



## REGISTER OF CHANGES

Date	Section	Change
Mar 2014	Elements	5.0 2014 Elements updated (Pages 11-12)
Mar 2014	Artistic Judging criteria	Artistic Judging Sheet
June 2014	Division of Competition	3.0 Level 4 (Page 5)
June 2014	Elements	5.0 2014 Elements updated (Pages 11-12)
June 2014	Appendix 1	Levels Structure 2014-2016
June 2014	Acrobatic elements	3.5 Level 5
June 2014	Prohibited Movements	10.0 Prohibited Moves
June 2014	Elements Group A	Delete A236 – High V Support reverse cut ½ twist to split A306 – change to A305 (value 0.5) A316 – change to A315 (value 0.5) A307 – change to A306 (value 0.6) A317 – change to A316 (value 0.6)

### 3.0 DIVISION OF COMPETITION

<b>Level 4</b>	<p>Compulsory Routines <b>to set music</b></p> <p>A maximum of 6 compulsory elements: 0.1 – 0.3 value</p> <p>4 Jumping Jacks           <b>0.1 – 0.2 value</b></p> <p>4 Pushups                   0.1 – 0.2 value</p> <p>4 High Leg Kicks           0.1 – 0.2 value</p> <p>Age Groups: age determined in the “year of competition”</p> <p>Senior: (16 + years)</p> <p>Intermediate: (12 – 15 years)</p> <p>Junior: (9 – 11 years)</p> <p>Mini: (6 – 8 years) <b>only at a State level</b></p> <p><b>Competition Categories: Individual (M and F combined) and Multiples (2 – 3 team members)</b></p> <p>Music Length: 1 minute 30 seconds (+/- 5 seconds)</p> <p>AEROSkools: Pair (2), Trios (3) and Group (4-6 members). Athletes can only compete in a maximum of 2 categories of competition.</p>
----------------	---

### 5.0 2014 ELEMENTS

#### A. Difficulty Scores for Compulsories

Levels 3 – 5 contain the three (3) compulsories, being four (4) repetitions of each of Jumping Jacks, High Leg Kicks and Push Ups.

A maximum Difficulty score for each of these compulsories is detailed below.

Compulsory Movement	Maximum Difficulty Value		
	Level 3	Level 4	Level 5
4 Jumping Jacks	0.1	<b>0.2</b>	0.4
4 High Leg Kicks	0.1	<b>0.2</b>	0.4
4 push-ups	0.1	0.2	0.4
Maximum Difficulty score for Compulsories	0.3	<b>0.6</b>	1.2

#### 5.1 Level 3 Elements

NO	GROUP	ELEMENT	DIFFICULTY VALUE	MODIFIED VERSION	DIFFICULTY VALUE
1	A	Push-up or Triceps Push-up	0.1	Performed on knees	0.0
2	B	L Support or Straddle Support	0.2	Bottom raised	0.0
3	C	Straight jump	0.0		
4	C	Tuck Jump	0.2		
5	C	Air Jack	0.0		
6	C	<b>Scissor Kick or Split leap</b>	0.0		
7	D	Sagittal or Frontal Split	0.1	Straddle sit	0.0
8	D	½ Turn (180 Pivot)	0.0		
Maximum Difficulty Score of Elements			0.6		
Maximum Difficulty score for Compulsories			0.3		
Maximum Possible Final Raw Score			0.9		

## 5.2 Level 4 Elements

NO	GROUP	ELEMENT	DIFFICULTY VALUE	MODIFIED VERSION	DIFFICULTY VALUE
1	A	Triceps Push-up	0.1	Performed on knees	0.0
2	B	L Support or Straddle Support	0.2	Bottom raised	0.0
3	C	Tuck Jump ½ Turn	0.3	Tuck Jump	0.2
4	C	1/1 Air Turn	0.3		
5	C	Split Leap	0.0	Stride Leap	0.0
6	D	Vertical Split - supported	0.0		
7	D	Sagittal or Frontal Split	0.1	Straddle sit	0.0
8	D	1/1 turn (360 Pivot)	0.2	½ Turn (180 Pivot)	0.0
Maximum Difficulty Score of Elements			1.2		
Maximum Difficulty score for Compulsories			0.6		
Maximum Possible Final Raw Score			1.8		

Appendix 1

## Gymnastics Australia Aerobic Gymnastics Levels Structure 2014-2016

Level	Music Length	Difficulty						Total Possible Raw Difficulty Score	Acrobatic Elements allowed	Maximum No. of Acrobatic Elements	Maximum Lifts With No Prohibited Moves	Transitions Moving Through Vertical	Age Divisions (**at State level only)	Categories (choose 2 only)	Competition Area	Suggested Progression
		Values	No. of Elements to Count	Max No. of Down Elements	Compulsory / Optional Skills	Max. Raw Element Score	Compulsories Maximum Difficulty Score									
Level 1		N/A	N/A	N/A	N/A	N/A	N/A	No	0	N/A	N/A	N/A	N/A	N/A	Level 2	
Level 2	1 min +/- 5sec	N/A	N/A	N/A	N/A	N/A	No Score	N/A	No	0	No Lift	Not Allowed	6-8 Mini** 9-11 Junior** 12-15 Intermediate**	PAIR/TRIO /GROUP	7m x 7m	Level 3
Level 3	1 min 30 sec +/- 5sec	0.1 - 0.2	4#	N/A	<u>Compulsory#</u> Push up 0.1 Support 0.2 Tuck Jump 0.2 Split 0.1	0.6	<u>Difficulty Score 0.3</u> Jumping Jacks - 0.1 Compulsory Pushups - 0.1 High Leg Kicks - 0.1	0.9	No	0	1 optional	Not allowed	6-8 Mini** 9-11 Junior 12-15 Intermediate	INDIVIDUAL/ MULTIPLES	7m x 7m	Level 4
Level 4	1 min 30 sec +/- 5sec	0.1 - 0.3	6#	N/A	<u>Compulsory#</u> Push up 0.1 Support 0.2 1/2 Turn Tuck Jump 0.3 1/1 Air Turn 0.3 Split 0.1 1/1 Turn 0.2	1.2	<u>Difficulty Score 0.6</u> Jumping Jacks - 0.2 Pushups - up to 0.2 High Leg Kicks - up to 0.2	1.8	No	0	1 optional	Not allowed	6-8 Mini** 9-11 Junior 12-15 Intermediate 16+ Senior	INDIVIDUAL/ MULTIPLES	7m x 7m	Level 5

## **8.0 PROHIBITED MOVES**

A routine, including its opening and ending poses, and entry and exits, must not contain movements recognisable as prohibited – whether standing, grounded or airborne.

### **Prohibited Moves (Chair of the Judges Panel Deduction - 0.5)**

	<b>Levels 2 – 5</b>	<b>Level 6</b>	<b>Level 7</b>
Handstand > 2 seconds	Yes	Yes	Yes
Split leap with arched torso	Yes	Yes	Yes
Stag ring leap or jump (sometimes called double stag leap or jump)	Yes	Yes	Yes
Ring jump	Yes	Yes	Yes
Ring balance (1 leg balance with arched torso)	Yes	Yes	Yes
Bridge	Yes	Yes	Yes
Aerial somersault	Yes	Yes	Yes
Dive roll	Yes	Yes	Yes
Walkover (regular or free)	Yes	No	No
Round off	Yes	No	No
Handspring	Yes	Yes	No
Flic flac (Backward handspring)	Yes	Yes	No
Butterfly	Yes 2 – 4, Jnr - 5	No	No
Cartwheel	Yes 2 – 4	NO	No