



Gymnastics Australia
Sport Aerobics

Compulsories

National A National B Level: 1. 2. 3.

Age: (7-10) (11-13) (14-17) (18+)

Category: IF IM Trio Group Team

Competitor Name _____ School/Club _____

Competitor No. _____ Judge's Name: _____

High Leg Kicks:

Deductions

- Incorrect start and finish position - 0.05
- High leg kicks not alternating - 0.05
- High leg kicks not performed side on to the judges - 0.05
- Minimum competency level - kicks to waist height - 0.05
- Omission of one or more kicks - 0.05/missing kick
- Physical contact during the performance of the high leg kicks - 0.05
- A move or break between kicks - 0.05
- Kicks not performed in the sagittal plane - 0.05
- Different timing of kicks - 0.05

Push Ups:

Deductions

- Incorrect start and finish position - 0.05
- Push ups not performed side on to the judges - 0.05
- Minimum competency level - 0.05
- Both hands and feet not in contact with the floor - 0.05
- Omission of one or more push ups - 0.05/missing push up
- A move or break between push ups - 0.05
- Push ups not repeated identically - 0.05
- Physical contact during the performance of the push ups - 0.05
- Different timing of push ups - 0.05

Jumping Jack Phrase:

Deductions

- Incorrect start and finish position of the 4 Jumping Jacks - 0.05
- Jumping Jacks not performed facing front - 0.05
- Travelling and/or changing direction during the Jumping Jacks - 0.05
- Minimum competency level of the Jumping Jacks - 0.05
- Physical contact during the JJ Phrase - 0.05
- Omission of one or more Jumping Jacks - 0.05/Jumping Jack
- Different timing of jacks - 0.05

TOTAL DEDUCTIONS