



The AEROBIC Newsletter

Nr 26

By Mrs Mireille GANZIN, President of the Technical Committee

FIG Office Lausanne (SUI), 29th January 2011

The FIG AG-TC wish to notify our Member Federations of the following:

SYMPOSIUM ON THE CODE OF POINTS 2013 – 2016

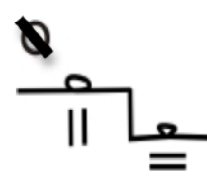
FIG is going to organize a Symposium on the next Code of Points in the second part of the year. This will be a great opportunity for the member federations to give some suggestions and to bandy about the future COP and about our sport.

The rules for "AEROBIC DANCE" and "AEROBIC STEP" for the UNIVERSIADES will be reviewed after the SYMPOSIUM.

More details about the dates and place of the SYMPOSIUM will be send to National Federations very soon.

NEW ELEMENTS:

Following New Element have been approved by Aerobic Gymnastics TC.

No	Submitted Elements Descriptions	Given value or comment from TC	Elem No	Shorthand
1	1 1/2 turn split jump to split	Family Name: Split Jump TC name: 1 1/2 turn split jump to split New element of 0.8 value	C678	

UNIVERSIADE 2011:

As it was notified in the Newsletter No. 25, Universiade (University Games) 2011 will be held at Shenzhen, CHN from 17th – 23rd, August 2011. Aerobic Gymnastics will be included as a demonstration discipline. TC would like to remind all the member federations to participate at this memorable event (please contact your National Student Organization).

For competition regulation, please check the Technical Regulation 2011 of FISU article 13.11 Aerobics. For the "Universiade Rules", please refer to our Newsletter 25.

Following pages are the "Mini-Guideline" to be used at the UNIVERSIADE.

Mireille Ganzin
AER-TC President

Tammy Yagi-Kitagawa
AER-TC Secretary



UNIVERSIADE 2011
SHENZHEN
Candidate City

Aerobic

AEROBIC DANCE / AEROBIC STEP

Mini-Guide to Judging Artistic & Execution

26th January, 2011





Aerobic Dance (FIG Rules)

ARTISTIC

DEFINITION:

Group choreography (5-10 competitors: male, female or mixed), utilizing the Aerobic Movement Pattern Sequences throughout the routine with the integration of 32-counts minimum of 2nd Style (Salsa, hip-hop, tango, funky, break-dance, street dance, etc) to the music. The choreography should represent teamwork.

The routine must include 4 elements (1 from each group) from the FIG COP 2009-2012 and must perform 1 lift. All members of the group must perform the same element at the same time.

To make the routine more attractive and spectacular, the routine may include movements from other disciplines (prohibited moves in the COP is allowed except Propelling) but must be well integrated into Choreography.

LIFT

Each routine must include one lift.

Definition: when one or more competitors is lifted, held, and/or carried off the ground, showing a precise shape.

A lift may involve any combination of competitors.

In the case of a standing lift, i.e. one person lifting two persons, the lift cannot be higher than 2 persons standing one on top of the other.

Prohibited movements can be included in the lift.

CRITERIA

1. COMPOSITION OF THE CHOREOGRAPHY

a. Dynamism & Fluency

All movements (AMP, transitions, links, partnerships, other styles, etc.) must be perfectly connected between them and with the style and rhythm of the music, showing energy and vigour. Small pauses are allowed provided that they match with the music and the style of the choreography.

The movements must be performed smoothly.

b. Complexity and Creativity

The complexity/creativity of the whole routine may be demonstrated by using:

- Originality with the idea of the choreography and the theme selected
- Originality in the 2nd style selected and well integrated.
- Originality in utilizing other discipline's movements.
- Originality in the transitions/linking.
- Originality in the partnerships (physical interactions, lifts, formations and formation changes, etc.)
- Originality in utilization of AMP Sequences in Dance Style.

c. Use of the space

- Competition area must be **effectively used** with balance and frequency of travelling.
- Travelling must be shown in **all directions and distances**
- All three levels must be used without **predominating any level**.



2. MUSICALITY:

- Any kind of music can be used.
- Ability to reproduce the movements with the rhythm and style of the music.
- The music structure and the melody must emphasize the idea of the choreography.

3. PRESENTATION:

The competitors must show an enthusiastic attitude during the whole routine, with genuine and pleasant facial expressions, reaching the audience with their originality and creativity, showing self-confidence, with a **high quality of movements**.

SCALE for ARTISTIC Evaluation

Criteria		Poor	Satisfactory	Good	Very Good	Excellent
Composition	Dynamism and fluency	1.0 – 1.2	1.3 – 1.4	1.5-1.6	1.7-1.8	1.9- 2.0
	Complexity and creativity	1.0 – 1.2	1.3 – 1.4	1.5-1.6	1.7-1.8	1.9- 2.0
	Use of space	1.0 – 1.2	1.3 – 1.4	1.5-1.6	1.7-1.8	1.9- 2.0
Musicality		1.0 – 1.2	1.3 – 1.4	1.5-1.6	1.7-1.8	1.9- 2.0
Presentation		1.0 – 1.2	1.3 – 1.4	1.5-1.6	1.7-1.8	1.9- 2.0

PROHIBITED MOVES

Propelling in the lift will be deducted -1.0 each time by the Chair of Judges Panel.

DIFFICULTY

- 1 element from each Group (value from 0.1 point to 0.6 point)
- All competitors have to perform the same element at the same time
- Element with 0 value (no minimum requirement) will not count for the Group
- Element must not be performed in combination
- Difficulty score and Difficulty deductions will be calculated according to the FIG COP.

Execution

EVALUATION

The execution score is on 10 points, the evaluation is composed of 2 sub-criteria.

1. Technical skill (8 pts)

The ability to demonstrate: strength, explosive power, flexibility and movements with perfect execution throughout the routine.

Physical Capacities

Form, posture and alignment

- The ability to maintain correct posture and alignment.



- The ability to maintain body control in all segments.

Precision

- Each element has a clear starting and ending position.
- Each phase of the movement has to demonstrate perfect control.

Strength, power, flexibility

- The ability to demonstrate strength and power.
- The ability to demonstrate flexibility.

Deductions for Execution:

Deductions are made for every error as follows:

Small error	0.1 points
Medium error	0.2 points
Large error	0.3 points
Unacceptable execution or fall	0.5 points

2. Synchronization (2pts.)

The ability to execute all movements as a unit: -0.1 point each time.

Maximum deduction for synchronization is 2.0 points

Aerobic Step (FIG Rules)

ARTISTIC

DEFINITION

Group choreography (5-10 competitors: male, female or mixed), utilizing the Aerobic basic steps and arm movement with equipment (Step), performing to the music.

The routine may include elements from the FIG COP, performed by 1 or more competitors (at the same time or consecutively), but will not receive any difficulty value.

The routine must use the Step to the maximum throughout the routine by stepping with Aerobic Basic Steps (Step-up/Step-down, V-step, Knee-Lift, Kick, Step touch, Tap-up/Tap-down, Turn Step, Over the Top, Lunge, etc.) throughout the routine in combination with arm movements.

The movements must be adequate for step and involve to the maximum of stepping with less choreography on the surface.

The team must present choreography as a unit.

The work must be synchronized or in cannon and the team must utilize the step to the maximum.

Theme showing violence and racism, as well as those with religious and sexual connotations, are not in keeping with the Olympic ideals and the FIG's Code of Ethics.

Choreography must show, the change of formations with or without the step.



CRITERIA

1. COMPOSITION OF THE CHOREOGRAPHY

a. Dynamism & Fluency

All movements (step actions-step choreography, transitions, links, partnerships, etc.), must be perfectly connected between them and with the style and rhythm of the music, by using the step to the maximum, providing the appropriated intensity for Step routines, showing energy and vigour. Small pauses are ok provided they match with the music and the style of the choreography.

The movements must be performed smoothly.

b. Complexity and Creativity

The complexity of the step actions must be demonstrated by using the coordination criteria (arms and leg movements) requiring high level of body coordination, without consecutive repetitions.

The creativity of the step routines may be demonstrated by using:

- Originality in the step actions, and with different orientations and approaches to the step
- Originality in the transitions/linking
- Originality in the partnerships (physical interactions, lifts, formations and formation changes, etc.)
- Originality in interaction between the members of the group and the step (position of the step, use of the step)

c. Use of the space

The competition area must be used to the maximum, with a balanced distance between the members of the group with or without the step by using:

- Different formations
- Change of positions between the members
- Different distances between the members of the group (short vs. long distances)
- Change of levels
- Different orientation

2. MUSICALITY:

The music must be appropriated for Step choreography (between 130bpm-140bpm recommended)

Ability to reproduce the movements with the rhythm and style of the music.

The music structure and the melody must emphasize the idea of the choreography

3. PRESENTATION:

The competitors must show an enthusiastic attitude during the whole routine, with genuine and pleasant facial expressions, reaching the audience with their originality and creativity, showing self-confidence.



SCALE for ARTISTIC Evaluation

Criteria		Poor	Satisfactory	Good	Very Good	Excellent
Composition	Dynamism and fluency	1.0 – 1.2	1.3 – 1.4	1.5-1.6	1.7-1.8	1.9- 2.0
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Musicality		1.0 – 1.2	1.3 – 1.4	1.5-1.6	1.7-1.8	1.9- 2.0
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PROHIBITED: (deduction -1.0 each time by Chair of Judges' Panel)

- Propelling (throwing in the air) the step(s) and competitor(s) is not allowed.
- Any jump from group C, using the step (take-off and landing) is prohibited.
- Jump from the step to the other step.

Execution

EVALUATION

The execution evaluation is composed of 2 sub-criteria: Technical skill and Synchronization.
The maximum execution score is 10 points.

1. Technical skill (8 pts)

The ability to demonstrate: strength, explosive power, sustained intensity and movements with maximum precision throughout the routine.

Stepping Technique:

- The whole foot must be placed on the step
- Movements with a turn not on the loaded leg
- Loaded knee must not be bent over 90°
- Center of gravity over the feet
- No bouncing without maintaining correct alignment
- No hyperextension of the joints
- Correct position of the joints

It's recommended NOT to step backwards on the step.

Physical Capacities

Form, posture and alignment

- The ability to maintain correct posture and alignment - natural spine alignment.
- Position of the upper body, carriage of the neck, shoulders and the relative position of the head to the spine.
- Positioning of the feet relative to the ankles, knees and hip joint.



- Correct alignment of all joints using proper amplitude

Precision

- Each movement has a clear starting and ending position.
- Each phase of the movement has to demonstrate perfect control.

Strength, power, muscular endurance

- The ability to demonstrate strength, power, and sustained intensity throughout the routine.

Deductions

Deductions are made for every error as follows:

Small error	0.1 points
Medium error	0.2 points
Large error	0.3 points
Unacceptable execution or fall	0.5 points

2. Synchronization (2pts.)

The ability to execute all movements as a unit. (-0.1 point each time).

Maximum deduction for synchronization is 2.0 points

CRITERIA

Lifts

Each routine must include one lift.

Definition: when one or more competitors is lifted, held, and/or carried off the ground, showing a precise shape.

A lift may involve any combination of competitors.

In the case of a standing lift, i.e. one person lifting two persons, the lift cannot be higher than 2 persons standing one on top of the other.

Prohibited movements can be included in the lift.

Prohibited movements

- Violently handling the step (to kick and/or to throw the step/s to the other competitor/s or in the air).
- Any jump using the step (Group C Aerobic Gymnastic FIG-COP, e.g. straddle jump, Cossack jump, tuck jump, split jump, etc.)
- Any turn using the step (Group D Aerobic Gymnastic FIG-COP, e.g. turns, balance turns, illusion, etc.)

Prohibited elements and moves are listed in Aerobic Gymnastic FIG-COP 2009-2012: saltos, cartwheel, handstand, use of any movement which is against the natural posture of the body (prohibit any back bend, toe hinge or plough), any circus or acrobatic moves, propelling.

(Propelling is defined as when a person is thrown by a partner or a partner is used to spring off into an airborne position. Airborne is defined as when a person has no contact with the surface or the partner).



DEDUCTIONS

Deductions given by the Chair of Judges Panel are made as follows:

Attire	0,2 each time
Failure to appear on the competition area within 20 seconds	0.5
Interruption of performance (by all competitors) for 2-10 sec	0.5 each time
Time infraction	0,5
Missing lift or more than one lift	0,5 each time
Time fault	1,0
Prohibited moves	1,0 each time
Prohibited lift	1,0 each time
Themes in contravention of the Olympic Charter and the Code of Ethics	2.0