



REGISTER OF CHANGES

Date	Section	Change
January 2015	4.1 Artistic	Changes to scales used - Aerobic Content, Use of the Space and Artistry
January 2015	4.3 Difficulty	Difficulty documentation required
January 2015	9.2 Chair of Panel	Additional deduction
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
January 2015	AeroDance Structure	2015-2017 AeroDance Competition structure.

4.1 Artistic Component

Aerobic Content

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

Use of the Space

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

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.

4.3 Difficulty

Difficulty documentation is required to be submitted.

Appendix 2: Element Group Clarification

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**

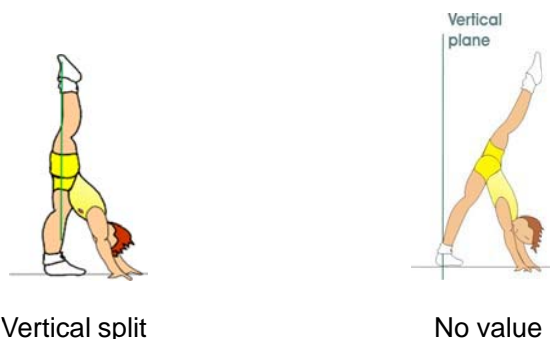
Turn with leg at Horizontal:

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.



Gymnastics Australia Aerobic Gymnastics AeroDance Structure 2015-2017

Division	Difficulty					Total Possible Raw Difficulty Score	Acrobatic Elements allowed (Optional)	Lifts (With No Held Handstand)	Transitions Moving Through Vertical	Routine Requirements	Age Divisions##	Categories	Competition Area	Suggested Progression
	Music Length	Values	No. of Elements to Count	Max No. of Down Elements	Compulsory / Optional Skills									
Division 1	1 min 30 sec +/- 5 sec	0.0	4	0	Air Jack 1/2 turn Straight jump 2 sagittal kicks	0.0	No	1	Allowed	Fully Choreographed	9 - 11 years 12 - 15 years 16 + years	Team 5 - 10	10m x 10m	Division 2
Division 2	1 min 30 sec +/- 5 sec	0.2 - 0.3	4	0	Jump 1/1 turn 0.3 tuck jump 0.2 1/1 turn 0.2 Scissor kick 0.2	0.9	A1_ A3	1	Allowed	Choreographed with optional dance choreography	9 - 11 years 12 - 15 years 16 + years	Team 5 - 10	10m x 10m	Junior Intermediate Senior
Junior ^^	1 min 30 sec +/- 5 sec	0.1 - 0.3	4	4	Optional Skills from Groups C & D	1.2	Yes	1	Allowed	Optional choreography	9 - 11 years	Team 5 - 10	10m x 10m	Intermediate
Intermediate ^^	1 min 30 sec +/- 5 sec	0.1 - 0.4	4	4	Optional Skills from Groups C & D	1.6	Yes	1	Allowed	Optional choreography	12-15 years	Team 5 - 10	10m x 10m	Senior
Senior^^	1 min 30 sec +/- 5 sec	0.1 - 0.4**	4	4	Optional Skills from Groups C & D	1.6	Yes	1	Allowed	Optional choreography	16 + years	Team 5 - 10	10m x 10m	Level 7 AG 2 Senior Int

** Seniors may perform 0.5 & 0.6 skills but will not earn higher than 0.4 when performed with to meet minimum difficulty requirements

One (1) team member may be from another age group

^^ Eligible for National & Development Squad selection