

FISAF
AUSTRALIA
SPORT AEROBICS



**NATIONAL STREAM
RULES & GUIDELINES
2026**

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FISAF AUSTRALIA

WELCOME TO THE NATIONAL STREAM

The FISAF Australia National Stream provides an opportunity for athletes to develop their skills through to an elite level and/ continue to consolidate their skills. This Stream provides a pathway for athletes to progress towards an international level of competition through experience, performance, and feedback from the national judging panel.

National Stream rules follow closely to the rules set out by FISAF International (International Stream); however, some categories and sections have been adapted to suit Australian competition needs.

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.



Emily Khachaturian & Elena Khachaturian - Edge Sport Aerobics, NSW (2025 National Championships)

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:
 - National Stream:**
 - If an athlete placed 1st at the 2025 Nationals event in National Stream Individual sections, the following athletes must move up as follows:
 - Novice → Intermediate
 - Intermediate → Advanced
 - Not required if moving up an age group
 - Not applicable to Advanced level → International
 - Not applicable to Adult Age Categories
 - It is highly suggested that those athletes who placed 2nd or 3rd should also move up, but this is not compulsory
 - The following restrictions will be in place when **moving up an age category - from one season to the next:**
 - 2025 National Stream Individuals - Intermediate & Advanced, **cannot** compete in any Elementary Stream Individuals category (phase 1 & Phase 2) the following competition year.
 - They can choose to drop down to National Stream Novice
 - 2025 National Stream Individuals - Novice, can choose to compete down a Stream level, but no less than Elementary Phase 2 individuals will be allowed - Phase 1 Elementary is **not** allowed
- 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
- The section skills list must be strictly adhered to. Additional skills will not be considered. Please refer to specific stream skill lists
- FRF Skill Forms received by clubs & coaches are reflective of the coaches and athletes' choices for their routine. Coach's / athletes are responsible for checking their FRF Skill form with competition rules & regulations before submission. FISAF Australia is not responsible for incorrect FRF's, which may result in deductions or disqualifications. For more information, including submission details, please refer to 2026 Event Guide
- 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](#)
- 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
 - Sport Development, Sponsorship and Marketing enquiries: natalie@fisafaaustralia.com.au
 - Judging & Technical Committee enquiries: officials@fisafaaustralia.com.au
 - Australian team enquiries: worlds@fisafaaustralia.com.au
 - FRF skill form submissions: frf@fisafaaustralia.com.au

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

DESCRIPTION OF SECTIONS

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:

- Individuals
- Pairs
- Sport Aerobics Teams

All sport aerobics routines must adhere to the 2026 National 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 National Stream Technical Regulations on pages 9 - 23.

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 by the use of formations, vertical levels, a variety of leg levels, and creative use of kicks and jumps to enhance the visual effect of the routine. For more information please carefully read the National Stream Technical Regulations on pages 24 - 28.



Hot Dawgs - Meg Ryan Sport Aerobics, QLD (2025 National Championships)

NATIONAL STREAM COMPETITION SECTIONS

These are the National Stream categories/section for competitions in 2026:

SECTION NAME & AGE DIVISION	# OF MEMBERS	AGE (turning in 2026)	BORN IN
SPORT AEROBICS			
Pre-Mini National Individual (Unisex)	1	7, 8 or 9*	2019, 2018, 2017*
Pre-Mini / Mini National Pairs	2	7, 8, 9, 10 or 11*	2019, 2018, 2017, 2016, 2015*
Pre-Mini / Mini National Sport Aerobic Teams	3 – 4		
Mini National Intermediate Individual - Female	1	9, 10 or 11*	2017, 2016, 2015*
Mini National Advanced Individual - Female	1		
Mini National Individual – Male	1		
Cadet National Novice Individual – Female <i>*NEW*</i>	1	11, 12 or 13*	2015, 2014, 2013*
Cadet National Intermediate Individual - Female	1		
Cadet National Advanced Individual - Female	1		
Cadet National Individual - Male	1		
Cadet National Pairs	2		
Cadet National Sport Aerobics Teams	3 – 4		
Junior National Novice Individual - Female	1	13, 14, 15 or 16*	2013, 2012, 2011, 2010*
Junior National Intermediate Individual - Female	1		
Junior National Advanced - Female	1		
Junior National Individual - Male	1		
Junior National Pairs	2		
Junior National Sport Aerobics Teams	3 – 4		
Youth National Novice Individual - Female	1	16, 17, 18 or 19*	2010, 2009, 2008, 2007*
Youth National Intermediate Individual - Female	1		
Youth National Advanced Individual - Female	1		
Youth National Individual - Male	1		
Youth National Pairs	2		
Youth National Sport Aerobics Teams	3 – 4		
Adult National Novice Individual - Female	1	19 or Older	2007 or earlier
Adult National Intermediate Individual - Female	1		
Adult National Advanced Individual - Female	1		
Adult National Individual - Male	1		
Adult National Pairs	2		
Adult National Sport Aerobics Teams	3 – 4		
FITNESS			
Pre-Mini National Fitness Teams	5 – 10	5, 6, 7 or 8	2021, 2020, 2019, 2018
Mini National Fitness Teams	5 – 10	8, 9, 10 or 11*	2018, 2017, 2016, 2015*
Cadet National Grande Aerobic Teams	7 – 10	10, 11, 12, 13 or 14*	2016, 2015, 2014, 2013, 2012*
Cadet National Petite Aerobic Teams	5 – 6		
Junior National Grande Aerobic Teams	7 – 10	13, 14, 15,16 or 17*	2013, 2012, 2011, 2010, 2009*
Junior National Petite Aerobic Teams	5 – 6		
Adult National Grande Aerobic Teams	7 – 10	16, 17 or older	2010, 2009 Or earlier
Adult National Petite Aerobic Teams	5 – 6		

* Birthday on or after 1st October 2026

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

NATIONAL STREAM AGE RESTRICTIONS & GUIDELINES

SPORT AEROBICS AGE GUIDELINES

- Ages will be based on the age of the athlete on September 30, 2026. This means that the athlete will compete in the section that best represents their age during the competition season, concluding with the final Nationals event in September.
 - Any athlete/s that have their birthday prior to September 30th, 2026, must compete in the age group that they are turning during this period.
 - E.g., an athlete turning 11 years old on the 1st of July 2026 is considered as a Cadet aged athlete.
 - Any athlete/s that have their birthday on or after 1st October 2026 have the option of choosing which age group, they want to compete in that best represents their age.
 - E.g., an athlete turning 11 years old on 15th November 2026 can compete in the Individual Mini category, or they may choose to compete in the individual Cadet category.
- Teams must compete in the age group of the oldest athlete.
- Younger members of a team may also compete in other sections within their own age category.
 - E.g., it is possible for a 14-year-old athlete to compete in the Junior Pairs section as well as the Youth Sport Aerobics Team section. It is NOT possible for the same athlete to compete in the same section across more than one age category. For example, a 14-year-old athlete cannot compete in the Junior Pairs section and the Youth Pair section.
 - Athletes can move up & down age categories as per below:
 - Individuals - Must be in the stated age range as per above age rulings.
 - Pairs - One member can be one age category younger than the stated age range.
 - Trios - Two members can be younger than the stated age range. One member can be in the age group above, as long as they are in their first year of that age category, E.g. A junior turning 13 can compete in a cadet team where two members are cadet age.

FITNESS AGE GUIDELINES

- It is NOT possible for the same athlete to compete in the same section across more than one age category.
 - E.g., A 10-year-old athlete cannot compete in both the Mini Fitness Section and the Cadet Fitness section.
- Ages will be based on the age of the athlete on September 30, 2026. This means that the athlete will compete in the section that best represents their age during the competition season, concluding with the final Nationals event in September.
 - Any athlete/s that have their birthday prior to September 30th, 2026, must compete in the age group that they are turning during this period.
 - E.g., an athlete turning 11 years old on the 1st of July 2026 is considered as a Cadet aged 'Fitness' athlete.
 - Any athlete/s that have their birthday on or after 1st October 2026 have the option of choosing which age group, they want to compete in that best represents their age.
 - E.g., an athlete turning 11 years old on 15th November 2026 can compete in the Fitness Mini Age category or they may compete in the Fitness Cadet age category.
- The team configuration of a fitness team can be made up of a mix of that particular age divisions - age classification.
 - E.g., A Cadet Fitness team can be made up of:
 - 1 x 10 Yr. old + 3 x 11 Yr. old's + 2 x 12 Yr. old's + 1 x 13 Yr. old + 1 14* Yr. Old
- Teams can also include athletes outside of that particular age divisions - age classification, as per below:

AGE DIVISION	AGE CLASSIFICATION
Pre-Mini	5, 6, 7 or 8
	<ul style="list-style-type: none"> ▪ For a team of 5, two members can be mini (9 or 10) age ▪ For a team of 6 – 7, three members can be mini (9 or 10) age ▪ For a team of 8 – 9, four members can be mini (9 or 10) age ▪ For a team of 10, five members can be mini (9 or 10) age
Mini	8, 9, 10 or 11*
	<ul style="list-style-type: none"> ▪ For a team of 5, two members can be pre-mini (5, 6 or 7) or cadet (11**, 12, 13 or 14*) age ▪ For a team of 6 three members can be pre-mini (5, 6 or 7) or cadet (11**, 12, 13 or 14*) age ▪ For a team of 7 – 8, four members can be pre-mini (5, 6 or 7) or cadet (11**, 12, 13 or 14*) age ▪ For a team of 9 – 10, five members can be pre-mini (5, 6 or 7) or cadet (11**, 12, 13 or 14*) age
Cadet	10, 11, 12, 13 or 14*
	<ul style="list-style-type: none"> ▪ For a team of 5, two members can be mini (8 or 9) or junior (14**, 15, 16 or 17*) age ▪ For a team of 6 – 7, three members can be mini (8 or 9) or junior (14**, 15, 16 or 17*) age ▪ For a team of 8 – 9, four members can be mini (8 or 9) or junior (14**, 15, 16 or 17*) age ▪ For a team of 10, five members can be mini (8 or 9) or junior (14**, 15, 16 or 17*) age
Junior	13, 14, 15, 16 or 17*
	<ul style="list-style-type: none"> ▪ For a team of 5, two members can be cadet (10, 11 or 12) or adult (17** or older) age ▪ For a team of 6 – 7, three members can be cadet (10, 11 or 12) or adult (17** or older) age ▪ For a team of 8 – 9, four members can be cadet (10, 11 or 12) or adult (17** or older) age ▪ For a team of 10, five members can be cadet (10, 11 or 12) or adult (17** or older) age
Adult	16, 17 or older
	<ul style="list-style-type: none"> ▪ For a team of 5, two members can be junior (13, 14, 15) age ▪ For a team of 6 – 7, three members can be junior (13, 14, 15) age ▪ For a team of 8 – 9, four members can be junior (13, 14, 15) age ▪ For a team of 10, five members can be junior (13, 14, 15) age

* Birthday on or after 1st October 2026

** Birthday on or before 30th September 2026

MUSIC REGULATIONS

MUSIC/PERFORMANCE TIME

Pre-Mini & Mini: Music 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.

Cadet, Junior, Youth & Adult: Music time is 1:45 minutes. A tolerance of minus/plus 5 seconds will be accepted outside the music length of 1:45 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

National Stream performances must use suitable music with a discernible BPM. The tempo of the music must be within the range stated below.

SPORT AEROBICS MUSIC REGULATIONS		
AGE DIVISION	MUSIC/ PERFORMANCE LENGTH	MUSIC BPM
PRE-MINI <i>Individuals</i>	1:30 MINS	148 – 160
MINI <i>Individual Men, Women, Pairs & Small Teams</i>	1:30 MINS	148 – 160
CADET	1:45 MINS	150 – 160
JUNIOR	1:45 MINS	150 – 160
YOUTH	1:45 MINS	150 – 165
ADULT	1:45 MINS	150 – 165

FITNESS MUSIC REGULATIONS		
AGE DIVISION	MUSIC/ PERFORMANCE LENGTH	MUSIC BPM
PRE-MINI	1:30 MINS	150 – 160
MINI	1:30 MINS	150 – 160
CADET	1:45 MINS	150 – 160
JUNIOR	1:45 MINS	150 – 160
ADULT	1:45 MINS	150 – 160

Note: For sport aerobics categories, the BPM must be submitted with the FRF skill list and it will be shown on that list for the Judges.

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 music performance times list above, contains inappropriate language, has the incorrect length, incorrect or varied BPM throughout, will incur a reduction of 1 ranking by the artistic judge/s. Depending on the extent of any of the above breaches, the Global Judge (head) may also deduct 1 rank – this will be at their own discretion. *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.

STAGE SIZE

7m X 7m	9m X 9m
Individuals	Fitness Teams
Pairs	
Sport Aerobics Teams	

It is highly recommended 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

- National Stream costumes may consist of:
 - Sport Aerobics Categories:
 - One-piece leotards
 - Two-piece bikini style leotards
 - Fitness Categories:
 - Bootleg or straight leg pants/leggings and bikini tops or singlets are acceptable
- 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 all 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 may apply
- Athletes may wear a small-medium sized matching hair scrunchie (strings or dangly pieces are not permitted)
- Headbands, hair accessories (decorative clips, bows etc) in the hair are **not** acceptable
- Subtle glitter on the face and hair is allowed
- Light makeup is permitted. Theatrical makeup is not acceptable; deductions may apply as per head judge discretion.
- Decorative matching wristbands are permitted
- Jewelry is not permitted except for stud earrings
 - Any body piercing jewelry must be removed or properly covered with skin colour tape
- Body oil and body paint is not permitted.
- Unobtrusive strapping tape is permitted
- Bulky wrist supports (such as foam blocks) are not permitted
- Competition outfits may have one space for a sponsor's name or logo, which must be no bigger than 10cm by 10 cm.

COSTUME DEDUCTION GUIDELINES

Any costumes that breach any of the above set rules, will incur a reduction of 1 ranking by the artistic judge/s. Depending on the extent of any of the above breaches, the Global Judge (head) may also deduct 1 rank – this will be at their own discretion. **Please carefully read the 2026 Deduction Guidelines document for more information.**

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 4 out of 7 judges.

METHOD OF JUDGE'S RANKINGS (GLOBAL, 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 four 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.

METHOD OF JUDGE'S RANKINGS (SKILLS JUDGE)

The tabulation program for the Skill Judge takes the degree of difficulty and execution of each skill element into consideration. The Skill Judge uses a program that "deducts" the value of elements according to the quality of execution E.g., each element is assessed as a full, half or zero value. The program then calculates the percentage of elements with correct execution and the difficulty of the elements which gives a final skill value.



Harper Miller & Bianca Colubriale - Pinnacle Sport Aerobics, VIC (2025 National Championships)

NATIONAL STREAM SPORT AEROBIC TECHNICAL REGULATIONS

The following technical rules & regulations have been written & provided by FISAF International. Please note, these rules & regulations have been modified to suit the FISAF Australia National Stream.

TECHNICAL INDEX

The purpose of the Technical Index is to give an objective value of the technical level of all the skill elements and the way they are performed in a routine. The technical index has three components:

- Difficulty of each element
- Execution of each element
- Variety of each element

TECHNICAL INDEX AND DIFFICULTY OF ELEMENTS (DIFFICULTY INDEX)

The Technical Index considers the difficulty of each skill element as well as the combined skill elements in a routine. Each element is given a difficulty rating, determined by the demand on physical condition and coordination ability.

TECHNICAL INDEX AND EXECUTION OF ELEMENTS (EXECUTION INDEX)

The Technical Index considers the execution of each skill element in a routine. For a full list of skill elements and their descriptions, please refer to the FISAF Australia Description of skill elements and Execution Errors of Skill Elements.

TECHNICAL INDEX AND VARIETY OF ELEMENTS (VARIETY INDEX)

The Technical Index also takes care of the variety of the technical skill elements in a routine. Variety of elements ensures the ability of the athlete to show as many different elements as possible. A family of elements is a group of elements that has similar biomechanical properties (beginning and finishing position of movement, process of movement etc.), such as aerials (jumps) that take off and land in the same position.

If one element is repeated, or one element of the same family is repeated, the value for that move will be reduced each time it is performed. The first time it is repeated it will be halved in value, the third and subsequent times it is repeated it will lose its value completely.

JUDGING WITH THE TECHNICAL INDEX

Prior to the competition, all athletes will provide an official skill list (FRF) of the technical elements to be performed in their routines. This enables the judging panel to have relevant judging material and indicates the potential of the technical index.

Skill elements must be listed on the skill list in the correct order and the timelines to mark the thirds of the routine are mandatory. Please note the following:

- Elements that are not listed but performed will not be considered
- Elements that are listed and not performed will be deducted from the total index
- Elements that are performed in the incorrect order will not be considered

Please all consider the following points when choreographing routines:

- The split landing from a jump or leap, is considered to be part of the jump element, it is not considered to be two separate elements. E.g., a jump and a split
- Static strength elements:
 - If two static strength elements, from the same family are performed, they must be listed on the skill list as two completely separate elements and performed as two separate elements. When using two static elements from the same family a competitor will lose half the value of the repeated element. For example;
 - V Press open completed, before being followed by a complete V Press closed is correct
 - There must be two separate V presses performed with either; a break, transition, or choreography in between. iii. There must be a beginning and end to each element
 - When performing two static strength elements from the same family and one leads into the other you must list only one element. For example, V Press open leading into a V Press closed from the open position, (the first phase of the V Press closed is missing therefore, and it is considered to be one element.)
 - When using two static elements from the same family a competitor will lose half the value of the repeated element

- Transitions are not to be listed in the FRF skill list as own movements. A transition is defined as:
 - A link between an aerobic sequence and skill elements or vice versa
 - A link from element-to-element
 - A link from an aerobic sequence to a lift or support or vice versa
 - A link from one movement to other
- Duos and Trios must perform all skill elements in unison at the same time. Skill elements cannot be performed in cannons, or by Duos or Trios members at different times to each other. If skill elements are performed at different times, they will not be considered by any judge.

COMBINATION ELEMENTS

A 'Combination' is described as one skill element immediately followed by another element without interruption. A 'combination' only applies to jump and static strength elements, it does not apply to push-up or flexibility elements. A combination adds 1.0 value to the technical index, but only when both elements are awarded full value. If one element is given a half or zero value, the two elements are scored separately, and the combination point is NOT given.

Please note: A combination can only be applied when skill elements are from different families within the same element group, for example;

- A V press immediately followed with a pike press (horizontal press family)
- A planche immediately followed with a straddle press (planche family)

The following are examples of elements that are **not considered** to be a 'combination' as they are from the same family. Elements from the same family have the same position in their last phase of the first element as the first phase of the next which is why it is not considered;

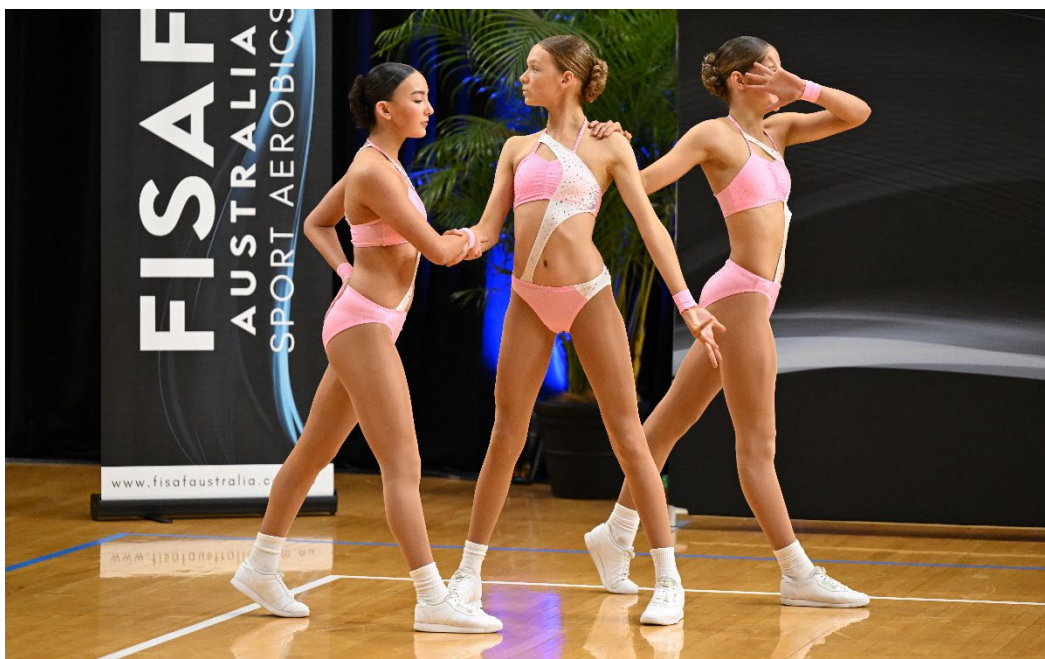
- A V press open immediately followed by a V press
- A Planche open immediately followed by a Planche closed
- A Planche no support immediately followed by a Planche no support with push-up

PERFORMANCE CHOREOGRAPHY

A sport aerobics routine 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. Depending on the extent of any of the above breaches, the Global Judge (head) may also deduct 1 rank – this will be at their own discretion.

Please **carefully** read the 2026 Deduction Guidelines document for more information.



Lush - Linden Park Sport Aerobics, SA (2025 National Championships)

COMPULSORY MOVES

For a competitor to obtain a maximum possible score their performance **MUST** include the completion of four (4) consecutive, identical and stationary repetitions of each of the following three (3) Compulsory Exercise categories.

1. **Push Ups**
2. **Jumping Jacks (Stride jumps)**
3. **Alternating High Leg Kicks**

Consecutive

Each of the four (4) repetitions of a Compulsory Exercise is performed without interruption. An interruption is defined as the primary muscle group resting or being involved in another exercise during, or in between, each repetition of a Compulsory Exercise.

Identical

Each of the four (4) repetitions of a Compulsory Exercise are to be performed the same i.e. no discernible difference, starting and finishing position, rhythm, range and direction of motion, speed and use of the primary muscle group. Each member of a Pair or Trio must perform each of their repetitions of a Compulsory Exercise identically, simultaneously, in unison and facing the same direction with the other members of the Trio or Pair.

Stationary

Each of the four (4) repetitions of a Compulsory Exercise shall be performed in the same place without discernible travelling or turning. "Discernible travelling" is defined as travelling greater than 0.5 meters and "discernible turning" is defined as turning greater than 45 degrees.

PUSH-UPS

- The shoulders, arms and hands are the targeted body parts therefore each movement of the shoulders, arms and hands must be identical.
- Variations of leg movements for each repetition are allowable.
- Facing the side of the performance area is mandatory. Each member of a Pair/Trio/team must face the same side.
- Start and finish positions for each repetition is with both hands in contact with the floor and the elbows in the extended position, but not locked.
- The minimum level of execution is where both arms are flexed at the elbow to a position of no less than 90-degree flexion.
- The hands shall remain in the starting position throughout the completion of each repetition and must maintain contact with the floor throughout the completion of each repetition. Therefore, one arm push ups and travelling push-ups do not qualify as compulsory push-ups.
- One or both feet must remain in contact with the floor at all times. The position of the feet can move during the push up, but the feet must not move to a point higher than the hip position laterally during the muscular contraction which is the actual movement of pushing up from the base of the push up
- During the muscular contraction (pushing up) help with knees or hips is not allowed and alignment between shoulders hips and feet is required.



Lucy Sword & Annie Hinds - QSA, QLD (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.



Savannah Smith - Aerosport Allstars, VIC (2025 National Championships)

SKILL ELEMENT REQUIREMENTS

The required number of elements depends upon the Section & Age Category, see the tables below:

- All routines must meet the minimum skill requirement for each skill element group
- If the minimum requirement is not met and less elements are performed than stated, all judges will deduct 1 ranking per skill element missing, in all rounds of competition. *Please **carefully** read the 2026 Deduction Guidelines document for more information.*
- There is a maximum number of skill elements per age category which must be adhered to – **see total elements per routine**
- As elements are evaluated in chronological order, the judges will only consider the elements performed that meet the maximum requirement
- Any skill elements performed that are not on the skill list will not be considered.

This table refers to advanced individuals & male individuals only:

	Mini Males & Advanced Individual	Cadet Males & Advanced Individual	Junior Males & Advanced Individual	Youth Males & Advanced Individual	Adult Males & Advanced Individual
COMPULSORY ELEMENTS	3	3	3	3	3
PUSH-UP GROUP	Min. 1 – Max. 2	Min. 1 – Max. 2	Min. 2 – Max. 3	Min. 2 – Max. 3	Min. 2 – Max. 4
STATIC STRENGTH GROUP	Min. 1 – Max. 2	Min. 1 – Max. 3	Min. 1 – Max. 3	Min. 2 – Max. 3	Min. 2 – Max. 3
JUMP GROUP	Min. 4 – Max. 6	Min. 5 – Max. 7	Min. 5 – Max. 7	Min. 5 – Max. 7	Min. 5 – Max. 8
FLEXIBILITY GROUP	Min. 1 – Max. 2	Min. 1 – Max. 3	Min. 1 – Max. 3	Min. 1 – Max. 3	Min. 1 – Max. 3
TOTAL ELEMENTS PER ROUTINE <i>(Including Compulsories)</i>	Min. 10 – Max. 12	Min. 11 – Max. 13	Min. 12 – Max. 13	Min. 13 – Max. 15	Min. 13 – Max. 16

This table refers to novice individuals, intermediate individuals, duos & teams:

	Pre-Mini, Mini Intermediate Ind, & Small Teams	Cadet Novice Ind, Intermediate Ind, Duos & Teams	Junior Novice Ind, intermediate Ind, Duos & Teams	Youth Novice Ind, intermediate Ind, Duos & Teams	Adult Novice Ind, intermediate Ind, Duos & Teams
COMPULSORY ELEMENTS	3	3	3	3	3
PUSH-UP GROUP	Min. 1 – Max. 2	Min. 1 – Max. 2	Min. 1 – Max. 3	Min. 1 – Max. 3	Min. 1 – Max. 4
STATIC STRENGTH GROUP	Min. 1 – Max. 2	Min. 1 – Max. 3	Min. 1 – Max. 3	Min. 1 – Max. 3	Min. 1 – Max. 3
JUMP GROUP	Min. 4 – Max. 6	Min. 5 – Max. 7	Min. 5 – Max. 7	Min. 5 – Max. 7	Min. 5 – Max. 8
FLEXIBILITY GROUP	Min. 1 – Max. 2	Min. 1 – Max. 3	Min. 1 – Max. 3	Min. 1 – Max. 3	Min. 1 – Max. 3
TOTAL ELEMENTS PER ROUTINE <i>(Including Compulsories)</i>	Min. 10 – Max. 12	Min. 11 – Max. 13	Min. 11 – Max. 13	Min. 11 – Max. 15	Min. 11 – Max. 16



Holly Johnson & Maya Gurry - Action Sport Aerobics, VIC (2025 National Championships)

FAMILIES OF ELEMENTS

A good routine is one that has skill elements from different families. Please refer to FISAF Australia Description of skill elements for the full list of specific families.

Requirements for variety of elements for gaining a good technical variety index, aerobic and artistic score:

- **Push up group families;**

- Two arms
- Pectoral
- Tricep
- Hinge
- Circular
- Triceps Hinge
- One arm right
- One arm left

Make sure each push-up is from a different family e.g., if performing two or more two arm push-ups, one should be a pectoral push up and the other a Tricep push up. If performing two or three one arm pushups, one should be using the right arm and the other the left arm. If performing four one arm pushups, two should be using the right arm and two the left arm.

- **Static strength group families;**

- Horizontal (straddle press, pike press etc.)
- Planche
- V press

- **Jumps/Aerial group families;**

- Air jack
- Tuck jump
- Front split jump
- Pirouette jump family (vertical turn)
- Pike jump
- Straddle jump
- Front jete
- Straddle jete

Jumps and leaps must show different air positions and a variety of take-off and landing positions, for example:

- There should be a minimum of one jump and one jete (leap)
- Different air positions should be used with a minimum of;
 - one jump showing front flexibility
 - one jump showing straddle flexibility
 - one jump with a turn
 - one jump showing a pike position (Cossack jump included)
- A minimum of one jump landing to;
 - One/both foot/feet
 - sit/split landing
 - push up landing (where allowed, dependent on age group)

- **Flexibility group families;**

- Front split
- Straddle split
- Combination split
- Straddle sit

Flexibility at all major joints on both left and right sides, straddle and frontal flexibility should be exhibited with particular attention to the hip joint.

- If two or three elements are being performed, one should demonstrate front flexibility and the second one should demonstrate straddle flexibility. Adult category – flexibility group 1 – 2 elements – split rotation
- Elements from each group can be performed on the floor or in a standing position.

NATIONAL STREAM SKILLS & COMPULSORIES CHARTS

To access the 2026 Skills & Compulsory Chart document, please [click here](#).

UNACCEPTABLE & ACCEPTABLE MOVES

All chosen lifts and transitions must be completed safely and well executed to ensure all athletes are safe on stage. Any movements that are not executed well and risk the health of the athlete will be deemed unacceptable.

If an unacceptable element is performed during the first round of competition, the head judge will notify the coach and no deduction will be given. If this element is included in subsequent rounds, all judges will give a deduction of 1 ranking.

UNACCEPTABLE MOVES

Assisted propulsion: One or more team member/s propel another member/s.

Bridge: A gymnastic move in which the body is supine and pushed up into a hyperextended, arched position of the back. The weight of the body is on the hands with the feet either on or off the floor.

Static strength elements with a turn of more than 720 degrees: A move in which the body spins more than 720 degrees in the static strength elements in one motion.

Floor Turns on Knees: A move in which the body spins more than one revolution with the weight supported entirely on the knees only.

Handstand: A handstand with hold position.

Aerial somersault: 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.

Unassisted Handspring variations: 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. If the handspring (of any form) is done using the body of another athlete as the base, as in a support or lift, it is still considered to be a Handspring and is unacceptable.

Headspring: Headspring uses the head and hands to push off the floor and propels the body in a forward rotation similar to a handspring, but the head touches the floor.

Unassisted Back-flip variations: A gymnastic move in which the body is propelled backward passing through an aerial supine position to an inverted position. Then the hands/forearms are pushed off the floor as the legs flick down to land standing upright or in a floor position. If the backflip (of any form) is done using the body of another athlete as the base, as in a support or lift, it is still considered to be a backflip and is unacceptable.

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.

ACCEPTABLE MOVES

Lifts: In lifts stepping will be allowed by supporting team members max of 3 steps, pivoting is allowed. The lift should not limit the intensity of the routine and must be safe for all team members. Clean execution and safety must be shown otherwise penalty could be enforced by the judging panels 0.5.

Lifts can be done up to 3 times during a sport aerobics routine but always considering that it should not take away from the intensity of the routine. No restrictions on where they are placed throughout the routine.

Assisted Aerial somersault: 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. Must be in contact with other team members.

Moving through Handstand (as a transition): Movements that involve going 'through' a handstand position upright position of the center of the body are considered a transition and are acceptable. Must be a moving transition that is performed safely without a purposeful discernible hold.

Unassisted Cartwheel: A gymnastic move, where the body travels sideways, as the legs go through a straddled handstand position. A cartwheel done on the forearms (elbows bent) or done using the body of another athlete as the base (as a support) is allowed. It can be shown as a transition to the ground or coming up from the ground.

Forward/ Backwards walkover variations: Gymnastics move where the athlete starts on one foot travels their body through an inverted position to land on the ground. Athletes must not land upright unless supported by teammates. At least one hand must be in contact with the floor when completing on your own. No flick.

NATIONAL STREAM SPORT AEROBICS JUDGING PANEL CONFIGURATION

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

- **Super Series & Future Champions Cup**
 - **5-criteria Judge Panel** (*Depending on availability & or event size*)
 - **Pre-Mini Sport Aerobics ONLY**
 - 1 x Global Judge (Head Judge), 1 x Technical Judge, 1 x Aerobic Judge, 1 x Artistic Judge, 1 x Execution Judge
 - **Mini, Cadet, Junior, Youth & Adult Sport Aerobics ONLY**
 - 1 x Global Judge (Head Judge), 1 x Technical Judge, 1 x Aerobic Judge, 1 x Artistic Judge, 1 x Skills Judge
 - **State Championships & National Championships**
 - **5-criteria Judge Panel** (*Depending on availability & or event size*)
 - **Pre-Mini Sport Aerobics ONLY**
 - 1 x Global Judge (Head Judge), 1 x Technical Judge, 1 x Aerobic Judge, 1 x Artistic Judge, 1 x Execution Judge
 - **Mini, Cadet, Junior, Youth & Adult Sport Aerobics ONLY**
 - 1 x Global Judge (Head Judge), 1 x Technical Judge, 1 x Aerobic Judge, 1 x Artistic Judge, 1 x Skills Judge
 - **7-criteria Judge Panel** (*Depending on availability & or event size*)
 - **Pre-Mini Sport Aerobics ONLY**
 - 1 x Global Judge (Head Judge), 1 x Technical Judge, 2 x Aerobic Judge, 2 x Artistic Judge, 1 x Execution Judge
 - **Mini, Cadet, Junior, Youth & Adult Sport Aerobics ONLY**
 - 1 x Global Judge (Head Judge), 1 x Technical Judge, 2 x Aerobic Judge, 2 x Artistic Judge, 1 x Skills Judge

NATIONAL STREAM SPORT AEROBICS JUDGING CRITERIA DESCRIPTIONS & BREAKDOWN

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

GLOBAL JUDGE (HEAD JUDGE)

The Global Judge will oversee the judging panel and is the highest technical authority at a FISAF Australia Competition. The Head Judge is responsible for ensuring consistent and fair application of the Technical Regulations by the judging panel, overseeing the correct implementation of the judging systems and the tabulation of results. The Head Judge will give a global score for the routine, allowing the head judge to assist further with the panel of judges when making informed decisions about routines.

The Global judge will look at routines with this breakdown:

- Technical: 30%
- Artistic: 30%
- Aerobic: 30%
- Visual Image: 10% (The image that the athlete/ss portray to the audience and judges when they are on stage to make the choreography visually (musical interpretation and choreography together; the feeling they portray and how attractive they make the choreography look through movement and facial expression). Appealing, X Factor feeling, music, choreography, costume, teamwork, the full aerobics package).

TECHNICAL JUDGING

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

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

There are four groups of elements to be included in a routine, these are; static strength, push-up, jump and flexibility. The value of each element is determined by the technical index, which is used by the technical judges. Duos and trios are assessed as a single unit meaning each member will display similar ability and execution.

APPLICATION OF A TECHNICAL SCORE

In assessing a performance, the technical judge considers the attributes of a performance that would lead to a perfect score, considering the technical index of the skill elements. Also assessed are the deviations from a perfect performance, which would lead to a less than perfect score. The FISAF Australia, Description of Skill Elements and Execution Errors of Skill Elements, show the precise description of skill elements and how errors will affect their evaluation.

TECHNICAL CRITERIA

Difficulty of skill elements

- The total value of the technical index is in relation to the difficulty, variety, and execution of each element. From a technical perspective, the best routine will have the least number of elements with the highest technical index but only if the execution of each skill element is correct.
- Even placement of difficult skill elements to ensure the difficulty is consistent throughout the routine.

Execution of skill elements

Execution of skill elements is described in FISAF Australia Description of skill element and Execution errors of skill elements.

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

Variety of elements

- Push ups
 - Two arm and/ or one arm
 - Right and left sides
 - Pectoral and tricep hinge
 - Hinge or circular hinge
- Jumps
 - Taking off from one leg and two legs
 - Air position – front flexibility, straddle flexibility, pike position, turn
 - Landing – on one leg, two legs, split/sit landing, push-up landing
- Static strength
 - Horizontal
 - Planche
 - V press
- Flexibility
 - Straddle and frontal
 - Front (right and left sides)
 - Standing and floor

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

AEROBIC JUDGING

APPLICATION OF AEROBIC SCORE

Sport Aerobics is the ability to perform complex skill elements and movement patterns to music, which originate from traditional aerobics, with high intensity and perfect execution. A 1 minute 45 second routine challenges the cardiovascular system and demonstrates creativity with perfect integration of all movement with the music chosen.

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

The aerobic judge considers all skill elements, transitions, and aerobic sequences. An aerobic sequence is defined as at least 8 counts of traditional aerobic movement which is;

- High impact based
- Continuous, thereby ensuring no cardiovascular rest
- Movement that allows contrast in regard to tempo; half, full, double time
- Movement that allows contrast in regard to vertical levels, especially the lower levels

For example;

- 2 x jumping jacks 1 – 4, pencil jump 5 – 6, sidestep 7 – 8
- 2 x jumping jacks 1 – 4, pencil jump 5 – 6, squat 7 – 8
- Jumping jack 1 – 2, roll 3 – 6 to standing, pencil jump 7 – 8

An aerobic sequence can start on any count of the music as long as there is a minimum of 8 uninterrupted counts used. All movements and aerobic sequences must be performed in conjunction with the music tempo, therefore there must be an appropriate, discernible BPM (beat per minute), as found in High Impact Aerobics classes.

AEROBICS CRITERIA

Intensity

- Quality of all skill elements during the routine
 - Range of motion
 - Height of jumps
 - High energy expenditure and effort (use as many parts of the body and main muscles together)
 - Precise posture
 - Purposeful and strong placement of arms and legs
- Energy expenditure
 - High level of Cardiovascular fitness that enables good quality of skill elements throughout the entire routine (Endurance high level during the whole routine)
 - A routine that demands the most energy expenditure possible
- Difficulty of the routine
 - Total value of the technical index in relationship to the number and type of skill elements, and how difficult these skills are to execute correctly
 - Balanced number and technical index value of skill elements in each quarter of the routine
 - Chronological order of the skill elements that demand the most energy expenditure

Aerobic sequences

- Intensity of aerobic sequences
 - High impact
 - Aerobic sequences should be placed evenly throughout the routine
 - Vertical levels / 3D space (the level of the centre point of the body)
 - Floor
 - Squat
 - Low impact
 - High impact
 - Air (jump from high impact elements – Hitch kick, Air jack etc., non-skill element jumps)
 - Leg levels (in kicks)
 - First level – from the floor to waist high
 - Second level – from the waist to shoulder high
 - Third level – shoulder and above
 - Levers (long and short)
 - Speed of movement (not speed of music)
 - Use of space (travelling)
- Quality of aerobic sequences
 - Clear, precise movement of the entire body, head, arms, and legs
 - Purposeful and strong placement of arms and legs
 - Correct posture

- Complexity of aerobic sequences
 - Arms should include;
 - Use of all planes and directions of arms
 - Movement in the shoulder, elbow, and wrist
 - Movement of the fingers
 - Movements using arches and circles
 - Use of counter tempos
 - Symmetrical and asymmetrical arms
 - Different lever lengths
 - Legs should include;
 - Leg and footwork from high impact aerobics
 - Use of counter tempos
 - Use and coordination of arms and legs together
 - Orientation of the body and travel
 - Turns; quarter, half, full etc.
 - Different directions of movement in duos and trios

Transitions, lifts, and supports

- Intensity
 - Variety of movements (different supports, lifts and transitions shown)
 - Additional movement of arms
 - Additional turns
 - Speed of movement (not music)
 - Direction (to judges, to each other in duos and trios)
 - Vertical levels (level of the centre point of the body)
- Quality
 - Clear, precise movement of the entire body, head, arms, and legs
 - Purposeful and strong placement of arms and legs
 - Correct posture
- Complexity
 - Direction (to judges, to each other in duos and trios)
 - Vertical levels (level of the centre point of the body)
 - Additional turns
 - Speed of movement
 - Kinds of movement
 - Additional movements of arms
 - Direction

Pull apart; RISK = Difficulty with quality (difficulty of the entire routine (aerobic, skill elements, transitions, lifts and supports) that is controlled and with good quality).

ARTISTIC JUDGING

APPLICATION OF ARTISTIC SCORE

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

ARTISTIC CRITERIA

Choreography

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

Music has sections that will often be repeated such as a pre-chorus, verse, or melody. Movement should acknowledge these repetitions, and use a variety of routine dynamics, (see Routine Dynamics above), and contrast to make it different from the first section used. All of the music structure should be used, giving a routine continuity, a sense of development, and resolution. Skill elements should be 'hidden' in the choreography with unpredictable preparation and without risking correct execution of those elements.

Note: FISAF Sport Aerobics is an attractive sport as it has an artistic component that uses dance and music. A routine should use the choreography principles so that the judges and audience can hear the different sections of music (natural music structure) and see the movement matching those sections. The principles will also help a routine be more interesting and avoid it looking the same from the beginning to the end. A routine should be personal to the athlete performing it...athletes should be different to other athletes.

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

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

 - Use of space
 - Formations, types of patterns created, e.g., straight line, circle, triangle etc. (duos or trios)
 - Distance of competitors in formations, e.g., close or apart
 - Orientation
 - Swaps
 - Placement of skill elements, transitions and aerobic sequences g. Lifts and supports (duos and trios)
 - Different direction of movements in duos and trios
 - Travelling (where competitors move on the performance area – forward, backward, side, diagonal, around the circle)
- Use of space
 - Creativity in use of space
 - Use of performance area (the routine should not be executed only in the central part of the performance area)
 - 3D space (different levels of the centre point of the body)
 - Floor
 - Standing
 - Aerial
 - Formations in trios' division
 - Line, diagonal, triangle etc.
 - Duration (how long before the formation changes)
 - Using creative choreography to change positions with team members
 - Placement of skill elements, transitions, sequences, and other movements
 - Swaps in duos and trios' divisions
 - Speed (how many counts)
 - Using creative choreography to change positions with team members
 - A variety of body orientation
 - Distance between members of duos and trios, close or apart
 - Swap choreography should have arm movement
 - Staying in the 7 x 7m area
- Variety
 - Aerobic sequences
 - Arms
 - Use all planes (horizontal, front, side) and directions of arms
 - Movements in shoulder, elbow and wrist
 - Movements of fingers / head
 - Movements of linear and circular
 - Rhythmical changes
 - Bilateral and unilateral
 - Long and short levers

- Legs
 - High impact leg and footwork
 - Turns
 - Rhythmical changes, using the tempo and counter tempo counter
- Coordination of arms and legs together
 - Use opposing planes
 - In arms
 - In legs
 - In duos and trios
- Variety of transitions
 - Kinds of movement
 - Arm lines
 - Direction
 - Turns
 - Speed
 - Flow
- Variety of lifts, supports
 - Kinds of movement
 - Additional movements of arms
 - Direction
 - Turns
 - Flow



Abigail Rodger - Vibe Sport Aerobics, SA (2025 National Championships)

Music

- Choice of music (selection of music)
 - Discernible BPM
 - Suitable music for sport aerobics
 - Changing/editing the music should be minimal
 - Originality
 - Vertical structure of the music (must fit with vertical structure of elements)
 - Appropriateness for age category and for competitor's levels
 - Music choice suitable to age division (especially Cadet)
- Use of music (music interpretation)
 - Music and movements should be inseparable
 - Reflect theme if chosen
 - Ability to use the music/tempo by all team members (be in time)
 - Respect tempo (speed of music must be in accordance with technical and endurance level of competitors)
 - Using the lyrics or instruments, highs, and lows (using the music structure)

Synchronization

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

Performance

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

Pull apart= creativity/different/impression (choreography)

SKILLS JUDGING

The skill element judge considers only the compulsory and skill elements listed in the skill list. They do not consider the variety or difficulty of the routine.

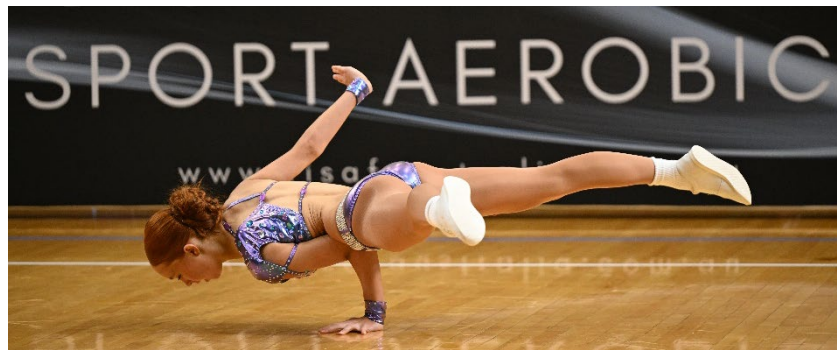
APPLICATION OF SKILL SCORE

Application of a skill element score In assessing a performance, the skill element judge considers the execution criteria of the compulsory and skill elements. Also assessed are the deviations from a perfect performance, which would lead to a less than perfect score. FISAF Australia Description of Skill elements and Execution Errors of Skill Elements, show the precise description of skill elements and how errors will affect their evaluation.

SKILL JUDGING CRITERIA

- Precise posture
- Control
- Precise alignment
- Ease of movement
- Static and flexibility elements held
- Good range of motion
- Knees are over the soles of the feet in taking off and landing of jumps
- Must be according to the description of each skill element and execution errors of skill elements.

The Skill judge report, for each round of competition, will be given to head coaches at the conclusion of each event.



Lucy Henderson - Vivienne Lattimore Sport Aerobics, NSW (2025 National Championships)

EXECUTION JUDGING – PRE-MINI CATEGORIES ONLY

APPLICATION OF EXECUTION SCORE

The Execution judge considers the execution of all aspects of an Aerobics routine. The execution of choreography should be the main focus along with transitions, aerobic sequences, and every other movement including lifts, supports etc. The execution of skill elements and compulsory movements is also taken into consideration.

The FISAF Australia, Description of Skill Elements and Execution Errors of Skill Elements, show the precise description of skill elements and how errors will affect their evaluation.

- Execution Judge evaluates the following.
 - Precise posture throughout choreography, transitions and skill elements
 - Body Control
 - Precise and purposeful placement of arm and leg lines
 - Ease of movement
 - Range of motion in skill elements
 - Precise alignment
 - Extended knees and toes pointed

A routine with clean and well executed choreography and easier skills that are executed perfectly will rank higher than a routine with harder skills and difficult choreography executed poorly.

FRF - SKILL LISTS

The FRF is used to create the Skill Lists for athletes, these forms are used by the judging panel during the event. FRF's sent in are reflective of the coaches and athletes' choices for their routine.

IMPORTANT:

- The section skills list must be strictly adhered to. Additional or skills will not be considered
- FRF Skill Forms received by clubs & coaches are reflective of the coaches and athletes' choices for their routine. Coach's / athletes are responsible for checking their FRF Skill form with competition rules & regulations before submission. **FISAF Australia is not responsible for incorrect FRF's**, which may result in deductions or disqualifications
- Coach's / athletes are responsible for checking their routines with competition rules & regulations before submission. **FISAF Australia is not responsible for incorrect choreography & skill choices**, which may result in deductions or disqualifications
- Changes to FRFs will **only** be accepted after the set due date, with the submission of a medical certificate &/or requested by the Head Judge/s
 - **NO** changes will be accepted from the Wednesday prior to the event, (Nationals cut off - TBA), however, a medical certificate can still be given at the event for the judges to take into consideration
- No changes to the Skill List are allowed between rounds of competition
- The skill elements must be listed in the correct chronological order and divided up as follows:
 - **Mini (Female, Male, Pairs & Sport Aerobic Teams):** Divide into three even thirds of 28 – 33 seconds, depending on the length of the music. For example, music is 1.30min, then the thirds will all be 30 seconds
 - **Cadet, Junior, Youth & Adult:** Divide into three even thirds of 33 – 37 seconds, depending on the length of the music. For example, music is 1.45min, then the thirds will all be 35 seconds
- The FRF program can be downloaded via our website or click here: <http://www.polarcz.com/frf/>
- FRF Skill Forms are compulsory for all National Stream & International Stream sport aerobics categories.
- When completing your FRF, the following information **MUST** be supplied
 - Country
 - Club (Name)
 - Team (Name) – *For Sport Aerobics & Trios ONLY*
 - Coach (Name)
 - BPM
 - Music Length
 - Song Title
 - Song Artist
- FRFs **MUST** be submitted via email to frf@fisafaustalia.com.au on the due date. **NO** Grace Period Applies.
- FRFs are required in TWO (2) formats:
 - .PDF format
 - .FRF format (necessary for skills judge)
- FRFs (PDF. Format ONLY) must be clearly labelled/named as:
 - Athlete/s Name/TeamName_Age_Section_Stream.pdf
 - Example:
 - Sandi Heard_ Adult_ Individual Female_ International Stream.pdf
- For further assistance regarding your FRFs please contact: officials@fisafaustalia.com.au

Failure to follow the above guidelines will result a non-submission and will not be accepted.

FITNESS TECHNICAL REGULATIONS

FITNESS CHOREOGRAPHY

Fitness Aerobics uses the basis of high impact aerobics together with music that has a very strong, clear, fast beat. It does not have any compulsory movements and does not encourage sport aerobics skill movements. There is a focus on non-stop high impact aerobics combinations which are enhanced by creative sequencing. The BPM for this category should be within 150 – 160 BPM. If the music is faster than 160 BPM the Artistic Judges will reduce their score, and this can affect a ranking

FITNESS LIFTS & TRANSITIONS – ACCEPTABLE & UNACCEPTABLE MOVES

All chosen lifts and transitions must be completed safely and well executed to ensure all athletes are safe on stage. Any movements that are not executed well and risk the health of the athlete will be deemed unacceptable.

If an unacceptable element is performed during the first round of competition, the head judge will notify the coach and no deduction will be given. If this element is included in subsequent rounds, all judges will give a deduction of 1 ranking.

The following will be allowed from 2026 onwards:

Lifts: In lifts stepping will be allowed by supporting team members max of 3 steps, pivoting is allowed. The lift should not limit the intensity of the routine and must be safe for all team members. Clean execution and safety must be shown otherwise penalty could be enforced by the judging panels 0.5.

Assisted Aerial somersault: 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. Must be in contact with other team members.

Moving through Handstand: Movements that involve going ‘through’ a handstand position upright position of the center of the body are considered a transition and are acceptable. Must be a moving transition that is performed safely without a purposeful discernible hold.

Unassisted Cartwheel: A gymnastic move, where the body travels sideways, as the legs go through a straddled handstand position. A cartwheel done on the forearms (elbows bent) or done using the body of another athlete as the base (as a support) is allowed. It can be shown as a transition to the ground or coming up from the ground.

Forward/ Backwards walkover variations: Gymnastics move where the athlete starts on one foot travels their body through an inverted position to land on the ground. Athletes must not land upright unless supported by teammates. At least one hand must be in contact with the floor when completely on your own. No flick.

FITNESS JUDGING PANEL CONFIGURATION

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

Super Series & Future Champions Cup

- **5-criteria Judge Panel** *(Depending on availability & or event size)*
 - **PETITE AEROBIC TEAMS**
 - 1 x Global Judge (HJ), 1 x Technical Judge, 2 x Artistic Judge, 1 x X-Factor Judge
 - **GRANDE AEROBIC TEAMS**
 - 1 x Global Judge (HJ), 2 x Technical Judge, 2 x Artistic Judge

State Championships & National Championships

- **5-criteria Judge Panel** *(Depending on availability & or event size)*
 - **PETITE AEROBIC TEAMS**
 - 1 x Global Judge (HJ), 1 x Technical Judge, 2 x Artistic Judge, 1 x X-Factor Judge
 - **GRANDE AEROBIC TEAMS**
 - 1 x Global Judge (HJ), 2 x Technical Judge, 2 x Artistic Judge
- **7-criteria Judge Panel** *(Depending on availability & or event size)*
 - **PETITE AEROBIC TEAMS**
 - 1 x Global Judge (HJ), 2 x Technical Judge, 3 x Artistic Judge, 1 x X-Factor Judge
 - **GRANDE AEROBIC TEAMS**
 - 1 x Global Judge (HJ), 3 x Technical Judge, 3 x Artistic Judge

NATIONAL STREAM FITNESS JUDGING CRITERIA DESCRIPTIONS & BREAKDOWN

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

GLOBAL JUDGE (HEAD JUDGE)

The Global judge will look at routines with this breakdown:

- Technical: 45%
- Artistic: 45%
- Visual Image: 10% (The image that the athlete/ss portray to the audience and judges when they are on stage to make the choreography visually (musical interpretation and choreography together, the feeling they portray attractive).

TECHNICAL CRITERIA - GRANDE

The Technical Judge criteria includes the following but is dependent upon the actual category; ability of Teams to perform and display a variety of movements which are specific to the fitness discipline. Also considered is the execution, placement and control of all movement and the complexity and intensity of those movements and the choreography. The Technical Judge will apply a score for each Team, after considering the technical criteria and, in comparison to all other teams. The ranking of a Team will be derived from a score out of 10. A Lead Technical Judge will be appointed to the panel of the Fitness Teams. The ranking applied by this judge will decide any tied ranking which may occur between teams.

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

Complexity (difficulty)	25%
Intensity	25%
Variety of moves	25%
Execution	25%

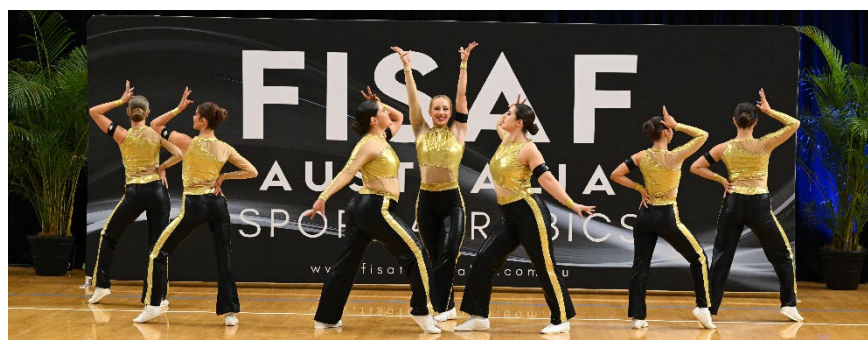
Please note that the percentages relate to the structure and choreography of a routine and the equal importance each criterion has within a routine. They are not a breakdown of criteria for judging purposes.

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.



REGAL - Odyssey Aerobics & Fitness, SA (2025 National Championships)

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.

ARTISTIC CRITERIA - GRANDE

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

Choreography	30%
Musical interpretation	25%
Synchronization	25%
Presentation	20%

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).

TECHNICAL CRITERIA - PETITE

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

Execution of all movements	50%
Intensity	50%

Execution 50%

- Postural alignment and control
- Control and purposeful placement of the joints and limbs
- High level of technique and quality in all moves and dance styles
- Precise placement and control of arm lines, leg and footwork
- Ease of movement
- Display an overall high standard in delivery of the whole routine
- Display of an even level of ability and execution between all members

Intensity 50%

- 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

ARTISTIC CRITERIA: PETITE

Choreography and Use of Music	50%
Variety of moves	25%
Visual Image	25%

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

Choreography and Use of Music 50%

- Being different to others and creating an impression
- Creative group choreography that does not compromise the flow of routine or the amount of aerobic and dance movements
- Unpredictable choreography and travel patterns
- Using complex choreography patterns such as opposing planes with legs and arm lines plus counter tempo movements
- Enhancing the music with the movement

Variety of moves (showing as many different moves as possible) 25%

- Avoiding repetition by choosing a wide range of aerobic and dance movements
- Variety in arm lines using combinations of short and long levers, linear, circular, tempo and counter tempo movement
- Variety of footwork and leg levels by using flicks, knee lifts, kicks, lateral and frontal movement
- Variety of travel patterns

Visual Image 25%

- Using vertical levels within the routine structure and placement of chosen moves and transitions
- Space, travel and orientation
 - Interaction with the entire group
 - Formations and swaps
 - What you can create visually to the audience/judges
- Creative use of attire to enhance the choreography, music and performance of a routine without being too theatrical
- Continual use of the floor space

X FACTOR JUDGE – PETITE

The X Factor Judge will look for the most significant impact on stage. The routine that is the most appealing to watch as the music, choreography, costume, teamwork incorporates the full aerobics package and would showcase the X Factor feeling. Can be a specialist judge from other genres of dance or sport.

The X Factor judge will consider the overall performance of the routine looking at the ability of the entire team to 'dance' and connect with the audience creating entertainment value of the choreography. The X Factor Judge will consider the choreography, the use of the music, technique and synchronization. The X Factor judge will apply a score for each team, after considering the overall impact in comparison to all other teams. The ranking of a team will be derived from a score out of 10.

Performance of the routine	75%
Synchronization	25%

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

The X Factor Judge is a specialist in both Artistic and Technical criteria; therefore, consider all aspects of these criteria together with the following:

Performance of the routine 75%

- The ability of the team to entertain an audience
- The ability of the team to incite emotion and excitement from the audience
- The ability to 'Dance' the routine and 'express' the music with dance/movement related to aerobics
- The ability to project confidence and ease of movement
- The originality and innovation of combining costume, music, choreography and presentation

Synchronization 25%

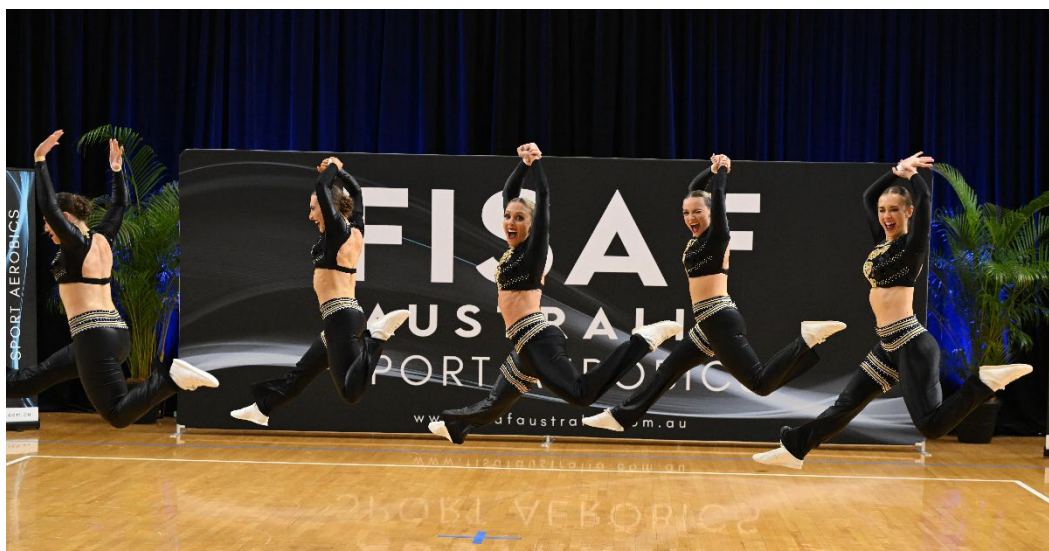
Artistic synchronization;

- the ability of the entire team to use the beat and stay in time with the music and each other
- the ability of team members to present the routine with the same level of performance

Technical synchronization;

- display of the same level of physical ability and execution between all members

The basis of the Fitness Teams attire requirements is to acknowledge both the sport and performance aspects of this category.



MJ Legacy – Vivienne Lattimore Sport Aerobics, NSW (2025 National Championships)

REGISTRATION & MEMBERSHIP REQUIREMENTS

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

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

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

FOR FURTHER ASSISTANCE

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

- Assisting schools & clubs in sourcing experienced coaches for ongoing coaching support or one-off workshops
- Providing feedback and assistance with understanding rules & regulations
- Providing assistance with the registration or entry process
- Recommending suppliers for leotards, training gear, competition shoes, sock & stockings.

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

FISAF
AUSTRALIA
SPORT AEROBICS

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Paige Kerby & Sophie Herbert - United Sport Aerobics, NSW (2025 National Championships)