

ELEMENTARY STREAM RULES & GUIDELINES 2024



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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 2024 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 lesson plan & basic training tips (digital copy only).

Please Note: From 2024, choreography Notes for the Elementary Stream are no longer provided.

ELEMENTARY STREAM PHASES

PHASE 1

Phase 1 is designed for beginners to the sport. Phase 1 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.

IMPORTANT: In 2024, it is compulsory for *some* athletes to move from phase 1 to phase 2 (Individual Categories only) depending on their Nationals results:

Nationals Final Categories in 2023, with;

- 12 or more individuals - Top 5 **must** move to Phase 2 individuals in 2024
- 10 or 11 individuals - Top 4 **must** move to Phase 2 individuals in 2024
- 9 or less individuals - Top 3 **must** move to Phase 2 individuals in 2024

Please note:

- Athletes moving up an age category are exempt from this rule, they do not have to move to phase 2 if they do not wish
- Athletes can choose to move beyond Elementary Stream if they wish, E.g., International & National Stream
- This rule does not apply to Phase 1 Pairs & Small Teams.

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 rules and regulations contained in this document supersede all past technical regulations, and are valid from 1 January 2024 to 31 December 2024.

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

ELIGIBILITY TO COMPETE

- In order to be eligible to participate or be affiliated with any FISAF Australia activity & or event, clubs, schools & individuals (judges, coaches & athletes), must be a registered FISAF Australia member
- For more information, including registration rules, guidelines & requirements, please refer to the 2024 Event Guide.

INDEPENDENT CLUB EVENTS & IN-HOUSE COMPETITIONS

- FISAF Australia is supportive of its member-clubs hosting their own in-house competitions in their region, however, club run competitions should not be used as a replacement event
- In the event that a club wishes to run a competition that will include any FISAF Australia pre-choreographed routines, music mixes, categories, or other of FISAF Australia's intellectual property, that club must first gain approval
- For more information, please refer to the 2024 Event Participation Policy.

COMPETITION GUIDELINES

- 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. 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 regard 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
 - All team names must be submitted in the box provided on your competition entry forms
- 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 may 'trial' sections at Super Series event (prior to deciding State entries), E.g.,
 - An individual athlete may choose to compete in the Advanced Individual category at Super Series, however based on feedback given by the judging panel, they may choose to enter the Novice Individual category at States
 - The FISAF Australia judging panel reserves the right to request athletes &/or teams to change competition sections (at Super Series events) should they deem the current section not appropriate to their ability/skill level
- Placing 1st, 2nd, or 3rd in a section in any Australian Stream, does not mean athlete/teams must move up the following year
 - The above rule **excludes** Phase 1 Individuals. For more information, please refer to page 1 of the Elementary Stream Information & Guideline document.
- Substitute Members:
 - In the case of a team member withdrawal & 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
- The section skills list must be strictly adhered to. Additional skills will not be considered. Please refer to specific stream skill lists
- FRF Skill Forms received by clubs & coaches are reflective of the coaches and athletes' choices for their routine. Coach's / athletes are responsible for checking their FRF Skill form with competition rules & regulations before submission. FISAF Australia is not responsible for incorrect FRF's, which may result in deductions or disqualifications. For more information, including submission details, please refer to 2024 Event Guide
- Coach's / athletes are responsible for checking their routines with competition rules & regulations before submission. FISAF Australia is not responsible for incorrect choreography & skill choices, which may result in deductions or disqualifications. For more information, including submission details, please refer to 2024 Event Guide
- In the event that any age categories & or sections become larger or smaller than anticipated, FISAF Australia reserves the right to combine or split age categories & or sections as they see fit.
- Coaches are allowed to perform routines in the audience &/or behind the judges at Super Series events only. For any other events, clubs & schools cannot have anyone behind the judges or in visibility of the Audience performing the routine.

ADMINISTRATION & POLICIES

- When entering, participating & or attending a FISAF Australia activity/event, there are a number of policies that must be adhered to at all times, these include the following:
 - [Child Safety & Wellbeing Policy](#)
 - [Event Participation Policy](#)
 - [Event Photography & Film Policy](#)
 - [Refunds Policy](#)
 - [Code of Conduct](#)
 - [Conditions of Entry](#)
 - [Privacy Policy](#)
 - [Grievances](#)
 - [Participation Waiver](#)
- These documents can be downloaded from our website at any time, please go to: <https://fisafaustalia.com.au/documents/>
- When entering FISAF Australia events in 2024 there are costs to consider, including but not limited to club/school registration, memberships, judge levies, competition entry fees, late fees (late entry forms, late entry payments, late FRF & or music submissions), National Championship video/photography levy, Pre-choreographed Packages & Spectator Entry Fees. For a complete list of the above costs please refer to the 2024 Pricing Document.

CONTACT INFORMATION

- As a point of contact the following email addresses are available for you to contact in regard to specific questions you may have:
 - Event & general enquires: admin@fisafaustalia.com.au
 - Sport Development, Sponsorship and Marketing enquiries: natalie@fisafaustalia.com.au
 - Judging & Technical Committee enquiries: officials@fisafaustalia.com.au
 - Australian team enquiries: worlds@fisafaustalia.com.au
 - FRF skill form submissions: frf@fisafaustalia.com.au

For more information, please refer to the provided links above or see 'stream' specific guidelines documents.

ELEMENTARY STREAM ROUTINE PACKAGES

FISAF Australia has developed a pre-choreographed routine for both primary, secondary & beyond ages divisions. Each routine is accompanied with a set piece of music, a routine 'move' breakdown (broken down into 3 sections), a video of the full routine, lesson plan & basic training tips (digital copy only) and a dedicated section in which these teams compete.

This program can be utilised by **school teachers or new/junior club 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 required skill elements will be provided for you in the routine, the skills required per phase/routine are provided on page 10.

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 routine only	\$75.00 Each
Phase 1 Routines ONLY: Includes 9 x Routines <i>X-Mini, Pre-Mini, Mini Individuals, Mini Pairs/Small Teams, Cadet Individuals, Cadet Pairs/Small Teams, Junior Individuals, Junior Pairs/Small Teams & Youth/Adult</i>	\$400.00
Phase 2 Routines ONLY: Includes 7 x Routines <i>Mini Individual, Mini Pairs/Small Teams, Cadet Individuals, Cadet Pairs/Small Teams, Junior Individuals, Junior Pairs/Small Teams & Youth/Adult</i>	\$300.00
Elementary Combination Package: Includes 16 x Routines – ALL Phase 1 & Phase 2	\$600.00

Conditions of Purchase:

- For those coaches who teach at different clubs, schools & sites (franchises included), please be advised that you will need to purchase a package for **EACH** club, school & or site you coach at. **This is a licensing requirement and non-negotiable**
- Competing clubs/schools must have purchased the current season's package in order to compete in any pre-choreographed categories
- All information and materials provided in the package are owned by Inspire Events Australia (trading as FISAF Australia) and may only be used by current FISAF members. Copying or sharing any pre-choreographed materials for any other purpose other than FISAF Australia participation, or by anyone who is not a current FISAF member is strictly prohibited
- Use of FISAF Australia materials at non-FISAF events must be approved by FISAF Australia in writing prior to the event.

ELEMENTARY STREAM SECTIONS

These are the Elementary Stream categories/section for competitions in 2024:

PHASE 1				
#	ROUTINE	COMPETITION SECTION NAME	NUMBER OF MEMBERS	AGE
1.	Phase 1 X-Mini	Phase 1 X-Mini Elementary Individuals	1	5 or 6
		Phase 1 X-Mini Elementary Pairs	2	
		Phase 1 X-Mini Elementary Small Teams	3 – 5	
2.	Phase 1 Pre-Mini	Phase 1 Pre-Mini Elementary Individuals	1	7 or 8
		Phase 1 Pre-Mini Elementary Pairs	2	
		Phase 1 Pre-Mini Elementary Small Teams	3 – 5	
3.	Phase 1 Mini Individuals	Phase 1 Mini Elementary Individuals	1	9 or 10
4.	Phase 1 Mini Pairs & Small Teams	Phase 1 Mini Elementary Pairs	2	
		Phase 1 Mini Elementary Small Teams	3 – 5	
5.	Phase 1 Cadet Individuals	Phase 1 Cadet Elementary Individuals	1	11 or 12
6.	Phase 1 Cadet Pairs & Small Teams	Phase 1 Cadet Elementary Pairs	2	
		Phase 1 Cadet Elementary Small Teams	3 – 5	
7.	Phase 1 Junior Individuals	Phase 1 Junior Elementary Individuals	1	13, 14 or 15
8.	Phase 1 Junior Pairs & Small Teams	Phase 1 Junior Elementary Pairs	2	
		Phase 1 Junior Elementary Small Teams	3 – 5	
9.	Phase 1 Youth / Adult	Phase 1 Youth/Adult Elementary Individuals	1	16 or older
		Phase 1 Youth/Adult Elementary Pairs	2	
		Phase 1 Youth/Adult Elementary Small Teams	3 – 5	
PHASE 2				
	ROUTINE	COMPETITION SECTION NAME	NUMBER OF MEMBERS	AGE
1.	Phase 2 Mini Individuals	Phase 2 Mini Elementary Individuals	1	8*, 9 or 10
2.	Phase 2 Mini Pairs & Small Teams	Phase 2 Mini Elementary Pairs	2	
		Phase 2 Mini Elementary Small Teams	3 – 5	
3.	Phase 2 Cadet Individuals	Phase 2 Cadet Elementary Individuals	1	11 or 12
4.	Phase 2 Cadet Pairs & Small Teams	Phase 2 Cadet Elementary Pairs	2	
		Phase 2 Cadet Elementary Small Teams	3 – 5	
5.	Phase 2 Junior Individuals	Phase 2 Junior Elementary Individuals	1	13, 14 or 15
6.	Phase 2 Junior Pairs & Small Teams	Phase 2 Junior Elementary Pairs	2	
		Phase 2 Junior Elementary Small Teams	3 – 5	
7.	Phase 2 Youth / Adult	Phase 2 Youth/Adult Elementary Individuals	1	16 or Older
		Phase 2 Youth/Adult Elementary Pairs	2	
		Phase 2 Youth/Adult Elementary Small Teams	3 – 5	

***Eligible for athletes 8 Yrs., if athlete deemed at the appropriate standard by the coach. ***

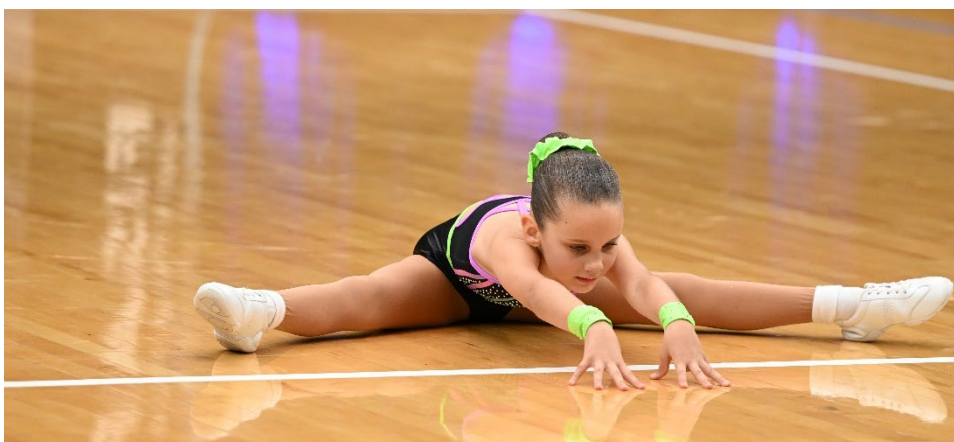
IMPORTANT: In the event that the above age categories & or sections become larger or smaller than anticipated, FISAF Australia reserves the right to combine or split age categories & or sections as they see fit.

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, 2024. This means that the athlete will compete in the section that best represents their age during the competition season.
 - Any athlete/s that have their birthday prior to September 30th, 2024, 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 2024 must compete in the Cadet age category
 - Any athlete/s that have their birthday on or after 1st October 2024 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 2024 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
 - Athlete/s **cannot** move down an age group
 - **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

IMPORTANT: In the event that the above age categories & or sections become larger or smaller than anticipated, FISAF Australia reserves the right to combine or split age categories & or sections as they see fit



Georgia Bellas - DBBC, QLD (2023 National Championships)

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.

GENERAL MUSIC REQUIREMENTS

- If the wrong piece of music is played whilst a competitor is performing, they are asked to stop on the spot **(DO NOT RUN OFF)** and wait for an official to fix the issue. The Head Judge may let the next athlete perform whilst the issue is being addressed.
- Elementary Stream Pre-Choreographed music does **not** need to be submitted prior to events.

ROUTINE SONGS

The songs being used for the 2024 Elementary routines are as follows:

PHASE 1 ROUTINES	
ROUTINE	SONG NAME
Phase 1 X-Mini	Shake It - Sistar
Phase 1 Pre-Mini	Let's Get Crazy - Hannah Montana
Phase 1 Mini Individuals	Kiss the stars - Pixie Lott
Phase 1 Mini Pairs & Small Teams	Up! - Samantha Jade
Phase 1 Cadet Individuals	All About Tonight - Pixie Lott
Phase 1 Cadet Pairs & Small Teams	Don't Let Me Dance Along - The Saturdays
Phase 1 Junior Individuals	Alive - Krewella
Phase 1 Junior Pairs & Small Teams	What Are You Waiting For - The Saturdays
Phase 1 Youth / Adult	Mariah Carey Mix
PHASE 2 ROUTINES	
AGE DIVISION	SONG NAME
Phase 2 Mini Individuals	Kylie Minogue Mix
Phase 2 Mini Pairs & Small Teams	Hilary Duff Mix
Phase 2 Cadet Individuals	Taylor Swift Mix
Phase 2 Cadet Pairs & Small Teams	Firestarter - Samantha Jade
Phase 2 Junior Individuals	Something in the Way You Move - Ellie Goulding
Phase 2 Junior Pairs & Small Teams	Demi Lovato Mix
Phase 2 Youth / Adult	All for you - Janet Jackson

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.

Please Note: Deductions may apply for stepping outside these areas during competition. Depending on the extent of the breach, the Head Judge may advise the Artistic Judge/s to deduct 1 rank – this will be at their discretion. Please **carefully** read the 2024 Deduction Guidelines document for more information.

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.

COSTUME DEDUCTION GUIDELINES

Any costumes that breach any of the above set rules, will incur a reduction of 1 ranking by the artistic judge/s. *Please **carefully** read the 2024 Deduction Guidelines document for more information.*



Ruby Tynan & Shanisse Edson – Aeroblitz, SA (2023 National Championships)

FISAF JUDGING & RANKING SYSTEM (TABULATION)

As per the FISAF International guidelines, judges are obligated to adhere to the Technical Regulations in an unbiased and conscientious manner and according to the FISAF Judges Position and Code of Ethics. It is the responsibility of a judge to assess each performance, in each round of competition, without prejudice and predetermination of the outcome. The judging system, used in the application of scores in FISAF sanctioned events, is a comparative process. This means a competitor's routine is evaluated and compared with the routines of the other competitors within that particular category. The competitor who is able to apply the Technical Regulations, in a manner superior to all other competitors, will win the competition.

THE RANKING SYSTEM

The goal of the ranking system is to determine the placing of the competitors, after each round, by finding the majority of places given by the judging panel, rather than an addition of scores. For example, first position is gained by the majority of the panel agreeing on which athlete they have awarded first place too, with the majority being 3 out of 5 judges.

METHOD OF JUDGE'S RANKINGS (TECHNICAL, AEROBIC & ARTISTIC)

The Technical, Artistic and Aerobic judges will consider their specific criteria to determine a score, out of ten (10) points, which represents a competitor's performance. From this score a competitor's rank is derived.

- When three or more judges award a competitor with the same or better ranking, this is called 'Achievement of majority'
- If no competitor achieves majority for a certain position, a new comparison will be made and will include all rankings from the next lowest position and above.
- If more than one competitor achieves majority, the following applies:
 - Those competitors achieving majority, are put into a group
 - The competitor with the greatest 'power of majority' is found, e.g., the one with the most rankings achieving majority
 - If the competitors in the group have the same majority, then the highest ranking from each judge is counted, e.g., how many times a competitor is better than another or the others, (who is better than who)
- If the parameter, "more times better" occurs in more than one case within the group, the competitors will be ranked according to the LEAD judge.



Sarah McDougal – Action Sport Aerobics, VIC (2023 National Championships)

ELEMENTARY STREAM SPORT AEROBIC TECHNICAL REGULATIONS

ELEMENTARY STREAM SKILLS & COMPULSORIES CHART

The below skills & compulsories are applicable for use in the 2024 Elementary Stream routines.
Please carefully read the provided choreography notes for each routine in regard to the below skills & selection options.

SKILL ELEMENT	Phase 1									Phase 2						
	X-Mini	Pre-Mini	Mini IND	Mini Teams	Cadet IND	Cadet Teams	Junior IND	Junior Teams	Youth/ Adult	Mini IND	Mini Teams	Cadet IND	Cadet Teams	Junior IND	Junior Teams	Youth / Adult
COMPULSORY MOVES																
Jumping Jacks	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
High Leg Kicks	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
If both compulsory push-up options are ticked (✓) below, you must choose 1 skill to perform:																
Push Ups (on knees)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Push Ups (on Toes)										✓	✓	✓	✓	✓	✓	✓
PUSH UPS																
If skill is required & all skill options are ticked (✓) below, you must choose 1 Push Up skill to perform:																
Two Arm Push Up (on Knees)										✓	✓	✓	✓	✓	✓	✓
Two Arm Push Up										✓	✓	✓	✓	✓	✓	✓
Two Arm Triceps Push Up (on knees)										✓	✓	✓	✓	✓	✓	✓
Two Arm Triceps Push Up										✓	✓	✓	✓	✓	✓	✓
STATIC																
If skill is required & all skill options are ticked (✓) below, you must choose 1 Static skill to perform:																
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																
If skill is required & all skill options are ticked (✓) below, you must choose 1 Flex skill to perform:																
Prone Straddle Sit (both arms <u>must</u> reach forward)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Front Split Right (hands <u>must</u> remain on either side of body to support proper execution of skill)									✓	✓	✓	✓	✓	✓	✓	✓
Front Split Left (hands <u>must</u> remain on either side of body to support proper execution of skill)									✓	✓	✓	✓	✓	✓	✓	✓
JUMPS																
Straight Jump	✓	✓	✓	✓												
Air Jack		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Tuck Jump					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
If skill is required & both pirouette jump options are ticked (✓) below, you must choose 1 skill to perform:																
Pirouette Jump 180 Turn					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pirouette Jump 360 Turn									✓	✓	✓	✓	✓	✓	✓	✓
If skill is required & both skills are ticked (✓) below, you must choose 1 skill to perform:																
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.
- Both feet must remain in contact with the floor at all times.
- During the muscular contraction (pushing up) help with knees or hips is not allowed and alignment between shoulders hips and feet is required.



Squad – Lourdes Hill College, QLD (2023 National Championships)

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.



Bella Planke & Eva Jarman – Capital Aerobic Academy, VIC (2023 National Championships)

ELEMENTARY STREAM SPORT AEROBICS JUDGING PANEL CONFIGURATION

The panel configurations that will be utilised throughout the 2024 competition season are:

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

ELEMENTARY STREAM JUDGING CRITERIA DESCRIPTIONS & BREAKDOWN

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

HEAD JUDGE

The Head Judge will oversee the judging panel and is the highest technical authority at a FISAF Australia 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.

TECHNICAL JUDGING

The technical judge considers the execution, difficulty and variety of all aspects of an Aerobics routine. The execution of choreography should be the main focus along with transitions, aerobic sequences, and every other movement including lifts, supports etc. The execution of skill elements and compulsory movements need to be taken into consideration however are not the pivotal focus of the Technical judge.

For example: a routine with clean and well executed choreography and skills that are not executed perfectly could still technically rank higher than a perfectly executed skill routine with average choreography.

There are four groups of elements included in a routine, these are; static strength, push-up, jump and flexibility.

APPLICATION OF A TECHNICAL SCORE

In assessing a performance, the technical judge considers the attributes of a performance that would lead to a perfect score, taking into account the execution and difficulty of the skill elements chosen and the execution of the choreography and transitions within the routine. *Please refer to the 2024 FISAF Australia Execution Errors of Skill Elements document.*

TECHNICAL CRITERIA

- Execution of compulsory movements and skill elements
 - Precise posture
 - Control
 - Precise alignment
 - Ease of movement
 - Static and flexibility elements held
 - Good range of motion
 - Knees are over the soles of the feet in taking off and landing of jumps
- Execution of transitions
 - Posture
 - Control
 - Alignment
 - Range of motion
 - Ease of movement
- Execution of aerobic sequences etc.
 - Precise posture
 - Control
 - Purposeful placement of the body
 - Precise alignment
 - Extended knees and toes pointed
 - Air under the feet, impact
 - Speed and ease of movement

Pull apart = Difficulty after execution. This is what the technical judges use to pull apart two routines that are very close and after they have applied all the judging criteria.



Georgia Cooke – Industrie 1 Sport Aerobics, QLD (2023 National Championships)

AEROBIC JUDGING

APPLICATION OF AEROBIC SCORE

Sport Aerobics is the ability to perform complex skill elements and movement patterns to music, which originate from traditional aerobics, with high intensity and perfect execution. A 1 minute 30 second routine challenges the cardiovascular system and demonstrates creativity with perfect integration of all movement with the music chosen.

All movement must be appropriate to Sport Aerobics and display high levels of intensity, complexity, difficulty, and quality. To obtain a maximum aerobic score, a high level of cardiovascular endurance and energy expenditure, continuously maintained throughout the performance, will be demonstrated which shows the physical condition of an athlete.

AEROBICS CRITERIA

Intensity

- Quality of all skill elements during the routine
 - Range of motion
 - Height of jumps
 - High energy expenditure and effort (use as many parts of the body and main muscles together)
 - Precise posture
 - Purposeful and strong placement of arms and legs
- Energy expenditure
 - High level of Cardiovascular fitness that enables good quality of skill elements throughout the entire routine (Endurance high level during the whole routine)
 - A routine that demands the most energy expenditure possible
- Difficulty of the routine
 - Assessing the difficulty of skill elements chosen, and how difficult these skills are to execute correctly
 - Assessing the difficulty of choreography and movement patterns

Aerobic sequences

- Intensity of aerobic sequences
 - High impact
 - Strong Arm Lines, Intensity of the choreography
 - Height of Jumps
 - Range of Motion (Pushups)
 - Quality of Movements
 - Leg levels (in kicks)
 - Speed of movement (not speed of music)
 - Use of space (travelling)
- Quality of aerobic sequences
 - Clear, precise movement of the entire body, head, arms, and legs
 - Purposeful and strong placement of arms and legs
 - Correct posture
- Complexity of aerobic sequences
 - Athletes are allowed to travel and move the choreography (e.g., Turning in jogs) the more complex this is the higher the intensity is, therefore, a routine where athletes face the front the whole time is not as complex

Pull apart; RISK = Difficulty with quality. I.e. the hardest routine executed with the best quality of movement.



Bella Maric & Caitlin Murphy, Meg Ryan Sport Aerobics, QLD (2023 National Championships)

ARTISTIC JUDGING

APPLICATION OF ARTISTIC SCORE

The Artistic Criteria for Sport Aerobics is about making sure there is in fact an 'artistic' side to this sport and to keep the 'art' form of dance and music as a focus. In the scoring of the Artistic Criteria, judges will consider the ability of the athlete/s to dance and perform aerobic choreography that matches the music chosen.

ARTISTIC CRITERIA

Choreography

- Choreography – Principles
 - *Integrity* - Be true to the music and movement. Match the genre of music with; the choreography, costume, and presentation. Integrity means that all four principles must balance, all four principles are of equal importance; music + choreography + costume + presentation = integrity.
 - *Routine Dynamics (time, space, energy)* - The use of tempo, accents, rhythms, 3-dimensional space, and performance energy are interlinked and should be shown through the entire performance, not only at the end. During a performance, the routine dynamics should change and have variety, e.g., movement from the back of stage towards the front or using the crescendos in the music to place emphasis on the 'high points' of the choreography.
 - *Contrast (variation in choreography)* - Contrast should be seen in changes of movements, dynamics, tempos, or spatial design, e.g., smooth versus staccato, travelling versus stationary, loud versus soft music sections, together versus apart (duos and small teams) etc.

Note: FISAF Sport Aerobics is an attractive sport as it has an artistic component that uses dance and music. The principles will also help a routine be more interesting and avoid it looking the same from the beginning to the end. A routine should be personal to the athlete performing it...athletes should be different to other athletes.

- Originality
 - Being different to others
 - Creating an impression
 - Individual style
 - Unpredictable choreography and travel patterns
 - Interaction and interactive choreography between athletes in a duos or small teams
 - Touching a team member
 - Formation change, swap
 - Looking at each other
 - Opposing planes between members of duos or trios
- Appropriate choreography (Own choreography at beginning and end of routine)
 - To Sport Aerobics
 - Choreography, music, and attire suitable to age division (especially Cadet)
 - Performing choreography suitable to the level of the competitor
- Visual Image

The image that the athletes portray (show) to the audience and judges when they are on stage to make the choreography visually attractive. It is the use of the following;

 - Use of space
 - Formations, types of patterns created, e.g., straight line, circle, triangle etc. (duos or trios)
 - Distance of competitors in formations, e.g., close, or apart
 - Orientation
 - Swaps in duos and small teams.
 - Different direction of movements in duos and trios
 - Travelling (where competitors move on the performance area – forward/back, side, diagonal, around the circle)
- Use of space
 - Creativity in use of space
 - Use of performance area (the routine should not be executed only in the central part of the performance area)
 - Formations in small teams division
 - Line, diagonal, triangle etc.
 - Duration (how long before the formation changes)
 - Using creative choreography to change positions with team members
 - Swaps in duos and small teams divisions
 - Speed (how many counts)
 - Using creative choreography to change positions with team members
 - A variety of body orientation
 - Distance between members of duos and small teams, close or apart
 - Swap choreography should have arm movement
 - Staying in the 7 x 7m area

- Variety
 - Aerobic sequences - (Your Own Choreography and the beginning and end of Routine)
 - Arms
 - Use all planes (horizontal, front, side) and directions of arms
 - Movements in shoulder, elbow and wrist
 - Movements of fingers / head
 - Movements of linear and circular
 - Rhythmical changes
 - Long and short levers
 - Legs
 - High impact leg and footwork
 - Turns
 - Rhythmical changes, using the tempo and counter tempo counter
 - Coordination of arms and legs together
 - Use opposing planes
 - In arms
 - In legs
 - In duos and trios

Music

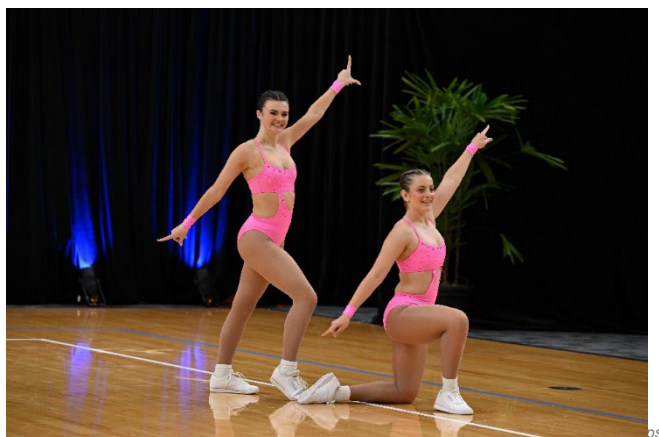
- Use of music (music interpretation)
 - Music and movements should be inseparable
 - Reflect theme if chosen
 - Ability to use the music/tempo by all team members (be in time)
 - Respect tempo (speed of music must be in accordance with technical and endurance level of competitors)
 - Using the lyrics or instruments, highs, and lows (using the music structure)

Synchronisation

- Staying in time with each other
- Having the same level of execution
- Having the same performance level

Performance

- Ability to 'perform' and dance the routine
- The ability to 'express' the music
- Ability to project confidence and emotion
- Dynamic physical and facial energy
- Confidence
- Ability to generate excitement and enthusiasm
- Costume



Pull apart= creativity/different/impression (choreography)

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.

*Please **carefully** read the 2024 Deduction Guidelines document for more information.*
- 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 must be choreographed *as desired* according to the choreography notes;
 - You may **NOT** add any skills throughout these sets
 - Adding of additional skills will result in reduction of 1 rank by the Technical Judge(s).

*Please **carefully** read the 2024 Deduction Guidelines document for more information.*
 - You can add kicks, non-skill jumps and/or transitions
 - **For more information & assistance on choreographing the required start & end sets, please contact us: officials@fisafaustalia.com.au.**

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 is 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.



Legends – Oxygen Allstars, NSW (2023 National Championships)

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