

**FISAF**  
AUSTRALIA

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# 2021 ELEMENTARY STREAM

Information &  
Guidelines



[www.fisafaustalia.com.au](http://www.fisafaustalia.com.au)

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# FISAF AUSTRALIA

## ELEMENTARY STREAM

The FISAF Australia Elementary Stream supports athletes who wish to participate and compete in the entry level Elementary Stream section.

The 2021 FISAF Australia Elementary Stream pre-choreographed package is all inclusive.

The Elementary packages (Phase 1 & Phase 2) include the following;

- Full professionally choreographed competition routines
- Routine Video on USB including full routine facing back, full routine facing front & breakdown of each routine quarter
- Professionally mixed routine music (Mp3 Music Files on USB)
- Complete written choreography notes, lesson plan & basic training tips (digital copy only).

## ELEMENTARY PHASES

### Phase 1:

Phase 1 is designed for beginners, and does not involve complex skills or choreography. This is the perfect starting point for athletes wanting to begin Sport Aerobics, as only basic skills are required.

### Phase 2

Phase 2 provides a progressive pathway for athletes who have developed beyond Phase 1. These routines involve slightly more advanced choreography and skills.



## A NOTE TO COACHES

The 2021 Elementary Stream rules & regulations supersede all previous technical regulations and will be implemented for the period 1 January 2021 to 31 December 2021.

If necessary, during this period, possible amendments or minor changes will be informed via FISAF Australia official email communications &/or social media.

## GENERAL RULES & REGULATIONS

- There is no restriction on any athlete competing in a combination of School, Elementary, National and International streams.
  - E.g. an athlete may compete in a School Stream pre-choreographed team, compete in an Elementary Stream small team, a National Stream pair and an International Stream individual.
- Teams/individuals may **not** compete in the same section twice across all four (4) Streams
  - E.g. an athlete cannot compete in both a School Stream individual & National Stream individual section.
  - E.g. an athlete may not compete in two pre-choreographed school sections.
    - The only exception to the above rule is in regards to school stream athletes competing in pairs, trios (small teams/sport aerobic teams) & fitness teams to represent a club:
      - An individual athlete may compete in a pair, trios or fitness section with their school as well as in the Elementary/National/International Streams, when competing as a part of a club, permitting that the team make up of both teams does not include more than 50% of the same members.
- Coaches are expected to carefully place their athletes/teams in the Stream most appropriate to ability & skill level (coaches are strongly urged to consider the values of FISAF Australia when making these decisions).
- Athletes/teams may remain in the Elementary stream indefinitely if they wish. (The judging panel may suggest an athlete/team consider moving to National Stream if they deem them capable).
- Placing 1st, 2nd or 3rd in a section in Elementary Stream, does not mean athlete/teams must move into the National or International Stream the following year.
- Streams & sections entered by athletes and teams in 2020 do not have any bearing on their choices for 2021.
- Substitute Members:
  - In the case of a team member withdrawal and or injury, which may affect a Nationals or Worlds qualification, a team may substitute that particular member with another athlete.
  - FISAF Admin must be made aware of all substitute members prior to any events.
  - A minimum of 50% of the original team must remain the same at all times.
- It is strongly advised that one person should not perform more than four times during one competition. FISAF Australia and the Event Organiser are not responsible for the individual scheduling of athletes. Please consider your personal health and fitness if wishing to enter multiple categories/divisions.
- FISAF Australia is required to abide by all set rules at each venue and we ask all spectators, athletes and coaches to ensure rules are not broken.
- Please do not rely on the 2021 FISAF event dates as exact. These are preliminary dates/venues. FISAF Australia reserves the rights to amend any event details at their discretion. In the instance there should be any changes, you will be notified of these as soon as possible.
- The FISAF Australia team has done its best to contact and work with other codes in order to assist our coaches and athletes in the busy competition season. We have been only able to work with the information provided.

## ELEMENTARY PACKAGE

FISAF Australia has developed a pre-choreographed routine for both Primary and Secondary age divisions. These routines are provided with a set piece of music, a routine move breakdown, a video of the routine, and a dedicated section in which these teams compete.

This program is designed for school teachers or new coaches who are not quite ready to choreograph a routine. This section is an entry-level routine, and is suited to athletes who are new to the sport. This also assists in the development of technique and execution of choreography and entry-level skills. The skills will be provided for you in the routine, the skills required per phase/routine are provided on page 7.

The Pre-Choreographed Package can be purchased from the FISAF Australia website:  
<https://www.fisafaaustralia.com.au>.

Elementary Pre-Choreographed Routine Packages	
Individual Routine (Choose 1 school routine only)	\$75.00 Each
Phase 1 Routines ONLY (Includes 4 x Routines – X-Mini, Mini, Cadet & Junior/Adult)	\$200.00
Phase 2 Routines ONLY (Includes 3 x Routines – Mini, Cadet & Junior/Adult)	\$175.00
Elementary Combination Package (Includes Phase 1 & Phase 2)	\$300.00

**Deals are available for schools who wish to purchase a Schools Package & Elementary Package.**

School Stream & Elementary Stream Package Deals	
Choose 1 Elementary Phase Package + Choose 1 Schools Package) (E.g. Elementary Phase 1 Elementary + Primary Schools)	\$300.00
Choose 1 Combination Package + Choose 1 Single Package (E.g. Schools Combination Package + Elementary Phase 1 Package)	\$400.00
Ultimate Pre-Choreographed Package	\$450.00

### CONDITIONS OF PURCHASE:

- Purchase of any FISAF 2021 Elementary Package/Schools Package or Combination deal, is for the use of **ONE** club or school **ONLY**.
- For those coaches who teach at various clubs/schools, please be advised that you will need to purchase a Package for **EACH** club or school you coach at. **This is a licensing requirement and non-negotiable.**
- Clubs/schools who wish to compete in the Elementary Stream at any 2021 competition must purchase the 2021 Package.
- Please be advised: Once the package has been received ALL items are the purchaser's responsibility. Replacement USB's and paperwork will incur a cost of \$15 per item.

## ELEMENTARY STREAM SECTIONS

The following sections are available for entry in competitions within Australia in 2021.

PHASE 1			
ROUTINE	SECTION NAME	NUMBER OF MEMBERS	AGE
Phase 1 X-Mini	Phase 1 X-Mini Elementary Individual	1	5, 6 or 7
	Phase 1 X-Mini Elementary Pair	2	
	Phase 1 X-Mini Elementary Small Team	3 – 5	
Phase 1 Mini	Phase 1 Mini Elementary Individual	1	8, 9 or 10
	Phase 1 Mini Elementary Pair	2	
	Phase 1 Mini Elementary Small Team	3 – 5	
Phase 1 Cadet	Phase 1 Cadet Elementary Individual	1	11, 12 or 13
	Phase 1 Cadet Elementary Pair	2	
	Phase 1 Cadet Elementary Small Team	3 – 5	
Phase 1 Junior/Adult	Phase 1 Junior Elementary Individual	1	14, 15 or 16
	Phase 1 Junior Elementary Pair	2	
	Phase 1 Junior Elementary Small Team	3 – 5	
	Phase 1 Adult Elementary Individual	1	17 or Older
	Phase 1 Adult Elementary Pair	2	
	Phase 1 Adult Elementary Small Team	3 – 5	
PHASE 2			
ROUTINE	SECTION NAME	NUMBER OF MEMBERS	AGE CATEGORY
Phase 2 Mini	Phase 2 Mini Elementary Individual	1	8, 9 or 10
	Phase 2 Mini Elementary Pair	2	
	Phase 2 Mini Elementary Small Team	3 – 5	
Phase 2 Cadet	Phase 2 Cadet Elementary Individual	1	11, 12 or 13
	Phase 2 Cadet Elementary Pair	2	
	Phase 2 Cadet Elementary Small Team	3 – 5	
Phase 2 Junior/Adult	Phase 2 Junior Elementary Individual	1	14, 15 or 16
	Phase 2 Junior Elementary Pair	2	
	Phase 2 Junior Elementary Small Team	3 – 5	
	Phase 2 Adult Elementary Individual	1	17 or Older
	Phase 2 Adult Elementary Pair	2	
	Phase 2 Adult Elementary Small Team	3 – 5	

**Please Note:** In the event that the above age categories become larger or smaller than anticipated, FISAF Australia reserves the right to combine or split age categories as they see fit.

## ELEMENTARY STREAM AGE GUIDELINES

- Ages will be based on the age of the athlete on September 30 2021. This means that the athlete will compete in the section that best represents their age during the competition season, concluding with the final FCC event in September.
  - Any athlete/s that have their birthday prior to September 30<sup>th</sup> 2021 **must** compete in the age group that they are turning during this period.
    - E.g. an athlete turning 11 years old on the 1<sup>st</sup> of July 2021 must compete in the Cadet age category.
  - Any athlete/s that have their birthday on or after 1<sup>st</sup> October 2021 have the option of choosing which age group they want to compete in that best represents their age.
    - E.g. an athlete turning 11 years old on 15<sup>th</sup> November 2021 can compete in the Mini category, or they may choose to compete in the individual Cadet category.
- The team (Pairs or Small Teams) must compete in the age group of the oldest athlete.
- Younger members of a team may also compete in other sections within their own age category.
  - E.g. it is possible for a 13 year old athlete to compete in the Junior Pairs section as well as the Cadet Sport Small Team section. It is NOT possible for the same athlete to compete in the same section across more than one age category. For example a 13 year old athlete cannot compete in the Junior Pairs section and the Cadet Pair section.
  - **Athletes can move up one age category as per below:**
    - *Individuals* - Must be in the stated age range as per above age rulings.
    - *Pairs* - One member can be younger than the stated age range.
    - *Small Teams* - Two members can be younger than the stated age range.
    - Younger athletes may only move up **one** age category to compete.
    - Athlete/s **cannot** move down an age group.

## MUSIC REGULATIONS

Each Elementary Stream routine has a set piece of music which must be used by each competitor/team. Elementary music duration & BPM have been specifically adjusted to cater for age & ability levels.

PHASE 1 ROUTINES		
AGE DIVISION	SONG NAME	MUSIC LENGTH
X-Mini	Black Magic	1 Minute 30 Seconds
Mini	Me and My Girls	1 Minute 30 Seconds
Cadet	Delta	1 Minute 30 Seconds
Junior & Adult	Physical	1 Minute 30 Seconds
PHASE 2 ROUTINES		
AGE DIVISION	SONG NAME	MUSIC LENGTH
Mini	Get the Music On	1 Minute 30 Seconds
Cadet	JLO	1 Minute 30 Seconds
Junior & Adult	Rain On Me	1 Minute 30 Seconds



## MUSIC SUBMISSION

Elementary Stream music does not need to be submitted to FISAF Australia prior to any competitions as this is already on file.

## STAGE SIZE

The stage size for all elementary sections is 7m x 7m. This will be marked in tape on the stage, with a cross representing the centre. We encourage athletes and coaches to make full use of the square, but to remain inside the 7m x 7m area.

## COSTUMING

- Leotard for girls (may be one piece leotards, or a two piece bikini style)
- Singlet with bicycle pants/shorts for boys
- White socks
- White sneakers
- Stockings for girls
- Matching hair accessories can be worn (e.g. scrunchie, hair jewels etc.)

*For more information regarding costume requirements, please see the artistic criteria on page 11.*



## ELEMENTARY SKILLS CHART 2021

ELEMENT	Value	Phase 1				Phase 2			
		X-Mini	Mini	Cadet	Junior / Adult	Mini	Cadet	Junior / Adult	
COMPULSORY MOVES									
Jumping Jacks	2	✓	✓	✓	✓	✓	✓	✓	
High Leg Kicks	2	✓	✓	✓	✓	✓	✓	✓	
Push Ups	2	✓	✓	✓	✓	✓	✓	✓	
PUSH UPS									
Two Arm Push Up on Knees	0.5		✓	✓	✓	✓	✓	✓	
Two Arm Triceps Push Up on Knees	0.5						✓	✓	
Two Arm Push Up	0.5				✓		✓	✓	
Two Arm Triceps Push Up	1						✓	✓	
STATIC									
Pike Press Bottom Lift Only	0.5	✓	✓	✓	✓	✓	✓	✓	
Straddle Press Bottom Lift Only	0.5	✓	✓	✓	✓	✓	✓	✓	
Pike Press	1						✓	✓	
Straddle Press (one hand in front)	1						✓	✓	
Straddle Press (both hands in front)	1						✓	✓	
FLEXIBILITY									
Prone Straddle Sit	0.5	✓	✓	✓	✓	✓	✓	✓	
Front Split Right	1			✓	✓		✓	✓	
Front Split Left	1			✓	✓		✓	✓	
JUMPS									
Air Jack	0.5	✓	✓	✓	✓	✓	✓	✓	
Pirouette Jump 180 Turn	0.5			✓	✓	✓	✓	✓	
Pirouette Jump 360 Turn	1.5							✓	✓
Front Leap	0.5							✓	✓
Tuck Jump	1		✓	✓	✓	✓	✓	✓	
Front Jete	1.5						✓	✓	
Straight Jump	0.5						✓		

Please Note: Carefully read choreography notes for each routine in regards to the above skills & selection options.

## COMPULSORY ELEMENTS

The following compulsory moves form the basis of competitive aerobics which display technique, flexibility and strength.

The Compulsory elements included in each Elementary routine are:

1. Jumping Jacks (different arms allowed)
2. Alternating High Leg Kicks (different arms allowed)
3. Push Ups (different leg movements allowed)

Teams must do the compulsory moves all together, in unison and facing the same direction.

### 1. *JUMPING JACKS*

- 4 in a row with no other exercises in between
- You cannot travel or turn
- You can use different arms
- You must face the front of the stage
- The feet must be identical in spacing and placement for each of the four repetitions
- Feet must open to a minimum of shoulder width apart and feet must close together

### 2. *ALTERNATING HIGH LEG KICKS*

- 4 in a row LRLR or RLRL with no other exercise in between
- You cannot travel or turn
- You must face the side of the stage
- You can use different arms
- The legs should be straight and must kick directly forward being the same height each time
- The supporting heel must be grounded
- You must start and finish each repetition with both feet on the ground with feet together
- You must keep your chest upright

### 3. *PUSH UPS*

- 4 in a row with no other exercises or rests in between. Must be a continuous movement and you must not travel or turn.
- You must start and finish with your arms straight
- Minimum level of flexion is 90 degrees at the elbow joint in a pectoral position
- You must face the side of the stage
- Your hands must stay on the floor in the start position all the time and should not move
- You must use the same speed/rhythm for each repetition
- Arm movements should be identical for each of the four push ups

# ELEMENTARY STREAM JUDGING PANELS

## SPORT AEROBIC JUDGING PANEL CONFIGURATION

The panel configurations that will be utilised throughout the 2021 competition season are:

1. **Super Series & Future Champions Cup**

a. **3 Judge Panel**

- i. 1 x Head Judge, 1 x Aerobic Judge, 1 x Technical Judge, 1 x Artistic Judge

2. **State Championships & National Championships:**

a. **5 Judge Panel**

- i. 1 x Head Judge, 2 x Aerobic Judges, 2 x Technical Judge, 1 x Artistic Judge

### 1. The Head Judge

The Head Judge will oversee the judging panel and is the highest technical authority at a FISAF International Competition. The Head Judge is responsible for ensuring consistent and fair application of the Technical Regulations by the judging panel, overseeing the correct implementation of the judging systems and the tabulation of results. Head judges may also rank when required.

### 2. Aerobic Judge

The Aerobic Judge will apply a score for a competitor, after considering the Aerobic criteria and in comparison to all other competitors. The ranking of an athlete will be derived from this score.

### 3. The Technical Judge

The Technical Judge will apply a score for a competitor, after considering the Technical criteria and in comparison to all other competitors. The ranking of an athlete will be derived from this score. A Lead Technical Judge will be appointed to each panel. If a tied ranking occurs between two or more competitors and the computer has made all comparative procedures, the ranking of the lead technical judge will determine the tied ranking.

### 4. The Artistic Judge

The Artistic Judge will apply a score for a competitor, after considering the Artistic criteria and comparison to all other competitors. The ranking of an athlete will be derived from this score.



## ELEMENTARY STREAM JUDGING CRITERIA

### TECHNICAL CRITERIA

*Execution* is the main focus – This is how well you perform every move you have in your routine. Moves should be safe and precise showing good form, ease of movement, good posture and control. The compulsory exercises will provide the baseline for scoring.

*Strength* – Your compulsory push ups will give a baseline score which you can increase performing extra push-ups and or static strength moves. Power which is strength and speed together, can be shown in transitions and aerial moves. Strength can be displayed in the upper and lower body as well as the right and left sides.

*Flexibility* – Your compulsory high leg kicks will give a baseline score which you can increase by doing other flexibility moves. Try to show a balance of flexibility in a large range of joints, such as the hip.

Please note that teams should be synchronised and will be assessed as a single unit, therefore each member should exhibit similar strength, flexibility and ability.



## ARTISTIC CRITERIA

*Presentation* – This is about generating excitement, projecting confidence and communicating positive emotions by using physical gestures and facial expressions throughout the entire performance.

*Interaction* – Teams should acknowledge that they have team members and display interaction with each other. Interaction with the judges and audience will increase an artistic score.

*Creativity* – Elementary Stream coaches are encouraged to use the choreography creatively to create a visual effect. This can be done through the use to regularly changing formations, change in direction and orientation of the choreography, creative start and end poses and creativity in the sections requiring your own choreography (as directed in the choreography notes).

Costuming also impacts the artistic score. A score will be reduced where attire does not meet the following criteria:

- Costumes may be one-piece leotards, or a two piece bikini style.
- Costumes should be age-appropriate. Costumes must not be too brief and must be appropriately concealing.
- Long hair must be tied back neatly in a bun, with fringe hair sprayed or pinned off the face.
- You may not discard any item of clothing or accessory during the performance
- Bike pants or skin coloured tights must be worn under all leotards or two piece costumes (boys exempt).
- The outfit should reflect the sporting nature of competitive aerobics rather than being too theatrical (e.g. skirts, too many sequins, dresses, feathers, tassels etc).
- G-string leotards are not permitted.
- Shoes should be lace up, well fitted, supportive sports shoes, preferably in white.
- Wristbands and unobtrusive strapping is permitted.
- For maximum points, outfits should be styled so the judges can see 'form'.
- Short and T-Shirts may be worn provided they are not too baggy.
- A good supporting aerobic shoe must be worn (white is recommended).
- Props are not allowed such as gloves, musical instruments, scarves etc.
- You must wear adequate body support.
- Jewellery is not permitted. Studs earrings may be worn.
- Headbands, accessories and excessive sequins/diamantes in the hair are not acceptable.
- Subtle glitter on the face and hair is allowed.
- No body oil or paint is permitted.
- No bulky wrist supports (such as foam blocks) are permitted.
- Competition outfits may have one space for sponsor's name or logo, which must be no bigger than 10cm by 10 cm.





## AEROBIC JUDGING CRITERIA

*Appropriate* – Ultimately the performance must reflect the ‘aerobic’ basis of sport aerobics. The majority of the choreography should be high impact, aerobic content.

*Impact* – This is the use of strength and fitness to create height in aerobic movements. Distance between feet and floor should remain consistently high, to demonstrate a high level of fitness and intensity. Adequate demonstration of varying leg levels throughout performance of routine. E.g. lifting knees, high kicks. Adequate height in jumps will also increase impact and intensity

*Intensity* – Judges will consider the athlete’s ability to maintain a high level of intensity by using a large range of sport aerobic movements, together with full coverage of the stage area, floor, standing and aerial space. A cardiovascular output should be shown throughout the entire routine.

*Complexity* – Choreography should show complex patterns in the upper and lower body at the same time. The more muscles you use at one time will add to the intensity of a routine. You should show good quality and speed of leg and arm movements together with the ability to transition smoothly and quickly. Note - an overall high standard of performance will enhance an aerobic score.



## REGISTRATION & MEMBERSHIP REQUIREMENTS

In 2021 all Clubs & Schools must register their school with FISAF in order to be associated with FISAF Australia as well as participate in any FISAF event. As per previous years, coaches, athletes & judges must also complete a FISAF Australia membership. The FISAF Membership assists management by ensuring FISAF has a database of all its members Australia-wide and allowing FISAF to provide its members with beneficial goods and services. FISAF Australia exists to serve its members and is dedicated to the development, promotion and regulation of Sport Aerobics and Fitness in Australia.

More Information on FISAF memberships can be found in the 2021 Event Guide.



If you have any questions or concerns please email [admin@fisafaustalia.com.au](mailto:admin@fisafaustalia.com.au).

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