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ARTICLE 1. DEFINITIONS AND INTERPRETATION

The following short terms shall be used and interpreted in the spirit of the following meanings unless specifically defined elsewhere.

**Association**
An Association Member claiming jurisdiction of the sport over a State or Territory within Australia

**Board**
Board of Management of the Company, Gymnastics Australia Ltd

**Commission**
The National Gymsport Technical Commission

**Company**
Gymnastics Australia Ltd

**Regulations**
All by-laws and rules that are made within the authority of the Constitution.

**Sport Program**
A gymnastic Sport Program defined by the Federation Internationale de Gymnastique (FIG) and accepted by the Company as a program under its jurisdiction.

**Gymsports**
Terminology used to describe the disciplines of gymnastics.

GLOSSARY

<table>
<thead>
<tr>
<th>Abbreviation</th>
<th>Full Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>AER</td>
<td>Aerobic Gymnastics</td>
</tr>
<tr>
<td>ALP</td>
<td>Australian Levels Program</td>
</tr>
<tr>
<td>FIG</td>
<td>Federation Internationale de Gymnastique</td>
</tr>
<tr>
<td>GA</td>
<td>Gymnastics Australia</td>
</tr>
<tr>
<td>GA Website</td>
<td><a href="http://www.gymnastics.org.au">www.gymnastics.org.au</a></td>
</tr>
<tr>
<td>NAC</td>
<td>National Advisory Committee</td>
</tr>
<tr>
<td>NCM</td>
<td>National Commission Member</td>
</tr>
<tr>
<td>NCC</td>
<td>National Coaching Coordinator</td>
</tr>
<tr>
<td>NDO</td>
<td>National Development Officer</td>
</tr>
<tr>
<td>NGTC</td>
<td>National Gymsport Technical Commission</td>
</tr>
<tr>
<td>NHPC</td>
<td>National High Performance Coordinator</td>
</tr>
<tr>
<td>NJC</td>
<td>National Judging Coordinator</td>
</tr>
<tr>
<td>NAERC</td>
<td>National Aerobic Gymnastics Commission</td>
</tr>
<tr>
<td>NSC</td>
<td>National Selection Committee</td>
</tr>
<tr>
<td>NTD</td>
<td>National Technical Director</td>
</tr>
<tr>
<td>STC</td>
<td>State Technical Committees</td>
</tr>
</tbody>
</table>

ARTICLE 2. POLICIES AND RULES

The rules set out in the following manuals will be part of the AER Commission's Technical Regulations:

- 2013 – 2016 FIG Aerobic Gymnastics Code of Points
- AER Australian Levels Program
- 2016 AeroSchools Rules and Guidelines (including Divisions 1 and 2 AeroDance)
- 2016 AeroDance Rules (Optional Routines)

Any modification to the FIG Code of Points, Australian Levels Program and the AeroSchools Rules and Guidelines will be circulated in writing on the authority of the AER Technical Commission.
2.1 Technical Regulations
The Technical Regulations Part A and Part B (sport specific) can be found on the Gymnastics Australia (GA) website: www.gymnastics.org.au. They are reviewed and updated annually.

2.2 Aerobic Gymnastics Selection Policy – Part A, B and C
The Aerobic Gymnastics Selection Policy (Part A, B and C) can be found on the Gymnastics Australia (GA) website: www.gymnastics.org.au

ARTICLE 3. COMMISSION COMMITTEES

3.1 Statutory Committees

3.1.1 National Gymnastics Commission

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Technical Director</td>
<td>Liz Lyons</td>
</tr>
<tr>
<td>National Judging Coordinator</td>
<td>Judith Gillen</td>
</tr>
<tr>
<td>General Member – Development Officer; (AeroSchools)</td>
<td>Kerryn Cormick</td>
</tr>
<tr>
<td>General Member – Coaching Coordinator</td>
<td>Jenna Ward</td>
</tr>
<tr>
<td>General Member – High Performance Coordinator</td>
<td>Nicky Donaldson</td>
</tr>
</tbody>
</table>

Please refer to the Gymnastics Technical Regulations Part A – Commission Governance for the job descriptions and desired criteria for the National Technical Director and National Judging Coordinator. Additional details available from the AER 'National Commission' page of GA’s website.

3.1.1.1 General Member – Development Officer

Job Description
This role will be responsible for the development of the sport through the provision of resources and workshops such as AeroSchools and AeroDance. This role shall be responsible for:

I. Overseeing the development and production of the AeroSchools and AeroDance resources including:
   • Selection of music
   • Choreography
   • Filming and editing
   • Choreography notes
   • Collation of AeroSchools package and rules and guidelines
   • Order form

II. AeroSchools website content

III. AeroSchools promotional material i.e. brochure

IV. AeroSchools promotional activities in schools and at ACHPER conferences around Australia

V. Coordination of AeroSchools workshops around Australia

VI. Development of a working group to liaise, deliver and promote AeroSchools in the states

VII. Liaise with the National Event Manager on the conduct of State and National AeroSchools events

VIII. Annually review the AeroSchools and AeroDance rules and regulations

IX. Liaise with State Participation Officers in the promotion of AeroSchools

X. Develop and implement Aerobic participation programs in conjunction with National Participation staff
Desired Criteria
1. Tertiary qualification in the education sector
2. Pathways knowledge of the sport and the education sector
3. Accredited Coach
4. Accredited Presenter
5. Ability to work with athletes at the grass roots level

3.1.1.2 General Member – Coaching Coordinator

Job Description
I. Be responsible for the development and updating of the coach education framework
II. Be responsible for the development of coaching course resources in conjunction with GA staff
III. Mirror with the Judging Coordinator responsibilities - pathways
IV. Work with the State Coaching coordinators
V. Assist with the development of additional resources for coach education
VI. Provide up to date communication on international trends to coaches via emails, newsletters and workshops
VII. Assisting with national events, including the selection of coaches for international events

Desired Criteria
I. Accredited Coach – Advanced or above
II. Accredited Judge – Advanced or above
III. Sound technical knowledge and understanding of the gymsport
IV. Respected within the gymsport community
V. Experience as a course presenter at coach education courses
VI. Good organisational and IT skills
VII. Interpersonal and communication skills
VIII. Team player
IX. Planning skills
X. Knowledge of international trends
XI. Tertiary education

3.1.1.3 General Member – High Performance Coordinator

Job Description
I. Manage and organise National and Development Squad Training Camps
II. Responsible for Talent ID and Talent transfer
III. Development of a High Performance Plan and Athlete Pathways
IV. Monitoring of High Performance athletes
V. Development of individual athlete plans for the high performance athletes in consultation with the coach
VI. Communicate and liaising with coaches of high performance athletes
VII. Coaching Development and mentoring of coaches of high performance athletes
VIII. Website updating
IX. Development of a Sports Science and Sports Medicine network, tapping into the GA High Performance plan
X. Assist in the development of state based High Performance programs

Desired Criteria
I. Accredited Coach – High Performance or above
II. Accredited Judge – FIG Brevet
III. Sound technical knowledge and understanding of the gymsport
IV. Respected within the gymsport community
V. International competition experience as a coach
VI. Good organisational and IT skills
VII. Interpersonal and communication skills
VIII. Team player
IX. Planning skills
X. Knowledge of international trends
XI. Tertiary education

3.1.2 National Selection Committee
Please refer to the Aerobic Gymnastics event Selection Policies for the composition of the Nomination Panel for team selections.

Selection of officials will be made by:
- National Technical Director
- National High Performance Coordinator
- Other technical expert (if required)

3.2 National Sub Committees

The AER Commission has the authority to appoint Sub-Committees as required. The Sub-Committees' functions include the following:-

- Execute the decisions made by the AER Commission
- Undertake technical projects
- Review guidelines and rules pertaining to competitions and events
- Conduct research and development activities in the interest of Aerobic Gymnastics
ARTICLE 4. NATIONAL PROGRAM AND PATHWAYS

AERobic GYMNastics NATIONAL PROGRAM

1. There will be THREE separate streams to the Australian Levels Program:-
   - Levels 1-7
     For athletes and school students 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
     For athletes who aspire to represent their country in international competitions.
   - AeroDance
     For athletes with an interest in dance and developing their aerobic movements.

The aim of the three streams is twofold:-
- To create a strong participation base that provides sequential and challenging pathways for Aerobic Gymnastic participants
- To develop and nurture world class athletes with the ability to win medals at international events

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

Level 1 – 5 routines will follow the current Levels/AeroSchools program.

Level 6 and 7 routines are optional and should be constructed using special routine requirements that factor in safety and sequential skill development.
2. The gymnast/coach choose one “stream” of competition from Levels or International, at the beginning of the competition year and remain within this stream for the calendar year. Athletes may additionally compete in AeroSchools competitions – refer to 4.1.

3. Athletes may also compete in the AeroDance Stream or the AeroDance Divisions Stream as an additional stream of competition.

4. Athletes can compete in only one age group and division within their chosen stream

5. Athletes who compete in the International stream are eligible for National & Development Squad selection and subsequent international assignment. Development Squad athletes may be considered for National Squad selection pending re-evaluation by the Selection Committee.

6. Additional athletes may be invited to attend National Squad workshops and camp. Such invitation will be based on results from the Australian Championships or international competitions.

The participation pathways/competition structure will be supported by materials which include:
- Rules
- Competition Guidelines

7. The AER Commission will review the pathways/competition structure annually following the National Championships.

ARTICLE 5. COMPETITION RULES AND GUIDELINES

5.1 Purpose
The Federation Internationale Gymnastique (FIG) Code of Points, the Gymnastics Australia Aerobic Gymnastics National Levels Stream Rules, the AeroSchools Rules and Guidelines, the Gymnastics Australia AeroDance Rules, AeroDance Levels Rules and the Technical Regulations provide governance for Aerobic Gymnastics (AER) Rules and Regulations. The Technical Regulations provides AER with the competition rules for Australia and should be used in conjunction with the relevant Code of Points, Gymnastics Australia Levels Rules, AeroDance Rules and the AeroSchools Rules and Guidelines. These documents are regularly reviewed with the resultant clarifications and updates published on the Gymnastics Australia website.

5.2 Competition Structure for Australian Aerobic Gymnastics
Please refer to Appendix 1 and 2 for the 2016 Australian Championships Aerobics Gymnastics Technical Regulations.

Competition rules are as per these Technical Regulations, in consultation with 2013 – 2016 FIG Code of Points and the Australian Levels Program.

5.3 The AeroSchools Program
AeroSchools is an Aerobic Gymnastics Participation Program, conducted in schools and gymnastic clubs, that aims to introduce basic Aerobic Gymnastics movement patterns within a fun and challenging program, culminating in the development of an Aerobic Gymnastics routine that can be entered into a state or national competition. AeroSchools, therefore, consists of both a participation program and a supporting event structure.

The program is aimed at school aged children and youths aged between 5 – 18 years of age with both sexes actively encouraged to participate.

The AeroSchools Program aims to provide a grass roots entry level participation program for school students and their teachers wishing to become involved in Aerobic Gymnastics.
The Program requires no previous knowledge or experience on behalf of either the teacher or student(s) and provides a sequential program of skill development over five separate levels (i.e., Level 1, Level 2, Level 3, Level 4 & Level 5).

As AeroSchools is a participation program, Aerobic gymnasts competing at Level 6 or above in the Australian Levels Program are required to compete in Level 4 or above for AeroSchools, unless 50% of their team are competing at Level 3 or below.

5.3.1 Divisions of Competition
There are differences in the divisions of competition for AeroSchools and Club based competitions. These are summarised below:

<table>
<thead>
<tr>
<th>LEVEL</th>
<th>Club Based Competition Options</th>
<th>AeroSchools Competition Categories</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (State events only)</td>
<td>Group (5-20 athletes)</td>
<td>Group (5-20 athletes)</td>
</tr>
<tr>
<td>2 (State events only)</td>
<td>Individual Multiple (2-3)</td>
<td>Pair (2) Trio (3) Group (4-6)</td>
</tr>
<tr>
<td>3</td>
<td>Individual Multiple (2-3)</td>
<td>Pair (2) Trio (3) Group (4-6)</td>
</tr>
<tr>
<td>4</td>
<td>Individual Multiple (2-3)</td>
<td>Pair (2) Trio (3) Group (4-6)</td>
</tr>
<tr>
<td>5</td>
<td>Individual Multiple (2-3)</td>
<td>Pair (2) Trio (3) Group (4-6)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Division</th>
<th>Club Based Competition Options</th>
<th>AeroSchools Competition Categories</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Team 5 – 10 athletes</td>
<td>Team 5 – 10 athletes</td>
</tr>
<tr>
<td>2</td>
<td>Team 5 – 10 athletes</td>
<td>Team 5 – 10 athletes</td>
</tr>
</tbody>
</table>

Full details of the AeroSchools Program can be found in the 2016 AeroSchools Rules and Guidelines. The Rules and Guidelines are included in the 2016 AeroSchools Resource Kit.

5.4 Aerobic Gymnastics Australian & AeroSchools Championships
The Aerobic Gymnastics and AeroSchools Australian Championships are the official National Championships for Aerobic Gymnastics, run under the auspices of Gymnastics Australia.

Competition Cycle - The Aerobic Gymnastics and AeroSchools Australian Championships are held once every year.

The rules set out in the following documents will cover all competition rules relating to the Aerobic Gymnastics Australian Championships and the AeroSchools National Championships:-

- 2013 – 2016 FIG Code of Points
- 2014 – 2017 Aerobic Gymnastics National Levels Stream Rules
- 2016 AeroSchools Rules and Guidelines incorporating AeroDance Divisions
- 2016 AeroDance Rules (Optional Routines)
5.5 Judges

5.5.1 Subsidy
For information on this, please see the National Championships Judges Subsidy Policy on the http://www.gymnastics.org.au/by-laws-policies-technical-regulations.html pages of GA’s website.

5.5.2 Judges Panels
The National Technical Director and Judging Coordinator will consider all or some of the following factors (not listed in any order of priority) and they may give such weight to any or all of these factors as they see fit when putting panels together for national events

(a) Judging qualification
(b) Number of judges per state
(c) Experience
(d) Years of service
(e) Contribution to the sport

Judges will not be permitted to appeal the decisions of the Judging Coordinator or Technical Director.

All states are required to supply at least one (1) judge for the entirety of the Australian Championships. The training and travel arrangements for all judges are the responsibility of their state.

Judges may not have dual roles, e.g. coach at the Australian Championships. As the AeroSchool Championships is separate from the Australian Championships a judge is able to take on another role at this competition. Less experienced judges are encouraged to nominate for the AeroSchools Championships.

5.6 National Clubs Competition
The 2016 National Clubs competition will be held in Bendigo immediately following the Australian Aerobic Gymnastics Championships in September.

5.6.1 Eligibility
• Each gymnast must be registered with GA or have competed at their state’s AeroSchools Championship.
• All gymnasts within a team must be registered with the same club/school.
• All coaches and judges must be registered with GA or associated with a school participating in AeroSchools.

5.6.2 Rules:
Competition will follow the Rules and Regulations found in:
• AeroSchools AeroDance – 2016 Resource Kit,
• Levels 1 – 7 – Aerobic Gymnastics 2014 - 2017 Australian Levels Program,
• International – FIG AER 2013-2016 Code of Points, FIG Website
• AeroDance – 2016 AeroDance Rules, GA Website

• Gymnasts may compete in or above the category they are registered at.
• Gymnasts can only compete in one level of the Gymnastics Australia Aerobic Gymnastics ALP or the International Stream and one AeroDance division.
• A gymnast cannot compete against themselves, so can only enter one routine within the same category.
5.6.3 Judging:
Each club is required to nominate at least one judge for the sessions they are competing in. If a club cannot provide a suitable judge for the level of competition entered, there will be a fee of $250.00 to cover the cost of funding a replacement for that level of competition.

5.6.4 Awards:
Each category:
- Medals will be awarded for 1st, 2nd and 3rd placing in each age division.
- Ribbons will be awarded for 4th, 5th, 6th placing in each division

An award will be made for the overall champion club based on points awarded as follows:
A club’s best six placings from any division.
- 1st Place 12 Points
- 2nd Place 10 Points
- 3rd Place 8 Points
- 4th Place 6 Points
- 5th Place 4 Points
- 6th Place 3 Points
- 7th Place 2 Points
- 8th Place 1 Point

1st, 2nd & 3rd overall champion clubs will be recognised.

ARTICLE 6. AWARD GUIDELINES

6.1 Awards

The following AER Awards may be awarded each year:

<table>
<thead>
<tr>
<th>Title</th>
<th>Award</th>
<th>Type</th>
<th>Selection</th>
</tr>
</thead>
<tbody>
<tr>
<td>Senior /International</td>
<td>Gymnast/s of the Year</td>
<td>ATHLETE/S</td>
<td>- Results of competition performances throughout the year</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>- National Championships</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>- International competitions</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>- Member of Aerobic Gymnastics National Squad</td>
</tr>
<tr>
<td>Age Group /International</td>
<td>Gymnast/s of the Year</td>
<td>ATHLETE/S</td>
<td>- Results of competition performances throughout the year</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>- National Championships</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>- International competitions</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>- Member of Aerobic Gymnastics National Squad</td>
</tr>
<tr>
<td>Australian Levels</td>
<td>Gymnast of the Year</td>
<td>ATHLETE/S</td>
<td>- Level 6 or 7 athlete at Australian Championships</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>- Development Squad member</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>- International event experience</td>
</tr>
<tr>
<td>Event</td>
<td>Role</td>
<td>Category</td>
<td>Requirements</td>
</tr>
<tr>
<td>-----------------------------</td>
<td>---------------</td>
<td>-----------------------------------</td>
<td>--------------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>5th Australian Championships</td>
<td>Gymnast</td>
<td>ATHLETE</td>
<td>The current year’s National Championships can be included in the 5 and 10 year awards. If the eligible athlete requires the current Nationals to meet a 5 or 10 requirement please mark them &quot;pending selection&quot;. Attendance at National Championships is not required to be in consecutive years (i.e. 2003, 2006, 2007, 2009, 2012 is acceptable). Attendance can be in either or both the Australian Levels Program or International streams of competition at the National Australian Championship. Nominees should be verified by States using iMis/membership database records. Athletes should be current, or retired in the previous year of competition. Nominees for these awards can be held off until definitive entries for National Championships State team are known.</td>
</tr>
<tr>
<td>10th Australian Championships</td>
<td>Gymnast</td>
<td>ATHLETE</td>
<td>Or Coaching Team. Active involvement in State/National coaching activities. Involvement in coaching state teams. Selection of gymnasts to AER National Squad. Team performance at State and National competitions. Selection of gymnasts to the Australian National and Development Squads.</td>
</tr>
<tr>
<td>International</td>
<td>Coach of the Year</td>
<td>COACH</td>
<td>Active involvement in State levels coaching activities. Involvement in coaching state teams. Selection of gymnasts to the Development Squad. Team performance at State and National Levels competitions. Selection of gymnasts to the Australian National and Development Squads.</td>
</tr>
<tr>
<td>Australian Levels</td>
<td>Coach of the Year</td>
<td>COACH</td>
<td>Active involvement in State levels coaching activities. Involvement in coaching state teams. Selection of gymnasts to the Development Squad. Team performance at State and National Levels competitions. Selection of gymnasts to the Australian National and Development Squads.</td>
</tr>
<tr>
<td>Special Recognition Award</td>
<td>ANY (e.g. Volunteer)</td>
<td>ANY</td>
<td>Be actively involved in the AER community at a national level. Be a volunteer assisting at events, workshops etc at a national level.</td>
</tr>
<tr>
<td>Judging</td>
<td>Official of the Year</td>
<td>JUDGE</td>
<td>Be a FIG Brevet or National Judge and have contributed towards judges’ education. Be involved with the preparation of State or National team members.</td>
</tr>
</tbody>
</table>

**RANKING:**

<table>
<thead>
<tr>
<th>CATEGORY 1</th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>World Championships</td>
<td>1 – 3</td>
<td>4 – 6</td>
<td>7 – 9</td>
<td>10 – 13</td>
<td>14 – 16</td>
<td>17 – 20</td>
<td>20 +</td>
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</tbody>
</table>

**CATEGORY 2**

<table>
<thead>
<tr>
<th>World Series</th>
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<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>IAF/Suzuki, Bulgaria, ANAC</td>
<td>1 – 3</td>
<td>4 – 6</td>
<td>7 – 9</td>
<td>10 - 13</td>
<td>14 – 16</td>
<td>17 – 20</td>
<td></td>
</tr>
<tr>
<td>CATEGORY 3</td>
<td>International Competitions other than Category 1 or 2 e.g. Asian Championships</td>
<td></td>
<td></td>
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</tr>
<tr>
<td></td>
<td>1 – 3 4 – 6 7 – 9 10 – 13 14 - 16</td>
<td></td>
<td></td>
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<td></td>
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</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>CATEGORY 4</th>
<th>Australian Championships</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1 2 3 4</td>
</tr>
</tbody>
</table>

6.2 Process

- GA will request nominations from State Associations
- States put forward one nomination only per award category; the only exception is the five or ten year participation. Those nominated can be from other states and should represent the most worthy recipient in Australia.
- Nominations should include the completed nomination form plus supporting information
- Information supplied may be utilised by Gymnastics Australia for promotional purposes
- The Commission will be the Selection Committee and reserve the right to non-award if nominations do not meet the criteria
- The selection panel's decision is final and no correspondence will be entered into
- All nominations must be endorsed by the relevant State association; nominations from the Commission must be advised to the State Executive Director
- Gymnastics Australia must receive nominations by the closing date
- Presentations occur at the Australian Championships
## APPENDIX 1 – AEROBIC GYMNASTICS LEVELS STRUCTURE 2014-2016

<table>
<thead>
<tr>
<th>Level</th>
<th>Difficulty</th>
<th>Music Length</th>
<th>Values</th>
<th>No. of Elements to Count</th>
<th>Max. No. of Down Elements</th>
<th>Compulsory / Optional Skills</th>
<th>Max Raw Element Score</th>
<th>Compulsory Maximum Difficulty Score</th>
<th>Total Possible Raw Difficulty Score</th>
<th>Acrobatic Elements allowed</th>
<th>Maximum Number of Acrobatic Elements</th>
<th>Maximum Lifts With No Prohibited Moves</th>
<th>Transitions Moving Through Vertical</th>
<th>Age Divisions (***at State level only)</th>
<th>Categories (choose 2 only)</th>
<th>Competition Area</th>
<th>Suggested Progression</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 1</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>No</td>
<td>0</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>Level 2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Level 2</td>
<td>1min +/-5 sec</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>No Score</td>
<td>N/A</td>
<td>No</td>
<td>0</td>
<td>No lift</td>
<td>Not allowed</td>
<td>6-8 Mini**</td>
<td>9-11 Junior**</td>
<td>12-15 Intermediate**</td>
<td>INDIVIDUAL/MULTIPLES</td>
<td>7 m x 7m</td>
</tr>
<tr>
<td>Level 3</td>
<td>1min 30 sec +/-5 sec</td>
<td>0.1 - 0.2</td>
<td>4#</td>
<td>N/A</td>
<td>N/A</td>
<td>Compulsory# Push up 0.1 Support 0.2 Tuck Jump 0.3 Split 0.1</td>
<td>0.6</td>
<td>Difficulty Score 0.3 Jumping Jacks - 0.1 Compulsory Pushups - 0.1 High Leg Kicks - 0.1</td>
<td>0.9</td>
<td>No</td>
<td>0</td>
<td>1</td>
<td>Not allowed</td>
<td>6-8 Mini**</td>
<td>9-11 Junior</td>
<td>12-15 Intermediate</td>
<td>INDIVIDUAL/MULTIPLES</td>
</tr>
<tr>
<td>Level 4</td>
<td>1min 30 sec +/-5 sec</td>
<td>0.1 - 0.3</td>
<td>6#</td>
<td>N/A</td>
<td>N/A</td>
<td>Compulsory# Push up 0.1 Support 0.2 1/2 Turn Tuck Jump 0.3 1/1 Air Turn 0.3 Split 0.1 1/1 Turn 0.2</td>
<td>1.2</td>
<td>Difficulty Score 0.6 Jumping Jacks - 0.2 Pushups - up to 0.2 High Leg Kicks - up to 0.2</td>
<td>1.8</td>
<td>No</td>
<td>0</td>
<td>1</td>
<td>Not allowed</td>
<td>6-8 Mini**</td>
<td>9-11 Junior</td>
<td>12-15 Intermediate</td>
<td>16+ Senior</td>
</tr>
<tr>
<td>Level 5</td>
<td>1min 30 sec +/-5 sec</td>
<td>0.1 - 0.3^2</td>
<td>8</td>
<td>Max 4 Down 1 - Split Optional Skills with minimum 1 from each group</td>
<td>2.4</td>
<td>Difficulty Score 1.2 Jumping Jacks - up to 0.4 Pushups - up to 0.4 High Leg Kicks - up to 0.4</td>
<td>3.6</td>
<td>A1</td>
<td>1</td>
<td>1</td>
<td>Allowed</td>
<td>9-11 Junior</td>
<td>INDIVIDUAL/MULTIPLES</td>
<td>7 m x 7m</td>
<td>Level 6</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Level 5</td>
<td>1min 30 sec +/-5 sec</td>
<td>0.1 - 0.4^2</td>
<td>8</td>
<td>Max 5 Down 1 - Split 1 - Pushup Optional Skills with minimum 1 from each group</td>
<td>3.2</td>
<td>Difficulty Score 1.2 Jumping Jacks - up to 0.4 Pushups - up to 0.4 High Leg Kicks - up to 0.4</td>
<td>4.4</td>
<td>A1</td>
<td>1</td>
<td>1</td>
<td>Allowed</td>
<td>12-15 Intermediate</td>
<td>INDIVIDUAL/MULTIPLES</td>
<td>7 m x 7m</td>
<td>Level 6</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Level 5</td>
<td>1min 30 sec +/-5 sec</td>
<td>0.1 - 0.4^2</td>
<td>8</td>
<td>Max 5 Down 2 - Split 2 - Pushup Optional Skills with minimum 1 from each group</td>
<td>3.2</td>
<td>Difficulty Score 1.2 Jumping Jacks - up to 0.4 Pushups - up to 0.4 High Leg Kicks - up to 0.4</td>
<td>4.4</td>
<td>A1</td>
<td>1</td>
<td>1</td>
<td>Allowed</td>
<td>16+ Senior</td>
<td>INDIVIDUAL/MULTIPLES</td>
<td>7 m x 7m</td>
<td>Level 6</td>
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</tr>
</tbody>
</table>
## APPENDIX 1 cont. – AEROBIC GYMNASTICS LEVELS STRUCTURE 2014-2016

<table>
<thead>
<tr>
<th>Level</th>
<th>Music Length</th>
<th>Values</th>
<th>No. of Elements to Count</th>
<th>Max. No. of Down Elements</th>
<th>Optional Skills</th>
<th>Max. Raw Element Score</th>
<th>Compulsory Skills Max. Difficulty Score</th>
<th>Total Possible Raw Difficulty Score</th>
<th>Acrobatic Elements allowed</th>
<th>Maximum Number of Acrobatic Elements</th>
<th>Maximum Lifts With No Prohibited Moves</th>
<th>Transitions Moving Through Vertical</th>
<th>Age Divisions (*at State level only)</th>
<th>Categories (choose 2 only)</th>
<th>Competition Area</th>
<th>Suggested Progression</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 6</td>
<td>1min 15 sec +/-5 sec</td>
<td>0.1 - 0.5^^</td>
<td>8</td>
<td>Max 4 Down 1 - Split</td>
<td>Optional Skills with minimum 1 from each group</td>
<td>4.0</td>
<td>N/A</td>
<td>4.0</td>
<td>A1-3</td>
<td>2</td>
<td>1</td>
<td>Allowed</td>
<td>9-11 Junior</td>
<td>INDIVIDUAL/ MULTIPLES</td>
<td>7m x 7m</td>
<td>Nat Dev AG 1</td>
</tr>
<tr>
<td>Level 6</td>
<td>1min 30 sec +/-5 sec</td>
<td>0.1 - 0.5^^</td>
<td>8</td>
<td>Max 5 Down 1 - Split 1 - Pushup</td>
<td>Optional Skills with minimum 1 from each group</td>
<td>4.0</td>
<td>N/A</td>
<td>4.0</td>
<td>A1-3</td>
<td>2</td>
<td>1</td>
<td>Allowed</td>
<td>12-15 Intermediate</td>
<td>INDIVIDUAL/ MULTIPLES</td>
<td>7m x 7m</td>
<td>AG 1 AG 2</td>
</tr>
<tr>
<td>Level 6</td>
<td>1min 30 sec +/-5 sec</td>
<td>0.1 - 0.5^^</td>
<td>8</td>
<td>Max 5 Down 2 - Split 2 - Pushup</td>
<td>Optional Skills with minimum 1 from each group</td>
<td>4.0</td>
<td>N/A</td>
<td>4.0</td>
<td>A1-3</td>
<td>2</td>
<td>1</td>
<td>Allowed</td>
<td>16+ Senior</td>
<td>INDIVIDUAL/ MULTIPLES</td>
<td>Individual 7m x 7m Multiples 10m x 10m</td>
<td>Level 7 AG 2 Senior Int</td>
</tr>
<tr>
<td>Level 7</td>
<td>1min 30 sec +/-5 sec</td>
<td>0.1 - 0.7^^</td>
<td>10</td>
<td>Max 5 Down 2 - Split 2 - Pushup</td>
<td>Optional Skills with minimum 1 from each group</td>
<td>7.0</td>
<td>N/A</td>
<td>7.0</td>
<td>A1-6</td>
<td>2</td>
<td>1</td>
<td>Allowed</td>
<td>12 -15 Intermediate 16+ Senior</td>
<td>INDIVIDUAL/ MULTIPLES</td>
<td>Intermediate 7m x 7m Senior 10m x 10m</td>
<td>AG 2 Senior Int</td>
</tr>
</tbody>
</table>

# Additional elements in the routine will not incur a difficulty score, but must still be performed. Each element that is not performed will incur a 0.2 deduction.

# Downgrading of elements is not permitted & will not be awarded a difficulty value.

^^ Only 2 elements with the same base family may be performed e.g. tuck jump & tuck jump to split are allowed, but an additional tuck jump skill would incur a 1.0 point penalty for repetition of an element.
## APPENDIX 2 – AEROBIC GYMNASTICS INTERNATIONAL STREAM STRUCTURE 2014-2016

<table>
<thead>
<tr>
<th>Level</th>
<th>Music Length</th>
<th>Values</th>
<th>No. of Elements to Count</th>
<th>Max No. of Down Elements</th>
<th>Difficulty</th>
<th>Total Possible Raw Difficulty Score</th>
<th>Acrobatic Elements allowed (Optional)</th>
<th>Maximum Number of Acrobatic Elements (Optional)</th>
<th>Lifts (With No Handstand)</th>
<th>Transitions Moving Through Vertical</th>
<th>Age Divisions</th>
<th>Categories (choose 2 only)</th>
<th>Competition Area</th>
<th>Suggested Progression</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>National Development</strong>**</td>
<td>1 min 15 sec +/- 5 sec</td>
<td>0.1 - 0.4</td>
<td>6</td>
<td>4</td>
<td>1 - split</td>
<td>Compulsory* Push up 0.1 Straddle Support 0.2 Air Turn 0.3 Split Through 0.3</td>
<td>0.8</td>
<td>0.9</td>
<td>1.7</td>
<td>A1 - A3</td>
<td>2</td>
<td>0</td>
<td>Allowed</td>
<td>9 - 11 years</td>
</tr>
<tr>
<td><strong>Age Group 1</strong>**</td>
<td>1 min 15 sec +/- 5 sec</td>
<td>0.1 - 0.6</td>
<td>8</td>
<td>Max 5 Down 1 - Split 1 - Pushup</td>
<td>Compulsory* Wenson Push up 0.2 Straddle Support 1/2 turn 0.3 Tuck Jump 1/1 turn 0.4 Vertical Split 0.2</td>
<td>2.4</td>
<td>1.1</td>
<td>3.5</td>
<td>A1 - A6</td>
<td>2</td>
<td>Maximum 1</td>
<td>Allowed</td>
<td>12 - 14 years</td>
<td>INDIVIDUAL MALE INDIVIDUAL FEMALE PAIR TRIO</td>
</tr>
<tr>
<td><strong>Age Group 2</strong>**</td>
<td>1 min 30 sec +/- 5 sec</td>
<td>0.2 - 0.7</td>
<td>10</td>
<td>Max 5 Down 2 - Split 2 - Pushup</td>
<td>Compulsory* Helicopter to split 0.4 Straddle Support 1/1 turn 0.4 Straddle Jump 0.3 Full turn to Vertical Split 0.4</td>
<td>4.2</td>
<td>1.5</td>
<td>5.7</td>
<td>A1 - A7</td>
<td>2</td>
<td>1</td>
<td>Allowed</td>
<td>15 - 17 years</td>
<td>INDIVIDUAL MALE INDIVIDUAL FEMALE PAIR TRIO</td>
</tr>
<tr>
<td><strong>Senior</strong>**</td>
<td>1 min 30 sec +/- 5 sec</td>
<td>0.3 - 1.0</td>
<td>10</td>
<td>Max 5 Down 2 - Split 2 - Pushup</td>
<td>Optional Skills with minimum 1 from each group</td>
<td>10</td>
<td>0.0</td>
<td>10.0</td>
<td>A1 - A7</td>
<td>2</td>
<td>2</td>
<td>Allowed</td>
<td>18 + years</td>
<td>INDIVIDUAL MALE INDIVIDUAL FEMALE PAIR TRIO</td>
</tr>
</tbody>
</table>

# Combination of skills score of 0.1 not included

* Downgrading of elements is not permitted & will incur a difficulty deduction.

** Eligible for National Squad selection
### APPENDIX 3 – AEROBIC GYMNASTICS AERODANCE STRUCTURE 2014-2016

<table>
<thead>
<tr>
<th>Division</th>
<th>Music Length</th>
<th>Values</th>
<th>No. of Elements to Count</th>
<th>Max No. of Down Elements</th>
<th>Compulsory / Optional Skills</th>
<th>Total Possible Raw Difficulty Score</th>
<th>Acrobatic Elements allowed (Optional)</th>
<th>Lifts (With No Held Handstand)</th>
<th>Transitions Moving Through Vertical</th>
<th>Age Divisions##</th>
<th>Category</th>
<th>Competition Area</th>
<th>Suggested Progression</th>
</tr>
</thead>
<tbody>
<tr>
<td>Division 1</td>
<td>1 min 30 sec +/- 5 sec</td>
<td>0.1 - 0.4</td>
<td>4</td>
<td>Optional Skills with minimum 1 from each family</td>
<td></td>
<td></td>
<td>Allowed</td>
<td>9 -11 years 12 - 15 years 16 + years</td>
<td>Team of 5 – 10 athletes</td>
<td>10m x 10m</td>
<td>Division 2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Division 2</td>
<td>1 min 30 sec +/- 5 sec</td>
<td>0.1 - 0.4</td>
<td>4</td>
<td>Optional Skills with minimum 1 from each family</td>
<td></td>
<td></td>
<td>Allowed</td>
<td>9 -11 years 12 - 15 years 16 + years</td>
<td>Team 5 - 10</td>
<td>10m x 10m</td>
<td>Junior Intermediate Senior</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Junior ^^</td>
<td>1 min 30 sec +/- 5 sec</td>
<td>0.1 - 0.3</td>
<td>4</td>
<td>4</td>
<td>Optional Skills from Groups C &amp; D</td>
<td>1.2</td>
<td>Yes</td>
<td>1</td>
<td>Allowed</td>
<td>9 - 11 years</td>
<td>Team 5 - 10</td>
<td>10m x 10m</td>
<td>Intermediate</td>
</tr>
<tr>
<td>Intermediate ^^</td>
<td>1 min 30 sec +/- 5 sec</td>
<td>0.1 - 0.4</td>
<td>4</td>
<td>4</td>
<td>Optional Skills from Groups C &amp; D</td>
<td>1.6</td>
<td>Yes</td>
<td>1</td>
<td>Allowed</td>
<td>12 - 15 years</td>
<td>Team 5 - 10</td>
<td>10m x 10m</td>
<td>Senior</td>
</tr>
<tr>
<td>Senior ^^</td>
<td>1 min 30 sec +/- 5 sec</td>
<td>0.1 - 0.4**</td>
<td>4</td>
<td>4</td>
<td>Optional Skills from Groups C &amp; D</td>
<td>1.6</td>
<td>Yes</td>
<td>1</td>
<td>Allowed</td>
<td>16 + years</td>
<td>Team 5 - 10</td>
<td>10m x 10m</td>
<td></td>
</tr>
</tbody>
</table>

** Seniors may perform 0.5 & 0.6 skills but will not earn higher than 0.4 when performed with to meet minimum difficulty requirements

## One (1) team member may be from another age group

^^ Eligible for National Squad selection