



FISAF
AUSTRALIA

2021 SCHOOL STREAM

Information &
Guidelines

www.fisafaustalia.com.au

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TABLE OF CONTENTS

GENERAL RULES & REGULATIONS	3
DESCRIPTION OF SECTIONS	4
SPORT AEROBICS	4
FITNESS TEAMS	4
PRE-CHOREOGRAPHED ROUTINES	4
AERO X INDIVIDUAL CHALLENGE	4
SCHOOL STREAM SECTIONS	5
PRIMARY SECTIONS	5
SECONDARY SECTIONS	6
SCHOOL STREAM AGE RESTRICTIONS & GUIDELINES	7
PRE-CHOREOGRAPHED PACKAGES	8
MUSIC REGULATIONS	9
STAGE SIZE	9
COSTUMING	9
SCHOOL STREAM SPORT AEROBIC TECHNICAL REGULATIONS	10
SKILLS & COMPULSORIES CHART	10
PRIMARY DIVISION	10
SECONDARY DIVISION	12
COMPULSORY MOVES	14
PUSH-UPS	15
JUMPING JACKS	15
ALTERNATING HIGH LEG KICKS	15
UNACCEPTABLE MOVES	16
SCHOOL STREAM SPORT AEROBICS JUDGING CRITERIA	17
SPORT AEROBIC JUDGING PANEL CONFIGURATION	17
SPORT AEROBICS JUDGING CRITERIA	18
PRE-CHOREOGRAPHED CATEGORIES	20
GENERAL PRE-CHOREOGRAPHED RULES & GUIDELINES	20
SCHOOL STREAM FITNESS TECHNICAL REGULATIONS	21
FITNESS COMPULSORY MOVES	21
ACCEPTABLE MOVES	21
UNACCEPTABLE MOVES	21
SPORT AEROBIC JUDGING PANEL CONFIGURATION	21
FITNESS JUDGING CRITERIA	22
TECHNICAL CRITERIA	22
ARTISTIC CRITERIA	23
SCHOOL STREAM AERO X TECHNICAL REGULATIONS	24
AERO X INDIVIDUAL CHALLENGE JUDGING CRITERIA	24
TECHNICAL CRITERIA	24
ARTISTIC CRITERIA	24
AEROBIC CRITERIA	24
SCORING & PLACINGS	24
REGISTRATION & MEMBERSHIP REQUIREMENTS	25
FOR FURTHER ASSISTANCE	25

FISAF AUSTRALIA

SCHOOL STREAM

Welcome to the FISAF Australia '*SCHOOL STREAM*'.

This stream is designed exclusively for schools, to encourage and support students and teachers from around Australia to compete in FISAF State and National Championship events. FISAF Events provide competition opportunities from a beginning level to an international level through a progressive structure.

The FISAF Australia School Stream is run in conjunction with FISAF events across Australia. This stream has been implemented to assist schools to enter the FISAF association at the base level through a more simplified approach.



A NOTE TO COACHES

The 2021 School 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 categories.
 - 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.
- A team may only compete ONCE per section.
- A single athlete may only compete ONCE per section. So an athlete may never compete against themselves.
- Every child in a school team entering the 'FISAF Schools Stream' must be from the same school.
- Schools may enter more than one team in any section, however all teams must have a defining team name.
- Substitute Members:
 - In the case of a team member withdrawal & or injury, which may affect a Nationals or Worlds qualification (International Stream only), 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.
- The section skills list must be adhered to strictly. Additional skills will not be considered.
- Success of individuals/teams in 2020 does not have any bearing on category decisions for 2021.
- 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 & teams. Please consider your personal health and fitness if wishing to enter many categories/divisions.
- FISAF Australia is required to abide by all set rules at each venue and we ask all spectators, athletes & 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 Australian 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 by other organisers.

DESCRIPTION OF SECTIONS

SPORT AEROBICS

Sport Aerobics is a fun fitness routine using similar choreography to that seen in an aerobics class at a gym. Different sections require different skills and cater for varying ability levels. Read the section description and allowed skills list carefully when choosing the appropriate section for your athletes.

FITNESS TEAMS

The fitness sections of FISAF are a dedicated section, derived from traditional aerobics. This section eliminates skill elements and compulsory moves and instead, focuses on high impact aerobics content.

Fitness choreography can be enhanced by the use of formations, vertical levels, a variety of leg levels, and creative use of kicks and jumps to enhance the visual effect of the routine. Group lifts are permitted to use with/for the start or end pose only.

PRE-CHOREOGRAPHED ROUTINES

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 digital 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 teams 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 so there is no need to utilise the table on pages 10 – 13.

AERO X INDIVIDUAL CHALLENGE

Aero X is a category open to athletes in which they take to the stage with other competitors in a class format. The group will be led by an instructor who will challenge their aerobic abilities in the areas of coordination, fitness, strength and execution. Athletes will be judged on these things as well as showmanship and performance.

You are **ineligible** to enter if:

- You compete in **any** individual section across all streams (School, Elementary, National & International)
- You compete in **any** National Stream & International Stream Section

SCHOOL STREAM SECTIONS

	PRIMARY SECTIONS		
	SECTION NAME	NUMBER OF ATHLETES	SCHOOL YEAR LEVEL
SPORT AEROBICS	Primary Individuals	1	Yr. 3 – 6
	Primary Pairs	2	Yr. 3 – 6
	Primary Small Teams	3 – 5	Yr. 3 – 6
	Primary Boys Teams	3 – 6	Yr. 3 – 6
	Primary Advanced Teams (Yr. 3 – 4)	5 – 10	Yr. 3 – 4
	Primary Advanced Teams (Yr. 5 – 6)	5 – 10	Yr. 5 – 6
	Primary Large Teams (Yr. 3 – 4)	5 – 12	Yr. 3 – 4
	Primary Large Teams (Yr. 5 – 6)	5 – 12	Yr. 5 – 6
FITNESS	Primary Fitness Teams	5 – 10	Yr. 3 – 6
PRE-CHOREOGRAPHED SECTIONS <i>**Pre-choreographed package required**</i>	Primary Pre-Choreographed Teams <i>Prep – Yr. 1</i>	5 – 12	Prep – Yr. 1
	Primary Pre-Choreographed Teams <i>Yr. 1 – Yr. 2</i>	5 – 12	Yr. 1 – Yr. 2
	Primary Pre-Choreographed Teams <i>Yr. 3 (Novice)</i>	5 – 12	Yr. 3
	Primary Pre-Choreographed Teams <i>Yr. 4 (Novice)</i>	5 – 12	Yr. 4
	Primary Pre-Choreographed Teams <i>Yr. 3 – Yr. 4 (Advanced)</i>	5 – 12	Yr. 3 – 4
	Primary Pre-Choreographed Teams <i>Yr. 5 (Novice)</i>	5 – 12	Yr. 5
	Primary Pre-Choreographed Teams <i>Yr. 6 (Novice)</i>	5 – 12	Yr. 6
	Primary Pre-Choreographed Teams <i>Yr. 5 – Yr. 6 (Advanced)</i>	5 – 12	Yr. 5 – 6
AERO X INDIVIDUAL CHALLENGE	Prep – 2	N/A	Prep – Yr. 2
	Yr. 3 – 4	N/A	Yr. 3 – 4
	Yr. 5 – 6	N/A	Yr. 5 – 6

Please Note: Individuals, Pair & Small Team 'Pre-Choreographed' categories are offered at the **FCC events ONLY**.

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.

SECONDARY SECTIONS			
	SECTION NAME	NUMBER OF ATHLETES	SCHOOL YEAR LEVEL
SPORT AEROBICS	Secondary Individuals	1	Yr. 7 – 12
	Secondary Pairs	2	Yr. 7 – 12
	Secondary Small Teams	3 – 5	Yr. 7 – 12
	Secondary Boys Teams	3 – 6	Yr. 7 – 12
	Secondary Advanced Teams (Yr. 7 – 9)	5 – 10	Yr. 7 – 9
	Secondary Advanced Teams (Yr. 10 – 12)	5 – 10	Yr. 10 – 12
	Secondary Large Teams (Yr. 7 – 9)	5 – 12	Yr. 7 – 9
	Secondary Large Teams (Yr. 10 – 12)	5 – 12	Yr.10 – 12
FITNESS	Secondary Fitness Teams	5 – 10	Yr. 7 – 12
PRE-CHOREOGRAPHED SECTIONS **Pre-choreographed package required**	Secondary Pre-Choreographed Teams Yr. 7 – 9 (Novice)	5 – 12	Yr. 7 – 9
	Secondary Pre-Choreographed Teams Yr. 10 – 12 (Novice)	5 – 12	Yr. 10 – 12
	Secondary Pre-Choreographed Teams Yr. 7 – 12 (Advanced)	5 – 12	Yr. 7 – 12
AERO X INDIVIDUAL CHALLENGE	Yr. 7 – 12	N/A	Yr. 7 – 12

Please Note: Individuals, Pair & Small Team 'Pre-Choreographed' categories are offered at the **FCC events ONLY.**

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.



SCHOOL STREAM AGE RESTRICTIONS & GUIDELINES

Athletes competing in the School Stream section may go **up & down** age categories as per below:

SECTION	AGE DIVISION	GRADE	
INDIVIDUALS	Primary	Yr. 3 – Yr. 6	▪ Athlete must compete in the stated age category.
	Secondary	Yr. 7 – Yr. 12	▪ Athlete must compete in the stated age category.
PAIRS	Primary	Yr. 3 – Yr. 6	▪ Both athletes must compete in the stated age category.
	Secondary	Yr. 7 – Yr. 12	▪ Both athletes must compete in the stated age category.
SMALL TEAMS	Primary	Yr. 3 – Yr. 6	▪ One member can be in Yr. 2
	Secondary	Yr. 7 – Yr. 12	▪ All athletes must compete in the stated age category.
BOYS TEAMS	Primary	Yr. 1 – Yr. 6	▪ All athletes must compete in the stated age category
	Secondary	Yr. 7 – Yr. 12	▪ All athletes must compete in the stated age category
FITNESS TEAMS	Primary	Yr. 3 – Yr. 6	▪ For a team of 5 – 7, one member can be in Yr. 2 ▪ For a team of 8 – 10, two members can be in Yr. 2
	Secondary	Yr. 7 – Yr. 12	▪ All athletes must compete in the stated age category.
ADVANCED TEAMS	Primary	Yr. 3 – Yr. 6	▪ All athletes must compete in the stated age category
	Secondary	Yr. 7 – Yr. 9	▪ For a team of 5 – 7, one member can be in Yr. 10 ▪ For a team of 8 – 10, two members can be in Yr. 10
		Yr. 10 – Yr. 12	▪ All members must be within the high school age category (Yr. 7 – Yr. 12).
LARGE TEAMS	Primary	Yr. 3 – Yr. 4	▪ For a team of 5 – 8, one member can be in Yr. 2 ▪ For a team of 9 – 12, two members can be in Yr. 2
		Yr. 5 – Yr. 6	▪ For a team of 5 – 8, one member can be in Yr. 4 ▪ For a team of 9 – 12, two members can be in Yr. 4
	Secondary	Yr. 7 – Yr. 9	▪ For a team of 5 – 8, one member can be in Yr. 10 ▪ For a team of 9 – 12, two members can be in Yr. 10
		Yr. 10 – Yr. 12	▪ All members must be within the high school age category (Yr. 7 – Yr. 12).
PRE-CHOREOGRAPHED TEAMS	Primary	Prep – 1	▪ All members must be within the stated age range.
		Yr. 1 – Yr. 2	▪ For a team of 5 – 8, one member can be in Prep or Yr. 3 ▪ For a team of 9 – 12, two members can be in Prep or Yr. 3
		Yr. 3 (Novice)	▪ Teams can be a mix of Yr. 3 & Yr. 4 members ▪ The majority of the team make up, must be in the state age category (Yr. 3) ▪ For a team of 5 – 8, one member can be in Yr. 1, Yr. 2 or Yr. 5 ▪ For a team of 9 – 12, two members can be in Yr. 1, Yr. 2 or Yr. 5.
		Yr. 4 (Novice)	▪ Teams can be a mix of Yr. 3 & Yr. 4 members ▪ The majority of the team make up, must be in the state age category (Yr. 4) ▪ For a team of 5 – 8, one member can be in Yr. 1, Yr. 2 or Yr. 5 ▪ For a team of 9 – 12, two members can be in Yr. 1, Yr. 2 or Yr. 5.
		Yr. 3 – Yr. 4 (Advanced)	▪ For a team of 5 – 8, one member can be in Yr. 1, Yr. 2 or Yr. 5 ▪ For a team of 9 – 12, two members can be in Yr. 1, Yr. 2 or Yr. 5
		Yr. 5 (Novice)	▪ Teams can be a mix of Yr. 5 & Yr. 6 members ▪ The majority of the team make up, must be in the state age category (Yr. 5) ▪ For a team of 5 – 8, one member can be in Yr. 1, Yr. 2 or Yr. 5 ▪ For a team of 9 – 12, two members can be in Yr. 1, Yr. 2 or Yr. 5.
		Yr. 6 (Novice)	▪ Teams can be a mix of Yr. 5 & Yr. 6 members ▪ The majority of the team make up, must be in the state age category (Yr. 6) ▪ For a team of 5 – 8, one member can be in Yr. 3 or Yr. 4 ▪ For a team of 9 – 12, two members can be in Yr. 3 or Yr. 4
		Yr. 5 – 6 (Advanced)	▪ For a team of 5 – 8, one member can be in Yr. 3 – Yr. 4 ▪ For a team of 9 – 12, two members can be in Yr. 3 – Yr. 4
	Secondary	Yr. 7 – Yr. 9 (Novice)	▪ For a team of 5 – 8, one member can be in Yr. 10, Yr. 11 or Yr. 12 ▪ For a team of 9 – 12, two members can be in Yr. 10, Yr. 11 or Yr. 12
		Yr. 10 – 12 (Novice)	▪ For a team of 5 – 8, one member can be in Yr. 7, Yr. 8 or Yr. 9 ▪ For a team of 9 – 12, two members can be in Yr. 7, Yr. 8 or Yr. 9
		Yr. 7 – Yr. 12 (Advanced)	▪ All members must be within the high school age category.

PRE-CHOREOGRAPHED PACKAGES

The Pre-Choreographed Package can be purchased from the FISAF Australia Services page:

<https://www.fisafaaustralia.com.au/services/>

Schools Pre-Choreographed Routine Packages	
Individual Routine (Choose 1 school routine only)	\$75.00 Each
Primary Routines Package (Includes ALL 6 Primary Routines)	\$250.00
Secondary Routine Package	\$140.00
Schools Combination Package (Both Primary & Secondary Packages)	\$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.**
- Competing clubs/school must have purchased the 2021 Package in order to compete in any pre-choreographed categories in 2021.
- Please be advised: Once the package has been received ALL items are the purchaser's responsibility. Replacement downloads will incur a cost of \$15 per item.

MUSIC REGULATIONS

This year, FISAF has created a new ruling on music duration to cater for those at the beginning level.

ALL SCHOOL SPORTS AEROBICS & FITNESS SECTIONS	
AGE DIVISION	MUSIC LENGTH
PRIMARY	1 Minute 30 Seconds
SECONDARY	1 Minute 30 Seconds

A grace period of +/- 5 seconds applies to all sections (Excluding Pre-Choreographed).

SCHOOLS PRE-CHOREOGRAPHED SUPPLIED MUSIC		
AGE DIVISION	SONG NAME	MUSIC LENGTH
PRIMARY Prep – Yr. 1	<i>When Can I See You Again</i>	1 Minute 30 Seconds
PRIMARY Yr. 1 – Yr. 2	<i>We Got the World</i>	1 Minute 30 Seconds
PRIMARY Yr. 3 – 4 (Novice)	<i>Can't Stop This Feeling</i>	1 Minute 30 Seconds
PRIMARY Yr. 3 – 4 (Advanced)	<i>Moves Like Jagger</i>	1 Minute 30 Seconds
PRIMARY Yr. 5 – 6 (Novice)	<i>Get the Party Started</i>	1 Minute 30 Seconds
PRIMARY Yr. 5 – 6 (Advanced)	<i>Kesha</i>	1 Minute 30 Seconds
SECONDARY 7 – 9 (Novice)	<i>Live It Up</i>	1 Minute 30 Seconds
SECONDARY 10 – 12 (Novice)	<i>Live It Up</i>	1 Minute 30 Seconds
SECONDARY 7 – 12 (Advanced)	<i>Everybody Dance Now</i>	1 Minute 30 Seconds

STAGE SIZE

7m X 7m	9m X 9m
Individuals	Small Teams
Pairs	Large Teams
	Fitness Teams
	Advanced Teams
	Pre-Choreographed Teams

NB: Deductions DO NOT apply for stepping outside these areas during competition, however use of the stage will be considered by the artistic judge.

COSTUMING

Sport Aerobics & Pre-choreographed Categories:

- 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.)

Fitness Categories:

- Bootleg pants and bikini tops or singlets are acceptable.

Aero X Individual Challenge:

- Neat athletic attire is required (tights, bike pants, leotards and fitted singlets are acceptable), joggers must be worn and hair neatly fastened.

For more information regarding costume requirements, please see the artistic criteria on page 18.

SCHOOL STREAM SPORT AEROBIC TECHNICAL REGULATIONS

SKILLS & COMPULSORIES CHART

PRIMARY DIVISION

Skills & compulsories apply to sport aerobics sections **ONLY** (Individuals/Pairs/Small Teams/Large Teams/Advanced Teams).

Pre-choreographed sections will not require use of this table, as the skills will be set and provided in the Pre-choreographed package which is available to purchase via FISAF Australia.

COMPULSORY ELEMENTS		
COMPULSORY MOVES	Primary Large Teams	Primary -Advanced Teams -Small Teams -Pairs -Individuals
Jumping Jacks	x4	x4
High Leg Kicks	x4	x4
Push-ups	x4 (Knees Only)	x4 (Knees or Toes)
ADDITIONAL SKILL ELEMENTS		
PUSH UP GROUP	Primary Large Teams	Primary -Advanced Teams -Small Teams -Pairs -Individuals
Pectoral Push-up from knees	✓	✓
Pectoral Push up from feet		✓
Tricep Push up from knees		✓
Tricep Push up from feet		✓
FLEXIBILITY GROUP	Primary Large Teams	Primary -Advanced Teams -Small Teams -Pairs -Individuals
Needle Point		✓
Supine Straddle		✓
Supine Split		✓
Prone Straddle Sit	✓	✓
One Leg Balance (Y-Scale)		✓
Prone Straddle Split		✓
Front L or R Split		✓
Pull Through		✓
Fan Kick		✓

CONTINUE TO JUMP AND STATIC GROUP PAGE 11...

JUMP GROUP	Primary Large Teams	Primary -Advanced Teams -Small Teams -Pairs -Individuals
Air Jack	✓	✓
Tuck Jump	✓	✓
Wolf Jump		✓
Jete Leap		✓
Split Jump		✓
Scissor Kick		✓
Hitch Kick	✓	✓
Straddle Jump		✓
STATIC STRENGTH GROUP	Primary Large Teams	Primary -Advanced Teams -Small Teams -Pairs -Individuals
Tuck Press		✓
Straddle Press (<i>Bottom Lift ONLY</i>)	✓	✓
Straddle Press		✓
Pike Press (<i>Bottom Lift ONLY</i>)	✓	✓
Pike Press		✓



SECONDARY DIVISION

Skills & compulsories apply to sport aerobics sections **ONLY** (*Individuals/Pairs/Small Teams/Large Teams/Advanced Teams*).

Pre-choreographed sections will not require use of this table, as the skills will be set and provided in the Pre-choreographed package available to purchase via FISAF Australia.

COMPULSORY ELEMENTS		
COMPULSORY MOVES	Secondary Large Teams	Secondary -Advanced Teams -Small Teams -Pairs -Individuals
Jumping Jacks	x4	x4
High Leg Kicks	x4	x4
Push-ups on Knees or Toes	x4	x4
ADDITIONALSKILL ELEMENTS		
PUSH UP GROUP	Secondary Large Teams	Secondary -Advanced Teams -Small Teams -Pairs -Individuals
Pectoral Push-up from knees	✓	✓
Pectoral Push up from feet	✓	✓
Tricep Push up from knees		✓
Tricep Push up from feet		✓
Hinge Push up		✓
FLEXIBILITY GROUP	Secondary Large Teams	Secondary -Advanced Teams -Small Teams -Pairs -Individuals
Needle Point		✓
Supine Straddle		✓
Supine Split		✓
Prone Straddle Sit	✓	✓
One Leg Balance (Y-Scale)		✓
Prone Straddle Split		✓
Front L or R Split		✓
Pull Through		✓
Fan Kick		✓

CONTINUE TO JUMP AND STATIC GROUP PAGE 13...

JUMP GROUP	Secondary Large Teams	Secondary -Advanced Teams -Small Teams -Pairs -Individuals
Air Jack	✓	✓
Tuck Jump	✓	✓
Wolf Jump		✓
Jete Leap		✓
Split Jump		✓
Scissor Kick		✓
Hitch Kick	✓	✓
Straddle Jump		✓
Air Jack to Split		✓
Tuck Jump to Split		✓
180° Pirouette Jump		✓
180° Pirouette Jump to Split		✓
STATIC STRENGTH GROUP	Secondary Large Teams	Secondary -Advanced Teams -Small Teams -Pairs -Individuals
Tuck Press		✓
Straddle Press (<i>Bottom Lift ONLY</i>)	✓	✓
Straddle Press		✓
Pike Press (<i>Bottom Lift ONLY</i>)	✓	✓
Pike Press		✓



COMPULSORY MOVES

For a competitor to obtain a maximum possible score their performance **MUST** include the completion of four (4) consecutive, identical and stationary repetitions of each of the following three (3) Compulsory Exercise categories.

1. **Push Ups**
2. **Jumping Jacks (Stride jumps)**
3. **Alternating High Leg Kicks**

Consecutive

Each of the four (4) repetitions of a Compulsory Exercise is performed without interruption. An interruption is defined as the primary muscle group resting or being involved in another exercise during, or in between, each repetition of a Compulsory Exercise.

Identical

Each of the four (4) repetitions of a Compulsory Exercise are performed with the same i.e. no discernible difference, starting and finishing position, rhythm, range and direction of motion, speed and use of the primary muscle group. Each member of a Pair or Trio must perform each of their repetitions of a Compulsory Exercise identically, simultaneously, in unison and facing the same direction with the other members of the Trio or Pair.

Stationary

Each of the four (4) repetitions of a Compulsory Exercise shall be performed in the same place without discernible travelling or turning. “Discernible travelling” is defined as travelling greater than 0.5 meters and “discernible turning” is defined as turning greater than 45 degrees.



PUSH-UPS

- The shoulders, arms and hands are the targeted body parts therefore each movement of the shoulders, arms and hands must be identical.
- Variations of leg movements for each repetition are allowable.
- Facing the side of the performance area is mandatory. Each member of a Pair/Trio/team must face the same side.
- Start and finish positions for each repetition is with both hands in contact with the floor and the elbows in the extended position, but not locked.
- The minimum level of execution is where both arms are flexed at the elbow to a position of no less than 90 degree flexion.
- The hands shall remain in the starting position throughout the completion of each repetition and must maintain contact with the floor throughout the completion of each repetition. Therefore one arm push ups and travelling push-ups do not qualify as compulsory push-ups.
- One or both feet must remain in contact with the floor at all times. The position of the feet can move during the push up but the feet must not move to a point higher than the hip position laterally during the muscular contraction which is the actual movement of pushing up from the base of the push up
- During the muscular contraction (pushing up) help with knees or hips is not allowed and alignment between shoulders hips and feet is required.

JUMPING JACKS

- The lower body is the targeted body part therefore each movement of the feet, calves, thighs and hips must be identical.
- Variations of arm movements for each repetition are allowable.
- Facing the front of the performance area is mandatory.
- Starting and finishing position for each repetition is with the feet together. Heels must be in contact with the floor.
- Minimum level of execution is:
 - The outside landing position of the feet must be at least as wide as the outside of the shoulders, i.e. at least shoulder width apart and heels in contact with the floor.
 - The inside landing position must be no greater than the discernible width of the competitor's shoe width.
 - Feet may be in a turned out or parallel position but must be the same for each repetition.

ALTERNATING HIGH LEG KICKS

- The lower body is the targeted body part therefore each movement of the feet, calves, thighs and hips must be identical.
- Variations of arm movements for each repetition are allowable.
- Facing the side of the performance area is mandatory. Each member of a Pair/Trio must face the same side.
- Starting and finishing position for each repetition is with both feet in contact with the floor.
- Lifting the leg to at least waist level is the minimum level of execution.
- Height of leg during the kicks must not be discernibly different.
- Alternate legs must be used, i.e. LRLR or RLRL
- The direction of each kick must be straight forward (in the sagittal plane). Sidekicks (turned out) do not qualify as compulsory alternating high leg kicks.

UNACCEPTABLE MOVES

All Categories

All Judges take the unacceptable moves into consideration and will deduct 0.5 for any unacceptable move in a routine. If there is an unacceptable element/move the Head Judge will notify the coach after the each round of competition. General unacceptable moves are described and listed below;

Aerial somersault

A gymnastic move, beginning in a standing position, in which the body is propelled head over heels in either a forward, backward or sideways position before landing on the feet or into various floor positions.

Backflip

A gymnastic move in which the body is propelled backward passing through an aerial supine position to an inverted position. Then the hands are pushed off the floor as the legs flick down to land upright on both feet, one foot, on kneeling and sitting position.

Bridge

A gymnastic move in which the body is pushed up into a hyper extended arched supine position with the weight on the hands and feet.

Cartwheel

A gymnastic move, with the hands/hand in contact with the floor, in which the body travels sideways through a straddled handstand position. A cartwheel done on the forearms (with the hands also on the floor) is still considered to be a cartwheel and is unacceptable.

Dive Roll

A gymnastic move in which the body is propelled into the air prior to landing in forward roll.

Floor Turns on Knees

A move in which the body spins more than one revolution with the weight supported entirely on the knees only.

Handspring

A gymnastic move in which a strong propulsion off the front leg propels the body through an inverted position. The hands then push off the floor so that the body moves through an aerial supine position to land upright.

Handstand

A gymnastic move in which the weight is supported entirely on the hands/hand and the body held in a vertical position. It is not considered to be a handstand if the body passes through the handstand position with continual movement.

Jete Dive Roll

A transition from the airborne phase of a jete in which the body completes the landing as a dive roll.

Static strength elements with a turn of more than 720 degrees

A move in which the body spins more than 720 degrees in the static strength elements in one motion.

Round-off

A gymnastic move in which a strong propulsion off the front leg propels the body as it turns and passes through a handstand. Then the hands push off the floor as the legs kick down to land with the body facing the opposite direction.

SCHOOL STREAM SPORT AEROBICS JUDGING CRITERIA

SPORT AEROBIC JUDGING PANEL CONFIGURATION

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

- **Super Series & Future Champions Cup**
 - **3 Judge Panel**
 - 1 x Head Judge, 1 x Aerobic Judge, 1 x Technical Judge, 1 x Artistic Judge
- **State Championships & National Championships:**
 - **5 Judge Panel**
 - 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.



SPORT AEROBICS JUDGING CRITERIA

The following criteria has been drawn from the international judging criteria, and has been modified to suit the FISAF Australia School Stream.

TECHNICAL JUDGING 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 by 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.

Teams should be synchronized and will be assessed as a single unit, therefore each member should exhibit similar strength, flexibility and ability.

Teams will not earn additional points for attempting skills that are not executed properly.

ARTISTIC JUDGING CRITERIA

Choreography – This is about creativity, originality and innovative selection of aerobic movement and patterns with unpredictable sequencing. Arm lines are important and need as much attention as foot patterns. Individual style and the use of the whole stage will enhance a score. Teams should utilise each other to create many formations while staying close together to allow movement as one unit.

Music Interpretation – Your routine should fit your piece of music and yours only. Use the natural structure and phrasing of the music which incorporates highs and lows, rhythms, vocals, instruments, pre choruses, choruses and counter tempos. In the case of teams, it is important to stay in time with the music as well as each other. Music should be motivating and energetic so we suggest the music speed to be no slower than 152 beats per minute. If your music is outside the required length stated, you will incur a reduction in the artistic score.

Presentation – This is about generating excitement, projecting confidence and communicating positive emotions by using physical gestures and facial expressions throughout the entire performance. Teams should acknowledge that they have team members and display interaction with each other.



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.

PRE-CHOREOGRAPHED CATEGORIES

Pre-choreographed routines are judged in line with all other sport aerobics sections, without emphasis on the choreography component of the artistic criteria. The technical and aerobic criteria above remain applicable. The artistic criteria is modified to suit the section, with emphasis on the following:

- Use of creative formations that use the entire 'stage area' and the team members to create a changing visual effect.
- Creative changes in the direction and orientation of the supplied choreography & transitions. I.e. direction change in choreographed jogs, rolling, or transition down to ground – can face front or back &/or begin on either leg. Creativity of own choreography as prompted in the pre-choreographed routine notes.

GENERAL PRE-CHOREOGRAPHED RULES & GUIDELINES

- You may change the leading leg as long as the base movement remains the same. For example, a grapevine may go to the left or the right, provided that it remains a grapevine.
- Arm lines must be **EXACTLY** as they appear on the video and stipulated in the choreography notes. Adding of additional arm lines or leg lines will result in penalisation by the head judge.
- All Compulsory elements (4 x consecutive - Jumping Jacks, High Leg Kicks & Push Ups) must be performed in a stationary position in unison and facing the same direction.
- You may change the direction and orientation of the choreography as you please. For example, 4 knee lifts may be done facing the front, two to the front, two to the back, turning, or moving forwards and backwards etc.
- All team members can face or move different directions during these movements. For example, 4 members can grapevine to the left and 4 members can grapevine to the right
- The first and last sets can be choreographed as desired according to the choreography notes. You may **NOT** add any skills throughout these sets. You can add kicks, non-skill jumps and/or transitions. We highly suggest that you choreograph these sets to the ability of the athlete, as these are strongly considered by the artistic judge when applying a score.



SCHOOL STREAM FITNESS TECHNICAL REGULATIONS

FITNESS COMPULSORY MOVES

There are no compulsory elements for the Fitness categories. Competitors should take care to avoid any movement that risks injury to a team member.

ACCEPTABLE MOVES

- ✓ Aerials landing on one or two feet
- ✓ Two arm push up
- ✓ Two arm transitional presses (not turning)
- ✓ Transitional flexibility moves
- ✓ Standing free fall to push up
- ✓ Lifts and supports (with the lifting or supporting person/s in a standing position or on the floor)
- ✓ Self-propulsion (with the lifting or supporting person/s in a standing position or on the floor)
- ✓ Floor roll, kip, and handstand as a transition only that is without a discernible hold
- ✓ Unassisted or assisted Cartwheel of any form including executed on the forearms
- ✓ Assisted backflip or backward walkover variations
- ✓ Assisted handspring or forward walkover variations



UNACCEPTABLE MOVES

- ✗ One arm push-up
- ✗ One arm presses
- ✗ Aerial to push up
- ✗ Aerial to sit or split landing
- ✗ Unassisted Back-flip or backward walkover variations
- ✗ Unassisted Handspring or forward walkover variations
- ✗ Aerial somersault of any form
- ✗ Round-off of any form
- ✗ Assisted propulsion

SPORT AEROBIC JUDGING PANEL CONFIGURATION

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

- **Super Series & Future Champions Cup**
 - **3 Judge Panel**
 - 1 x Head Judge, 2 x Technical Specialty, 1 x Artistic Judge
- **State Championships & National Championships:**
 - **5 Judge Panel**
 - 1 x Head Judge, 3 x Technical Specialty, 2 x Artistic Judge

FITNESS JUDGING CRITERIA

TECHNICAL CRITERIA

All movements must be appropriate to and reflective of High Impact Fitness Aerobics

Complexity (difficulty)	25%
Intensity	25%
Variety of moves	25%
Execution	25%

Please note that the percentages relate to the structure and choreography of a routine and the equal importance each criteria has within a routine. They are not a breakdown of criteria for judging purposes.

Complexity (difficulty) - 25%

- Use of complex/difficult leg and footwork reflective of high impact aerobics
- Use of complex/difficult arm lines
- Use of complex and fast transitions in conjunction with leg and footwork
- Use of opposing planes
 - with arms
 - with legs
 - with team members
- Using many parts of the body and many muscles together at one time

Intensity 25%

- Movement should require high energy expenditure and effort
- Use of different vertical choreography levels (floor, 'squat' level, standing, high impact and aerial) and muscular contraction
- Use of long and short levers (arms and legs)
- Continual use of leg levels by differing the use of flicks, knee lifts and kicks
- Speed of movement (not music)
- Display of high cardiovascular endurance and demonstrate perfect physical condition
- Continual use of the floor space used throughout the routine
- Choreography should involve as much high impact content as possible.

Variety of moves 25%

- Avoiding repetition by choosing a wide range of high impact aerobics movements
- Variety in arm lines using combinations of short and long levers
- Variety in choreography levels: floor to standing, standing to floor etc.
- Variety in direction of travel, formations and orientation
- Variety of footwork and leg levels by using flicks, knee lifts and kicks
- Avoiding repetition of movements and sequences in the lower body and the upper body.

Execution 25%

- High level of technique and quality in all moves including execution of any chosen skill moves
- Precise placement and control of arm lines, leg and footwork
- Speed and control of high impact action and correct execution of the transitions
- Postural control (joint and limb) and body alignment
- Ease of movements
- Display an over-all high standard in delivery of the whole routine
- Adherence to the acceptable and unacceptable movement lists.

ARTISTIC CRITERIA

All movements must be appropriate to and reflective of High Impact Fitness Aerobics.

Choreography	30%
Musical interpretation	25%
Synchronization	25%
Presentation	20%

Please note that the percentages relate to the structure and choreography of a routine and the importance each criteria has within a routine. They are not a breakdown of criteria for judging purposes.

Choreography 30%

- Movement should be appropriate to fitness aerobic movement and not sports aerobics movement
- Originality and creativity in high impact aerobics movements
- Use of different travel directions and orientation
- Even and purposeful spacing between team members
- Unpredictable sequencing
- Choreography with interactions
- Use of different vertical choreography levels and space to show creativity
- Originality and creativity

Music interpretation 25%

- Music appropriate to fitness aerobics
- Music and movements should be inseparable
- Use of highs, lows, rhythms and vocals
- Movements should reflect a theme if chosen
- Ability to use the music/tempo by all team members.

Synchronization 25%

- Same skill level of team members: all members should perform movements with the same precision and in time with each other
- All members should perform the routine with the same intensity
- Solo performances are not rewarded.

Presentation 20%

- Dynamic physical and facial energy throughout performance
- Ability to generate excitement and enthusiasm
- Ability to project confidence and emotion
- Eye contact with audience
- Variety and continuity of presentation skills
- Appropriate and animated expressions
- Interaction and acknowledgement that you are a team, rather than individuals on stage
- Sincerity and naturalness of expression rather than forced theatrics
- Personality and vitality integrated into the routine with a group presentation
- Vibrant, customized, athletic attire suitable with the choreography (not theatrical attire).

SCHOOL STREAM AERO X TECHNICAL REGULATIONS

AERO X INDIVIDUAL CHALLENGE JUDGING CRITERIA

The Aero X Individual Challenge is an instructor-led aerobics individual participation section. This is similar to an aerobics class, where multiple participants will be on stage at once. The competitors will be judged on their ability to follow instruction, execute basic aerobic choreography, and perform enthusiastically for approximately 10 minutes.

The Aero X Individual Challenge judging panel will consist of 3 judges: 1 technical, 1 artistic and 1 aerobic.

TECHNICAL CRITERIA

Execution – execution is the main focus of the technical judge. The technical judge will look at posture, form, ease of movement and execution of base aerobic movements. The execution will be determined by the athlete's ability to maintain pointed toes, height in leg levers, leg extension, arm extension and correct arm placement.

Strength – strength will be determined by an athlete's ability to perform and execute strength movements that may be included.

ARTISTIC CRITERIA

Creativity - the artistic component of aero x is determined by an athlete's ability to be able to improvise on the spot when adding arm lines of their own to the specified movements. The artistic judge will look at individual style and confidence of movement. The artistic judge will also look at how the athlete presents themselves on stage both in appearance and composure.

Showmanship – showmanship is one of the main focusses of the artistic judge. The judge will look at the athletes' overall presentation in regards to eye contact, smile, posture, confidence and general x factor (stage appeal).

AEROBIC CRITERIA

Aerobic intensity- the aerobic judge will look at the intensity and energy of the athlete's moves and the height of leg levers. Athletes should show a consistent level of intensity throughout the session.

Fitness- the aerobic judge will look at the overall fitness of the athlete. Do they show signs of tiring? Can they maintain a balanced level of intensity throughout?

Aerobic content- the aerobic judge will assess the athlete's ability to be able to perform the aerobic content quickly and correctly. Can the athlete follow on to the instructor immediately?

SCORING & PLACINGS

Aero X will be offered at each state event and the top 20 athletes from around Australia will be eligible to compete at the national event. Top 3 athletes from each state automatically qualify.

1st, 2nd and 3rd place will be awarded to each category at each event.

No other placings will be provided.



REGISTRATION & MEMBERSHIP REQUIREMENTS

In 2021 all Schools must register their school with FISAF in order to be associated with FISAF Australia as well as participate in any FISAF event. The FISAF registration system 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.

FOR FURTHER ASSISTANCE

FISAF Australia would also like to offer all its schools any assistance they may need in organising their school teams and competition season, this includes:

- Sending a FISAF Australia representative out to your school for a FREE once off 'getting up and ready' workshop or meeting.
- Assisting schools in sourcing experienced coaches for ongoing coaching support or one off workshops.
- providing feedback and assistance with understanding rules & regulations
- providing assistance with the registration or entry process
- Recommending suppliers for leotards, training gear, competition shoes, sock & stockings.



If we can be of any help to you, to ensure your FISAF experience is an enjoyable and as simple as possible, please contact us!

We look forward to hearing from you.

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