



**Gymnastics**  
Australia

**AEROBIC GYMNASTICS**  
**GYMSPORT TECHNICAL COMMISSIONS**  
**PART B – TECHNICAL REGULATIONS**

**2018**

**Version 2**

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**ARTICLE 1. DEFINITIONS AND INTERPRETATION**

The following short terms shall be used and interpreted in the spirit of the following meanings unless specifically defined elsewhere.

<b>Association</b>	An Association Member claiming jurisdiction of the sport over a State or Territory within Australia
<b>Board</b>	Board of Management of the Company, Gymnastics Australia Ltd
<b>Commission</b>	The National Gymsport Technical Commission
<b>Company</b>	Gymnastics Australia Ltd (GA)
<b>Regulations</b>	All by-laws and rules that are made within the authority of the Constitution.
<b>Simple Majority</b>	More than 50 per cent of those people eligible, voting of the one accord.
<b>Gymsport</b>	A gymnastic sport defined by the Federation Internationale de Gymnastique (FIG) and accepted by the Company as a program under its jurisdiction.

**GLOSSARY**

<b>AER</b>	Aerobic Gymnastics
<b>AIS</b>	Australian Institute of Sport
<b>ALP</b>	Australian Levels Program
<b>FIG</b>	Federation Internationale de Gymnastique
<b>GA</b>	Gymnastics Australia
<b>HPC</b>	High Performance Centre
<b>NAC</b>	National Advisory Committee
<b>NAERC</b>	National Aerobic Gymnastics Commission
<b>NCM</b>	National Commission Member
<b>NGTC</b>	National Gymsport Technical Commission
<b>NJC</b>	National Judging Co-ordinator
<b>NP</b>	National Nomination Panel
<b>NTD</b>	National Technical Director
<b>PC</b>	Project Coordinator
<b>SMC</b>	State/Territory Sport Management Committee

## **ARTICLE 2. POLICIES AND RULES**

The rules set out in the following documents will be part of the Commission's Technical Regulations:

- Bylaw 6 Gymsport Technical Commissions
- Part A Commission Governance
- 2018 - 2021 AER Australian Levels Program
- 2017 - 2020 FIG Aerobic Gymnastics Code of Points
- AeroSchools Rules and Guidelines (including Divisions 1 and 2 AeroDance)

Any modification to these will be circulated in writing on the authority of Gymnastics Australia and the National Technical Commission.

### **2.1 AER Selection Policies and Nomination Panels**

Selection Policies, including the AER National Squad Selection Policy can be found on the Gymnastics Australia website [www.gymnastics.org.au](http://www.gymnastics.org.au) > High Performance > National Team > Selection Policies.

## **ARTICLE 3. COMMISSION STRUCTURE AND COMMITTEES**

### **3.1 Statutory Committees**

#### **3.1.1 National Gymsport Commission**

- Technical Director
- Judging Coordinator
- General Member – Project Coordinator x 3
- GA Staff Member (*ex-officio*)

Please refer below for the Position Description of a Projector Coordinator and GymSport Technical Commissions Part A – Commission Governance for the desired criteria for the National Technical Director and National Judging Coordinator.

#### **General Member – Project Co-ordinator**

The Project Coordinator/s, in conjunction with the National Technical Director and GA Staff may:

- Assist in the development and support the implementation of the GymSport Australian Levels Program and GymSport specific resources
- Liaise with GA staff to assist with developing and enhancing various programs such as; coach and judge education, GymSport specific programs and high performance
- Analyse data and gather information from states/territories to improve athlete performance and programs
- Chair Working Groups (Project Groups) as required
- Work with GA staff to communicate technical updates and good news stories to the wider community, including advising of website updates
- Liaise with clubs and states/territories to promote national events
- Provide support to the National Technical Director, National Judging Coordinator and GA Staff in the lead-up to national events
- Attend commission meetings and contribute to planning and goal setting

#### **Selection Criteria for General Member - Project Coordinator**

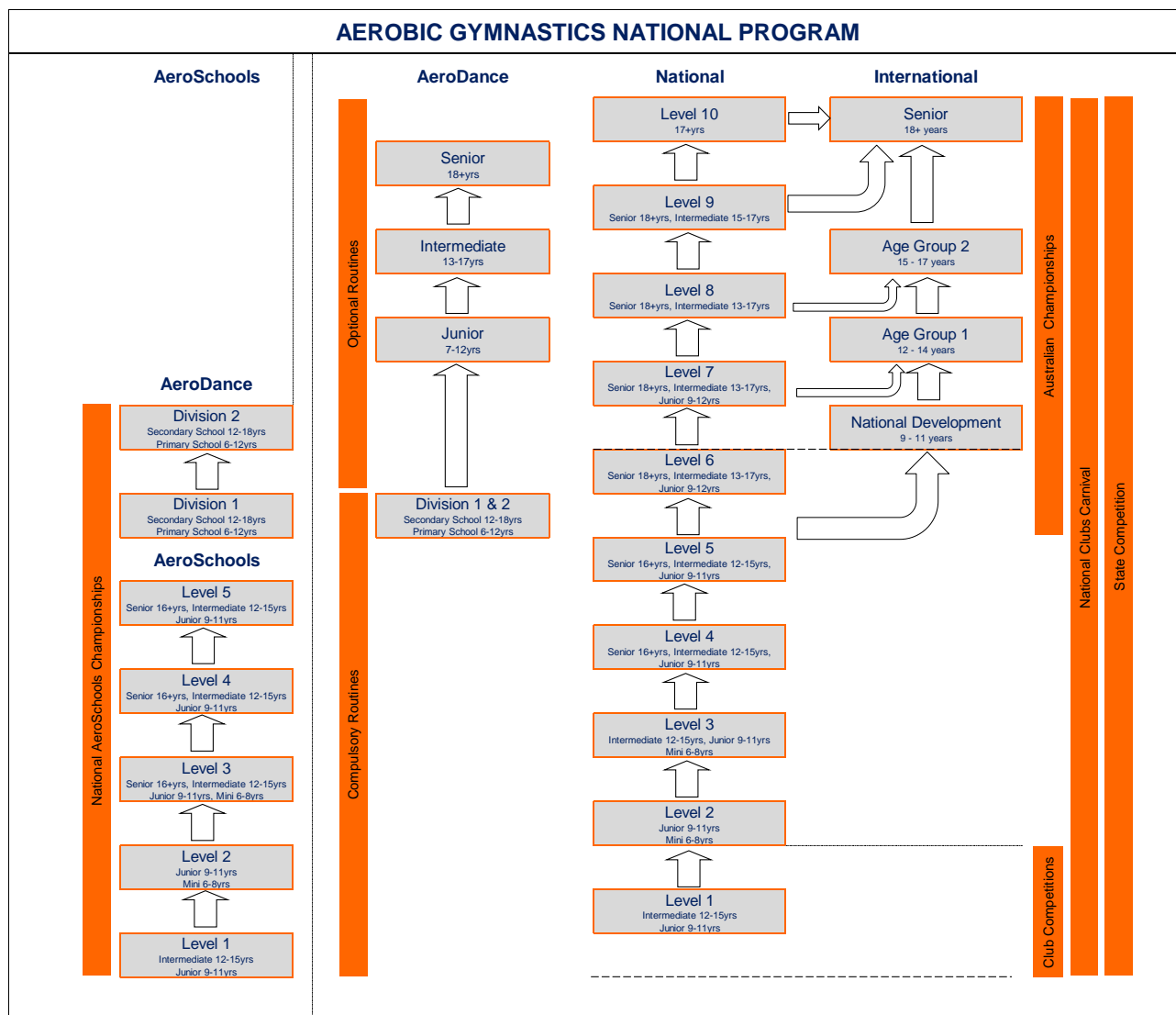
- Current Technical Member - Coach or Judge
- Sound technical knowledge and understanding of the GymSport
- Respected within the GymSport community
- High level organisational, IT, interpersonal and communication skills
- Knowledge of national and international trends
- Ability to liaise with various stakeholders and be a team player

### 3.2 National Sub Committees

The AER Commission has the authority to appoint sub-committees and working groups as required. The process of selection is via either appointment or call for Expressions of Interest from the community. The subcommittee's functions may include the following;

- Execute the decisions made by the AER Commission
- Undertake technical projects
- Review guidelines and rules pertaining to competitions and events
- Conduct research and development activities in the interest of Acrobatic Gymnastics

## ARTICLE 4. NATIONAL PROGRAM AND PATHWAYS



There are THREE separate streams to the Australian Levels Program:-

1. **Levels 1-10:** For athletes and school students whose primary incentive for participating follows the four 'F' philosophy (fun, fitness, friendship and fundamentals) and for athletes developing their skill level with the aim to compete in the International Stream of competition.
2. **International:** For athletes who aspire to represent their country in international competitions.
3. **AeroDance:** For athletes with an interest in dance and developing their aerobic movements.

- The aim of the three streams is to:
  - Create a strong participation base that provides sequential and challenging pathways for Aerobic Gymnastic participants
  - Develop and nurture world class athletes with the ability to win medals at international events
- It is assumed that as beginners, participants should move through the Levels to gain a solid grounding in the compulsories, arm and leg lines and basic choreography.
- Level 1 - 5 routines will follow the current Levels and AeroSchools program.
- Level 6 - 10 routines are optional and should be constructed using special routine requirements that factor in safety and sequential skill development.
- The gymnast/coach choose one “stream” of competition from Levels or International, at the beginning of the competition year and remain within this stream for the calendar year.
  - Athletes may additionally compete in AeroSchools competitions.
  - Athletes may also compete in the AeroDance Stream or the AeroDance Divisions Stream as an additional stream of competition.
- Athletes can compete in only one age group and division within their chosen stream.
- Athletes who compete in the International stream are eligible for National Squad selection and subsequent international assignment.
- Additional athletes may be invited to attend National Squad workshops and camps. Such invitation will be based on results from the Australian Championships and/or international competitions.
- The AER Commission will review the pathways/competition structure annually following the Australian Championships.

## **ARTICLE 5. COMPETITION RULES AND GUIDELINES**

### **5.1 Purpose**

The FIG Code of Points and Part B - Technical Regulations provide governance for AER rules and regulations. This includes Technical regulations, Competition Rules and general information within Australia and should be used in conjunction with:

- FIG Code of Points and
- AER Australian Levels Program
- AeroSchools Program
- AeroDance Program

These documents are regularly reviewed with any clarifications and updates published on the GA website.

### **5.2 Coaches**

#### **5.2.1 Trials and Training Camps**

A minimum of one coach per club is to attend trials and training camps for which their athletes are participating.

#### **5.2.2 Accreditation**

Coaches attending National competitions (not including AeroSchools), Trials and/or Training Camps must adhere to the Gymnastics Australia Coach Education Framework and Accreditation Policy and coach athletes relevant to their level of competency.

This Policy can be found on the Gymnastics Australia website [www.gymnastics.org.au](http://www.gymnastics.org.au) > By-laws, Policies & Technical Regulations.

### **5.3 Competition Structure for Australian Aerobic Gymnastics**

Please refer to Appendix 1, 2 and 3.

### **5.4 AeroSchools Program and AeroSchools National Championships**

Please refer to Appendix 4.

AeroSchools is an Aerobic Gymnastics participation program, conducted in schools and gymnastics clubs, that aims to introduce basic Aerobic Gymnastics movement patterns within a fun and challenging program, culminating in the development of an Aerobic Gymnastics routine that can be entered into a state/territory or national competition. AeroSchools consists of both a participation program and a supporting event structure.

The program is aimed at school aged children and youths aged between 5 – 18 years with both genders actively encouraged to participate. It aims to provide a grass roots entry level participation program for school students and their teachers wishing to become involved in Aerobic Gymnastics.

The AeroSchools program requires no previous knowledge or experience from the teacher or student(s) and provides a sequential program of skill development over five separate levels (Level 1, Level 2, Level 3, Level 4 and Level 5).

As AeroSchools is a participation program, Aerobic gymnasts competing at Level 6 or above in the Australian Levels Program are required to compete in Level 5 for AeroSchools, unless 50% of their team are competing at Level 3 or below.

#### **5.4.1 Rules**

- Competition will follow the Rules and Regulations found in:
  - AeroSchools Program, via the App, or printed version on request

#### **5.4.2 Divisions of Competition**

There are differences in the divisions of competition for AeroSchools and Club based competitions. These are summarised below:

<b>Level</b>	<b>Club Based Competition Options</b>	<b>AeroSchools Competition Categories</b>
1 (State events only)	Group (5-20 athletes)	Group (5-20 athletes)
2 (State events only)	Individual Multiple (2-3)	Pair (2) Trio (3) Group (4-6)
3	Individual Multiple (2-3)	Pair (2) Trio (3) Group (4-6)
4	Individual Multiple (2-3)	Pair (2) Trio (3) Group (4-6)
5	Individual Multiple (2-3)	Pair (2) Trio (3) Group (4-6)
AeroDance Division 1	Team 5 – 10 athletes	Team 5 – 10 athletes
AeroDance Division 2	Team 5 – 10 athletes	Team 5 – 10 athletes

Full details of the AeroSchools Program can be found in the AeroSchools Resource Kit available from February 2018 via a downloadable App.

### 5.4.3 Judging

- Less experienced judges are encouraged to nominate for the AeroSchools Championships.
- Schools are strongly encouraged to nominate a judge for the event.

## 5.5 Australian Championships

### 5.5.1 Rules

- Competition will follow the Rules and Regulations found in:
  - Levels 1 – 10, Aerobic Gymnastics 2018 -2021 Australian Levels Program
  - International, FIG AER 2017 – 2020 Code of Points - [FIG Website](#)

### 5.5.2 Music

- Music will not be accepted within the two weeks prior to competition commencing.
- Music for Levels 1 – 5 will be supplied by Gymnastics Australia; all other music is to be provided by the state/territory.

### 5.5.3 Judging

#### National Judges Subsidy Funding

See Australian Championships Judges Subsidy Policy on Gymnastics Australia's website [www.gymnastics.org.au](http://www.gymnastics.org.au) > About Us > By-laws, Policies and Technical Regulations.

The National Technical Director and Judging Coordinator will consider all or some of the following factors (not listed in any order of priority) when judging numbers exceed the allocated subsidy numbers and they may give such weight to any or all of these factors as they see fit:

- Judging Qualification
- Number of judges per state
- Experience – International, National and State
- Years of service
- Contribution to the sport

The decision of the selectors will be final and judges will not be permitted to appeal the decision.

All states/territories are required to supply at least one (1) judge for the entirety of the Australian Championships. The training and travel arrangements for all judges are the responsibility of their state. Advanced or above judging accreditation is preferred.

Judges may not have dual roles, e.g. coach at the Australian Championships.

## 5.6 National Clubs Carnival

National Clubs Carnival is designed as a participation event, encouraging athletes of all abilities to attend. With this in mind the competition format is very different from the Australian Championships and should be seen as a vehicle to foster club spirit and increase competition options.

For information about the 2018 National Clubs Carnival, refer to the Gymnastics Australia website [www.gymnastics.org.au](http://www.gymnastics.org.au) > Events.

### 5.6.1 Eligibility

- Each gymnast must be registered with their state/territory association
- All gymnasts within a team must be registered with the same club/school/state

### 5.6.2 Rules

- Competition will follow the Rules and Regulations found in:
  - Levels 1 – 10 - Aerobic Gymnastics 2018 -2021 Australian Levels Program
  - International - FIG AER 2017 – 2020 Code of Points, [FIG Website](#)



- Gymnasts may compete in or above the category they are registered at
- Gymnasts can only compete in one level of the Australian Levels Program **or** the International Stream **and/or** one AeroDance division
- A gymnast cannot compete against themselves, so can only enter one routine within the same category
- Changes to entries will only be accepted in the case of an injury or withdrawal due to sickness (medical certificate supplied). Clubs can replace withdrawn athletes up until the commencement of the session. The Competition Director must be notified of any changes.

### 5.6.3 Divisions of Competition

Stream	Age Group	Team Size
1	Combination of Mini, Junior, Intermediate and Senior	Teams (5 - unlimited)
2	Mini and Junior	Multiple (2-3) and Teams (4-6)
3	Junior, Intermediate	Individual
3	Mini, Junior, Intermediate, Senior	Multiple (2-3) and Teams (4-6)
4 to 5	Mini, Junior, Intermediate, Senior	Individual, Multiple (2-3) and Teams (4-6)
6	Junior ( <del>11 and under</del> ), Intermediate, Senior	Individual, Multiple (2-3)
7	Junior, Intermediate, Senior	Individual, Multiple (2-3)
8	Intermediate, Senior	Individual, Multiple (2-3)
9	Intermediate, Senior	Individual, Multiple (2-3)
10	17+	Individual, Multiple (2-3)
International	ND, Age Group 1, Age Group 2, Senior	Individual, Mixed Pair, Trio, Group Multiple (2-3)
AeroDance Division 1 & 2	Junior, Intermediate, Senior	Team (5-10)
AeroDance	Junior, Intermediate, Senior, FIG Age Group 2, FIG Senior	Individual, Mixed Pair, Trio and Team (5-10)

### 5.6.4 Entries

Clubs can have unlimited entries. However, as only one day of competition has been allocated, if too many entries are received, then clubs may be asked to reduce the number of entries nominated.

Division	Number of entries	Examples of entries
Levels 2 to 10 & International	2 entries in different categories	AG1 Individual, AG1 Trio
AeroDance*	2 entries in different categories	Junior Individual, Intermediate Team Senior Trio, Senior Team
Total possible entries	4*	Level 4 Junior Team, Level 4 Junior Individual, AeroDance Junior Trio, AeroDance Junior Team

\* AeroDance teams can have one athlete as an out of age competitor, **except FIG AeroDance**.

### 5.6.5 Uniform Requirements

- Coaches are required to wear their club tracksuit for this event
- Gymnasts must be in Club/School tracksuits for presentations
- Competition attire:
  - Levels & International - Leotard, Club or PE uniform
  - AeroDance - as per rules

### 5.6.6 Music

- Music will not be accepted within the two weeks prior to competition commencing.

- Music for Levels 1 – 5 will be supplied by Gymnastics Australia; all other music is to be provided by the club.

### 5.6.7 Judging

- Each club is required to nominate at least one judge for the sessions they are competing in.
- If a club cannot provide a suitable judge for the level of competition entered, they will be fined to cover the cost of funding a replacement for that level of competition.
- Clubs are encouraged to liaise with other clubs if they are unable to supply their own judge.
- There is no judging subsidy for the National Clubs Championships. All costs regarding judges are the responsibility of the club.
- A National Clubs Carnival competitor is not eligible to act as a judge.

### 5.6.8 Protests

Protests will not be allowed at this event, the judges' decision is final.

### 5.6.9 Awards

- Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placing in each category and age division
- Ribbons will be awarded for 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> placing in each category and age division

An award will be made for the overall champion club based on points awarded as follows:

1 <sup>st</sup> Place	12 Points	7 <sup>th</sup> Place	5 Points
2 <sup>nd</sup> Place	10 Points	8 <sup>th</sup> Place	4 Points
3 <sup>rd</sup> Place	9 Points	9 <sup>th</sup> Place	3 Points
4 <sup>th</sup> Place	8 Points	10 <sup>th</sup> Place <sup>3</sup>	2 Points
5 <sup>th</sup> Place	7 Points	All other placings	1 Point
6 <sup>th</sup> Place	6 Points		

In case of a tie, the "leading" athlete will be determined as follows.

- A the athlete receiving the highest **Execution** Score.
- B the athlete receiving the highest **Artistic** Score.
- C the athlete receiving the highest **Difficulty** Score.
- D the analysis of each judge's ordinal ranking.

	<b>Individuals/ Multiples/Teams</b>	<b>Champion Club</b>	<b>Best Performance Club</b>
<b>Award criteria</b>	Awards to be presented in each age grouping of the nominated categories per division.	Sum of points for all placings.	Calculated by dividing total points awarded to the club by the number of Club routines entered. <i>Example: Slugs Gym achieved 350 points and had 35 routines therefore are awarded a score of 10.</i>
<b>Awards presented</b>	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> - Medals 4 <sup>th</sup> , 5 <sup>th</sup> , 6 <sup>th</sup> - Ribbons	Trophy 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup>	Trophy 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup>

## 5.7 Australian Series Cup

- The Australian Series Cup consists of one nominated event per State/Territory with the calendar of events to be published by February each year.
- Athletes from around Australia are eligible to enter an existing state/territory event nominated as a part of the series.
- The Australian Series Cup will be awarded at the **National Clubs Carnival**.

### 5.7.1 Eligibility

- To be eligible to receive an award, athletes must compete in at least three events within the Australian Series

- The best three placings will count
- Athletes will be required to complete an online form, available via Gymnastics Australia, advising of their intent to compete as part of the Australian Series Cup.

### 5.7.2 Award Categories

- International Senior
- International Age Group
- Levels 6-10

Point allocation for results:

1 <sup>st</sup> Place	12 Points	5 <sup>th</sup> Place	4 Points
2 <sup>nd</sup> Place	10 Points	6 <sup>th</sup> Place	3 Points
3 <sup>rd</sup> Place	8 Points	7 <sup>th</sup> Place	2 Points
4 <sup>th</sup> Place	6 Points	8 <sup>th</sup> Place and below	1 Point

## ARTICLE 6. AWARD GUIDELINES

The following Aerobic Gymnastics Awards may be awarded each year: The period of evaluation for the award is 12 months from 1 January to 31 December.

Title	Award	Type	Selection
Senior/ International	Gymnast/s of the Year	ATHLETE/S	<ul style="list-style-type: none"> <li>• Australian Championship results</li> <li>• International competition results</li> <li>• Member of the Aerobic National Squad</li> <li>• Results from competing in multiple categories cannot be combined i.e. if an athlete competes as an individual and a trio at a competition, only the results as an individual will count towards the individual nomination, alternatively an athlete can also be nominated for a trio award where the individual results will not count and rather the trio results would be considered.</li> <li>• AeroDance results are not to be included</li> </ul>
Age Group/ International	Gymnast/s of the Year	ATHLETE/S	<ul style="list-style-type: none"> <li>• Australian Championship results</li> <li>• International competition results</li> <li>• Member of Aerobic National Squad</li> <li>• Results from competing in multiple categories cannot be combined i.e. if an athlete competes as an individual and a trio at a competition, only the results as an individual will count towards the individual nomination, alternatively an athlete can also be nominated for a trio award where the individual results will not count and rather the trio results would be considered.</li> <li>• <b>AeroDance results are not to be included</b></li> </ul>
Australian Levels	Gymnast of the Year	ATHLETE/S	<ul style="list-style-type: none"> <li>• Level 6 -10 athlete at Australian Championships</li> <li>• Australian Championship results</li> <li>• International event attendance</li> <li>• Results from competing in multiple categories cannot be combined i.e. if an athlete competes</li> </ul>

			<p>as an individual and a trio at a competition, only the results as an individual will count towards the individual nomination, alternatively an athlete can also be nominated for a trio award where the individual results will not count and rather the trio results would be considered.</p> <ul style="list-style-type: none"> <li>• AeroDance competition performances will not be included.</li> </ul>
AeroDance	Gymnast of the Year	ATHLETE/S	<ul style="list-style-type: none"> <li>• Australian Championship AeroDance results</li> <li>• International AeroDance competitions results</li> <li>• Results from competing in multiple categories cannot be combined i.e. if an athlete competes as an individual and a trio at a competition, only the results as an individual will count towards the individual nomination, alternatively an athlete can also be nominated for a trio award where the individual results will not count and rather the trio results would be considered.</li> </ul>
5th Australian Championships	Gymnast	ATHLETE	<ul style="list-style-type: none"> <li>• The current year's Australian Championships can be included in the 5 and 10 year awards. If the eligible athlete requires the current Australian Championships to meet a 5 or 10 requirement please mark them "pending selection"</li> <li>• Attendance at the Australian Championships is not required to be in consecutive years (i.e. 2003, 2006, 2007, 2009, 2012 is acceptable)</li> <li>• Attendance can be in either or both the Australian Levels Program or International streams of competition at the Australian Championship</li> <li>• Nominees should be verified by States/Territories using iMis/membership database records</li> <li>• Athletes should be current, or retired in the previous year of competition</li> <li>• Nominees for these awards can be held off until definitive entries for Australian Championships State team are known</li> <li>• Does not include AeroSchools</li> </ul>
10th Australian Championships	Gymnast	ATHLETE	<ul style="list-style-type: none"> <li>• The current year's Australian Championships can be included in the 5 and 10 year awards. If the eligible athlete requires the current Australian Championships to meet a 5 or 10 requirement please mark them "pending selection"</li> <li>• Attendance at the Australian Championships is not required to be in consecutive years (i.e. 2003, 2006, 2007, 2009, 2012 is acceptable)</li> <li>• Attendance can be in either or both the Australian Levels Program or International streams of competition at the Australian Championship</li> <li>• Nominees should be verified by States/Territories using iMis/membership database records</li> <li>• Athletes should be current, or retired in the previous year of competition</li> <li>• Nominees for these awards can be held off until definitive entries for Australian Championships State team are known</li> <li>• Does not include AeroSchools</li> </ul>
International	Coach or Coaching Team of the Year	COACH/ES	<ul style="list-style-type: none"> <li>• Must have coached an Australian team representative or represented Australia as a National Team coach</li> <li>• Active involvement in State/National/International coaching activities</li> <li>• Involvement in coaching State Teams</li> </ul>

			<ul style="list-style-type: none"> <li>• Selection of gymnasts to AER National Squad Team</li> <li>• Results at State, National and International competitions</li> </ul>
Australian Levels	Coach or Coaching Team of the Year	COACH/ES	<ul style="list-style-type: none"> <li>• Active involvement in State levels coaching activities</li> <li>• Must have coached on the State Team</li> <li>• Results at State and National Levels competitions</li> <li>• Selection of gymnasts to the Australian National and Development Squads</li> </ul>
Special Recognition Award		ANY (e.g. Volunteer)	<ul style="list-style-type: none"> <li>• Be actively involved in the AER community at a national or international level</li> <li>• Be a volunteer assisting at events, workshops etc. at a state and national level</li> </ul>
Judging	Official of the Year	JUDGE	<ul style="list-style-type: none"> <li>• Be a FIG Brevet, Advanced Silver or Advanced Judge and have contributed towards judges' education</li> <li>• Be involved with the preparation of State/Territory or National team members</li> </ul>
World Championship Recognition	World Championship Recognition	OFFICIALS and ATHLETES	<ul style="list-style-type: none"> <li>• Awarded a certificate and pin for participation at the World Aerobic Gymnastics Championships – to be presented at the first Australian Championships following the World Championships</li> <li>• World Age participants will be awarded a certificate for participation at the World Age Championships – to be presented at the first Australia Championships following the World Championships</li> </ul>
Service Awards	Service Award	OFFICIALS	<ul style="list-style-type: none"> <li>• Officiating (coaching, judging, team managers) at the Australian Championships</li> <li>• 5, 10, 15, 20 + Lifetime Service awards</li> <li>• The current year's Australian Championships can be included in the awards. If the eligible official requires the current Australian Championships to meet a requirement please mark them "pending selection"</li> <li>• Attendance at the Australian Championships is not required to be in consecutive years (i.e. 2003, 2006, 2007, 2009, 2012 is acceptable)</li> <li>• Attendance can be in either or both the Australian Levels Program or International streams at the Australian Championship</li> <li>• Nominees should be verified by States/Territories using iMis/membership</li> </ul>

			database records
Retirements	Athlete Recognition Award	ATHLETES	<ul style="list-style-type: none"> <li>Senior Elite Athletes who have officially retired, and have lodged their retirement letter with the Gymnastics Australia High Performance Administration team at least one month prior to the Australian Championships, and who represented Australia at two or more Category 1 events</li> </ul>

	POINTS						
	25	20	15	10	5	2	1
<b>CATEGORY 1</b> (Group 1 events as defined by the FIG General Judges Rules) i.e. World Championships	1 <sup>st</sup> – 3 <sup>rd</sup>	4 <sup>th</sup> – 8 <sup>th</sup>	9 <sup>th</sup> – 12 <sup>th</sup>	13 <sup>th</sup> – 20 <sup>th</sup>	21 <sup>st</sup> – 24 <sup>th</sup>	25 <sup>th</sup> – 30 <sup>th</sup>	31 <sup>st</sup> +
<b>CATEGORY 2</b> (Group 2 events as defined by the FIG General Judges Rules) i.e. All World Cup Series events		1 <sup>st</sup> – 3 <sup>rd</sup>	4 <sup>th</sup> – 8 <sup>th</sup>	9 <sup>th</sup> – 10 <sup>th</sup>	11 <sup>th</sup> – 14 <sup>th</sup>	15 <sup>th</sup> – 18 <sup>th</sup>	19 <sup>th</sup> +
<b>CATEGORY 3</b> (Group 3 events as defined by the FIG General Judges Rules) e.g. Asian Championships			1 <sup>st</sup> – 3 <sup>rd</sup>	4 <sup>th</sup> – 8 <sup>th</sup>	9 <sup>th</sup> – 10 <sup>th</sup>	11 <sup>th</sup> – 14 <sup>th</sup>	15 <sup>th</sup> +
<b>CATEGORY 4</b> (Group 4 events as defined by the FIG General Judges Rules) eg. ANAC, Open Competitions			1 <sup>st</sup>	2 <sup>nd</sup> – 3 <sup>rd</sup>	4 <sup>th</sup> – 8 <sup>th</sup>	9 <sup>th</sup> – 12 <sup>th</sup>	13 <sup>th</sup> – 16 <sup>th</sup>
<b>CATEGORY 5</b> Australian Championships				1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup> – 6 <sup>th</sup>

### Process

- GA will request nominations from Member Associations
- States put forward one nomination only per award category; the only exception is the five and ten year participation, World Championship Recognition, Service Awards and Retirement Athlete Recognition Award
- The Commission will have the ability to nominate a person for an award if a State fails to nominate a suitably qualified person
- Those nominated can be from other states and should represent the most worthy recipient in Australia
- Nominations should include the completed nomination form plus supporting information
- Information supplied may be utilised by Gymnastics Australia for promotional purposes
- The AER Commission will be the Selection Committee and reserve the right to non-award if nominations do not meet the criteria
- The selection panel's decision is final and no correspondence will be entered into
- All nominations must be endorsed by the relevant Member association; nominations from the Commission must be advised to the State Executive Director
- Gymnastics Australia must receive nominations by the closing date
- Presentations occur at the Australian Championships

**APPENDIX 1 AEROBIC AUSTRALIAN LEVELS PROGRAM**

Level	Division	Age	Categories	Diff Requirements	Repetition of a element	Elements #	Diff Values / Elements	Compulsories	Combinations	Max Raw Diff	Landings	Lift	Acro	AMP	GC	Space	Music	Suggested Progression
L10		17+ years	Ind / Mul	Optional elements 1 from 3 Families	x 1 Base family	I- 10 M- 9	0.2-1.0	N/A	2 x 3 elements	I- 10.0 M- 9.0	maximum 3 with 2 in Pushup or Split	1 Optional no propelling	Maximum 2 A1-A7	8	4	10x10	1min 20 sec +/-5 sec	International Stream
L9	Senior	18+ years	Ind / Mul	Optional elements 1 from 3 Families	x 1 Base family	I- 10 M- 9	0.2 - 0.8	N/A	2 x 2 elements	I- 8.2 M- 7.4	maximum 3 with 2 in Pushup or Split	1 Optional No propelling	Maximum 2 A1-A7	8	4	10x10	1min 20 sec +/-5 sec	International Stream / Level 10
	Intermediate	15 -17 years	Ind / Mul	Optional elements 1 from 3 Families	x 1 Base family	I- 10 M- 9	0.2 - 0.8	N/A	2 x 2 elements	I- 8.2 M- 7.4	maximum 3 with 2 in Pushup or Split	1 Optional No propelling	Maximum 2 A1-A7	8	4	10x10	1min 20 sec +/-5 sec	International Stream / Level 10
L8	Senior	18+ years	Ind / Mul	Optional elements 1 from each Families	x 1 Base family	I- 10 M- 9	0.2 - 0.7	N/A	2 x 2 elements	I- 7.2 M- 6.5	maximum 3 with 2 in Pushup or Split	1 Optional No Value No Propelling	Maximum 2 A1-A6	8	4	10x10	1min 20 sec +/- 5 sec	International Stream / Level 9
	Intermediate	13 -17 years	Ind / Mul	Optional elements 1 from each Families	x 1 Base family	I- 10 M- 9	0.2 - 0.7	N/A	2 x 2 elements	I- 7.2 M- 6.5	maximum 3 with 2 in Pushup or Split	1 Optional No Value No Propelling	Maximum 2 A1-A6	8	4	10x10	1min 20 sec +/- 5sec	International Stream / Level 9
L7	Senior	18+ years	Ind / Mul	Optional elements 1 from each Families	x 1 Base family	8	0.1 - 0.6	N/A	1 x 2 elements	4.9	maximum 2 in Pushup or Split	1 Optional No Value No Propelling	Maximum 2 A1-A6	8	4	10x10	1min 20 sec +/-5 sec	International Stream / Level 8
	Intermediate	13 -17y ears	Ind / Mul	Optional elements 1 from each Families	x 1 Base family	8	0.1 - 0.6	N/A	1 x 2 elements	4.9	maximum 2 in Pushup or Split	1 Optional No Value No Propelling	Maximum 2 A1-A6	8	4	10x10	1min 20 sec +/- 5sec	International Stream / Level 8
	Junior	9 -12 years	Ind / Mul	Optional elements - 1 from each Families	x 1 Base family	8	0.1 - 0.6	N/A	1 x 2 elements	4.9	maximum 2 with 1 in Pushup or Split	1 Optional No Value No Propelling	Maximum 2 A1-A6	8	4	I- 7 x7 M- 10x10	1min 20 sec +/- 5sec	International Stream / Level 8
L6	Senior	18+ years	Ind / Mul	Optional elements - 1 from each Families	x 1 Base family	8	0.1 - 0.5	N/A	No	4.0	maximum 2 in Pushup or Split	No	Maximum 2 A1-A3	8	4	10x10	1min 20sec +/- 5sec	International Stream / Level 7
	Intermediate	13 -17 years	Ind / Mul	Optional elements 1 from each Families	x 1 Base family	8	0.1 - 0.5	N/A	No	4.0	maximum 2 in Pushup or Split	No	Maximum 2 A1-A3	8	4	I- 7x7 M- 10x10	1min 20sec +/- 5sec	International Stream / Level 7
	Junior	9 -12 years	Ind / Mul	Optional elements - 1 from each Families	x 1 Base family	8	0.1 - 0.5	N/A	No	4.0	maximum 2 with 1 in Pushup or Split	No	Maximum 2 A1-A3	8	4	I- 7x7 M- 10x10	1min 20 sec +/- 5sec	International Stream / Level 7

Level	Division	Age	Categories	Diff Requirements	Repetition of a element	Elements #	Diff Values / Elements	Compulsories	Combinations	Max Raw Diff	Landings	Lift	Acro	AMP	GC	Space	Music	Suggested Progression
L5	Senior	16+ years	Ind / Mul	Optional elements 1 from each Families	x 1 Base family	6	0.1 - 0.4	JJP - 0.1 - 0.4 C PU - 0.1 - 0.4 HLK - 0.1 - 0.4 MAX Total = 1.2	No	3.6	Senior, Intermediate Maximum 2 w ith 1 x Pushup 1 x Split  Junior 1 x Split no pushup landing allow ed	No	Maximum 2 A1-A2	Compulsory	Compulsory	7x7	1min 20 sec +/- 5 sec	Level 6
	Intermediate	12 -15 years																
	Junior	9 -11 years																
L4	Senior	16+ years	Ind / Mul	Compulsory Elements	N/A	6	Compulsory Elements - Max Total = 1.4 A. Push up 0.1 or Push up 1 leg airborne 0.2 B. Touched Support 0.0 or Support 0.2 C. Tuck Jump 0.2 or 1/1 Turn Tuck jump 0.4 C. 1/1 Air Turn 0.3 D. Vertical Split 0.1 D. 1/1 Turn 0.2	JJP - 0.1 - 0.2 C PU - 0.0 - 0.2 HLK - 0.1 - 0.2 Max Total = 0.6	No	2.0	N/A	No	Maximum 1 A1	Compulsory	Compulsory	7x7	1min 20 sec +/- 5 sec	Level 5
	Intermediate	12 -15 years																
	Junior	9 -11 years																
L3	Intermediate	12 -15 years	Ind / Mul	Compulsory Elements	N/A	4	Compulsory Elements - Max Total = 0.7 A. Push up on Kness 0.0 or Push up 0.1 B. Touched Support 0.0 or Support 0.2 C. Tuck Jump 0.2 D. 1/1 Turn 0.2	JJP - 0.1 C PU - 0.1 HLK - 0.1 Max Total = 0.3	No	1.0	N/A	No	No	Compulsory	Compulsory	7x7	1min 20 sec +/- 5 sec	Level 4
	Junior	9 -11 years																
	Mni	6 - 8 years																
L2	Junior	9 -11 years	Ind / Mul	N/A	N/A	N/A	N/A	JJP C push ups HLK No value awarded	N/A	N/A	N/A	N/A	N/A	Compulsory	Compulsory	7 x 7	1min +/- 5 sec	Level 3
	Mni	6 - 8 years																
L1	Intermediate	12 - 15 years	Group	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	10 x 10	N/A	Level 2
	Junior	9 -11 years																



**APPENDIX 2 AERODANCE AUSTRALIAN LEVELS PROGRAM**

Division	Music Length	Acrobatic Elements allowed (Optional)	Lifts	Routine Requirements	Age Divisions	Categories	Competition Area	Suggested Progression
<b>Division 1</b>	1min 30 sec +/- 5 sec	NO	0	Fully Choreographed	6 - 12 years( Junior) 12 -18 years (Intermediate)	Team 5-10 #	10m x 10m	Division 2
<b>Division 2</b>	1min 30 sec +/- 5 sec	A1 - A3	0	Choreographed with optional dance choreography	6 - 12 years( Junior) 12 -18 years (Intermediate)	Team 5-10 #	10m x 10m	Junior Intermediate Senior
<b>Junior *</b>	1min 20 sec +/- 5 sec	YES	Allowed No value	Optional choreography	7 - 12 years	Individual Mixed Pair Trio Team 5 -10 #	7m x 7m Ind,MP,Trio 10m x 10m Team	Intermediate
<b>Intermediate *</b>	1min 20 sec +/- 5 sec	YES	Allowed No value	Optional choreography	13 -17 years	Individual Mixed Pair Trio Team 5 -10 #	10m x 10m	Senior
<b>Senior *</b>	1min 20 sec +/- 5 sec	YES	Allowed No value	Optional choreography	18+ years	Individual Mixed Pair Trio Team 5 -10 #	10m x 10m	

# Maximum one (1) team member may be from another age group.

\* Eligible for international competition at ANAC.

**APPENDIX 3 AEROBIC INTERNATIONAL PROGRAM**

Division	Age	Categories	Diff Requirements	Repetition of a Element	Elements #	Diff Values / Elements	Compulsories	Combinations	Max Raw Diff	Landings	Lift	Acro	Space	Music	AMP	Aerobic Content Scoring	G	General Content Scoring
Senior International	18+	FIG	FIG	FIG	FIG I 10 M 9	FIG 0.3-1.0		FIG		FIG	FIG	FIG	FIG	FIG	FIG		FIG	
AG2	15 to 17	FIG	FIG	FIG	FIG I 10 M 9	FIG 0.2-0.7, one at 0.8 optional		FIG		FIG	FIG	FIG	FIG	FIG	FIG		FIG	
AG1	12 to 14	FIG	FIG	FIG	FIG 8	FIG 0.1-0.6, one at 0.7 optional		FIG		FIG	FIG	FIG	FIG	FIG	FIG		FIG	
ND	9 to 11	FIG	FIG	FIG	FIG 6	FIG 0.1-0.4, one at 0.5 optional		FIG		FIG	FIG	FIG	FIG	FIG	FIG		FIG	

**AeroDance**

Division	Music Length	Acrobatic Elements allowed (Optional)	Lifts	Routine Requirements	Age Divisions #	Categories	Competition Area	Suggested Progression
AeroDance Senior	1min 20 sec +/- 5 sec	YES	Allowed No value	Optional choreography	18+ years	Team 8	10m x 10m	
AeroDance AG 2	1min 20 sec +/- 5 sec	YES	Allowed No value	Optional choreography	15 - 17years	Team 6	10m x 10m	

**APPENDIX 4 AEROSCHOOLS PROGRAM**

Level	Division	Age	Categories	Diff Requirements	Repetition of a element	Elements #	Diff Values / Elements	Compulsories	Combinations	Max Raw Diff	Landings	Lift	Acro	Space	Music	Suggested Progression
L5	Senior	16+ years	Pair Trio Group	Optional elements 1 from each Families	x 1 Base family	6	0.1 - 0.4	JJP - 0.1 to 0.4 CPU - 0.1 to 0.4 HLK - 0.1 to 0.4 MAX Total = 1.2	No	3.6	Senior, Intermediate 1 x Pushup 1 x Split	No	A1-A2	7x7	1min 20 sec +/- 5 sec	
	Intermediate	12 -15 years									Junior 1 x Split no pushup landing allowed					
	Junior	9 -11 years														
L4	Senior	16+ years	Pair Trio Group	Compulsory Elements	N/A	6	Compulsory Elements - Max Total = 1.4 A. Push up 0.1 or Push up 1 leg airborne 0.2 B. Touched Support 0.0 or Support 0.2 C. Tuck Jump 0.2 or 1/1 Turn Tuck jump 0.4 C. 1/1 Air Turn 0.3 D. Vertical Split 0.1 D. 1/1 Turn 0.2	JJP - 0.1 to 0.2 CPU - 0.0 to 0.2 HLK - 0.1 to 0.2 Max Total = 0.6	No	2.0	N/A	No	A1	7x7	1min 20 sec +/- 5 sec	Level 5
	Intermediate	12 -15 years														
	Junior	9 -11 years														
L3	Intermediate	12 -15 years	Pair Trio Group	Compulsory Elements	N/A	4	Compulsory Elements - Max Total = 0.7 A. Push up on Knees 0.0 or Push up 0.1 B. Touched Support 0.0 or Support 0.2 C. Tuck Jump 0.2 D. 1/1 Turn 0.2	JJP - 0.1 CPU - 0.0 to 0.1 HLK - 0.1 Max Total = 0.3	No	1.0	N/A	No	No	7x7	1min 20 sec +/- 5 sec	Level 4
	Junior	9 -11 years														
	Mini	6 - 8 years														
L2	Junior	9 -11 years	Pair Trio Group	N/A	N/A	N/A	N/A	JJP C push ups HLK No value awarded	N/A	N/A	N/A	N/A	N/A	7 x 7	1min +/- 5 sec	Level 3
	Mini	6 - 8 years														
L1	Intermediate	12 - 15 years	Group	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	10 x 10	N/A	Level 2
	Junior	9 -11 years														

**AeroDance**

Division	Music Length	Acrobatic Elements allowed (Optional)	Lifts	Routine Requirements	Age Divisions #	Categories	Competition Area	Suggested Progression
Division 2	1min 30 sec +/- 5 sec	A1 - A3	0	Choreographed with optional dance choreography	6- 12 years (Primary) 12 -18 years (Secondary)	Team 5-10	10m x 10m	
Division 1	1min 30 sec +/- 5 sec	NO	0	Fully Choreographed	6 - 12 years (Primary) 12 -18 years (Secondary)	Team 5-10	10m x 10m	Division 2