


FRF Program Guide:

- Please note **ALL** International & National Stream - Sport Aerobics Categories (Individuals, Pairs/Duos, and Trios/Sport Aerobic Teams) require an FRF in 2021.
- FRFs must be completed in the FRF program and must be submitted in two formats: FRF. Format & PDF. Format.
- You will need to complete 1 FRF per individual/team.

In the FRF program you will need to fill in the following:

1. Individual/teams information in the boxes provided e.g. Country, Club, Team, Coach, and Song BPM, Song Length & Song Name.

FRF 2019 ver.19.43 ... Prg:19.43

Country	Australia
Club	Rochelle's Aerobics Academy
Team	TEAM NAME
Coach	Rochelle Salatino
E-mail	
Phone	
Choreographer	
Music file	<input type="text"/> 
Duration, BPM	SONG BPM
Song title	SONG NAME
Artist	

- Select age category & competition section. For FISAF Australia you must use either AUS-ADV (Men, Women Advanced, Pair, and Sport Aerobic Team) or AUS-NOV (Women Novice).

Australia - ADVANCED

Not Specify
 III Beginner
 II Medium
 I Best
 AUS-ADV
 AUS-Nov
 NOVICE

Competition divisions

Men
 other:

Women Advanced

Pair (duo)

Sport Aerobic Team

Aerobic Grande
 Aerobic Performance

Step

Age divisions

mini 8-10
 cadet 11-13
 junior 14-16
 adult 17+
 other:

-
 -
 Master 30+35+

- Type in the Athlete/s first name, last name, D.O.B, position – Age will automatically calculate. Can leave Substitutor blank.

No:	First name	Family name	Birth (YYYY)	Position/Note	Substitutor	AGE Avg:26.0
1	FIRST NAME	LAST NAME	25/02/1993	Athlete		26

- Select SKILL LIST TAB (top of page) then select Show Page.

Skill List Update Exit

Show page

Load only Skill List from ...

Save only Skill List to ...

Add Timing

Delete unused lines

Delete line / Ctrl Del

Insert line / Ctrl Ins

Move line Up / Ctrl A

Move line Down / Ctrl Z

5. Enter in athletes skills in boxes provided.

AUS Adult Novice

Compulsor Push Up Static St. Jump Flexibility

Compulsory TI

Jumping Jacks	2
High Leg Kicks	2
Push Ups	2

Push: 4.50/3 (min.0) Index Jumps
 StSt: 2.00/2 (min.0) 1Q: 9.00/4 1Q: 6.00/2
 Jump: 20.00/8 (min.0) 2Q: 9.50/5 2Q: 5.00/2
 Flex.: 3.50/2 (min.0) 3Q: 8.50/4 3Q: 5.00/2
 Total: 36.00/18 (1-99) 4Q: 9.00/5 4Q: 4.00/2

FISAF

No.	Group	Name	Family	Base	TI	Note
1	Jump	Front Split Jump	Front Split Jump	2		
2	Push	Two Arm Circular Lateral Hinge Push Up		2		
3	Jump	Straddle Jump to Push Up Landing (Shushanova)	Straddle Jump to Push Up	4		
4	StSt	Straddle Press (both hands front)	Horizontal Presses	1		
5	C	High Leg Kicks		2		
6	Jump	Straddle Jump	Straddle Jump	3.5		
7	Push	Two Arm Triceps Push Up		1		
8	Jump	Pirouette Jump 360° turn	Pirouette	1.5		
9	Flex	Standing Front Split Right	Right Front Split	1.5		
10	Jump	Straddle Jete	Straddle Jete	1.5		
11	Push	Two Arm Triceps Hinge Push Up		1.5		
12	Jump	Straddle Jump to Front Split / Prone Straddle Split Landing	Straddle Jump to Split	3.5		
13	Flex	Sit Through	Straddle Split	2		
14	Jump	Cossack Jump	Pike Jump	2.5		
15	C	Push Ups		2		
16	Jump	Tuck Jump 180° turn	Tuck Jump	1.5		
17	C	Jumping Jacks		2		
18	StSt	Two Arm Supported Planche Open	Supported Planches	1		
19						
20						
21						
22						
23						
24						
25						
26						
27						
28						
29						

- Use green arrow/red lines to mark where your Quarters are 30 secs, 1 min, 1 min 30 secs. Click on arrow and drag it.
- Save FRF in FRF.Format.
- Save FRF in PDF. Format - See how to save FRF in PDF document.