space, energy)

The use of tempo, accents, rhythms, 3-dimensional space, and performance energy are interlinked and should be shown through the entire performance, not only at the end. During a performance, the routine dynamics should change and have variety, e.g. movement from the back of stage towards the front or using the crescendos in the music to place emphasis on the 'high points' of the choreography.

c. Contrast: (variation in choreography)

Contrast should be seen in changes of movements, dynamics, tempos or spatial design, e.g. smooth versus staccato, travelling versus stationary, loud versus soft music sections, together versus apart (teams) etc.

d. Music Structure Repetition:

Music has sections that will often be repeated such as a pre-chorus, verse or melody. Movement should acknowledge these repetitions, and use a variety of routine dynamics, (see Routine Dynamics above), and contrast to make it different from the first section used. All the music structure should be used, giving a routine continuity, a sense of development, and resolution. Skill elements should be 'hidden' in the choreography with unpredictable preparation and without risking correct execution of those elements.

N.B. FISAF Sports Aerobics is an attractive sport as it has an artistic component that uses dance and music. A routine should use the choreography principles so that the judges and audience can hear the different sections of music (natural music structure) and see the movement matching those sections. The principles will also help a routine be more interesting and avoid it looking the same from the beginning to the end. A routine should be personal to the athlete performing it...athletes should be different to other athletes.

2. **Originality**

- a. Being different to others
- b. Creating an impression
- c. Individual style
- d. Unpredictable choreography and travel patterns

- e. Interaction and interactive choreography between athletes in teams
 - i. Touching a team member
 - ii. Formation change, swap
 - iii. Looking at each other
 - iv. Opposing planes between members of the team

3. **Appropriate choreography**

- a. To Sports Aerobics
- b. Choreography, music and attire suitable to age division (especially Mini & Cadet)
- c. Performing choreography suitable to the level of the competitor

4. **Visual Image**

The image that the athletes portray (show) to the audience and judges when they are on stage to make the choreography visually attractive. It's the use of the following:

- a. Use of space
- b. Formations, types of patterns created, e.g. straight line, circle, triangle etc. (teams)
- c. Distance of competitors in formations, e.g. close or apart
- d. Orientation
- e. Swaps
- f. Placement of skill elements, transitions and aerobic sequences
- g. Lifts and supports (teams)
- h. Different directions of movements in teams
- i. Travelling (where competitors move on the performance area – forward, backward, side, diagonal, around the circle)

5. **Use of space**

- a. Creativity in use of space
- b. Use of performance area (the routine should not be executed only in the central part of the performance area)
- c. 3D space (different levels of the centre point of the body)
 - i. Floor
 - ii. Standing

- iii. Aerial
- d. Formations in the Mixed Teams division
 - i. Line, diagonal, triangle etc.
 - ii. Duration (how long before the formation changes)
 - iii. Using creative choreography to change positions with team members
- e. Placement of skill elements, transitions, sequences and other movements
- f. Swaps in Mixed Team division
 - i. Speed (how many counts)
 - ii. Using creative choreography to change positions with team members
 - iii. A variety of body orientation
 - iv. Distance between members of the teams, close or apart
 - v. Swap choreography should have arm movement
 - vi. Distance between member (sometime close, open)
- g. Staying in the 7 x 7m area

6. Variety

- a. Aerobic sequences
 - i. Arms
 - i. Use all planes (horizontal, front, side) and directions of arms
 - ii. Movements in shoulder, elbow and wrist
 - iii. Movements of fingers / hand
 - iv. Movements of linear and circular
 - v. Rhythmical changes
 - vi. Bilateral and unilateral
 - vii. Long and short levers
 - ii. Legs
 - i. High impact leg and footwork
 - ii. Turns
 - iii. Rhythmical changes, using the tempo and counter tempo
 - iii. Coordination of arms and legs together

- i. Use opposing planes
 - a. In arms
 - b. In legs
 - c. In teams
- b. Variety of transitions
 - i. Kinds of movement
 - ii. Arm lines
 - iii. Direction
 - iv. Turns
 - v. Speed
 - vi. Flow
- c. Variety of lifts, supports
 - i. Kinds of movement
 - ii. Additional movements of arms
 - iii. Direction
 - iv. Turns
 - v. Flow

7. Music

a. Choice of music (selection of music)

- i. Discernible BPM
- ii. Suitable music for sports aerobics
- iii. Changing/editing the music should be minimal
- iv. Originality
- v. Vertical structure of the music (must fit with vertical structure of elements)
- vi. Appropriateness for age category and for competitor's levels
- vii. Music choice suitable to age division (especially Mini & Cadet)

b. Use of music (music interpretation)

- i. Music and movements should be inseparable
- ii. Reflect theme if chosen

- iii. Ability to use the music/tempo by all team members (be in time)
- iv. Respect tempo (speed of music must be in accordance with technical and endurance level of competitors)
- v. Using the lyrics or instruments, highs and lows (using the music structure)

8. Synchronisation

- a. Staying in time with each other
- b. Having the same level of execution
- c. Having the same performance level

9. Performance

- a. Ability to 'perform' and dance the routine
- b. The ability to 'express' the music
- c. Ability to project confidence and emotion
- d. Dynamic physical and facial energy
- e. Confidence
- f. Ability to generate excitement and enthusiasm
- g. Costume

Pull apart= creativity/different/impression (choreography)

5 FITNESS

5.1 Event requirements (competition categories, age divisions)

Aerobic & step competition divisions

SECTIONS/DIVISIONS	NUMBER OF TEAM MEMBERS
STEP	5-8 members
AEROBIC	5-8 members

Aerobic & step age categories and requirements

AGE CATEGORIES	AGE	2026
MINI (ONLY NATIONAL LEVEL)	7, 8, 9 year old's	2019, 2018, 2017
CADET	10, 11, 12, 13 year old's	2016, 2015, 2014, 2013
JUNIOR	14, 15, 16, 17 year old's	2012, 2011, 2010, 2009
ADULT	18 year old's or over	2008 and earlier

Age range-teams can have a mixture of ages as long as the majority is in the correct age.

- Athletes cannot jump 2 age categories. They can go up or down one age category but no more. For example, a junior athlete could go in a cadet or an adult team. However, an adult athlete could only go down to a junior team, not a cadet, like a cadet could only go to a junior team, not an adult team.
- If there was an even split with no majority of ages the team must go to the highest age group.
- Go off majority age off athletes in the team when selected teams
- More than half of the athletes should be in the right age category
- No more than 2 age categories per team
- Can't be more than 5 years older than the age boundary, if one member is more than 5 years older the team must move to the oldest age category
- Do not add up the ages of the athletes to get an average just go with the majority
- No member of the team may be younger in mini division.

Accepted examples (if unsure please send enquiries to FISAF international technical committee chair)

- Example 1: a junior step could have 4x junior aged, 3x cadet aged
- Example 2: an adult grande team could have 3x adult and 3x junior
- Example 4: a junior grande team could have 4x junior and 3x adult
- Example 5: a junior grande team could have 3x junior and 3x cadet

Not accepted

- Example 6: a cadet grande team couldn't have 6x cadet and 1x adult

- Example 7: an adult step team couldn't have 4x adult and 1x cadet
- Example 8: a junior team with 6x junior aged athletes and 1x 25 year old athlete (as more than 5 years passed the age category)

General notes to age requirements accepted

It is strongly advised that one person should not perform more than four times during one competition. Please consider your personal health and fitness if wishing to enter many categories/divisions in one competition.

5.1.1 Substitutions

A total of 2 members can be substituted from the preliminary round, the final round if necessary and if on the FRF as a substitute.

5.2 Performance requirements

5.2.1 Performance Time and length of music

Routine time is 1'30 minutes. Timing begins with the first audible sound and ends with the last audible sound (this includes a cuing beep if used). The responsibility rests solely with the team to verify the length of music prior to the competition. Every team's routine will be timed and checked during the music/floor check to ensure that it adheres to the technical regulations.

A tolerance of plus or minus 5 seconds will be accepted outside the performance length of 1'30 minutes. Those teams whose routine music falls outside the period of one minute forty seconds to one minute fifty seconds (1:25 to 1:35) will incur a reduction in score by the Artistic judges, which can risk a reduction in ranking.

The length of the music will be submitted with the FRF registration and is checked prior to the competition. If it is too long or short, then the team is notified and given the opportunity to fix the error. A music sound and floor check will be available at the venue for all teams, prior to the commencement of the competition.

5.2.2 Performance Music and BPM

Athletes must use suitable music with a discernible BPM. The tempo of the music must be within the range stated for each age division, which is;

Aerobic for all categories: 145 - 155 BPM

Step for all categories: 130 - 140 BPM

The BPM will be submitted with the FRF skill list and it will be shown on that list for the Judges. The BPM will be checked when it is submitted, prior to the competition and if it is too long or short, then the team, is notified and given the opportunity to fix the error. The

same BPM must be used throughout the entire routine. There will be no replacement of any medium of music once team has started unless requested by the Head Judge or if there is a fault with the sound equipment.

Music which contains language which is deemed not appropriate and/or offensive by the Head Judge in consultation with the judging panel will not be acceptable. Teams are not able to request a replacement track once the competition has started. Music and songs belonging to a trademark can't be used as competition music.

If unacceptable, music, length of music, BPM, offensive language, or trademarks are used during the first round of competition, the Head Judge will notify the coach and no deduction will be given. If this music is included in subsequent rounds, Artistic Judges will give a deduction up to 0.5 points.

5.2.3 Performance Area

The performance area is a 9 metre by 9 metre square and is clearly marked by a line of contrasting colour that is between 5 cm and 10 cm in width. The outside edge of the line forms the boundary of the performance area, i.e. the line is inside the performance area.

5.3 Fitness & Step Attire

Whilst athletes are encouraged to display creativity in their attire, a competitor's appearance will reflect the appropriateness and unique qualities of sports aerobics and adequate coverage of the body to enhance a performance.

- Costumes should be age-appropriate.
- Outfits should be styled so the judges can see 'form'.
- The outfit should reflect the sporting/fitness nature of competitive aerobics rather than being too theatrical (e.g., skirts, too many sequins, dresses, feathers, tassels etc. are not allowed)
- Competitors can change their competition attire for each performance but should be aware that if the outfit chosen is not acceptable then a reduction in the artistic score/rank will occur.

Competitors are required to wear appropriate attire such as:

- Leotard, two-piece (sleeves do not have to be connected with the leotard, but neck section must be connected with the leotard), tights, bike pants, bootlegs, close fitting tops and pants
- A supportive aerobic or sport shoe must be worn
- Wristbands and strapping are allowed

- A one sponsor logo measuring 5cm x 10cm maximum is allowed, but not company brands (Nike on the socks, product brand/music group - such as Coca cola/Beatles etc).
- Adequate personal support.

Unacceptable attire/props

The following are considered to be unsatisfactory attire:

- Costume which is too brief and not considered to be appropriately concealing
- Body oils, body paint, or excessive hair products that may jeopardize the safety of any competitor or change the floor surface.
- No props will be accepted. This includes but is not limited to chairs, balls, chains, motor bikes, etc.
- G-string leotards are not permitted
- Theatrical attire including hair accessories, hats, gloves, sunglasses, etc.
- Medium length or long hair not held back or held securely, close to the head
- Dirty clothes, torn or damaged attire
- Footwear not suitable for Sports Aerobics
- Inadequate body support
- Items of clothing or accessories may not be discarded during the performance
- Jewelry except wedding rings and small stud earrings
- Any body piercing jewelry must be removed or properly covered with skin color tape
- For women, leotards worn without tights
- Competition outfits can't represent or carry a trademark
- A sponsor logo measuring more than 5cm x 10cm maximum is NOT allowed
- Parts of attire which fall off, or could potentially damage the floor surface, e.g. feathers or large and sharp decorative accessories. You may be asked to review your attire before the next round if it is deemed to be a risk to the floor surface or an athlete.

Footwear

- White crew or ankle socks should be worn with footwear
- Shoes should be lace up, well fitted, supportive sports shoes, in white

Costume Deductions Guidelines

Any costumes that breach any of the above set rules, will incur a reduction of 0.5 points by the artistic judge/s. Depending on the extent of any of the above breaches, the Global Judge (head) may also deduct 0.5 points – this will be at their discretion.

5.4 Entry/ Exit

After the team are introduced they should enter the performance area and promptly assume their starting position. The team may briefly greet or acknowledge the audience prior to assuming their starting position.

For all rounds of competition, the team is to promptly exit from the performance area, following completion of their performance. The team may briefly thank or acknowledge the audience prior to their exit.

Excessive posing or choreographed movements will not be permitted prior to a team assuming their starting position or prior to their exit. Adhering to this rule shows respect and ensures the timetable is not compromised. Team who breach this rule will be penalized by the Artistic judges and the team score will be reduced by 0.5 each time the rule is breached.

5.5 False Start/Interruption

A false start is defined as:

1. A technical problem preventing commencement of a performance after the competitor/s has entered the stage.
2. A technical or medical problem preventing continuation of a performance once it has started.

A false start/interruption is when the circumstances causing it are not within the team control. This would include, but is not limited to, damage to the facility, failure of equipment or foreign objects on the stage and an injury requiring medical attention.

The decision as to whether the false start/interruption will be acceptable will be at the sole discretion of the Head Judge. If it is deemed to be a false start/interruption, then the competitor will have the option of performing immediately or at the end of the category.

A routine that is not started or is interrupted, without completion, due to the fault of a competitor, is not considered as a false start/interruption. This would include but is not limited to, forgetting a routine, falling down. If not a false start/interruption, the team will be disqualified.

Injury during a routine

- The team should stop the performance immediately
- First aid should be administered

- If a fitness team does not complete the performance due to a competitor's injury and the need to provide first aid, this team has the opportunity to start again only if the number of team members complies with the rules.

Injury or illness between rounds of competition

- The team has the option to continue to the next round of competition (if they have qualified) with or without a team member if there is still the correct number of team members for their category.
- The team has the option to continue with a substitute member/s but must let the Head Judge know at least two hours prior to the next round of competition who they will substitute.
- The team has the option to withdraw from the competition. If this option is taken the team must notify the Head Judge as soon as possible and within at least two hours before the next round. In the case where a team withdraws during a competition the next qualifying team will have the option to compete, e.g. 8 Step Team qualified for finals, one team withdraws due to injury prior to finals = the 9th ranking team has the option to compete in the finals. The next qualifying team will be informed as soon as possible and within two hours of the next round.
- It is not possible for a Grande Aerobic Team to reduce to 5 members and enter the Petite Aerobic Team category due to injury or illness once the competition has started.

5.6 Step Equipment

The event organizer will provide steps for the use in the step category. All athletes will be notified regarding the type of step provided (e.g. Reebok) no later than one month prior to the commencement of the event.

- For adult competition the minimum height of the steps will be 20 cm.
- For junior competition the step height must be suitable to each team member with a minimum of 15 cm.
- For cadet competition the step height must be a maximum of 15 cm.
- The number of steps on the floor must be equal to the number of athletes on the floor
- Guidelines for step height should take into consideration the fitness level, current stepping skill and the degree of knee flexion when the knee is fully loaded while stepping up. All steps must be of the same height for all team members. At no time will the knee joint of the first leg to step up flex beyond a 90-degree angle. However current industry guidelines recommend no greater than 60 degrees.
- Please note that logos or trademarks are not allowed to be added to any surface of the step.

5.7 Judging panel

Judges are obligated to adhere to the Technical Regulations in an unbiased and conscientious manner and according to the FISAF International Judges Position and Code of Ethics. It is the responsibility of a judge to assess each performance, in each round of competition, without prejudice and predetermination of the outcome. The judging system, used in the application of scores in FISAF sanctioned events, is a comparative process. This means a team's routine is evaluated and compared with the routines of the other team within that particular category. The team who is able to apply the Technical Regulations, in a manner superior to all other teams, will win their competition division.

The judging panel will consist of four classifications of scoring judges, Technical and Artistic.

Aerobic & Step Judging Configurations

3x Technical judge (T1 lead)

2x Artistic judge

1x Head judge

Head judge can be ranking or non-ranking. Their role will be to oversee the panel. The aim of this chapter is to explain the characteristics of a FISAF Fitness & Step routine and how the judges evaluate it, see below.

5.7.1 Technical Judge Criteria

The Technical Judge criteria includes the following but is dependent upon the actual category; ability of Teams to perform and display a variety of movements which are specific to the fitness discipline. Also considered is the execution, placement and control of all movements and the complexity and intensity of those movements and the choreography.

The Technical Judge will apply a score for each Team, after considering the technical criteria and, in comparison to all other teams. The ranking of a Team will be derived from a score out of 10. A Lead Technical Judge will be appointed to the panel of the Grande Aerobic and Step Teams. The ranking applied by this judge will decide any tied ranking which may occur between teams.

Pull apart = Difficulty after execution. This is what the technical judges use to pull apart two routines that are very close and after they have applied all the judging criteria.

Technical Judge Criteria: Step

All movement must be appropriate to and reflective of Step.

Intensity	25%
Variety of stepping action and transitions	25%
Execution	50%

Please note that the percentages relate to the structure and choreography of a routine and the equal importance each criteria has within a routine. They are not a breakdown of criteria for judging purposes.

Intensity 25%

- Movement should require high energy expenditure and effort
- Use of different vertical levels: 'squat or lunge' level, low impact step, power step
- Continual use and balance of the step movements, taps, flicks, curls, knee lifts and kicks etc.
- Use of long and short levers (arms and legs)
- Continual arm lines throughout the routine
- Speed of movement (not music)
- Display of high cardiovascular endurance and demonstrate perfect physical condition
- Use of power movements
- Use of all the different approaches to the step including 'lengthways'
- Maximum stepping action to enhance intensity

Variety of stepping action and transitions 25%

- Variety of step patterns using wide range of different steps
- Variety in the orientation and different approaches to the step including length ways
- Variety in transitions from one step to another
- Variety in step changes (formations), positioning of team members (swapping with each other often) without compromising stepping action
- Avoiding repetition of movements and sequences in the lower body
- Using a variety of taps, flicks, curls, knee lifts and kicks (leg levels)
- Avoiding repetition of movements and sequences in the upper body

Execution 50%

- High level of technique and quality of the stepping action
- Correct foot placement on and off the step
- Precise placement and control of all movements
- Speed and control of stepping action and transitions
- Postural control (joint and limb) and body alignment
- Ease of movements
- Display an overall high standard in delivery of the whole routine
- Adherence to the acceptable and unacceptable movement lists
- Adherence to universal step guidelines
- Proper body alignment is important in the prevention of sport-related injuries and athletes should be reminded to maintain appropriate posture during all Step movements.

The following are guidelines for proper stepping posture:

- Keep the shoulders back, chest up, buttocks tucked under, the hips and knees soft.
- Avoid locking the knee joint at the top or bottom of the stepping pattern.
- Avoid hyperextending the back.
- Avoid too much forward lean when stepping up and down on the platform.

Technical Judge Criteria: Aerobic

All movements must be appropriate to and reflective of High Impact Fitness Aerobics.

Intensity	25%
Variety of moves	25%
Execution	50%

Please note that the percentages relate to the structure and choreography of a routine and the equal importance each criteria has within a routine. They are not a breakdown of criteria for judging purposes.

Intensity 25%

- Movement should require high energy expenditure and effort
- Use of different vertical choreography levels (floor, 'squat' level, standing, high impact and aerial) and muscular contraction
- Use of long and short levers (arms and legs)
- Continual use of leg levels by differing the use of flicks, knee lifts and kicks
- Speed of movement (not music)
- Display of high cardiovascular endurance and demonstrate perfect physical condition
- Continual use of the floor space used throughout the routine
- Choreography should involve as much high impact content as possible.

Variety of moves 25%

- Avoiding repetition by choosing a wide range of high impact aerobics movements
- Variety in arm lines using combinations of short and long levers
- Variety in choreography levels: floor to standing, standing to floor etc.
- Variety in direction of travel, formations and orientation
- Variety of footwork and leg levels by using flicks, knee lifts and kicks
- Avoiding repetition of movements and sequences in the lower body and the upper body.

Execution 50%

- High level of technique and quality in all moves including execution of any chosen skill moves
- Precise placement and control of arm lines, leg and footwork
- Speed and control of high impact action and correct execution of the transitions
- Postural control (joint and limb) and body alignment
- Ease of movements
- Display an overall high standard in delivery of the whole routine
- Adherence to the acceptable and unacceptable movement lists.

5.7.2 Artistic Judge Criteria

The Artistic Judge criteria includes the following but is dependent upon the actual category; the originality and creativity of the choreography and the use of the music. Synchronization is also considered, this being the ability of the Team to perform at the same level as each other and to stay in time with each other and the music. The Artistic Judge will consider the appearance and presentation and team interaction.

For Step and Aerobic Teams; if the music is outside the approved range of BPM the Artistic Judges will reduce their score and this can affect a ranking.

The Artistic Judge will apply a score for each team, after considering the artistic criteria and, in comparison to all other teams. The ranking of a team will be derived from a score out of 10.

A Lead Artistic Judge will be appointed to the panel of the Petite Aerobic Teams. The ranking applied by this judge will decide any tied ranking which may occur between teams.

Pull apart = creativity/different/impression (choreography)

Artistic Judge Criteria: Step

All movement must be appropriate to and reflective of Step.

Appropriate Choreography	30%
Musical interpretation	25%
Synchronization	25%
Presentation	20%

Please note that the percentages relate to the structure and choreography of a routine and the importance each criteria has within a routine. They are not a breakdown of criteria for judging purposes.

Choreography 30%

- Movement should be appropriate to step and involve the stepping action with minimal "floor" choreography
- Originality
- Creativity in step patterns with different orientations/approaches
- Originality and creativity in formations and changes of step (without compromising the stepping action)

- Creativity in the swapping of positions of the team members
- Even and purposeful spacing between members
- Showing creativity within the step choreography in arms and legs
- Unpredictable sequencing and transitions
- Choreography with interactions
- Creativity in the different vertical choreography levels and space given

Music interpretation 25%

- Suitable choice and speed of music
- Music and movements should be inseparable
- Use of highs, lows, rhythms and vocals
- Movements should reflect a theme if chosen
- Ability to use the music/tempo by all team members

Synchronization 25%

- Display of an even level of ability between all members
- All members should perform movement in time with each other and with the same intensity
- Synchronized team showmanship
- Solo performances are not rewarded

Presentation 20%

- Dynamic physical and facial energy throughout performance
- Ability to generate excitement and enthusiasm
- Ability to project confidence and emotion
- Eye contact with audience
- Variety and continuity of presentation skills
- Appropriate and animated expressions
- Interaction and acknowledgement that you are a team, rather than individuals on stage
- Sincerity and naturalness of expression rather than forced theatrics
- Personality and vitality integrated into the routine with a group presentation

- Appropriate, customized, athletic attire suitable to the choreography (not theatrical attire).

Artistic Judge Criteria: Aerobic

All movements must be appropriate to and reflective of High Impact Fitness Aerobics.

Choreography	30%
Musical interpretation	25%
Synchronization	25%
Presentation	20%

Please note that the percentages relate to the structure and choreography of a routine and the importance each criteria has within a routine. They are not a breakdown of criteria for judging purposes.

Choreography 30%

- Movement should be appropriate to fitness aerobic movement and not sports aerobics movement
- Originality and creativity in high impact aerobics movements
- Use of different travel directions and orientation
- Even and purposeful spacing between team members
- Unpredictable sequencing
- Choreography with interactions
- Use of different vertical choreography levels and space to show creativity
- Originality and creativity.

Music interpretation 25%

- Music appropriate to fitness aerobics
- Music and movements should be inseparable
- Use of highs, lows, rhythms and vocals
- Movements should reflect a theme if chosen
- Ability to use the music/tempo by all team members.

Synchronization 25%

- Same skill level of team members: all members should perform movements with the same precision and in time with each other
- All members should perform the routine with the same intensity
- Solo performances are not rewarded.

Presentation 20%

- Dynamic physical and facial energy throughout performance
- Ability to generate excitement and enthusiasm
- Ability to project confidence and emotion
- Eye contact with audience
- Variety and continuity of presentation skills
- Appropriate and animated expressions
- Interaction and acknowledgement that you are a team, rather than individuals on stage
- Sincerity and naturalness of expression rather than forced theatrics
- Personality and vitality integrated into the routine with a group presentation
- Vibrant, customized, athletic attire suitable with the choreography (not theatrical attire).

5.7.3 Routine Requirements

There are no compulsory elements for each of the 2 Fitness categories. Competitors should take care to avoid any movement that risks injury to a team member.

Step

Introduction and General Step Guidelines

Universal Step guidelines describe very clearly how to perform step training with correct stepping technique. Despite the physical condition of the athletes participating in competitions, the guidelines must be considered so as to not cause physical stress or injury during training and competition.

Stepping Action: This is defined as the transfer of TOTAL BODY WEIGHT from the floor to the step, followed immediately by a transfer of the body weight from the step to the floor.

Posture: The head should be up, shoulders down and back, chest up, abdominals slightly contracted, and buttocks gently tucked under the hips. Do not hyperextend the knees or back at any time. When stepping up, lean from the ankles and not the waist to avoid excessive stress on the lumbar spine.

Stepping up: Contact the platform with the entire sole of the foot. To avoid Achilles tendon injury, do not allow the heel to land over the edge of the platform. Step softly and quietly to avoid unnecessary high impacts. Watch the platform periodically to ensure proper foot placement.

Stepping down: Step close to the platform (no more than one shoe length away) and allow the heels to contact the floor to help absorb shock. Stepping too far back, while pressing the heel into the floor, could result in Achilles tendon injury. If a step platform requires stepping a significant distance from the platform such as a lunge step or a repeater, do not push the heel into the floor. Keep the weight on the forefoot.

Leading foot: Change the leading foot (the foot that begins the step pattern) often. The leading leg experiences greater musculoskeletal stress than the non-leading leg.

Power Steps: All power steps should be performed up onto the platform and not down from the platform. It is therefore appropriate to run or jump up onto the platform, but not down. Propulsion steps result in higher vertical impact forces.

Intensity: Can be enhanced by use of power stepping, a higher platform, continual arm lines, and differing the approaches to the step.

Approaches to Basic Step movements

The following is a list of approaches to the Step and the basic step movements:

From the Front (F) From the Side (S)
From the Top (T) From Astride the step (A)

BASIC STEP MOVEMENTS			
Terminology	Leg Lead	Approach	Description
Basic Step	Single	F T E C	Up, Up, Down, Down or Down, Down, Up, Up
V-Step	Either	F	A wide Basic Step
Lift Step	Either	any	Up, Lift, Down, Down, or Down, Down, Up, Lift
Tap Up - Tap Down	Single	F S E C T	Up, Tap, Down, Tap or Down, Tap Up, Tap
Tap Up	Alternating	F E C	Up, Tap, Down, Down
Tap Down	Alternating	F E C	Up, Up, Down, Tap
Turn Step	Alternating	S F	Up, Up, Down, Tap facing side - approach depends on prior step skills
Straddle Down	Either	T	Down, Down, Up, Up or Down, Down, Up, Tap
Straddle Up	Either	A	Up, Up, Down, Down or Up, Up, Down, Tap
Over the Top	Alternating	S	Up, Up, Down, Tap
T-Step	Either	E	Up, Up, Straddle Down, Up, Up, Down off end also known as a mixed approach
Across the Top	Alternating	E	Up, Up, Down, Tap

Corner to Corner	Alternating	C	Up, Up, Down, Tap (travel diagonally & tap down to the side)
Lunges	Alternating	T	1-minute time limit
U-turn	Either	S E C	A small turn step "in Place" or a small turn step from side to side
A-Step	Either	F S	An "inverted V-step" or a "giant" over the top
L-step	Either	F to E E to S S to E	Up, Tap, Down, Tap or Up, Up, Down, Tap also known as a mixed approach
Repeater	Either	any	Variation of a lift step

Aerobic

Fitness Aerobics uses the basis of high impact aerobics together with music that has a very strong, clear, fast beat. It does not have any compulsory movements and does not encourage sports aerobics skill movements. There is a focus on non-stop high impact aerobics combinations which are enhanced by creative sequencing.

The BPM for this category should be maximum 150 BPM. If the music is faster than 150 BPM the Artistic Judges will reduce their score, and this can affect a ranking.

6 GLOSSARY

Lifts

Definition: One or more Mixed team member using one or both arms to take the weight of another member, thereby picking that member up and making their feet/body leave the floor.

In lifts stepping will be allowed by supporting team members max of 3 steps, pivoting is allowed. The lift should not limit the intensity of the routine and must be safe for all team members. Clean execution and safety must be shown otherwise penalty could be enforced by the judging panel 0.5.

Lifts can be done up to 3 times during a Sport Aerobics routine but always considering that it shouldn't take away from the intensity of the routine. No restrictions on where they are placed throughout the routine.

The number of supports is unlimited during the routine for junior and adult Aerobic fitness categories.

Lifts are not acceptable for the Mini and Cadet age categories in Sports aerobics and fitness divisions.

Supports

Definition: In a support, the body weight of the supported athlete is not totally held with the hands or arms of the supporting athlete/s thereby the supporting person is not 'lifting' the athlete.

The supporting athlete/s are to act as the base for another athlete/s to elevate themselves from the ground. For example, a trio's member uses another member to elevate themselves off the floor by rolling over the back of another member.

The supporting person can be in either a standing or floor (kneeling, sitting, lying etc.) position. The number of supports is unlimited during the routine.

Self-Propulsion

One team member using the body of another member/s to propel themselves.

Mini Category is NOT allowed any propulsions at all, either at beginning, during or end of a routine.

Assisted propulsion: One or more team member/s propel another member/s.

Aerial somersault: A gymnastic move, beginning in a standing position, in which the body is propelled head over heels in either a forward, backward, or sideways position before landing on the feet or into various floor positions.

Assisted Aerial somersault: A gymnastic move, beginning in a standing position, in which the body is propelled head over heels in either a forward, backward or sideways position before landing on the feet or into various floor positions. Must be in contact with other team members.

Handstand: A gymnastic move in which the body is supported entirely on the hands/hand or elbows, and the body is purposely held in a vertical position. The position of the body dictates the handstand, not the position of the legs, e.g. the legs can be bent or straight, or one bent with the other straight etc., but if the body is vertical then it is considered to be a handstand. N.B. Movements that involve going 'through' a handstand position, without a purposeful discernible hold, are considered a transition and are acceptable.

Unassisted Cartwheel: A gymnastic move, where the body travels sideways, as the legs go through a straddle handstand position. A cartwheel done on the forearms (elbows bent) or done using the body of another athlete as the base (as a support) is allowed. It can be shown as a transition to the ground, coming up from the ground or from standing to standing position.

Forward/ Backwards walkover variations: A gymnastics move where the athlete starts on one foot travels their body through an inverted position to land on the ground. Athletes must not land in standing position unless supported by teammates. The final position in a deep squat, kneeling, sitting, lying is allowed. At least one hand must be in contact with the floor when completely on your own.

Unassisted Handspring variations: A gymnastic move in which a strong propulsion, off the front leg, propels the body through an inverted position. The hands then push off the floor so that the body moves through an aerial supine position to land upright. If the handspring (of any form) is done using the body of another athlete as the base, as in a support or lift, it is still considered to be a Handspring and is unacceptable.

Unassisted Back-flip variations: A gymnastic move in which the body is propelled backward passing through an aerial supine position to an inverted position. Then the hands/forearms are pushed off the floor as the legs flick down to land standing upright or in a floor position. If the backflip (of any form) is done using the body of another athlete as the base, as in a support or lift, it is still considered to be a backflip and is unacceptable.

Round-off: A gymnastic move in which a strong propulsion off the front leg propels the body as it turns and passes through a handstand. Then the hands push off the floor as the legs kick down to land with the body facing the opposite direction.

Bridge: A gymnastic move in which the body is supine and pushed up into a hyperextended, arched position of the back. The weight of the body is on the hands with the feet either on or off the floor.

Floor Turns on Knees: A move in which the body spins more than one revolution with the weight supported entirely on the knees only.

Transitions : A Transition is defined as the link between aerobic sequences and skill elements, or the link from element to element. The following are considered to be transitions and should not be listed as 'own movements' in the Skill List; for example Cole Snap, Flare , Capoeira or Gracie, Helicopter, A Frame.

Formation: Changing places of the team members to create a different formation (pattern) from the one they are currently in.

Power move/Power step: A jump, hop or run up onto the step.

Swap: Changing of position of team members without changing the complete formation.

7 ACCEPTABLE AND UNACCEPTABLE MOVES

7.1 Acceptable and Unacceptable Moves of Sport Aerobics

If an unacceptable element is performed during the first round of competition, the Head Judge will notify the coach and no deduction will be given. If this element is included in subsequent rounds, all judges will give a deduction of 0.5 points.

ACCEPTABLE	UNACCEPTABLE
Lifts (max. 3) for juniors, youth and adults	Lifts for minis and cadets
Supports	
Self-propulsion	Assisted propulsion
	Aerial somersault
Handstand as a transition	Handstand with hold position
Assisted and Unassisted Cartwheel	
Forward/ Backwards walkover variations to the final position in a deep squat, kneeling, sitting, lying	Forward/ Backwards walkover variations from standing to standing position
	Unassisted Handspring variations
	Unassisted Back-flip variations
	Round-off
	Bridge
Floor Turns on Knees max. 360° turn	Floor Turns on Knees 361° and more turns
	One arm/one leg Push Ups
	Static strength elements on one arm (One arm press, One arm planche, One arm V press)
	V presses with turns
	V press reverse
	Elements with more than 360° turn
	Planche no support
	Jumps with turn more than 360°
	Jumps to one arm push up landing
	Jumps with barrel role

Please, see chapter 10 Sport aerobics skill table per age category.

7.2 Acceptable and Unacceptable Moves of Fitness

7.2.1 Acceptable and Unacceptable: Step

Acceptable	Unacceptable
Lifts allowed at the beginning and end of the routine (standing position or on the floor only of junior and adult categories)	Lifts for mini and cadet categories Lifts while on a step for all categories
Supports	
Self-propulsion	Assisted propulsion
Handstand as a transition	Handstand with hold position
Cartwheel assisted or unassisted	
Assisted forward/ backward walkover variations	Unassisted forward/ backward walkover variations
	Unassisted Handspring variations
	Unassisted Back-flip variations
	Aerial somersault of any form
	Round-off of any form
	Power/jumps moves from the step to the floor or from one step to another
	Stepping forward off the step or stepping backward onto the step
	Lifting or tilting a step with a team member on it
	Placing the steps on top of each other (stacking)
Floor roll, kip	
Transitional flexibility moves	Flexibility moves with hold position
	Two arm and one arm push-up
	Two arm and one arm presses
	Standing free fall to push-up

	Aerial to sit or split landing
	Aerial to push up

7.2.2 Acceptable and Unacceptable: Aerobic

Acceptable	Unacceptable
Lifts (for junior and adult categories)	Lifts for mini and cadet categories
Supports	
Self-propulsion	Assisted propulsion
Handstand as a transition	Handstand with hold position
Cartwheel assisted or unassisted	
Assisted forward/ backward walkover variations	Unassisted forward/ backward walkover variations
	Unassisted Handspring variations
	Unassisted Back-flip variations
	Aerial somersault of any form
	Round-off of any form
Aerials landing on one or two feet (step and floor)	
Floor roll, kip	
Transitional flexibility moves	Flexibility moves with hold position
Two arm push up	One arm push-up
Two arm transitional presses	One arm static strength elements Turning static strength elements
Standing free fall to push-up	
	Aerial to sit or split landing
	Aerial to push up

8 GENERAL REQUIREMENTS

8.1 Code of Conduct

Athletes and coaches are obligated to follow the good spirit and ethical values of the sport, the principles of Fair Play, National and International Anti-Doping Codes and other rules and regulations that are in force.

Fair Play is often referred to as “the spirit of sport”, it is essence of Olympism; it is how we play true. The spirit of sport is the celebration of the human spirit, body and mind, and is characterized by the following values:

- Ethics, fair play and honesty
- Health
- Excellence in performance
- Character and education
- Fun and joy
- Team work
- Dedication and commitment
- Respect for rules and laws
- Respect for yourself and other participants
- Courage
- Community and solidarity

8.2 Disqualification

A competitor can be disqualified for breaching the Code of Conduct, especially the following from that code; (see section 10.1, Code of Conduct).

- Ethics, fair play and honesty
- Respect for rules and laws
- Respect for yourself and other participants

8.3 Procedure for disqualification

The Head Judge or a Technical Committee member issues a written warning, to an offending competitor; stating that they are in breach of the Code of Conduct (mentioned in above in section 10.1) and that pursuing this breach may lead to disqualification. This written warning must be signed by the Head Judge or a Technical Committee member and the original given to the competitor with a copy kept for official record.

Where a competitor has been issued a warning and continues to breach the Code of Conduct, the Head Judge is authorized to disqualify that competitor from a competition.

Where a competitor is disqualified, the Head Judge will give a written notice to the tabulator to remove the results for that competitor. The Head Judge will then notify the competitor of their disqualification.

8.4 FISAF International and Anti-Doping

FISAF International condemns the use of performance enhancing drugs and doping practices because it is contrary to the ethics of sport and potentially harmful to the health of athletes.

Those found to have engaged in a doping practice are liable to sanctions by FISAF International.

For the purpose of this Policy a doping practice is: the taking of substances or use of methods prohibited by WADA as referred to on the WADA List of Doping Classes and Methods, or assisting, or being involved in a doping practice. The information of the prohibited substances and methods can be found on the WADA (World Anti-Doping Agency), www-pages: <http://www.wada-ama.org/en/index.ch2>

When drug testing is conducted at an FISAF International sanctioned event, all athletes must make themselves available for testing.

8.5 Protests

Where extraordinary circumstances occur, a protest must be lodged, to the Head Judge, within one hour of the closure of the current category. The fee to lodge a protest is 100 EUR. Protests will be considered by any Technical Committee members present and the Head Judge with the decision of this group being final. The decision of TC must be done before the next round of competition.

Protests lodged after the event will not be considered unless there are extenuating circumstances that are approved by the President and Technical Committee of FISAF.

If the protest is approved the fee of 100€ is refunded to the person/federation who lodged it.

9 POINT SCORING GUIDE

Point Scoring Guide	
Point	Reference
10.0	Perfect
9.0	Exceptional
8.0	Excellent
7.0	Very Good
6.0	Good
5.0	Above Average
4.0	Average
3.0	Below Average
2.0	Poor
1.0	Very Poor or Performed but missing a member on stage
0.0	Not attempted

10 SPORT AEROBICS SKILL TABLE PER AGE CATEGORY

ELEMENT	Mini	Cadet	Junior	Youth	Adult
PUSH UPS GROUP					
Two Arm Push Ups on Knees	✓	✓	✓	✓	✓
Two Arm Push Ups	✓	✓	✓	✓	✓
Free Fall from standing position to Push Up Landing			✓	✓	✓
1 Arm Push Ups				✓	✓
STATIC STRENGTH GROUP					
Pike Press Bottom Lift Only	✓	✓	✓		
Straddle Press Bottom Lift Only	✓	✓	✓		
Horizontal presses (Pike press, Straddle press)	✓	✓	✓	✓	✓
Two Arm Supported Planche (Open, closed)		✓	✓	✓	✓
V Press (Open, close)		✓	✓	✓	✓
All Static elements listed are allowed up to 180° turn	✓	✓	✓	✓	✓
All Static elements listed are allowed up to 360° turn				✓	✓
FLEXIBILITY					
Straddle Sit (Prone, Supine)	✓	✓	✓	✓	✓
Straddle Split (Prone, Supine)	✓	✓	✓	✓	✓
Front Split (Right, Left)	✓	✓	✓	✓	✓
Needle Point (Right, Left)	✓	✓	✓	✓	✓
Illusion (Right, Left)		✓	✓	✓	✓
Supine Front Split (Right, Left)	✓	✓	✓	✓	✓
Standing Front Split (Right, Left)		✓	✓	✓	✓
Sit Through	✓	✓	✓	✓	✓
Split Rotation		✓	✓	✓	✓
JUMPS					
Air Jack	✓	✓	✓	✓	✓
Pirouette Jump	✓	✓	✓	✓	✓
Cossack Leap	✓	✓	✓	✓	✓
Pike Leap	✓	✓	✓	✓	✓
Tuck Jump	✓	✓	✓	✓	✓
Front Split Jump	✓	✓	✓	✓	✓
Cossack Jump	✓	✓	✓	✓	✓
Straddle Jump		✓	✓	✓	✓
Front Jete	✓	✓	✓	✓	✓
Front Switch Jete		✓	✓	✓	✓
Straddle Jete	✓	✓	✓	✓	✓
Straddle Switch Jete		✓	✓	✓	✓
Jumps to Front Split Landing		✓	✓	✓	✓
Jumps to Prone Straddle Sit Landing		✓	✓	✓	✓
Jump to Prone Straddle Split Landing		✓	✓	✓	✓
Jumps to Push Up Landing			ONLY 1	✓	✓
All Jump elements (except Jumps to Push Up Landing) listed are allowed with 180° turn	✓	✓	✓	✓	✓

All Jump elements (except Jumps to Push Up Landing) listed are allowed with 360° turn			✓	✓	✓
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All elements can be found in the FRF skill list - Novice category.