

FISAF
AUSTRALIA
SPORT AEROBICS



2022

ELEMENTARY STREAM

INFORMATION & GUIDELINES

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FISAF AUSTRALIA

WELCOME TO THE ELEMENTARY STREAM

This stream has been designed for schools & clubs to encourage and support athletes and coaches from around Australia to participate in sport aerobics competitions at the grass-roots level of the sport.

Sport aerobics is an inclusive sport suitable for boys and girls that is fun, healthy and cost-effective. Participation can encourage teamwork, boost morale, and cultivate an athlete's sense of pride in being able to represent their club or school at competitions alongside their peers.

FISAF events provide competition opportunities in a progressive structure, starting at beginner right through to elite. The Elementary Stream is followed by two other club-based streams including the National Stream and International Stream.

The 2022 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
- Digital routine videos including full routine breakdown of each routine section
- Professionally mixed routine music
- Complete written choreography notes, lesson plan & basic training tips (digital copy only).

ELEMENTARY STREAM 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.



The rules and regulations contained in this document supersede all past technical regulations, and are valid from 1 January 2022 to 31 December 2022.

In the event that amendments are made during this period, these will be communicated by email to coaches, or via the official FISAF Australia Facebook page.

GENERAL RULES & REGULATIONS

- There is no restriction on any athlete competing in a combination of School, Elementary, National and International categories. For example:
 - 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. For example:
 - An athlete cannot compete in both a School Stream individual & National Stream individual section
 - 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, trio 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, therefore, a team may never compete against themselves
- A single athlete may only compete ONCE per section, therefore, an athlete may never compete against themselves
- Schools/Clubs 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 strictly adhered to. Additional skills will not be considered
- 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.
- Success of individuals/teams in the current season does not have any bearing on category decisions for the following season
- FISAF Australia is not responsible for clashes in the scheduling of athletes & teams. Please consider the personal health and fitness of all athletes if entering into multiple categories/divisions
- FISAF Australia is required to adhere to the rules set by each venue used for events and requires all spectators, athletes & coaches to also adhere to rules set for each event. Failure to adhere to rules may result in being required to leave the venue.
- In some situations, FISAF event dates may change with minimal notice. FISAF Australia reserves the rights to amend any event details at their discretion. In the instance of any changes, athletes and coaches will be notified of these as soon as possible.

ELEMENTARY STREAM ROUTINE PACKAGES

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 8.

In order to compete in the pre-choreographed competition sections, Schools/clubs must purchase a Pre-Choreographed Package. The Pre-Choreographed Package can be purchased from the FISAF Australia website: www.fisafaustalia.com.au/shop/.

Elementary Pre-Choreographed Routine Packages

Individual Routine (Choose 1 Elementary routine only)	\$75.00 Each
Phase 1 Routines ONLY (Includes 6 x Routines – X-Mini, Pre-Mini, Mini, Cadet & Junior & Youth/Adult)	\$300.00
Phase 2 Routines ONLY (Includes 3 x Routines – Mini, Cadet/Junior & Youth/Adult)	\$150.00
Elementary Combination Package (Includes ALL Phase 1 & Phase 2)	\$400.00

Deals are available for Schools/clubs who wish to purchase a Schools Package & Elementary Package:

School Stream & Elementary Stream Package Deals

Ultimate Pre-Choreographed Package	\$525.00
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Conditions of Purchase:

- Purchase of any Elementary Package/Schools Package or Combination deal, is for the use of **ONE club or school ONLY**
- For those coaches who teach at various campus's & or clubs/schools, please be advised that you will need to purchase a Package for EACH campus, club or school you coach at. **This is a licensing requirement and non-negotiable.**
- Competing clubs/school must have purchased the current season's package in order to compete in any pre-choreographed categories.

ELEMENTARY STREAM SECTIONS

These are the Elementary Stream categories/section for competitions in 2022:

PHASE 1			
ROUTINE	SECTION NAME	NUMBER OF MEMBERS	AGE
Phase 1 X-Mini	Phase 1 X-Mini Elementary Individual	1	5 or 6
	Phase 1 X-Mini Elementary Pair	2	
	Phase 1 X-Mini Elementary Small Team	3 – 5	
Phase 1 Pre-Mini	Phase 1 Pre-Mini Elementary Individual	1	7 or 8
	Phase 1 Pre-Mini Elementary Pair	2	
	Phase 1 Pre-Mini Elementary Small Team	3 – 5	
Phase 1 Mini	Phase 1 Mini Elementary Individual	1	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 or 12
	Phase 1 Cadet Elementary Pair	2	
	Phase 1 Cadet Elementary Small Team	3 - 5	
Phase 1 Junior	Phase 1 Junior Elementary Individual	1	13 or 14
	Phase 1 Junior Elementary Pair	2	
	Phase 1 Junior Elementary Small Team	3 - 5	
Phase 1 Youth / Adult	Phase 1 Youth Elementary Individual	1	15, 16 or 17
	Phase 1 Youth Elementary Pair	2	
	Phase 1 Youth Elementary Small Team	3 – 5	
	Phase 1 Adult Elementary Individual	1	18 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
Phase 2 Mini	Phase 2 Mini Elementary Individual	1	8, 9 or 10 <small>**Eligible for athletes 8 Yrs., if athlete deemed at the appropriate standard by the coach.**</small>
	Phase 2 Mini Elementary Pair	2	
	Phase 2 Mini Elementary Small Team	3 – 5	
Phase 2 Cadet / Junior	Phase 2 Cadet Elementary Individual	1	11 or 12
	Phase 2 Cadet Elementary Pair	2	
	Phase 2 Cadet Elementary Small Team	3 - 5	
	Phase 2 Junior Elementary Individual	1	13 or 14
	Phase 2 Junior Elementary Pair	2	
	Phase 2 Junior Elementary Small Team	3 - 5	
Phase 2 Youth / Adult	Phase 2 Youth Elementary Individual	1	15, 16 or 17
	Phase 2 Youth Elementary Pair	2	
	Phase 2 Youth Elementary Small Team	3 – 5	
	Phase 2 Adult Elementary Individual	1	18 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 RESTRICTIONS & GUIDELINES

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

- Ages will be based on the age of the athlete on September 30 2022. 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 30th 2022 must compete in the age group that they are turning during this period
 - E.g., an athlete turning 11 years old on the 1st of July 2022 must compete in the Cadet age category
 - Any athlete/s that have their birthday on or after 1st October 2022 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 15th November 2022 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 age categories as per below:**
 - Individuals - Must be in the stated age range as per above age rulings
 - 8-Year-old athletes may move up & compete in the Phase 2 Mini Category, should the coach deem the athlete at the appropriate standard
 - Pairs - One member can be younger than the stated age range
 - Small Teams – The majority of the team must be in the stated age range
 - Athlete/s **cannot** move down an age group.

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.

MUSIC REGULATIONS

Competition music should have a strong discernible beat, be well mixed and edited and have a variety of structure within the music. Sound effects should be kept to a minimum. Music should be age appropriate and free from illicit language or content.

The Elementary Stream routines have 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.

MUSIC/PERFORMANCE TIME

Music time is 1:30 minutes with a tolerance of plus/minus 5 seconds.

SONG SELECTION

The song selection for the 2022 Elementary routines are as follows:

PHASE 1 ROUTINES	
ROUTINE	SONG NAME
X-Mini	Bring it all back – S Club 7
Pre-Mini	I love you – Loving Caliber
Mini	Run away with Me – Carly Rae Jepsen
Cadet	You'll be on my mind - Waykap
Junior	Can't fight the moonlight – LeAnn Rimes
Youth & Adult	Clarity - Zedd
PHASE 2 ROUTINES	
AGE DIVISION	SONG NAME
Mini	Spice up your life – Spice Girls
Cadet & Junior	Dance Again - JLO
Youth & Adult	My head and my heart – Ava Max

STAGE SIZE

7m X 7m
Individuals
Pairs
Small Teams

It is highly suggested that all athletes/teams are to make full use of the square, but to remain inside the marked/taped 7m x 7m competition area.

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

COSTUMING

ATTIRE

- Elementary Stream costumes may consist of:
 - One-piece leotards
 - Two-piece bikini style leotards
 - School Sport Uniform & OR shorts and t-shirts/singlets may be worn provided they are not too baggy
- Costumes should be age-appropriate
- Costumes must not be too brief and must be appropriately concealing
- Costumes must have adequate body support
- G-string leotards are not permitted
- For maximum points, outfits should be styled so the judges can see 'form'
- The outfit should reflect the sporting/fitness nature of competitive aerobics rather than being too theatrical (e.g., skirts, too many sequins, dresses, feathers, tassels etc.)
- Props are not allowed such as gloves, musical instruments, scarves etc
- Items of clothing or accessories may not be discarded during the performance
- Skin-coloured tights/stockings must be worn under costumes (boys exempt)
 - FISAF Australia stocks and sells the recommended Capezio competition tights, contact us for more information.

FOOTWEAR

- White crew or ankle socks should be worn with footwear
- Shoes should be lace up, well-fitted, supportive sports shoes, preferably in white
 - For younger athletes, white Velcro sports shoes are also permitted.

HAIR & ACCESSORIES

- Long hair must be tied back neatly in a bun, with fringe & or short hair sprayed adequately & pinned off the face
- One or two rows of small sized hair gems **or** one small applique is permitted
 - Anything outside of this amount will be **deemed excessive** and deductions may apply
- Athletes may wear a small-medium sized matching hair scrunchie (strings or dangly pieces are not permitted)
- Headbands, hair accessories (decorative clips, bows etc) in the hair are **not** acceptable
- Subtle glitter on the face and hair is allowed
- Decorative matching wristbands are permitted
- Jewellery is not permitted except for stud earrings
 - Any body piercing jewellery must be removed or properly covered with skin colour tape
- Body oil and body paint is not permitted
- Unobtrusive strapping tape is permitted
- Bulky wrist supports (such as foam blocks) are not permitted
- Competition outfits may have one space for a sponsor's name or logo, which must be no bigger than 10cm by 10 cm.

ELEMENTARY STREAM SPORT AEROBIC TECHNICAL REGULATIONS

ELEMENTARY STREAM SKILLS & COMPULSORIES CHART

The below skills & compulsories are applicable for use in the 2022 Elementary Stream routines. Please carefully read the provided choreography notes for each routine in regards to the below skills & selection options.

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

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 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.

ELEMENTARY STREAM SPORT AEROBICS JUDGING PANEL CONFIGURATION

The panel configurations that will be utilised throughout the 2022 competition season are:

- **Super Series & Future Champions Cup**
 - **3 – 5-person Judge Panel** (*Depending on availability & or event size*)
 - 1 x Head Judge, 1 x Aerobic Judge, 1 x Technical Judge, 1 x Artistic Judge
 - 1 x Head Judge, 2 x Aerobic Judges, 2 x Technical Judge, 1 x Artistic Judge
- **State Championships & National Championships:**
 - **5-person Judge Panel**
 - 1 x Head Judge, 2 x Aerobic Judges, 2 x Technical Judge, 1 x Artistic Judge

ELEMENTARY STREAM SPORT AEROBICS JUDGING PANEL ROLE DESCRIPTIONS

1. 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. 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. 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 STEAM SPORT AEROBICS JUDGING CRITERIA BREAKDOWN

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

ARTISTIC JUDGING 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 specified costume requirements as listed in this document.

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.

GENERAL ELEMENTARY STREAM 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.



REGISTRATION & MEMBERSHIP REQUIREMENTS

FISAF Australia is dedicated to the development, promotion and regulation of Sport Aerobics and Fitness in Australia and prides itself on providing excellent service to its registered members.

Schools & Clubs must be registered members of FISAF Australia in order to be associated with FISAF Australia and be eligible to participate in FISAF events. The FISAF registration system enables FISAF to maintain a database of all its members which facilitates the provision of relevant products and services to all members.

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

FOR FURTHER ASSISTANCE

FISAF Australia has a range of services and materials to assist schools & clubs in preparing their sport aerobics programs and participating in competition events. Some of these include:

- Facilitation of a FREE “Come & Try” session at the school with an accredited FISAF coach to gauge interest and work with the school to get the program started.
- 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.

Please contact us if we can be of any help make your experience as enjoyable and simple as possible.



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