



By Mrs Mireille GANZIN, President of the Technical Committee

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## **Code of points 2009 – 2012 - Difficulty**

After the analysis of WC in Rodez, in order to improve judging and execution technique, TC decided to add a Minimum Requirement for "High V-support" family in group A (COP Appendix 2, pg 23 of 82).

### **HIGH V-SUPPORT FAMILY**

- Back must be at least parallel to the floor (New)
- Airborne phase must be shown before the element is completed (as it is written in Appendix 2, pg. 23/82).

## **Universiade 2011:**

As the TC presented at the Round Table in Rodez during the WC, Aerobic Gymnastics will be included as a demonstration sport of the next Universiade (University Games) 2011 in Shenzhen, (CHN) from 17<sup>th</sup> – 23<sup>rd</sup>, August 2011.

The Universiade is one of the most prestigious and biggest multisport events hold under the authority of the International University Sports Federation / Fédération Internationale du Sport Universitaire (FISU).

The Artistic gymnastics, the Rhythmic gymnastics and Aerobic competition are directed by a Technical Delegate from the FIG and FIG Rules are applied with the exception of age and other special requirements agreed with FISU and published in the FISU Technical Regulations. The version valid for the Universiade in Shenzhen 2011 will be available before the end of 2010.

The TC would like to remind all member federations to participate at this memorable event (please contact your National University Sports Federation). With the success of this event, Aerobic Gymnastics may be included as an official discipline in the near future.

Competitors who can take part in the Universiade must be born between

**January 1st, 1983 and December 31st, 1993**

and must be:

- a) students who are currently officially registered as proceeding towards a degree or diploma at the university or similar institute whose status is recognized by the appropriate national academic authority of their country;
- b) former students of the institutions mentioned in a) who have obtained their academic degree or diploma in the year preceding the event.



The MAXIMUM size of the delegation will be as follow:

Function	Number
Head of Delegation	1
Doctor/physiotherapist	1
Coaches	2
Judges	1
if less than 5 gymnasts	
If more than 5 gymnasts	2

## Gymnasts

Number	Category	Number of Gymnasts
1 or 2	Mixed Pair	2 to 4
1	Trio	3
1	Group	5 to 6
1	Aerobic Dance	5 to 10
1	Aerobic Step	5 to 10

Maximum allowed

19 \*

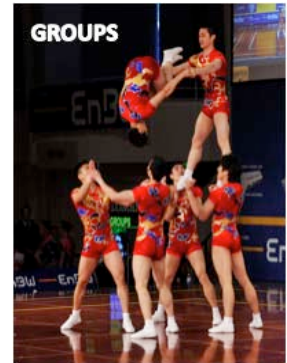
\* FIG is currently reviewing to change from 19 to 20 gymnasts

Detailed information with directives will be published later by your National University Sports Federation, but TC would like to inform the rules and regulation of the categories included in advance so that the member federations can start to prepare.

For competition regulation, please check the Technical Regulation 2011 of FISU article 13.11 Aerobics. Please find the 3 following pages of the rules. Mini-Guide will be uploaded on the FIG website shortly.

**Mireille Ganzin**  
AER-TC President

**Tammy Yagi-Kitagawa**  
AER-TC Secretary




***Aerobic Gymnastics (FIG COP)***

Categories	Mixed Pair 2 competitors (1 female, 1 male) Trio 3 competitors (female, male, mixed) Group 5-6 competitors (female, male, mixed)
Age	17 – 28 years old
Time	See Aerobic Gymnastics FIG COP 2009-2012
Size of the competition area	
Difficulty Elements	
Lifts	
Judges	
Artistic	
Execution	
Dress Code	




## Aerobic Dance (FIG Rules)

Definition	<p>Group choreography (5-10 competitors: male, female or mixed), utilizing the Aerobic Movement Pattern Sequences throughout the routine with the integration of 32-counts of 2<sup>nd</sup> Style to the music (Salsa, hip-hop, tango, funky, break-dance, street dance, etc). The routine must include 4 elements (1 from each group) from the FIG COP. The routine may include movements from other disciplines but must be well integrated into Choreography.</p>	
Age	17 – 28 years old	
Time	1' 30" ± 5"	
Competition area	10m x 10m	
Music	Any style of music adapted for Aerobics	
Dress Code	See "Aerobic Step" Dress Code rule	
Lifts	1 lift must be included (Propelling in the lift is prohibited)	
Artistic	<ol style="list-style-type: none"> <li>1. Composition of the Routine (max. 6pts)                             <ol style="list-style-type: none"> <li>a. Dynamism &amp; Fluency-----2pts</li> <li>b. Complexity &amp; Creativity---2pts</li> <li>c. Use of Space-----2pts</li> </ol> </li> <li>2. Musicality (max. 2pts)</li> <li>3. Presentation (max. 2pts)</li> </ol>	10 points
Execution	<ol style="list-style-type: none"> <li>1. Technical Skill (max. 8pts)</li> <li>2. Synchronization (max. 2pts)</li> </ol>	10 points
Difficulty Elements	<ul style="list-style-type: none"> <li>• Must include 1 element from each group of the FIG COP without combination (from 0.1-0.6 value).</li> <li>• All members of the group must perform <u>the same elements</u> at the same time.</li> </ul>	Max. 2.4 points
Difficulty Deductions	<ul style="list-style-type: none"> <li>• More than 4 elements: - 1.0 each time</li> <li>• More than 0.6 value elements performed: - 1.0 each time</li> </ul> For other deductions, see Aerobic Gymnastics FIG COP 2009-2012.	
Chair Deductions	<ul style="list-style-type: none"> <li>• More or less than 1 lift: -0.5 each time</li> <li>• Prohibited lift (propelling): -1.0 each time</li> </ul>	
Judges	Chair of Judges' Panel (1), Difficulty (2), Artistic (4), Execution (4), Line (2), Time (1)	



## Aerobic Step (FIG Rules)

Definition	Group choreography (5-10 competitors: male, female or mixed), utilizing the Aerobic basic steps and arm movements with equipment (Step), performing to the music. The routine may include elements from the FIG COP, performed by 1 or more competitors (at the same time or consecutively), but <u>will not</u> receive any difficulty value.	
Age	17 – 28 years old	
Time	1' 30" ± 5"	
BPM	130 bpm – 140 bpm recommended	
Competition area	10m x 10m	
Equipment	Step	
Dress Code	<p>Athletic Appearance:</p> <ol style="list-style-type: none"> <li>1. Leotard, Unitard and Two-piece leotard (Pants, long leggings, shorts and close fitting tops) are allowed. The attire can be different but should be harmonized.</li> <li>2. The competitor must wear supportive aerobic or sports shoes.</li> <li>3. Hair must be secured close to the head.</li> <li>4. The underwear must not be seen.</li> <li>5. Large (loose) clothes, additional items (tubes, sticks, balls, etc) and accessories (belts, braces, bands, etc.) are not allowed.</li> <li>6. Attire depicting war, violence or religious themes is forbidden.</li> </ol>	
Artistic	<ol style="list-style-type: none"> <li>1. Composition of the Routine (max. 6pts) <ol style="list-style-type: none"> <li>a. Dynamism &amp; Fluency-----2pts</li> <li>b. Complexity &amp; Creativity---2pts</li> <li>c. Use of Space-----2pts</li> </ol> </li> <li>2. Musicality (max. 2pts)</li> <li>3. Presentation (max. 2pts)</li> </ol>	10 points
Execution	<ol style="list-style-type: none"> <li>1. Technical Skill (max. 8pts)</li> <li>2. Synchronization (max. 2pts)</li> </ol>	10 points
Lifts	1 lift must be included (Propelling in the lift is prohibited)	
Chair Deductions	<ul style="list-style-type: none"> <li>• Any jump from group C, using the step (take-off and landing) is prohibited: -1.0</li> </ul> For other deductions, see Aerobic Gymnastics FIG COP 2009-2012.	
Judges	Chair of Judges' Panel (1), Artistic (4), Execution (4), Line (2), Time (1)	

If you have any question, do not hesitate to contact FIG and your National University Sports Federation. We are waiting for you in Shenzhen for this wonderful event.