

## **2006 Participation Pathways/Competition Structure for Australian Sport Aerobics**

1. That there be two separate streams of competition:-
  - **National Stream**  
For athletes whose primary incentive for participating follows the four F philosophy (fun, fitness, friendship and fundamentals) and for athletes developing their skill level with the aim to compete in the International Stream of competition.
  - **International Stream**  
For athlete who aspire to represent their country in international competitions
2. That athletes/coach choose their “stream” of competition at the beginning of the competition year and remain within this stream for the calendar year
3. Athletes cannot compete in both streams of competition and only in one Category within the National stream
4. Athletes who compete in the International stream would be eligible for National Squad selection and subsequent international assignment. Development Squad athletes will be considered for National Squad selection pending re-evaluation by the Selection Committee.
5. The aim of the two streams is two fold:-
  - To create a strong participation base that provides sequential and challenging pathways for Sport Aerobics participants
  - To develop and nurture world class athletes with the ability to win medals at international events
6. Where possible the current National Stream competition divisions and categories (including the naming convention) remain to avoid confusion and uncertainty. The International Stream of competition divisions will be exactly as stated in the 2005 -2008 FIG Code of Points. There will be NO Step or General Participation Divisions in 2006
7. The 2006 Participation Pathways/Competition Structure will be supported by materials which include:-
  - Rules
  - Competition Guidelines
8. The National SMC will be responsible for developing, promoting and maintaining the Pathways/Competition Structure
9. All State SMC’s collectively “buy-into” the new Pathways/Competition Structure by signing off their support and endorsement
10. The National SMC will review the Pathways/Competition Structure annually following the National Championships

**NATIONAL STREAM****National A**

Optional Routines  
Routine Requirements: GA Sport AER Rules  
A maximum of 10 elements: A (0.1) – E (0.5) value elements.  
Compulsory High Leg Kicks, Push-ups, Jumping Jack Phrase

Age categories:- Age determined – in the year of competition  
Adult: (18+)  
Senior: (14 – 17 years)  
Intermediate: (11 – 13 years)  
Junior: (7 – 10 years)

Competition Categories:- IM, IW, Teams (3 – 6 team members)

**National B**

Optional Routines  
Routine Requirements: GA Sport AER Rules  
A maximum of 10 elements: A (0.1) – C (0.3) value elements.  
Compulsory High Leg Kicks, Push-ups, Jumping Jack Phrase

Age categories:- age determined – in the year of competition  
Adult: (18+)  
Senior: (14 – 17 years)  
Intermediate: (11 – 13 years)  
Junior: (7 – 10 years)

Competition Categories:- IM, IW, Teams (3-6 team members)

**Level 3**

Compulsory Routines  
Routine Requirements (set by LMC)

Age categories:- age determined in the year of competition  
Adult (18+)

**Level 3 cont'd**

Senior (14 – 17 years)  
Intermediate (11 – 13 years)  
Junior (7 – 10 years)

Competition Categories:- IM&IW (combined), Teams (3-6 team members)

**Level 2**

Compulsory Routines  
Routine Requirements (set by LMC)

Age categories:- age determined in the year of competition  
Adult (18+)  
Senior (14 – 17 years)  
Intermediate (11 – 13 years)  
Junior (7 – 10 years)

Competition Categories:- IM & IW (combined), Teams (3-6 team members)

**Level 1**

Compulsory Routines  
Routine Requirements (set by EMC)

Age categories:- age determined in the year of competition  
Senior (15 – 17 years)  
Intermediate (11 – 14 years)  
Junior (7 – 10 years)

Competition Categories:- IM & IW (combined), Teams (3-6 team members)

**Notes:**

Athletes may only compete in one Level of the National Stream in any one year and MAY NOT enter the International Stream

Athletes participating in this National A and B are eligible for Development Squad selection. They may then be considered for National Squad selection pending re-evaluation by the Selection Committee.

Routine Requirements for Levels 1 – 3 would be set annually by the Levels Management Committee (LMC), a designated Sub-Committee of the National SMC

Level divisions are the entry point for the vast majority of Sport Aerobics participants.

It is assumed that as beginners participants should move through the Levels Stream to gain a solid grounding in the compulsories, arm and leg lines and basic choreography.

Level 1 – 3 routines will follow the current Levels/AEROSkools program

In National A and B streams routines are Optional and should be constructed using special routine requirements that factor in safety and sequential skill development

**INTERNATIONAL STREAM****Elite  
International**

Optional Routines  
Routine Requirements: 2005-2008 FIG Code of Points  
Competition requirements  
Age (18+) - must meet the age requirement in the year of competition  
  
Competition Categories: - IM, IW, MP, TRIO

**Age Group 2  
International**

Optional Routines  
Routine Requirements: 2005 – 2008 FIG Code of Points and FIG Age Group Competition Rules  
Age (15 – 17 years) - must meet the age requirement in the year of competition  
  
Competition Categories:- IM, IW, MP, TRIO

**Age Group 1  
International**

Optional Routines  
Routine Requirements: 2005 – 2008 FIG Code of Points and FIG Age Group Competition Rules  
Age (12 – 14 years) - must meet the age requirement in the year of competition  
  
Competition Categories:-  
IM, IW, MP, TRIO

**National  
Development**

Optional Routines  
Routine requirements: 2005 – 2008 FIG Code of Points and FIG Age Group Requirements  
Age (10 – 12 years) – must meet the age requirement in the year of competition  
  
Competition Categories:- IM & IW (combined), TRIO

Notes:-

Only those athletes aged 10 and over would be eligible for National Squad selection and subsequent international assignment

There will be no Group Competition Category at a state or national competition. If a group is formed and wish to be considered for international representation then a written request from the coach must be sent to the Sport Aerobics Selection Committee.

Routine Requirements for International Stream athletes are according to the 2005-2008 FIG Code of Points and the FIG International Age Group Competition Structure.

Routine requirements for Age Group 2, 1 and National Development may be modified by the EMC for safety and skill development. The Elite Management Committee is a designated Sub Committee of the National SMC.