

SKILL

DESCRIPTIONS

**NATIONAL STREAM**

SPORT AEROBICS TECHNICAL  
REGULATIONS

**2025**

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## PUSH UP GROUP

**Note:** There is only one family for the Push-up group, it is triceps hinge push up and double triceps hinge push up – two arms, one arm, one arm and one leg push ups. Every push-up will have its own technical index value unless the exact same push-up is repeated. In this case the value of the second push-up is halved.

### General execution criteria for push-ups

The start and finish position for all Push-ups is with the arms straight and elbows extended. Hyperextension in the elbow/s at the top of the movement is not allowed. To be considered as a push-up, the minimum level of execution is where the working arm/s is flexed at a minimum of 90° at the elbow. The hand/s and fingers must be in contact with the floor during the entire push-up and must be in a horizontal axis (line) with the shoulder/s. The hands do not move from the original start position.

The "Down" position (contraction) of the push-up is with the chest lowered to the floor but without contact on the floor. The feet/foot must be no wider than the shoulder and must be balanced in the centre of the foot rather than on the inside of the foot.

During the contraction, correct execution requires the shoulders and hips to be parallel to the floor with the head and body in a straight line.

Additional push-up movements can be performed facing any direction except to the back of the stage area.

### Pectoralis push-up, start and finish positions

The hands are in-line with, and slightly wider than the shoulders, with the elbows extended laterally away from the body.

### Triceps push-up, start and finish positions

The hands are directly under the shoulder/s with the elbows extended medially and close to the body.

#### Base Movement:

- Two arm push up 0.5
- One arm push up 2.0

#### Addition to base movement:

- Triceps position 0.5
- Triceps hinge 1.0
- Lateral hinge 1.5

### FREE FALL: INDEX 1.0

From a standing position with the feet together, the body remains straight and falls into a push up landing with the elbows flexed. The landing position can be either in a triceps or pectoralis position and is followed by the extension of the elbows with the arms straight.

### TWO ARM PECTORALIS PUSH UP: INDEX 0.5

A push-up using both arms in the pectoralis position.

### TWO ARM TRICEPS PUSH UP: INDEX 1.0

A push-up using both arms in the triceps position. During the whole movement, the arms remain close to the body.

### TWO ARM CIRCULAR LATERAL HINGE PUSH UP: INDEX 2.0

A push-up using both arms in the pectoralis position. Both elbows flex to a minimum of 90° as the chest lowers to the floor in the "down" position. Both shoulders move laterally, left-centre-right or right-centre-left and the forearm and elbows lower to contact the floor. The shoulders return back to the centre "down" position then the elbows extend raising the body to starting position. Body weight shift must be shown in each position.

### TWO ARM TRICEPS HINGE PUSH UP: INDEX 1.5

A push-up using both arms in the triceps push-up position. Both elbows flex to a minimum of 90° as the chest lowers to the floor in the "down" position. The body then moves back (ankles act as a hinge) and the forearms and elbows lower to contact the floor. The body moves forward into the centre "down" position and then both elbows extend and raise the body to starting position.

Please note a triceps hinge and a double triceps hinge push up are the same family as explained below.

- Two arm triceps hinge push up and double triceps hinge push up have the same base movement structure
  - There is no actual 'push-up' movement (full contraction) between the hinges in a double hinge push-up
- Similarly, it would be the same principle in the case of one arm or one arm / one leg push up.

### ONE ARM PUSH UP: INDEX 2.5

A push-up using only one arm in the pectoralis position.

### ONE ARM TRICEPS PUSH UP: INDEX 3.0

A push-up using only one arm in the triceps position. During the whole movement, the working arm remains close to the body.

## STATIC STRENGTH GROUP

### Elements:

- Straddle press 1.0
- Pike press 1.0
- V Press open 2.0
- Planche open legs 1.0
- Planche closed legs 1.5

### Addition to base movement:

- Turning 0.5 per 180° (max. 720° turn)

### General execution criteria for static strength elements

Any static strength element must be held to demonstrate control of the movement. Once the actual position has been achieved, it must be held for 4 counts of the music, meaning it must be identified as a held position and not as a transition. Any turning static strength element must also show control with the turn being at least 4 counts of the music.

## HORIZONTAL PRESS FAMILY

### General execution criteria for Horizontal Presses family

A balance, where the weight is completely supported on one or two hands. From a chosen starting position, for the element to count it must start with the hips and legs on the floor. The elbows extend and support the body to lift off the floor. The legs and feet are lifted parallel to the floor with the knees fully extended. During the support, the feet must not touch the floor and the hips must not be supported by the arms or hands. The entire movement must be done with the upper body erect and the shoulders remaining square in the horizontal plane.

### PIKE PRESS: INDEX 1.0

A balance in which both hands are placed either side of the body and near the middle of thighs.

### STRADDLE PRESS (BOTH HANDS FRONT): INDEX 1.0

A balance in which the weight is completely supported on the hands that are placed in front of the body. The legs are straddled and parallel to the floor with the knees straight. There should be an angle of at least 90° between the legs.

### STRADDLE PRESS (ONE HAND FRONT, ONE BACK): INDEX 1.0

A balance in which the weight is completely supported on the hands, that are placed one in front of the body and the other behind the body. The legs are straddled and parallel to the floor with the knees straight. There should be an angle of at least 90° between the legs.

## V PRESSES FAMILY

### General execution criteria for V Presses family

A balance in which the weight is completely supported on the hands which are placed either side and behind the body. The hips are flexed, so that the legs are held in a V position, with the legs either together or apart, knees extended (straight) and toes pointing upward. The upper body should be erect and piked with the legs close to the chest at 90° in the horizontal plane. The hips are not supported by the hands or arms.

### V PRESS OPEN: INDEX 2.0

A V Press with the legs apart, with an angle of no greater than 90° between the legs.

## SUPPORTED PLANCHES FAMILY

### General execution criteria for Supported planches family

A balance in which the body is in an extended horizontal, prone position with the elbows supporting the body. Both or one hands are on the floor, below the torso, elbows are flexed with the body supported by the arms. The hips are extended, and the feet are off the floor. The legs, body and head must be in the same line, parallel to the floor. The hands can be placed either with both under the body or with just one under the body and the other in a pectoralis push-up position, with the elbow flexed 90°.

### TWO ARM SUPPORTED PLANCHE OPEN: INDEX 1.0

A planche with the legs open no more than 135°.

### TWO ARM SUPPORTED PLANCHE CLOSED: INDEX 1.5

A planche with the legs closed (together).

# JUMP GROUP

Please note that the value of the jump does not include the landing position, the value of the base element is listed below.

## Elements:

• Air Jack	0	(Cadet only)
• Tuck Jump	0.5	(Cadet only)
• Front Split Jump	3.0	
• Straddle Leap	2.0	
• Straddle Jump	3.0	
• Pike Jump	3.0	
• Pike Leap	1.5	
• Cossack	2.0	
• Jeté (front or straddle)	1.0	
• 360° Pirouette Jump	1.0	

## Addition to base movement:

• Landing to One or Two Feet	0.5
• Prone Straddle Sit Landing	0
• Front Split <i>or</i> Prone Straddle Split Landing	0.5
• Two Arm Push Up Landing	1.0
• Switch	0.5
• Vertical Turn ( <i>No limit for number of turns</i> )	
○ 0.5 per 180° (180°- 360°)	
▪ 180° = 0.5	
▪ 360° = 1.0	

## General execution criteria for Jumps/Aerials

All Aerial elements must demonstrate strength and power in the legs. Each element must clearly show the take-off, the position and movement in the air and the landing. The main criteria for aerial evaluation are the elevation of the hips while in the air and control of the entire movement.

## General criteria for turning Jumps

The degree of the turn is determined by the starting position of the take-off and where the competitor lands. For example, a full turn (360°) requires the feet to finish exactly where they started the jump, and the entire rotation must be done in mid-air.

## General execution criteria for Jumps landing

### AERIAL TO FRONT SPLIT LANDING: INDEX 0.5

An aerial, which lands in a front split position with simultaneous contact of the legs/feet on the floor. The gluteus, quadriceps/hamstrings, and abductors/adductors engage to cushion the impact of a front drop split. The abdominals contract to maintain an erect upper body in the front split landing.

### AERIAL TO PRONE STRADDLE SPLIT LANDING: INDEX 0.5

An aerial which lands in a straddle split position with the hips flexed and a distance of 170°-180° between the legs. It would be considered a major error if the distance between the legs was less than 170°. The torso leans forward no more than 45° towards the floor and the upper body is supported by the hands. The legs/feet make contact with the floor and are followed quickly by contact with the hands. The legs are straight, and knees face the ceiling while in the split position.

### AERIAL TO PRONE STRADDLE SIT LANDING: INDEX 0

An aerial which lands in a straddle sit position with the hips flexed and a distance of 135°- 170° between the legs. The torso leans forward no more than 45° towards the floor, from the upright position, and the upper body is supported by the hands. The legs/feet make contact with the floor and are followed quickly by contact with the hands. The legs are straight, and knees face the ceiling while in the sit position.

**So, to be clear, the difference between prone straddle split and prone straddle sit landings is the position of the legs/feet.**

### AERIAL LANDING TO ONE OR TWO FEET: INDEX 0.5

An aerial that lands on one or two feet. A two-foot landing must be with the feet together. The finish position of a jump with a take-off from two feet, must be in the same place as the take off. Good balance must be shown in all landings.

### AERIAL TO TWO ARM PUSH UP LANDING: INDEX 1.0

An aerial which lands in a pectoralis or triceps push up position with the hands and feet contacting the floor simultaneously. The elbows flex, pectorals contract and the biceps/triceps engage to absorb the impact. When the elbows flex, athletes should control the landing to avoid the chest, hips or knees having any contact with the floor. Abdominals contract to avoid "sagging" in the lower back. To gain full value for the two arm push up landing, the legs and feet must be together in the final position.

## AIR JACK FAMILY

### AIR JACK: INDEX; 0

A vertical jump from two feet in which the legs quickly open to a narrow straddle position to form a star or X shape in the air. The upper body is erect throughout the entire movement. (The landing is to two feet, when landing in the standing position.)

## TUCK JUMP FAMILY

### TUCK JUMP: INDEX; 0.5

A vertical jump from two feet with the hips flexed and knees are bent and tucked up to the chest with both the legs and feet together. Perfect execution requires at least 90° degrees of hip flexion with quadriceps parallel to the floor and 45° torso flexion. (The landing is to two feet, when landing in the standing position.)

## FRONT SPLIT JUMP FAMILY

### FRONT SPLIT JUMP: INDEX 3.0

A jump from two feet in which the legs quickly lift to a front split position. Perfect execution requires the hips to be in the sagittal position (not turning in a straddle position). The body is erect, and the front knee faces up, with the back knee facing down. The upper body is erect throughout the entire movement. Demonstration, of at least full range of motion, is required in the split position. (The landing is to two feet, when landing in the standing position.)

## PIROUETTE JUMP FAMILY (VERTICAL TURN)

### PIROUETTE JUMP 360° INDEX 1.0

A jump from two feet in which the body completes a 360°degrees turn in the air. Maintenance of anatomical alignment through the circular motion is required. Legs and feet should be together after take-off and remain together until landing. Perfect execution requires no hip or foot rotation prior to take-off and knees must be fully extended for intended straight leg positions. (The landing is to two feet, when landing in the standing position.)

## PIKE JUMP FAMILY

### COSSACK JUMP: INDEX 2.0

A pike jump with one leg extended that is at least horizontal to the floor, the other leg flexed at the hip (90°) with the knee bent and thighs together. Torso flexion is 45°. Take-off is from two feet simultaneously. Arms and torso flex forward toward legs. (The landing is to two feet, when landing in the standing position.)

### PIKE JUMP: INDEX 3.0

A jump from two feet, in which the legs quickly lift to a horizontal pike position. From a standing position, jump vertically from two feet, flex hips, and kick both legs up to at least a horizontal to the floor with the knees extended and feet together. Arms and torso flex forward toward the legs in mid-air. Perfect execution requires 45° of torso flexion and 90° of hip flexion, legs in a horizontal position, with legs/feet together. (The landing is to two feet, when landing in the standing position.)

## STRADDLE JUMP FAMILY

### STRADDLE JUMP: INDEX 3.0

A jump from two feet in which the legs quickly lift to a wide straddle sit position. Jump vertically from two feet, flex hips, and kick both legs up to at least a horizontal position to the floor with the knees extended, legs and feet apart (straddle leg position). The torso flexes forward toward the legs with perfect execution showing 45° of torso flexion, 90° of hip flexion with legs at least horizontal to the floor and at least 135° of hip abduction. (The landing is to two feet, when landing in the standing position.)

## FRONT JETÉ FAMILY

### FRONT JETÉ: INDEX 1.0

A leap from one leg in which the legs extend into a mid-air front split position, in the sagittal plane. The upper body is erect and the front knee faces up, with the back knee facing down. Demonstration is at least a full range of motion (180°) in the split position. (The landing is on the opposite foot to take off, when landing in the standing position.)

### FRONT SWITCH JETE: INDEX 3.0

A leap from one leg in which the other leg extends into a mid-air front split position and quickly switches to the opposite leg front split position. Perfect execution requires hips to be in the sagittal position (not turning in straddle position) and the switching leg to be fully extended. The body is erect and the front knee faces up, with the back knee facing down in both split positions. Demonstration is at least a full range of motion (180°) in the split position. (The landing is on the same foot to take off, when landing in the standing position.)

## STRADDLE JETE FAMILY

### STRADDLE JETÉ: INDEX 1.0

A leap from one leg in which the legs extend one after the other into a mid-air, wide straddle sit position. The upper body is in 45° torso flexion and both knees face upwards. Demonstration of full range of motion is required in the straddle sit position (minimum 135° degrees between legs). The legs are at least parallel to the floor and there is 45° degrees in torso flexion. (The landing is on the opposite foot to take off, when landing in the standing position.) The body travels laterally during this leap.

### STRADDLE SWITCH JETE (SWITCH INCLUDED): INDEX 3.0

A leap from one leg in which the other leg extends across the body, with the hip at 90° flexion and quickly switches to the opposite side as the body turns 45° to a straddle jump position, with legs parallel to the floor. The switching leg can start either across the front of the body or down towards the floor. Perfect execution requires at least a full range of motion in the wide straddle sit position (minimum 135° degrees between legs) with the legs at least parallel to the floor and 45° degrees in torso flexion. (The landing is to two feet, when landing in the standing position.)

## VARIATION LEAP FAMILY

### COSSACK LEAP: INDEX 0.5

A vertical jump, which takes off from one foot. During the jump, one leg is extended horizontally to the ground while the other leg quickly extends to at least the horizontal position to the floor, bending at the knee into a tuck position, with the legs together. The hips are flexed at 90° degrees and torso 45° degrees forward toward legs. (The landing is to two feet, when landing in the standing position.)

### PIKE LEAP: INDEX 1.5

A vertical jump from one foot, in which the legs quickly lift to a horizontal pike position. The torso flexes toward the legs in mid-air showing 45° of torso flexion and 90° of hip flexion. The legs are at least in a horizontal position to the floor with the knees straight and feet together. (The landing is to two feet, when landing in the standing position.)

## FLEXIBILITY

**Note:** Left and right front flexibility are not considered to be the same family. Therefore, if a front right split and an illusion on the left are performed, they will both get the full index value. However, if a right front split and an illusion on the right are performed, then the second movement will get half the index value.

## FRONT SPLIT FAMILY

There are two front flexibility families – right and left.

### FRONT SPLIT INDEX: 1.0

A seated sagittal split where the front leg is extended forwards in front of the body and the back leg is extended backwards behind the body. The front knee faces upward, and back knee faces downward towards the floor. Knees are fully extended on both legs. Split angle is 180° and flat to the floor. Hips are square. Legs are held static for two counts minimum.

### NEEDLEPOINT, WITH OR WITHOUT HANDS: INDEX 1.0

A standing front split where the supporting leg is the front of the split. The supporting foot is in contact with the floor whilst the other leg reaches vertically to perform a frontal split position with a minimum angle of 180°. This skill may be performed with or without the assistance of the hands and can be executed on either right or left leg. Knees are fully extended on both legs, especially at the peak of the split. Supporting foot is stable and in contact with the floor throughout the entire element. Hips are square.

### STANDING FRONT SPLIT: INDEX 1.5

A standing split balancing on one leg while the other leg is held in a front split position by the hands. The heel of the support leg should remain on the floor while the unsupported leg is raised into a vertical front split of 180°. The head and neck must be in line with the spine and the shoulders square and in line with each other. The support leg fully extended at the hips with knees fully extended. Knees are fully extended on both legs at the peak of the split. Legs are held static for two counts minimum.

### SUPINE FRONT SPLIT INDEX: 1.0

A split lying on the back where the legs are held in a sagittal (front) 180° split position with hips and back square and flat to the floor. The front split leg is held in place, by the hands, next to the head with knee facing the floor. The opposite leg and foot remain on the floor in line with the pelvis with the knee facing the roof. This skill may be performed with or without the assistance of the hands. Knees are fully extended on both legs. Both feet are in contact with the floor. Hips and torso are square without twisting. Legs are held static for two counts minimum.



## STRADDLE SPLIT FAMILY

### STRADDLE SPLIT: INDEX 1.0

A seated split where the legs are fully extended and abducted to the sides of the body to form a 180° split. The buttocks and entire back of legs are in contact with the floor. Both knees face upward. Hips are square. Legs are held static for two counts minimum.

### PRONE STRADDLE SPLIT: INDEX 1.0

A seated split where the legs are abducted and straddled to the sides of the body to form a split. The buttocks, chest and abdominals are in contact with the floor. The legs are fully extended, and the hips are square. The split angle is 180° with legs flat to the floor. Torso and legs are held static for two counts minimum.

### SUPINE STRADDLE SPLIT: INDEX 1.0

A split performed lying on the back where the legs are held in a straddle split position next to the body with knees facing toward the floor. The hips remain in contact with the floor and the back is square and flat to the floor. This skill may be performed with or without the assistance of the hands. Knees are fully extended on both legs and the split angle is 180°. Both feet are in contact with the floor.

### STANDING FRONT SPLIT: INDEX 1.5 (RIGHT OR LEFT LEG)

A standing split balancing on one leg while the other leg is held in a 180° straddle split position by the hand/s. The supporting leg should be fully extended at the hip and knee with the heel remaining on the floor. The head and neck must be in line with the spine and the shoulders square with each other. This skill can be performed either with or without the assistance of the hands to hold the raised leg in the split. Knees are fully extended on both legs at the peak of the split. Hips and torso are square without twisting. Legs are held static for two counts minimum.

### SIT THROUGH: INDEX 2.0

A dynamic split from a seated straddle split position. The chest and the abdominals are lowered to the floor and the legs are then drawn together behind the body to come together in a closed position to finish lying prone. Perfect execution requires the hips to remain in contact with the floor at all times.

**Note:** A sit through may be done in forward or backward motion. They both have the same value as an additional element. Knees are fully extended on both legs. Split angle is 180° with legs flat to the floor. Hips are square and flat to the floor throughout the entire skill. Movement though skill is smooth and seamless.

## STRADDLE SIT FAMILY

### PRONE STRADDLE SIT: INDEX 0.5

A seated wide straddle sit in which the legs are extended sideways with both knees facing up. The minimum angle of the straddle sit is 135°. The body should have perfect alignment between the legs, knees and hips with the knees fully extended. The chest and the abdominals are on the floor during the split. Legs are held static for two counts minimum.

### SUPINE STRADDLE SIT: INDEX 0.5

A split lying on the back (supine) in which the legs are extended sideways in a wide straddle sit position without lifting the hips from the floor. The knees are fully extended and face the floor with the toes touching the floor. The minimum angle of the straddle sit is 135°. Legs are held static for two counts minimum.