

**FISAF**  
AUSTRALIA  
SPORT AEROBICS



# SCHOOL STREAM RULES & GUIDELINES **2026**

[WWW.FISAF AUSTRALIA.COM.AU](http://WWW.FISAF AUSTRALIA.COM.AU)

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# TABLE OF CONTENTS

<b>GENERAL RULES &amp; REGULATIONS .....</b>	<b>2</b>
ELIGIBILITY TO COMPETE .....	2
INDEPENDENT CLUB EVENTS & IN-HOUSE COMPETITIONS .....	2
COMPETITION GUIDELINES .....	2
ADMINISTRATION & POLICIES .....	3
CONTACT INFORMATION .....	3
<b>DESCRIPTION OF SECTIONS .....</b>	<b>3</b>
PRE-CHOREOGRAPHED ROUTINES .....	3
SPORT AEROBICS .....	4
FITNESS TEAMS .....	4
<b>SCHOOL STREAM SECTIONS .....</b>	<b>5</b>
<b>SCHOOL STREAM AGE RESTRICTIONS &amp; GUIDELINES .....</b>	<b>6</b>
<b>PRE-CHOREOGRAPHED PACKAGES .....</b>	<b>6</b>
<b>MUSIC REGULATIONS .....</b>	<b>7</b>
MUSIC/PERFORMANCE TIME .....	7
MUSIC BPM .....	7
LANGUAGE WARNING .....	7
MUSIC DEDUCTION GUIDELINES .....	7
GENERAL MUSIC REQUIREMENTS .....	7
PRE-CHOREOGRAPHED SONG SELECTION .....	7
<b>STAGE SIZE .....</b>	<b>7</b>
<b>COSTUMING .....</b>	<b>8</b>
ATTIRE .....	8
FOOTWEAR .....	8
HAIR & ACCESSORIES .....	8
COSTUME DEDUCTION GUIDELINES .....	8
<b>FISAF JUDGING &amp; RANKING SYSTEM (TABULATION) .....</b>	<b>9</b>
THE RANKING SYSTEM .....	9
METHOD OF JUDGE'S RANKINGS (TECHNICAL, AEROBIC & ARTISTIC) .....	9
<b>SCHOOL STREAM SPORT AEROBIC TECHNICAL REGULATIONS .....</b>	<b>10</b>
CHOREOGRAPHY .....	10
ACCEPTABLE MOVES .....	10
UNACCEPTABLE MOVES .....	10
COMPULSORY MOVES .....	11
PUSH-UPS (PECTORAL – BICEP) .....	11
JUMPING JACKS .....	12
ALTERNATING HIGH LEG KICKS .....	12
SKILL ELEMENT REQUIREMENTS .....	12
SCHOOL STREAM SKILLS & COMPULSORIES CHARTS .....	13
SCHOOL STREAM SPORT AEROBICS JUDGING PANEL CONFIGURATION .....	15
SCHOOL STREAM SPORT AEROBICS JUDGING PANEL ROLE DESCRIPTIONS .....	15
SPORT AEROBICS JUDGING CRITERIA BREAKDOWN .....	16
SPORT AEROBICS - TECHNICAL JUDGING CRITERIA .....	16
SPORT AEROBICS - ARTISTIC JUDGING CRITERIA .....	16
SPORT AEROBICS SPECIFIC SECTION RULES & GUIDELINES .....	17
PRE-CHOREOGRAPHED ROUTINES .....	17
LARGE TEAMS ROUTINES .....	18
<b>SCHOOL STREAM FITNESS TECHNICAL REGULATIONS .....</b>	<b>19</b>
FITNESS COMPULSORY MOVES .....	19
ACCEPTABLE MOVES .....	19
UNACCEPTABLE MOVES .....	19
FITNESS JUDGING PANEL CONFIGURATION .....	19
FITNESS JUDGING CRITERIA .....	20
FITNESS - TECHNICAL CRITERIA .....	20
FITNESS - ARTISTIC CRITERIA .....	21
<b>REGISTRATION &amp; MEMBERSHIP REQUIREMENTS .....</b>	<b>22</b>
<b>FOR FURTHER ASSISTANCE .....</b>	<b>22</b>

# FISAF AUSTRALIA

## WELCOME TO THE SCHOOL STREAM

This stream has been designed exclusively for schools to encourage and support students and teachers from around Australia to participate in sport aerobics competitions at the grass-roots level of the sport.

Sport aerobics is one of the fastest growing sports in Australian schools at the moment. It is an inclusive sport suitable for boys and girls that is fun, healthy and cost-effective. Participation can encourage teamwork, boost student morale, and cultivate student pride in being able to represent the school at competitions alongside their peers.

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



Bayview Barbies - Bayview State School, QLD (2025 National Championships)

## A NOTE TO COACHES

The rules and regulations contained in this document supersede all past technical regulations and are valid from 1 January 2026 to 31 December 2026.

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, please refer to the 2026 Event Participation Policy.

## 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 2026 Event Participation Policy.

## COMPETITION GUIDELINES

- Section placement & Stream restrictions:  
**School Stream:**
  - International Stream/National Stream athletes **cannot** compete in the following School Stream sections:
    - Phase 1 Pre-Choreographed Teams
    - Phase 1 Large Teams
      - The only exception to this rule is if it is the only team the school can field, a team may use an International/National Stream athlete in a Phase 1 team.
- 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 & results from the SS event/s, they may choose to enter the Novice Individual category at States
  - The FISAF Australia judging panel may recommend athletes &/or teams to move up competition sections (at Super Series events) if a competitive advantage is clear
  - Judges will not suggest moving athletes down
- 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
  - Section placement & Stream restriction rules still apply to any substitutions
  - **ALL School Stream Teams:**
    - A team must compete at Nationals with the SAME amount or less athletes as listed on the States Entry Form.
    - In the event a team member cannot compete at Nationals, they can be replaced, but no additional members can be added. E.g. For a team of 6 total (as of States), the 6<sup>th</sup> member of a team member can be replaced, but a 7<sup>th</sup> member cannot be added. A request to Compete form **will be** required for this change.
    - If an athlete is on the team entry form for States, but does not compete at States (sick, injured, absent), they are still eligible to compete at Nationals. A Request to Compete form **will not** be required for this.
- The section skills list must be strictly adhered to. Additional skills will not be considered. Please refer to specific stream skill lists
- Coaches / 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 2026 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
- Disqualification Criteria – wrong section/team entered
  - When at events, should an athlete/team be entered into the incorrect section, FISAF Australia will attempt to amend where possible:
    - If possible (sufficient time frame), FISAF Australia will place athletes/teams in correct section
    - If not possible: athlete/team may still perform, but will receive a score of 1.0 by all judges
    - If event is state qualifying → cannot qualify for nationals.

## 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](#)



Nerds - Syndal South Primary School, VIC (2025 National Championships)

- These documents can be downloaded from our website at any time, please go to: <https://fisafaaustralia.com.au/documents/>
- When entering FISAF Australia events in 2026 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 2026 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@fisafaaustralia.com.au](mailto:admin@fisafaaustralia.com.au)
  - Sport Development, Sponsorship and Marketing enquiries: [natalie@fisafaaustralia.com.au](mailto:natalie@fisafaaustralia.com.au)
  - Judging & Technical Committee enquiries: [officials@fisafaaustralia.com.au](mailto:officials@fisafaaustralia.com.au)
  - Australian team enquiries: [worlds@fisafaaustralia.com.au](mailto:worlds@fisafaaustralia.com.au)
  - FRF skill form submissions: [frf@fisafaaustralia.com.au](mailto:frf@fisafaaustralia.com.au)

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

## DESCRIPTION OF SECTIONS

### PRE-CHOREOGRAPHED

FISAF Australia has developed pre-choreographed routines for both primary and secondary age divisions. These routines are provided with a set piece of music, a routine move breakdown, a digital video of the routine, and a dedicated section in which these teams compete. This program is designed for schoolteachers or new coaches who are not quite ready to choreograph a routine. This section is an entry-level routine and is suited to students 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 routine are provided on pages 13 & 14.

The specific pre-choreographed sections provided in the school Stream are:

- Pre-Choreographed Teams**
  - 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 sets of choreography are required.
    - International Stream/National Stream athletes **cannot** compete in this section
      - The only exception to this rule is if it is the only team the school can field, a team may use an International/National Stream athlete in a Phase 1 team.
  - Phase 2
    - Phase 2 provides a progressive pathway for athletes who have developed beyond Phase 1. These routines involve slightly more advanced choreography.

## • Pre-Choreographed Small Teams

- These sections are designed to cater to those smaller school programs, **offered strictly** to those programs with total registration numbers of 0 – 10 members
  - Please note:
    - Individual campuses will be counted as separate totals
    - Primary (Junior) / Secondary (Senior) combined schools will be counted as separate totals
- The Primary Pre-Choreographed Small Team section follows the same routine & requirements as the Yr. 3 – Yr. 4 Phase 1 routine, whilst the Secondary Pre-Choreographed Small Team section will follow the Yr. 7 Phase 1 routine & requirements
- **Note:** For those schools with 11 – 20 total members, special consideration may be given if proven that there is a gap in athlete ages and combined teams may not be possible or appropriate
  - For example, you have 12 athletes in total, enough to fill 1 pre-choreographed large team (5 x Preps, 5 x Yr. 2's & 2 x Yr. 6's). The 2 x Year 6 students may be approved to compete in the Pre-Choreographed Small Team section.

For more information regarding these sections, please refer to the stream sections provided on page 5, the age restriction guidelines on page 6, as well as the sport aerobics specific section rules & guidelines provided on page 17 - 18.

## SPORT AEROBICS

Sport Aerobics is a fun aerobic routine using similar choreography to that seen in an aerobics class at a gym. Different sections require different skills and cater for varying ability levels. The specific sport aerobics sections provided in the school Stream are:

- Pairs
- Small Teams
- Advanced Teams
- Large Teams
  - Phase 1:
    - This section is designed to cater to those children who have not yet developed the skill and coordination to participate in other competitive sections. This section allows children to participate in competitions in an introductory capacity by requiring the choreography to be created in repetitive sets of 8, until they are ready to progress to other sections of competition. This section will remain strictly for those developing athletes, and judges reserve the right to request movement of any team to the Large Teams Phase 2 section should they feel the section is not being used accordingly
    - This section is suitable to athletes of all abilities 🌻
      - If you do not meet the minimum team number requirements for this section, please email FISAF to discuss your individual circumstances
    - International Stream/National Stream athletes **cannot** compete in this section
      - The only exception to this rule is if it is the only team the school can field, a team may use an International/National Stream athlete in a Phase 1 team.
  - Phase 2:
    - As opposed to Phase 1, Phase 2 does not require the choreography to be formed by repetitious sets of 8. Phase 2 routines will be judged on a higher level of combination sets, allowing for more overall creative choreography.
- All sport aerobics routines must adhere to the 2026 School Stream Sport Aerobics Technical Regulations, which includes, acceptable & unacceptable moves, compulsory moves, maximum number of skill elements per routine, Skills Chart. For more information please carefully read the School Stream Technical Regulations on pages 19 – 18.

## FITNESS TEAMS

FISAF Australia's fitness categories focus on high impact aerobics content, as opposed to skill elements and compulsory moves.

Fitness choreography can be enhanced using formations, vertical levels, a variety of leg levels, and creative use of kicks, jumps and team interaction to enhance the visual effect of the routine.



*Dromana Divas - Dromana Secondary College, VIC (2025 National Championships)*

# SCHOOL STREAM SECTIONS

These are the School Stream categories/sections for competitions in 2026:

PRIMARY SECTIONS				
	COMPETITION SECTION NAME	# OF MEMBERS	GRADE	PRE-CHOREOGRAPHED ROUTINE
PRE-CHOREOGRAPHED <small>Pre-choreographed package required</small>	Primary Pre-Choreographed Teams <i>Prep</i>	5 – 12	Prep	Prep
	Primary Pre-Choreographed Teams <i>Yr. 1 Phase 1</i>	5 – 12	Yr. 1	Yr. 1 Phase 1
	Primary Pre-Choreographed Teams <i>Yr. 2 Phase 1</i>	5 – 12	Yr. 2	Yr. 2 Phase 1
	Primary Pre-Choreographed Teams <i>Yr. 1 – Yr. 2 Phase 2</i>	5 – 12	Yr. 1 – Yr. 2	Yr. 1 – Yr. 2 Phase 2
	Primary Pre-Choreographed Teams <i>Yr. 3 Phase 1</i>	5 – 12	Yr. 3	Yr. 3 – 4 Phase 1
	Primary Pre-Choreographed Teams <i>Yr. 4 Phase 1</i>	5 – 12	Yr. 4	
	Primary Pre-Choreographed Teams <i>Yr. 3 – Yr. 4 Phase 2</i>	5 – 12	Yr. 3 – 4	Yr. 3 – 4 Phase 2
	Primary Pre-Choreographed Teams <i>Yr. 5 Phase 1</i>	5 – 12	Yr. 5	Yr. 5 – 6 Phase 1
	Primary Pre-Choreographed Teams <i>Yr. 6 Phase 1</i>	5 – 12	Yr. 6	
	Primary Pre-Choreographed Teams <i>Yr. 5 – Yr. 6 Phase 2</i>	5 – 12	Yr. 5 – 6	Yr. 5 – 6 Phase 2
	Primary Pre-Choreographed <i>Small Teams*</i>	2 – 5	Prep – Yr. 6	Yr. 3 – 4 Phase 1
	Pre-Choreographed Boys <small>NEW</small>	2 – 10	Prep – Yr. 6	Boys Routine
SPORT AEROBICS <small>Own Choreography Required</small>	Primary Pairs	2	Prep – Yr. 6	N/A <small>Own Choreography Required</small>
	Primary Small Teams (Prep – Yr. 2)	3 – 5	Prep – Yr. 2	
	Primary Small Teams (Yr. 3 – Yr. 6)	3 – 5	Yr. 3 – Yr. 6	
	Primary Boys Teams	2 – 10	Prep – Yr. 6	
	Primary Advanced Teams (Yr. 3 – 4)	5 – 10	Yr. 3 – 4	
	Primary Advanced Teams (Yr. 5 – 6)	5 – 10	Yr. 5 – 6	
	Primary Large Teams (Prep – Yr. 2) Phase 1	5 – 12	Prep – Yr. 2	
	Primary Large Teams (Yr. 3 – Yr. 4) Phase 1	5 – 12	Yr. 3 – Yr. 4	
	Primary Large Teams (Yr. 5 – Yr. 6) Phase 1	5 – 12	Yr. 5 – Yr. 6	
	Primary Large Teams (Prep – Yr. 2) Phase 2	5 – 12	Prep – Yr. 2	
	Primary Large Teams (Yr. 3 – 4) Phase 2	5 – 12	Yr. 3 – 4	
	Primary Large Teams (Yr. 5 – 6) Phase 2	5 – 12	Yr. 5 – 6	
FITNESS <small>Own Choreography Required</small>	Primary Fitness Teams	5 – 10	Yr. 3 – 6	
SECONDARY SECTIONS				
	SECTION NAME	# OF MEMBERS	GRADE	PRE-CHOREOGRAPHED ROUTINE
PRE-CHOREOGRAPHED <small>*Pre-choreographed package required</small>	Secondary Pre-Choreographed <i>Small Teams*</i>	2 – 5	Yr. 7 – 12	Yr. 7 Phase 1
	Secondary Pre-Choreographed Teams <i>Yr. 7 Phase 1</i>	5 – 12	Yr. 7	
	Secondary Pre-Choreographed Teams <i>Yr. 7 - 9 Phase 1</i>	5 – 12	Yr. 7 – 9	Sec Phase 1
	Secondary Pre-Choreographed Teams <i>Yr. 7 – 12 Phase 1</i>	5 – 12	Yr. 7 – 12	
	Secondary Pre-Choreographed Teams <i>Yr. 7 Phase 2</i> <small>NEW</small>	5 – 12	Yr. 7	Sec Phase 2
	Secondary Pre-Choreographed Teams <i>Yr. 7 – 12 Phase 2</i>	5 – 12	Yr. 7 – 12	
SPORT AEROBICS <small>Own Choreography Required</small>	Secondary Pairs (Yr. 7 – 9)	2	Yr. 7 – 9	N/A <small>Own Choreography Required</small>
	Secondary Pairs (Yr. 10 – 12)	2	Yr. 10 – 12	
	Secondary Small Teams (Yr. 7 – 9)	3 - 5	Yr. 7 – 9	
	Secondary Small Teams (Yr. 10 – 12)	3 – 5	Yr. 10 – 12	
	Secondary Boys Teams	2 – 8	Yr. 7 – 12	
	Secondary Advanced Teams (Yr. 7 – 9)	5 – 10	Yr. 7 – 9	
	Secondary Advanced Teams (Yr. 10 – 12)	5 – 10	Yr. 10 – 12	
	Secondary Large Teams (Yr. 7 – 9) Phase 1	5 – 12	Yr. 7 – 9	
	Secondary Large Teams (Yr. 7 – 12) Phase 1	5 – 12	Yr. 7 - 12	
	Secondary Large Teams (Yr. 7 – 9) Phase 2	5 – 12	Yr. 7 – 9	
	Secondary Large Teams (Yr. 10 – 12) Phase 2	5 – 12	Yr.10 – 12	
FITNESS <small>Own Choreography Required</small>	Secondary Fitness Teams	5 – 10	Yr. 7 – 12	

\* Pre-Choreographed Small Teams: Available for schools with 0 – 10 total members only

**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.



# SCHOOL STREAM AGE RESTRICTIONS & GUIDELINES

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

SECTION TYPE	DIVISION	AGE CATEGORY	RULE
<b>PRE-CHOREOGRAPHED TEAMS</b>  <i>Pre-choreographed package required</i>	Primary Pre-choreographed Teams	Prep	Majority of the athletes must be in the stated age category
		Yr. 1	Majority of the athletes must be in the stated age category
		Yr. 2 – Phase 1	Majority of the athletes must be in the stated age category
		Yr. 1 – Yr. 2 – Phase 2	Majority of the athletes must be in the stated age category
		Yr. 3 – Phase 1	Majority of the athletes must be in the stated age category
		Yr. 4 – Phase 1	Majority of the athletes must be in the stated age category
		Yr. 3 – Yr. 4 – Phase 2	Majority of the athletes must be in the stated age category
		Yr. 5 – Phase 1	Majority of the athletes must be in the stated age category
		Yr. 6 – Phase 1	Majority of the athletes must be in the stated age category
		Yr. 5 – 6 – Phase 2	Majority of the athletes must be in the stated age category
	Primary pre-choreographed <b>Small Teams*</b>	Prep – Yr. 6	All athletes <b>must</b> be within the stated age category
	Secondary Pre-choreographed Teams	Yr. 7 Phase 1	Majority of the athletes must be in the stated age category
		Yr. 7 Phase 2	Majority of the athletes must be in the stated age category
		Sec Phase 1 (Yr. 7 – 9)	All athletes <b>must</b> be within the stated age category
		Sec Phase 1 (Yr. 7 – 12)	All athletes <b>must</b> be within the stated age category
		Sec Phase 2 (Yr. 7 – 12)	All athletes <b>must</b> be within the stated age category
	Secondary pre-choreographed <b>Small Teams*</b>	Yr. 7 – Yr. 12	All athletes <b>must</b> be within the stated age category
PAIRS	Primary	Prep – Yr. 6	All athletes <b>must</b> be within the stated age category
	Secondary	Yr. 7 – Yr. 12	All athletes <b>must</b> be within the stated age category
SMALL TEAMS	Primary	Prep – Yr. 2	Majority of the athletes must be in the stated age category
		Yr. 3 – Yr. 6	Majority of the athletes must be in the stated age category
	Secondary	Yr. 7 – Yr. 9	Majority of the athletes must be in the stated age category
		Yr. 10 – Yr. 12	Majority of the athletes must be in the stated age category
BOYS TEAMS	Primary	Prep – Yr. 6	All athletes <b>must</b> be within the stated age category
	Secondary	Yr. 7 – Yr. 12	All athletes <b>must</b> be within the stated age category
ADVANCED TEAMS	Primary	Yr. 3 – Yr. 6	Majority of the athletes must be in the stated age category
	Secondary	Yr. 7 – Yr. 9	Majority of the athletes must be in the stated age category
		Yr. 10 – Yr. 12	Majority of the athletes must be in the stated age category
LARGE TEAMS	Primary	Prep – Yr. 2 Phase 1	Majority of the athletes must be in the stated age category
		Yr. 3 – Yr. 4 Phase 1	Majority of the athletes must be in the stated age category
		Yr. 5 – Yr. 6 Phase 1	Majority of the athletes must be in the stated age category
		Prep – Yr. 2 Phase 2	Majority of the athletes must be in the stated age category
		Yr. 3 – Yr. 4 Phase 2	Majority of the athletes must be in the stated age category
	Secondary	Yr. 5 – Yr. 6 Phase 2	Majority of the athletes must be in the stated age category
		Yr. 7 – Yr. 9 Phase 1	All athletes <b>must</b> be within the stated age category
		Yr. 7 – Yr. 12 Phase 1	All athletes <b>must</b> be within the stated age category
		Yr. 7 – Yr. 9 Phase 2	Majority of the athletes must be in the stated age category
		Yr. 10 – Yr. 12 Phase 2	Majority of the athletes must be in the stated age category
FITNESS TEAMS	Primary	Yr. 3 – Yr. 6	Majority of the athletes must be in the stated age category
	Secondary	Yr. 7 – Yr. 12	All athletes <b>must</b> be within the stated age category

\* Pre-Choreographed Small Teams: Available for schools with 0 – 10 total members only

**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.

Note: The 7-9 categories are strictly for year 7-9 athletes **only**. If you have 1 athlete older then you **must** enter the 7-12 category. These categories are NOT based on majority numbers.

## PRE-CHOREOGRAPHED PACKAGES

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

<https://www.fisafaustalia.com.au/shop/>

### Schools Pre-Choreographed Routine Packages

Individual Routine: Choose <b>1</b> routine only	\$90.00 Each
<b>Primary Routines Package:</b> Includes <b>ALL 8</b> x Primary Routines	\$300.00
<b>Secondary Routine Package:</b> Includes <b>ALL 3</b> x Secondary Routines	\$150.00
<b>Schools Combination Package:</b> Includes <b>11</b> x Routines – <b>ALL</b> Primary & Secondary	\$400.00

#### 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.

# MUSIC REGULATIONS

## MUSIC/PERFORMANCE TIME

All School Stream music/performance time is 1:30 minutes. A tolerance of minus 5 seconds & plus 15 seconds will be accepted outside the music length of 1:30 minutes. Timing begins with the first audible sound and ends with the last audible sound (this includes a cuing beep if used). The responsibility rests solely with the competitor to verify the length of music prior to the competition.

## MUSIC BPM

School Stream performances must use suitable music with a discernible BPM. The tempo of the music must be within the range stated 148 – 155 BPM.

## LANGUAGE WARNING

Music which contains language which is deemed not appropriate and/or offensive by the Head Judge in consultation with the judging panel will not be acceptable.

## MUSIC DEDUCTION GUIDELINES

Those competitors whose performance music falls outside the period of one minute twenty-five seconds to one minute forty (1:25 to 1:45), contains inappropriate language, has the incorrect length, incorrect or varied BPM throughout, will incur a reduction of 1 ranking by the artistic judge/s. Please **carefully** read the 2026 Deduction Guidelines document for more information.

## GENERAL MUSIC REQUIREMENTS

- Music changes between rounds of competition at an event (E.g., Semi Finals to Finals) will not be permitted. In the case that a piece of music may be unacceptable due to offensive language, the competitor can apply for permission, from the Head Judge, to replace it.
- **IMPORTANT:** If the wrong piece of music is played whilst a competitor/team 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.
- Music submission requirements will be provided approx. 2 weeks prior to each event
- Music submissions will be due by 5PM Tuesday prior to each event (excludes Nationals).
  - Pre-Choreographed teams **do not** need to submit music prior to events.

## PRE-CHOREOGRAPHED SONG SELECTION

The song selection for the 2026 School routines are as follows:

PRIMARY ROUTINES	
ROUTINE	SONG NAME
Prep	Shalala Lala - Vengaboys
Yr. 1 Phase 1	Good Vibrations - Beach boys
Yr. 2 Phase 1	A little less conversation - Elvis Presley
Yr. 1 – Yr. 2 Phase 2	Yes yes I can - Rayelle
Yr. 3 – Yr. 4 (Phase 1)	Celebration - Kool & The gang / Everybody have fun tonight - Wang Chung
Yr. 3 – Yr. 4 (Phase 2)	Knock on wood - Amii Stewart / Funkytown - Lipps Inc.
Yr. 5 – Yr. 6 (Phase 1)	Don't Stop - 5 Seconds of Summer
Yr. 5 – Yr. 6 (Phase 2)	Parachute - Timomatic / Can you feel It - Timomatic
SECONDARY ROUTINES	
AGE DIVISION	SONG NAME
Secondary Yr. 7 (Phase 1)	Yeah x3 - Chris Brown / As long as you love me - Justin Bieber
Secondary Yr. 7 – 12 (Phase 1)	Tell me something good - Ewan McVicar / Pon de replay - Ed Marquis Emi
Secondary Yr. 7 – 12 (Phase 2)	Take me home - Cash Cash (Bebe Rexha) / Out Out - Joel Corrie & Jones

## STAGE SIZE

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

It is highly suggested that all athletes/teams are to make full use of the square, but to remain inside the marked/taped 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 2026 Deduction Guidelines document for more information.

# COSTUMING

## ATTIRE

- School Stream costumes may consist of:
  - Sport Aerobics & Pre-choreographed Categories:
    - 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
  - Fitness Categories:
    - Bootleg pants with bikini tops &/or singlets
    - 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. Please contact us for more information.
- Diamantes/crystals are not permitted on stockings & socks

## 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.
- Diamantes/crystals are not permitted on footwear

## 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 will 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
- Light makeup is permitted. Theatrical makeup is not acceptable; deductions may apply as per head judge discretion.
- 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.

## 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 2026 Deduction Guidelines document for more information.***



Rockstars - Ermington Public School, NSW (2025 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.



*Soul Sisters - Jewells Primary School, NSW (2025 National Championships)*



# SCHOOL STREAM SPORT AEROBIC TECHNICAL REGULATIONS

**Please Note:** Sport Aerobic Technical Regulations are also applicable for pre-choreographed categories – unless otherwise stated.

## CHOREOGRAPHY

Sport aerobics routines must demonstrate creativity and complexity with perfect integration of all movement with the music chosen. It develops many aspects of a healthy body, such as agility, strength, flexibility, coordination, and aerobic endurance. Beyond these functions, it is also exciting and aesthetically pleasing to watch.

FISAF Australia takes pride in providing a safe and age-appropriate competition environment, therefore, all choreography must be age-appropriate and suitable to an all-ages audience. Any choreography that breaches these guidelines, will incur a reduction of 1 ranking by the artistic judge/s. Please **carefully** read the 2026 Deduction Guidelines document for more information.

### ACCEPTABLE MOVES (Excludes All Pre-Choreographed & Large Team Phase 1 categories)

- ✓ Lifts and supports (with the lifting or supporting person/s in a stationary position or on the floor)
- ✓ Assisted Cartwheel of any form including executed on the forearms
- ✓ Assisted backflip or backward walkover variations
- ✓ Assisted handspring or forward walkover variations

**Please Note:** If any movements are deemed too dangerous or outside the athletes skill level by the judging panel, they will be deducted in line with the 2026 Deduction Guidelines.

### UNACCEPTABLE MOVES

#### **All Categories**

Any unacceptable move breaches will incur a reduction of 1 ranking by the technical judge/s. Please **carefully** read the 2026 Deduction Guidelines document for more information.

General unacceptable moves are described and listed below.

- ✗ **Assisted propulsion** - Any group lift where a member is propelled into the air
- ✗ **Aerial somersault (assisted & or unassisted)** - A gymnastic move, beginning in a standing position, in which the body is propelled head over heels in either a forward, backward, or sideways position before landing on the feet or into various floor positions
- ✗ **Backflip** - A gymnastic move in which the body is propelled backward passing through an aerial supine position to an inverted position. Then the hands are pushed off the floor as the legs flick down to land upright on both feet, one foot, on kneeling and sitting position
- ✗ **Bridge** - A gymnastic move in which the body is pushed up into a hyper extended arched supine position with the weight on the hands and feet
- ✗ **Unassisted Cartwheel** - A gymnastic move, with the hands/hand in contact with the floor, in which the body travels sideways through a straddled handstand position. A cartwheel done on the forearms (with the hands also on the floor) is still considered to be a cartwheel and is unacceptable
- ✗ **Dive Roll** - A gymnastic move in which the body is propelled into the air prior to landing in forward roll
- ✗ **Floor Turns on Knees** - A move in which the body spins more than one revolution with the weight supported entirely on the knees only
- ✗ **Handspring** - A gymnastic move in which a strong propulsion off the front leg propels the body through an inverted position. The hands then push off the floor so that the body moves through an aerial supine position to land upright
- ✗ **Handstand** - A gymnastic move in which the weight is supported entirely on the hands/hand and the body held in a vertical position. It is not considered to be a handstand if the body passes through the handstand position with continual movement
- ✗ **Jete Dive Roll** - A transition from the airborne phase of a jete in which the body completes the landing as a dive roll
- ✗ **Round-off** - A gymnastic move in which a strong propulsion off the front leg propels the body as it turns and passes through a handstand. Then the hands push off the floor as the legs kick down to land with the body facing the opposite direction

## 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 (Pectoral – Bicep)**
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 (PECTORAL – BICEP)

- 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.



Vogue - St Ignatius College, SA (2025 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.



Haylee Macmillan & Stephanie Martin - Ormiston College, QLD (2025 National Championships)

## SKILL ELEMENT REQUIREMENTS

There is a maximum number of skill elements per age category (primary or secondary) which must be adhered to – **see total elements per routine** in the table below:

	PRIMARY	SECONDARY
COMPULSORY ELEMENTS	3	3
ADDITIONAL SKILL ELEMENTS	Choose Max. 10	Choose Max. 12
<b>TOTAL ELEMENTS PER ROUTINE</b> (Including Compulsories)	Max. 13	Max. 15

***For allowed skills, please see the Skills & Compulsories Chart below.***

# SCHOOL STREAM SKILLS & COMPULSORIES CHARTS

	PRIMARY SCHOOL												
	Pre-Choreographed Teams									Sport Aerobics Teams (Own Choreo)			
SKILL ELEMENT	Prep -	Yr. 1	Yr. 2	Yr. 1 – Yr. 2	Yr. 3 - Yr. 4 Phase 1	Yr. 3 - Yr. 4	Yr. 5 - Yr. 6	Yr. 5 – Yr. 6	Boys Teams	Large Teams		Advanced Teams	Duos / Small / Boys Teams
	Yr. 1	Phase 1	Phase 1	Phase 2	<i>Inc. Pre- Chore Small Teams</i>	Phase 2	Phase 1	Phase 2		Phase 1	Phase 2		
COMPULSORY MOVES													
Jumping Jacks x 4	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
High Leg Kicks x 4						✓		✓	✓		✓	✓	✓
High Leg Kicks (90° Only)	✓	✓	✓	✓	✓		✓			✓			
Two Arm Push Ups on knees x 4 (Half Speed) - Pectoral (Bicep)	✓	✓	✓							✓			
Two Arm Push Ups on Knees x 4 – Pectoral (Bicep)				✓	✓	✓	✓	✓	✓		✓	✓	✓
Two Arm Push Ups on Toes x 4 – Pectoral (Bicep)												✓	✓
PUSH UPS													
Two Arm Push Up on Knees – Pectoral (Bicep)											✓	✓	✓
Two Arm Push Up – Pectoral (Bicep)												✓	✓
Two Arm Push Up on Knees - Tricep												✓	✓
Two Arm Push Up on Toes - Tricep												✓	✓
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)												✓	✓
Tuck Press												✓	✓
Two Arm Supported Planche Open												✓	✓
FLEXIBILITY													
Straddle Sit (create own arm lines)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Prone Straddle Sit (arms <b>must</b> reach forward)												✓	✓
Front Split Right (hands <b>must</b> remain on either side of body)												✓	✓
Front Split Left (hands <b>must</b> remain on either side of body)												✓	✓
Needle Point (Right or Left Leg)												✓	✓
Supine Straddle Sit												✓	✓
Sit Through												✓	✓
JUMPS													
Straight Jump											✓	✓	✓
Air Jack								✓	✓		✓	✓	✓
Tuck Jump									✓		✓	✓	✓
Front Leap												✓	✓
Front Jete												✓	✓
Cossack Jump												✓	✓
Straddle Jump												✓	✓
Split Jump												✓	✓
Pirouette Jump 180 Turn												✓	✓
Pirouette Jump 360 Turn												✓	✓
Cossack Leap												✓	✓
Front Jete												✓	✓
Straddle Jete												✓	✓



SKILL ELEMENT	SECONDARY SCHOOL						
	Pre-Choreographed Teams			Sport Aerobics Teams (Own Choreo)			
	Yr. 7 Only Phase 1	Secondary Phase 1	Secondary Phase 2	Large Teams		Advanced Teams	Duos / Small / Boys Teams
Phase 1				Phase 2			
COMPULSORY MOVES							
Jumping Jacks x 4	✓	✓	✓	✓	✓	✓	✓
High Leg Kicks x 4	✓	✓	✓		✓	✓	✓
High Leg Kicks (90° Only)				✓			
Two Arm Push Ups on knees x 4 (Half Speed) - Pectoral (Bicep)				✓			
Two Arm Push Ups on Knees x 4 – Pectoral (Bicep)	✓	✓	✓	✓	✓	✓	✓
Two Arm Push Ups on Toes x 4 – Pectoral (Bicep)						✓	✓
PUSH UPS							
Two Arm Push Up on Knees – Pectoral (Bicep)					✓	✓	✓
Two Arm Push Up – Pectoral (Bicep)					✓	✓	✓
Two Arm Push Up on Knees - Tricep						✓	✓
Two Arm Push Up on Toes - Tricep						✓	✓
Two Arm Triceps Hinge 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)						✓	✓
Tuck Press						✓	✓
Two Arm Supported Planche Open						✓	✓
FLEXIBILITY							
Straddle Sit (create own arm lines)	✓	✓	✓	✓	✓	✓	✓
Prone Straddle Sit (Arms <b>must</b> reach forward)						✓	✓
Front Split Right (hands <b>must</b> remain on either side of body)						✓	✓
Front Split Left (hands <b>must</b> remain on either side of body)						✓	✓
Needle Point (Right or Left Leg)						✓	✓
Supine Straddle Sit						✓	✓
Sit Through						✓	✓
JUMPS							
Straight Jump	✓	✓			✓	✓	✓
Air Jack			✓		✓	✓	✓
Tuck Jump					✓	✓	✓
Front Leap						✓	✓
Front Jete						✓	✓
Cossack Jump						✓	✓
Straddle Jump						✓	✓
Split Jump						✓	✓
Pirouette Jump 180 Turn						✓	✓
Pirouette Jump 360 Turn						✓	✓
Air Jack to Straddle Sit Landing						✓	✓
Tuck Jump to Split Landing (Front Split or Straddle Sit)						✓	✓
180° Pirouette Jump to Split Landing (Front Split or Straddle Sit)						✓	✓
Switch Front Jete						✓	✓
Cossack Leap						✓	✓
Straddle Jete						✓	✓
360° Pirouette Jump to Split Landing (Front Split or Straddle Sit)						✓	✓

## SCHOOL STREAM SPORT AEROBICS JUDGING PANEL CONFIGURATION

The panel configurations that will be utilised throughout the 2026 competition season are:

- **Super Series & Future Champions Cup**
  - **3 – 5-criteria 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-criteria Judge Panel**
    - 1 x Head Judge, 2 x Aerobic Judges, 2 x Technical Judge, 1 x Artistic Judge

## SCHOOL 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.



*Super Girls - Floraville Public School, NSW (2025 National Championships)*

## SPORT AEROBICS JUDGING CRITERIA BREAKDOWN

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

### SPORT AEROBICS - TECHNICAL JUDGING CRITERIA

*Execution* is the main focus. – This is how well you perform every move you have in your routine this includes, choreography, skill elements & compulsories. Moves should be safe and precise showing good form, ease of movement, good posture, and control. The compulsory exercises will provide the baseline for scoring.

*Strength* – Your compulsory push ups will give a baseline score (which you can increase by performing extra push-ups and or static strength moves. Power which is strength and speed together) can be shown in transitions and aerial moves. Strength can be displayed in the upper and lower body as well as the right and left sides.

*Flexibility* – Your compulsory high leg kicks will give a baseline score which you can increase by doing other flexibility moves. Try to show a balance of flexibility in a large range of joints, such as the hip.

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

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

### SPORT AEROBICS - ARTISTIC JUDGING CRITERIA

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

*Music Interpretation* – Your routine should fit your piece of music and yours only. Use the natural structure and phrasing of the music which incorporates highs and lows, rhythms, vocals, instruments, pre choruses, choruses, and counter tempos. In the case of teams, it is important to stay in time with the music as well as each other. Music should be motivating and energetic, so we suggest the music speed to be no slower than 152 beats per minute. If your music is outside the required length stated, you will incur a reduction in the artistic score. Please ***carefully*** read the 2026 Deduction Guidelines document for more information.

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

Costuming also impacts the artistic score. A rank will be reduced where attire does not meet the specified costume requirements as listed in this document. Please refer to page 8.

### SPORT AEROBICS - 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.

*Quality of Movement* - Clear precise movement of the entire body, head arms and legs. Showing purposeful and strong placements of arms and legs, all while maintaining correct posture

# SPORT AEROBICS SPECIFIC SECTION RULES & GUIDELINES

## PRE-CHOREOGRAPHED ROUTINES

Pre-choreographed routines are judged in line with all other sport aerobics sections, without emphasis on the choreography component of the routine (*outside of the own choreography start and end sets*) of the artistic criteria.

A simplified breakdown is below for pre-choreographed criteria:

### ARTISTIC CRITERIA

- Showing Creativity with the set choreography (turning, changing direction) and use of floor space, direction changes, formations & swaps. Being creative and original with team interactions and performance towards the judges and audience
- Showing Originality, Creativity & Difficulty of own choreography in the start & end own choreography sets, jumping jack and straddle sit arm lines.
- Synchronicity with the music and teammates and general presentation (facial expressions, smiling, performance).

### TECHNICAL CRITERIA

- Execution of the skills, choreography, compulsories and transitions
- Difficulty of skill elements.
- Synchronicity (Duos & Teams)

### AEROBIC CRITERIA

- General Intensity of the choreography through strong arm lines / high leg levels, direction changes and travel patterns.
- Range of motion in push ups and jumps
- Quality of Movement throughout the entire routine.
- Athletes are allowed to travel and move the choreography (i.e. turning in jogs) the more complex the routine the higher the intensity is.

## GENERAL PRE-CHOREOGRAPHED RULES & GUIDELINES

- You may change the leading leg as long as the base movement remains the same. For example, a grapevine may go to the left or the right, provided that it remains a grapevine.
- Arm lines must be **EXACTLY** as they appear on the video and stipulated in the choreography notes.
  - Adding of additional arm lines or leg lines will result in reduction of 1 rank by the Artistic Judge(s).  
*Please **carefully** read the 2026 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 (excluding compulsory elements). 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 of 8 can be choreographed as desired, 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. Own choreography must keep within the following guidelines:
  - You may **NOT** add any **skills, Team Lifts/supports or Gymnastic elements** throughout these sets
  - Adding of unacceptable moves will result in reduction of 1 rank by the Technical Judge(s).  
*Please **carefully** read the 2026 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@fisafaaustralia.com.au](mailto:officials@fisafaaustralia.com.au).



## PRE-CHOREGRAPHED SMALL TEAMS

These sections are designed to cater to those smaller school programs, offered strictly to those programs with total registration numbers of 0 – 10 members

Please note:

- Individual campuses will be counted as separate totals
- Primary (Junior) / Secondary (Senior) combined schools will be counted as separate totals
- The Primary Pre-Choreographed Small Team section follows the same routine & requirements as the Yr. 3 – Yr. 4 Phase 1 routine, whilst the Secondary Pre-Choreographed Small Team section will follow the Yr. 7 Phase 1 routine & requirements
- **Note:** For those schools with 11 – 20 total members, special consideration may be given if proven that there is a gap in athlete ages and combined teams may not be possible or appropriate
  - For example, you have 12 athletes in total, enough to fill 1 pre-choreographed large team (5 x Preps, 5 x Yr. 2's & 2 x Yr. 6's). The 2 x Year 6 students may be approved to compete in the Pre-Choreographed Small Team section.

For more information regarding these sections, please refer to the stream sections provided on page 5, the age restriction guidelines on page 6, as well as the sport aerobics specific section rules & guidelines provided on page 17.

## LARGE TEAMS ROUTINES

- **Phase 1:**
  - This section is designed to cater to those children who have not yet developed the skill and coordination to participate in other competitive sections. This section allows children to participate in competitions in an introductory capacity, until they are ready to progress to other sections of competition. This section will remain strictly for those developing athletes, and judges reserve the right to request movement of any team to the Large Teams Phase 2 section should they feel the section is not being used accordingly
  - This section is suitable to athletes of all abilities 🌻
    - If you do not meet the minimum team number requirements for this section, please email FISAF to discuss your individual circumstances
  - International Stream/National Stream athletes **cannot** compete in this section
    - The only exception to this rule is if it is the only team the school can field, a team may use an International/National Stream athlete in a Phase 1 team.
  - Repetition for this category **is required** for arm lines, leg lines & compulsory movements (High Leg Kicks & Push-Ups)
    - The only exception for this repetition rule is when completing the following movements:
      - Compulsory Jumping Jacks
      - Straddle Sit
      - Deep Lunge, Double Jump x 2 (E.g. 1 – 2 hands on things, 3 – 4 double punch, repeat 5 – 8)
      - Eash Walk, Double Jump x 2 (E.g. 1 – 2 punch one hand, punch other hand, 3 – 4 clap x 2, repeat 5 – 8)
      - The arm lines for these movements DO NOT have to be the same for each count
  - All other choreography for this section should be done in sets of the same movement per 8 counts
    - In the case of a random 4 counts of music, choreography must remain repetitive for the 4 counts
      - Although, sometimes unavoidable, having a 4 count of music within a Large Team Phase 1 routine, this is not recommended as it makes it difficult for beginners. It is highly suggested that coaches select simple 8 count repetitious songs
  - You may **NOT** add any skills or gymnastics elements (including lifts) throughout the choreography
    - Adding of additional skills, gymnastics elements & or lifts will result in reduction of 1 rank by the Technical Judge(s).
    - *Please **carefully** read the 2026 Deduction Guidelines document for more information.*
  - The following movements are examples of approved choreography combinations, but not limited to:

- 4 x scoop claps	- Deep lunge, double jump x 2	- 2 x slow alternating heel dig
- 4 x alternating knee lifts	- 2 x Grapevine (4 counts per direction)	- 4 x alternating heel dig
- 7 alternating jogs, together	- Easy walk, double jump x 2	- 4 x bobs
- 4 x double hops	- 4 x alternating skis	- 4 x Superman
- **Phase 2:**
  - As opposed to Phase 1, Phase 2 does not require the choreography to be formed by repetitious sets of 8. Phase 2 routines will be judged on a higher level of combination sets, allowing for more overall creative choreography.
- All sport aerobics routines must adhere to the 2026 School Stream Sport Aerobics Technical Regulations, which includes, acceptable & unacceptable moves, compulsory moves, maximum number of skill elements per routine, Skills Chart. For more information please carefully read the School Stream Technical Regulations on pages 19 – 18.

# SCHOOL STREAM FITNESS TECHNICAL REGULATIONS

## FITNESS COMPULSORY MOVES

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

## ACCEPTABLE MOVES

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

## UNACCEPTABLE MOVES

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

**Please Note:** Any unacceptable move breaches will incur a reduction of 1 ranking by the technical judge/s.  
Please **carefully** read the 2026 Deduction Guidelines document for more information.

## FITNESS JUDGING PANEL CONFIGURATION

The panel configurations that will be utilised throughout the 2026 competition season are:

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



Heat It Up – Frankston High School, VIC (2025 National Championships)

# FITNESS JUDGING CRITERIA

## FITNESS - TECHNICAL CRITERIA

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

<b>Complexity (difficulty)</b>	<b>25%</b>
<b>Intensity</b>	<b>25%</b>
<b>Variety of moves</b>	<b>25%</b>
<b>Execution</b>	<b>25%</b>

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

### **Complexity (difficulty) - 25%**

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

### **Intensity 25%**

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

### **Variety of moves 25%**

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

### **Execution 25%**

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

## **FITNESS - ARTISTIC CRITERIA**

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

<b>Choreography</b>	<b>30%</b>
<b>Musical interpretation</b>	<b>25%</b>
<b>Synchronization</b>	<b>25%</b>
<b>Presentation</b>	<b>20%</b>

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

### **Choreography 30%**

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

### **Music interpretation 25%**

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

### **Synchronization 25%**

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

### **Presentation 20%**

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



## 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 memberships can be found in the FISAF Event Guide.

## FOR FURTHER ASSISTANCE

FISAF Australia has a range of services and materials to assist schools 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
- Aiding 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.



*Gaby Bellas & Anna Bayles - Redlands College, QLD (2025 National Championships)*

**FISAF**  
**AUSTRALIA**  
SPORT AEROBICS

**T:** 07 3823 6705

**A:** 5 Veronica Street, Capalaba QLD 4157

[www.fisafaust.com.au](http://www.fisafaust.com.au)