



## 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)
January 2015	4.0 Execution	Additional specific mistakes - Groups A & B :
January 2015	5.0 Artistic	Changes to scales used - Aerobic Content, Use of the Space and Artistry
January 2015	6.0 Difficulty	Alteration to deductions
January 2015	9.2 Chair of Panel	Additional deduction
January 2015	12.9 Attire	Additional men's attire

January 2015	Appendix 1	Changes to Levels Stream structure
January 2015	Appendix 2 - Element Group A	Clarification- Helicopter landing in sagittal split
January 2015	Appendix 2 - Element Group C	Minimum requirements for landing in push up Scissors leap is now separate family
January 2015	Appendix 2 - Element Group D	Additional minimum requirements for illusion Clarification – Turn with leg at horizontal Clarification – Vertical Split position

### 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>
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### 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	Scissor Kick or Split leap	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		

## **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 (Levels 1 – 5)	Yes 2 – 4, Jnr - 5	No	No
Cartwheel	Yes 2 – 4	No	No

## **4.0 Execution**

### **Group A:**

- “Wenson shape” not been shown immediately at the landing or leg not supported: - 0.2 point
- Both hands landing on the floor on one side of the body in Split ending position: - 0.5 point

### **Group B:**

- All Supports (Straddle, L, V) with turn not showing precise (clear) ending position: - 0.2 point

## **5.0 Artistic**

### **5.52 Aerobic Content**

- If the routine shows less than 9 AMP Sequences apply maximum 1.5 point (Satisfactory).

### **5.5.4 Use of the Space**

- If the routine shows less than 9 AMP Sequences apply maximum 1.5 point (Satisfactory).

### **5.5.5 Artistry**

According to the definition of Artistry

- If the routine shows **1 FALL**, apply maximum 1.5 point (Satisfactory) in the Scale.
- If the routine shows **2 or more FALLS**, apply maximum 1.3 point (Poor) in the Scale.

## **6.0 Difficulty**

### **6.6 Difficulty Judge Deductions:**

C For each use of an element from the Element Pool that is not allowed that division of competition Levels 5, 6 & 7 only

## **9.2 Chair of Panel Deductions**

### **0.2 deductions:**

- Incorrect skill performed for level of competition (Levels 3 – 4)

## **12.9 Attire:**

### **Mens:**

Long gymnastics trousers are allowed for MEN's ATTIRE provided that a neat and proper Athletic Appearance is kept.

Appendix 1

## Gymnastics Australia Aerobic Gymnastics Levels Structure 2014-2017

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	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**	INDIVIDUAL/ MULTIPLES	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

Level 5	1 min 30 sec +/- 5 sec	0.1 - 0.3 <sup>^^</sup>	8	Max 4 Down 1 - Split	Optional Skills with minimum 1 from each group	2.4	Difficulty Score 1.2 Jumping Jacks - up to 0.4 Pushups -up to 0.4 High Leg Kicks -up to 0.4	3.6	A1	1	1	Allowed	9-11 Junior	INDIVIDUAL/ MULTIPLES	7 m x 7m	Level 6
Level 5	1 min 30 sec +/- 5 sec	0.1 - 0.4 <sup>^^</sup>	8	Max 5 Down 1 - Split 1 - Pushup	Optional Skills with minimum 1 from each group	3.2	Difficulty Score 1.2 Jumping Jacks -up to 0.4 Pushups -up to 0.4 High Leg Kicks -up to 0.4	4.4	A1	1	1	Allowed	12-15 Intermediate	INDIVIDUAL/ MULTIPLES	7 m x 7m	Level 6
Level 5	1 min 30 sec +/- 5 sec	0.1 - 0.4 <sup>^^</sup>	8	Max 5 Down 2 - Split 2 - Pushup	Optional Skills with minimum 1 from each group	3.2	Difficulty Score 1.2 Jumping Jacks -up to 0.4 Pushups -up to 0.4 High Leg Kicks -up to 0.4	4.4	A1	1	1	Allowed	16+ Senior	INDIVIDUAL/ MULTIPLES	7 m x 7m	Level 6
Level 6	1 min 15 sec +/- 5 sec	0.1 - 0.5 <sup>^^</sup>	8	Max 4 Down 1 - Split	Optional Skills with minimum 1 from each group	4.0	N/A	4.0	A1-3	2	1	Allowed	9-11 Junior	INDIVIDUAL/ MULTIPLES	7 m x 7m	Nat Dev AG 1
Level 6	1 min 30 sec +/- 5 sec	0.1 - 0.5 <sup>^^</sup>	8	Max 5 Down 1 - Split 1 - Pushup	Optional Skills with minimum 1 from each group	4.0	N/A	4.0	A1-3	2	1	Allowed	12-15 Intermediate	INDIVIDUAL/ MULTIPLES	7 m x 7m	AG 1 AG2
Level 6	1 min 30 sec +/- 5 sec	0.1 - 0.5 <sup>^^</sup>	8	Max 5 Down 2 - Split 2 - Pushup	Optional Skills with minimum 1 from each group	4.0	N/A	4.0	A1-3	2	1	Allowed	16+ Senior	INDIVIDUAL/ MULTIPLES	Individual 7 m x 7m Multiples 10 m x 10 m	Level 7 AG 2 Senior Int
Level 7	1 min 30 sec +/- 5 sec	0.1 - 0.7 <sup>^^</sup>	10	Max 5 Down 2 - Split 2 - Pushup	Optional Skills with minimum 1 from each group	7.0	N/A	7.0	A1-6	2	1	Allowed	12 -15 Intermediate 16+ Senior	INDIVIDUAL/ MULTIPLES	Intermediate 7 m x 7m Senior 10m x 10m	AG 2 Senior Int

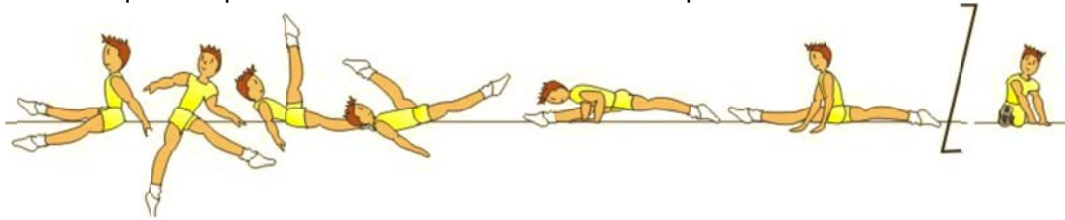
## Appendix 2: Element Group Clarification

### Group A

#### Elements ending in Sagittal Split position

**Ending position:** Upright upper body facing towards the front leg with shoulders and hips square. Both hands must be at **each** side of the body on the floor before any other arm position. If both hands are on the floor on **one side of the body**, it will be considered as a **FALL**.

Example: Helicopter to split: No value for Diff element and 0.5 point deduction in Execution



### Group C

#### Minimum Requirements: ADD---<Jumps and leaps landing in PU position>

- Hands and feet must land **at the same time**.

At the same time: Difficulty value

Not at the same time: No Difficulty value and 0,3 point deduction in Execution

#### New Family: <Scissors Leap Family>

- All Scissors Leap elements are now a new separate family.

### Group D

#### Minimum Requirements: ADD---<Illusion Family>

- The element must be performed **without HOPPING**

#### Turn with leg at Horizontal:

The turn(s) must be performed with the heel of the free leg forward at horizontal throughout the rotation (support and free leg may be straight or bent). Not maintaining the heel in the horizontal position during the whole element will be considered as a regular Turn element.



#### Vertical Split position

In order to receive the value, the supporting leg must be in **Vertical line** (perpendicular) to the floor.

