



**FISAF INTERNATIONAL  
SPORT AEROBICS & FITNESS**

# **FISAF INTERNATIONAL SPORT AEROBICS-MASTERS TECHNICAL REGULATIONS**

## **2024-2025**

The rules and regulations contained in this document supersede all past technical regulations and are valid from 31st January 2024-31st December 2025. If amendments are made during this period, these will be communicated by email to country members through the official newsletter, or via the official FISAF International Facebook page.

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# MASTERS TECHNICAL REGULATIONS

**2024-2025**

## Introduction

The Sport Aerobics Technical Regulations and its appendices contain all information which governs policies, rules of competition, and procedures for FISAF international competitions.

## Objective

- To create common rules suitable for athletes who would love to continue to compete; for example: Individual Women 30 years+ and Men 30 years+.
- To allow athletes, of this age group, to compete against each other at any FISAF Open National Competition.
- To encourage participation rather than losing athletes once they have reached a certain stage in their competition career.

## International Competition System

The European and the World Championships for Cadet, Junior, Youth, Adult and Masters age divisions are held annually by FISAF International. The winners in each competition division and age division of the European Fitness Championships will be known as the European Champions. The winners in each competition division and age division of the World Fitness Championships will be known as the World Champions.

### FISAF INTERNATIONAL TECHNICAL COMMITTEE

The Sport Aerobics & Fitness Technical Committee are a group of volunteers who work within the FISAF International organization.

The main purpose is to develop and organize the international competition structure and everything concerning 'competition/championship' activities.

It is also responsible for the growth of the sport, it's exposure worldwide, and education for judges, athletes, choreographers and coaches etc.

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# 1 EVENT REQUIREMENTS

## 1.1 Competition Divisions, Age Categories & Requirements

### Master Competition Divisions

Sections/Divisions	Number of Team Members
Individuals Women & Men	1
Mixed Teams	2- 4 Athletes

### Master Age Categories and Requirements

(As at 31st December in year of competition)

- Individual Women: 30 years+
- Individual Men: 30 years+
- Mixed Team of 2, both must be of the correct age (males 30+, females 30+) Duos can be made of any gender
- Mixed Team of 3 - 4, one member can be younger than the stated age range (max. 5 years younger)
- An athlete can enter different competition divisions. Please consider the personal health and fitness of all athletes if entering into multiple categories/divisions
- It is strongly advised that one person should not perform more than four times during one competition. FISAF International and the Event Organizer are not responsible for the individual scheduling of athletes. Please consider your personal health and fitness if wishing to enter many categories/divisions.

## 1.2 FISAF Registration Form (FRF)

Registration, using the FRF, is to be done five weeks prior to commencement of each competition, and includes registration of any substitutes. The FRF is used to create the Skill Lists for athletes and these are to be submitted no later than two weeks prior to the commencement of the competition. A definite date for the submission of the Skill List will be released prior to each competition by FISAF Head Office. Once submitted, a Skill List cannot be changed, prior to a competition, unless requested by the Technical Committee. No changes to the Skill List are allowed between rounds of competition.

For access to this program please visit: [www.polarcz.com](http://www.polarcz.com)

## 1.3 Rounds of Competition

All international competitions will have at least two rounds depending upon the final number of registrations in the competition division: preliminary and/ or semi-final and a final round, see below;

Number of entries	Rounds of Competition
1 - 12	Semi-final + final
13 - 24	Preliminary + semi-final (6A + 6B grouping) + final
25 +	Preliminary + semi-final (8A + 7B grouping) + final

- 5 routines per country per section will continue to be allowed to enter
- Top 8 routines will be sent through to finals in every category

### Preliminary Round:

The purpose of this round is to find the 12 highest ranked competitors to proceed to the semi-final round. This round will be used to check compliance with the technical regulations including attire. If the routine doesn't

comply, the competitors will be informed, straight after the conclusion of this round, by the Head Judge. The preliminary round will be used to group the competitors for the semi-final round if necessary (refer Semi-Finals).

If there are 12 or less entries in the competition division, there will be no preliminary round and the routines will be checked for compliance to the Technical Regulations in the Semi-final round.

The performance order of the preliminary round is randomly assigned by a drawing of numbers done by the computer system. The number assigned to each competitor, duo, or trio, will be their specific number showing their order of performance for the preliminary round.

### **Semi-finals:**

Following the preliminary round, a semi-final round will take place and the performance order will again be randomly drawn by the computer. The purpose of this round is to find the 8 top ranked competitors to proceed to the final round. If there are 7 to 11 entries in the competition division, the starting order will be drawn for the semi-finals without grouping. A system of grouping will be used when there are 12 or more competitors in a competition division in the semi- final round.

For example, 12 to the semi-final round: 6 competitors in group A, 6 competitors in group B  
15 competitors to the semi-final round: 8 competitors in group A, 7 competitors in group B.

Competitors will be placed in either group A or B according to their level of ability. Group B will be those ranked with less ability and will compete first in the semi-final round. Group A will be those ranked with most ability and will compete straight after group B. The computer will randomly draw the order of the competitors within each group and this will be the performance order for the semi-final round.

Any competitor can change their ranked position by their performance. They are not automatically locked into the group first given.

### **Finals:**

Following the semi-final round, a final round will take place. The purpose of this round to is to find the order of the top 8 competitors. The performance order of competitors/duos/trios will be again randomly drawn by the computer, immediately after the end of the semi-final round.

## **1.4 Substitutions**

Before commencement of the competition, Registration, using the FISAF Registration Form, (FRF), is to be done approximately five weeks prior to commencement of each competition, and includes registration of any substitutes.

Substitution of one member in a Mixed Team is allowed after registration and up to two weeks prior to the commencement of a competition. For extenuating circumstances, such as injury, illness, or compassionate reasons a request for a substitution can be made to the Sports Aerobics and Fitness Technical Committee, within the two-week period prior to a competition. If this is necessary, a medical certificate will be required in the case of injury to an athlete who needs to be replaced.

During the competition; A total of one athlete, in a Mixed Team, can be substituted, with any of the registered athletes, from the preliminary round to the final round of competition, if necessary.

## **2 PERFORMANCE REQUIREMENTS**

### **2.1 Performance time, Length of Music & BPM**

Performance time is 1min 30secs and a tolerance of plus/minus 5 seconds will be accepted. The speed of the music is 150 – 158bpm. 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. A competitor/s is not able to request a replacement track once the competition has started. Music and songs belonging to a trade mark can't be used as competition music.

If unacceptable, music, length of music, BPM, offensive language, or trademarks are used during the preliminary round of competition, the Head judge will notify the coach and no deduction will be given. If this music is included in final round, Artistic Judges will give a deduction up to 0.5 points.

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 coach/competitor to verify the length of music prior to the competition. The length of the music will be submitted with the skill list and is checked prior to the competition. If it is too long or short, then the competitor is notified and given the opportunity to fix the error. A music and floor check will be available at the venue for all competitors, prior to the competition.

Athletes must use suitable music with a discernible BPM. The tempo of the music must be within the range stated. The BPM will be submitted with the FRF skill list and it will be shown on that list for the Judges. The BPM will be checked when it is submitted electronically, prior to the competition. The same BPM must be used throughout the entire routine.

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. Athletes are not able to request a replacement track once the competition has started. Music and songs belonging to a trademark can't be used as competition music.

There will be no replacement of any medium of music once competition has started unless requested by the Head Judge or if there is a fault with the sound equipment.

Competitors are required to send their performance music on the Cloud. Prior to the competition more information will be made available by the event organisers to upload competitor's music.

### **2.2 Performance Area**

The performance area is a 7 metre by 7 metre square and is clearly marked by a line of contrasting colour that is between 5 cm and 10 cm in width. The outside edge of the line forms the boundary of the performance area, i.e. the line is inside the performance area.

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.

## 2.3 Sports Aerobics Attire

Whilst athletes are encouraged to display creativity in their attire, a competitor's appearance will reflect the appropriateness and unique qualities of sports aerobics and adequate coverage of the body to enhance a performance.

- Costumes should be age-appropriate
- 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.)
- Competitors can change their competition attire for each performance but should be aware that if the outfit chosen is not acceptable then a reduction in the artistic score/rank will occur.

Competitors are required to wear appropriate attire for their performance that is suitable to their age division and gender such as;

- For women: Leotard, two pieces, full length flesh coloured tights, supportive aerobic shoes
- For men: Unitard, shorts or short length bike pants and close-fitting tops which are connected with the pants, supportive aerobic shoes
- Attire should be representative of the SPORT of Competitive Aerobics
- Wristbands and strapping are allowed
- A sponsor logo measuring 5cm x 10cm maximum is allowed

### Unacceptable attire/props

The following are considered to be unsatisfactory attire:

- Costume which is too brief and not considered to be appropriately concealing
- Body oils, body paint, or excessive hair product that may jeopardize the safety of any competitor or changes the floor surface.
- No props will be accepted. This includes but is not limited to chairs, balls, chains, motor bikes, etc.
- G-string leotards are not permitted
- Theatrical attire including hair accessories, hats, gloves, sunglasses, etc.
- Medium length or long hair not held back or held securely, close to the head
- Dirty clothes, torn or damaged attire
- Footwear not suitable for Sports Aerobics
- Inadequate body support
- Items of clothing or accessories may not be discarded during the performance
- Jewellery except wedding rings and small stud earrings
- Any body piercing jewellery must be removed or properly covered with skin colour tape
- For women, leotards worn without tights
- Competition outfits can't represent or carry a trademark
- A sponsor logo measuring more than 5cm x 10cm maximum is NOT allowed
- Attire that distracts from the performance
- Parts of attire which fall off, or could potentially damage the floor surface, e.g. feathers or large and sharp decorative accessories. You may be asked to review your attire before the next round if it is deemed to be a risk to the floor surface or an athlete.

### Footwear

- White crew or ankle socks should be worn with footwear
- Shoes should be lace up, well fitted, supportive sports shoes, in white

## **Costume Deductions 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.

## **2.4 Entry/ Exit**

After the competitor/s are introduced they should enter the performance area and promptly assume their starting position. The competitor may briefly greet or acknowledge the audience prior to assuming their starting position.

For all rounds of competition, the competitor is to promptly exit from the performance area, following completion of their performance. The competitor may briefly thank or acknowledge the audience prior to their exit.

Excessive posing or choreographed movements will not be permitted prior to a competitor assuming their starting position or prior to their exit. Adhering to this rule shows respect and ensures the timetable is not compromised. Competitors who breach this rule will be penalized by the Artistic judges and the competitor/s score will be reduced by 0.5 each time the rule is breached.

## **2.5 False Start/Interruption**

A false start is defined as:

1. A technical problem preventing commencement of a performance after the competitor/s has entered the stage.
2. A technical or medical problem preventing continuation of a performance once it has started.

A false start/interruption is when the circumstances causing it are not within the competitor/s control. This would include, but is not limited to, damage to the facility, failure of equipment or foreign objects on the stage and an injury requiring medical attention.

The decision as to whether the false start/interruption will be acceptable will be at the sole discretion of the Head Judge. If it is deemed to be a false start/interruption, then the competitor will have the option of performing immediately or at the end of the category.

A routine that is not started or is interrupted, without completion, due to the fault of a competitor, is not considered as a false start/interruption. This would include but is not limited to, forgetting a routine, falling down. If not a false start/interruption, the competitor will be disqualified.

## **Injury or illness between rounds of competition**

An Individual, Duos or Trios must let the Head Judge know as soon as possible but within two hours (when possible) prior to the next round if they are going withdraw from the competition.

In the case where an Individual, Duos or Trios withdraws during a competition the next qualifying athlete will have the option to compete. For example; 8 women qualified for the final round, one is injured prior to the finals and cannot compete therefore the 9th ranked woman has the option to compete in the finals. This 'next qualifying' athlete will be informed no later than two hours (when possible) prior to the next round.



### 3 JUDGING

Judges are obligated to adhere to the Technical Regulations in an unbiased and conscientious manner and according to the FISAF International 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 their competition division.

#### 3.1 Judging Panel & Judging Criteria Breakdown

5 Panel of Judges*	
Judge	Criteria
1 x Execution	Execution, technical ability
2 x Artistic	Creativity, choreography, music selection, music interpretation, performance, musical synchronization
1x Aerobic	Intensity, quality
1 x Global (Performance Judge) Head judge	Global overview together with performance and entertainment

\*Where available an additional judge can be added to panels. This judge will serve as a standalone non-ranking head judge. Their role will be to oversee the panel and take away the pressure from the Global judge to rank and run the panel.

#### Execution Judge

The Execution Judge Criteria includes the following but is dependent upon the actual category; ability of the competitor or Mixed Team to perform and display a variety of movements which are specific to the Sports Aerobics discipline. Also considered is the execution, placement and control of all movement and the complexity of those movements. The Execution Judge will apply a score for each routine, after considering the execution criteria and, in comparison to all other routines in that category. The ranking of a routine will be derived from a score out of 10.

#### Artistic Judge

The Artistic Judge criteria includes the following; the originality and creativity of the choreography and the use of the music. Synchronization is also considered, this being the ability of the athlete/s to stay in time with the music and perform at the same level as each other. The Artistic Judge will consider the appearance, attire, presentation and interaction in the Mixed Teams category.

If the music is outside the approved range of BPM the Artistic Judges will reduce their score and this can affect a ranking. The Artistic Judge will apply a score for each routine after considering the artistic criteria and, in comparison to all other teams. The ranking of a routine will be derived from a score out of 10.

#### Aerobic judge

The aerobic judge considers intensity during the whole routine. Intensity includes quality of all movement; skill elements, aerobic sequences, transitions, lifts, and supports. A high level of cardiovascular endurance should be shown as should some complexity. The ranking of a routine will be derived from a score out of 10.

### Global (Performance Judge) Head judge

The performance judge criteria include the overall performance of the routine looking at the ability of the athlete/s to 'dance' and connect with the audience, creating entertainment value of the choreography. The Performance Judge will consider the choreography, the use of the music, technique and synchronisation, the intensity of the routine and the variety and complexity of aerobic choreography. The performance judge will apply a score for each team, after considering the performance criteria and, in comparison to all other teams. The ranking of a team will be derived from a score out of 10.

These rules outline the basis of the Master category. Unless otherwise stated, the current Sports Aerobics rules apply to the Master Category.

### Ranking sheet for judges

Point Scoring Guide	
Point	Reference
10.0	Perfect
9.0	Exceptional
8.0	Excellent
7.0	Very Good
6.0	Good
5.0	Above Average
4.0	Average
3.0	Below Average
2.0	Poor
1.0	Very Poor or Performed but missing a member on stage
0.0	Not attempted

### 3.2 Deduction Guidelines

Description	Deduction/Score	Judge
<b>Artistic</b>		
<b>Costume:</b> Too brief/ too revealing/ not age appropriate Hair bun falling out, hair pieces falling off, excessive hair gems, shoe comes off	0.5 reduction off score	Artistic Judge(s)
<b>Body jewellery:</b> No jewellery allowed; no belly button rings, body piercings, no rings, no sleeps in ears (1 small pair of studs is allowed, wedding rings are allowed)	0.5 reduction off score	Artistic Judge(s)
<b>Music:</b> Swearing/ sexually explicit/ incorrect bpm/ incorrect length/ varied bpm throughout (music must be the same bpm entire track)	0.5 reduction off score	Artistic Judge(s)
<b>Choreography:</b> Sexually explicit/ not age appropriate	0.5 reduction off score	Artistic Judge(s)
<b>Minor Breaches</b>		
Excessive posing or choreographed movements will not be permitted prior to a competitor	0.5 reduction off score	Artistic Judge(s)

assuming their starting position or prior to their exit.		
Going outside the competition square	Extent of breach will determine if deductions/score should be affected. (Head judge will advise) Up to 0.5 reduction off score	Artistic Judge(s)
<b>General</b>		
Incorrect FRF (skills out of order etc) or not meeting minimum/ maximum skill requirements	0.5 reduction off score (head judge will advise)	All Judges
Unacceptable moves/ illegal	0.5 reduction off score (head judge will advise)	All Judges

**Please note:**

- 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
- The global judge (head) may use their discretion on competition days for extenuating circumstances

## 4 ROUTINE REQUIREMENTS

### 4.1 Performance Choreography

A sports 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.

A routine must contain the three compulsory elements;

- 4 x consecutive jumping jacks (stride jumps)
- 4 x consecutive high leg kicks
- 4 x consecutive Push-ups

A routine must also contain skill elements and as many aerobic sequences (pure 8 counts of choreography) as possible. Duos and trios should interact with each other and can use lifts and supports.

### 4.2 Compulsory movements

#### General Definitions

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. Jumping Jacks
2. Alternating High Leg Kicks
3. Push Ups

#### Target body part

The targeted body parts for Compulsory Exercises are:

Alternating High Leg Kicks	- Lower body, hips and torso
Jumping Jacks	- Lower body
Push ups	- Shoulders & arms & torso

#### 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 performed with 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 Duos or Trios 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 Trios or Duos.

#### Stationary

Each of the four (4) repetitions of a Compulsory Exercise shall be performed in the same place without discernible travelling or turning.

#### 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 (heels and toes) together. Heels must be in contact with the floor in both the stride and together positions.
- 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.
  - 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 Duos/Trios 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). Lateral kicks or kicks that are to the side (turned out) do not qualify as compulsory alternating high leg kicks.

### **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 Duos/Trios 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 degrees 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 they must not move to a point higher than the hip position laterally during the muscular contraction (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.

### 4.3 Skill Element Requirements

There must be three compulsory elements; Jumping Jacks, High leg kicks and Push-ups performed. There is a minimum of 5 additional skill elements and maximum of 10, to be included in the routine (see below).

A deduction of 0.5 (per skill element missing) will be used by all judges if the number of additional skill elements is less than 5.

If more than 10 additional skill elements are listed, the judges will only consider the first 10, as skill elements are evaluated in chronological order.

If less elements are performed than stated in the table below, all judges will deduct 0.5 points per skill element missing in all rounds.

If any skill elements performed that are not on the skill list, will not be considered.

The following table shows the number of skill elements from each group that are required in a routine;

<b>Summary of compulsory and skill element requirements:</b>	<b>Min.</b>	<b>Max.</b>
Compulsory elements	3	3
Number of skill elements from the push-up group	1	2
Number of skill elements from the static strength group	1	2
Number of skill elements from the flexibility group	1	2
Number of skill elements from the jump group	2	4

NB: Combinations are allowed in static strength and jumps group (extra point: 1pt).

Masters has the same skill element list as FISAF Sports Aerobics Technical Regulations. Please refer to the current Sports Aerobics Technical Regulations and the FRF skill list program for these elements.

Master category has the same acceptable and unacceptable moves as the FISAF Sports Aerobics Technical Regulations. Please refer to the 2023 Sports Aerobics Technical Regulations for acceptable and unacceptable moves. If an unacceptable element is performed during the preliminary round of competition, the Head judge will notify the coach and no deduction will be given. If this element is included in final round, all judges will give a deduction up to 0.5 points.

### 4.4 Families of Elements

A good routine is one that has skill elements from different families as mentioned above in the Technical Index and variety of elements section. Please refer to Appendix 1, Description of skill elements and families for the full list of specific families.

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

#### 1. Push up group families;

- a. Two arms
- b. Pectoral

- c. Tricep
- d. Hinge
- e. Circular
- f. Triceps Hinge
- g. One arm right
- h. One arm left
- i. One arm and one leg right
- j. One arm and one leg 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 push ups, one should be using the right arm and the other the left arm. If performing four one arm push ups, two should be using the right arm and two the left arm.

## **2. Static strength group families;**

- a. Horizontal (straddle press, pike press etc.)
- b. Planche
- c. Unsupported planche
- d. V press

## **3. Jumps/Aerial group families;**

- a. Air jack
- b. Tuck jump
- c. Front split jump
- d. Pirouette jump family (vertical turn)
- e. Barrel roll family (horizontal turn) to Push up landing
- f. Barrel roll (horizontal turn) taking off 1 leg to Push up Landing
- g. Barrel roll (horizontal turn) taking off 2 legs to Push up landing
- h. Pike jump
- i. Straddle jump
- j. Front jete
- k. Straddle jete

Jumps and leaps must show different air positions and a variety of take-off and landing positions, e.g.

- A. There should be a minimum of one jump and one jete (leap).
- B. Different air positions should be used with a minimum of;
  - a. one jump showing front flexibility
  - b. one jump showing straddle flexibility

- c. one jump with a turn
  - d. one jump showing a pike position (Cossack jump included)
- C. A minimum of one jump landing to;
- a. One/both foot/feet
  - b. sit/split landing
  - c. push up landing (where allowed, dependent on age group)

**4. Flexibility group families;**

- a. Front split
- b. Straddle split
- c. Combination split
- d. 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.

- A. 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.
- B. Elements from each group can be performed on the floor or in a standing position.



## 5 ACCEPTABLE & UNACCEPTABLE MOVES

First priority is that lifts and transitions are 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 are deemed unacceptable. Giving athletes and coaches more flexibility and freedom in routines.

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 0.5 per judge which can risk a reduction in ranking.

- Athletes/coaches can send in lifts/transitions prior to competition to get approval from the Technical Committee

### 5.1 Acceptable Moves

Choreographers will have more freedom and creativity in routines. We want routines to have a wider range of transitions allowed. Making rules clearer and easier for artistic freedom.

*NB: Lifts and supports can add to the interaction, visual image and creativity of a routine but should not risk reducing the aerobic sequences (8 counts of high impact aerobics) in a routine.*

#### Lifts

Definition: One or more Duos or Trios member using one or both arms to take the weight of another member, thereby picking that member up and making their feet/body leave the floor.

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 panel 0.5.

Lifts can be done up to 3 times during a Sport Aerobics routine but always considering that it shouldn't take away from the intensity of the routine. No restrictions on where they are placed throughout the routine.

#### Acceptable Supports

Definition:

1. In a support, the body weight of the supported athlete is not totally held with the hands or arms of the supporting athlete/s thereby the supporting person is not 'lifting' the athlete.
2. The supporting athlete/s are to act as the base for another athlete/s to elevate themselves from the ground. For example, a trio's member uses another member to elevate themselves off the floor by rolling over the back of another member
3. The supporting person can be in either a standing or floor (kneeling, sitting, lying etc.) position

The number of supports is unlimited during the routine.

*NB: Lifts and supports can add to the interaction, visual image and creativity of a routine but should not risk reducing the aerobic sequences (8 counts of high impact aerobics) in a 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:** 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:** A 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 team mates. At least one hand must be in contact with the floor when completely on your own. No flick.

## 5.2 Unacceptable Moves

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 0.5 points.

General unacceptable moves are described and listed below;

**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.

**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 Back-flip or backward walkover 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. There should not be excessive backward bending in the lower body during the movement. If the backflip (of any form) is done using the body of another athlete as the base, as in a support, it is still considered to be a backflip and is unacceptable.

**Handstand:** A gymnastic move in which the body is supported entirely on the hands/hand or elbows, and the body is purposely held in a vertical position. The position of the body dictates the handstand, not the position of the legs, e.g. the legs can be bent or straight, or one bent with the other straight etc, but if the body is

vertical then it is considered to be a handstand. N.B. Movements that involve going 'through' a handstand position, without a purposeful discernible hold, are considered a transition and are acceptable.

**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.

### **5.3 Own Moves**

To include an element that is not included listed in the FRF, (an own move), an email request must be sent to the Sports Aerobics and Fitness Technical Committee (TC) at least five weeks before the competition. The request must include a video of the skill element, the proposed element name, value, and icon, and the family of the element. The TC will agree or modify the proposal and return a final outcome to the competitor. At this point the competitor can continue with the process or withdraw the own element. If the proposal is agreed, the element will then be included in the FRF skill list. Once this procedure is finalised the competitor may include the element in her/his performance.

## 6 GENERAL REQUIREMENTS

### Protests

Where extraordinary circumstances occur, a protest must be lodged, to the Head judge, within one hour of the closure of the current category. The fee to lodge a protest is 100 EUR. Protests will be considered by any Technical Committee members present and the Head judge with the decision of this group being final. The decision of TC must be done before the final round of competition will be.

Protests lodged after the event will not be considered unless there are extenuating circumstances that are approved by the President and Technical Committee of FISAF.

### 6.1 Code of Conduct

Athletes and coaches are obligated to follow the good spirit and ethical values of the sport, the principles of Fair Play, National and International Anti-Doping Codes and other rules and regulations that are in force.

Fair Play is often referred to as “the spirit of sport”, it is essence of Olympism; it is how we play true. The spirit of sport is the celebration of the human spirit, body and mind, and is characterized by the following values:

- Ethics, fair play and honesty
- Health
- Excellence in performance
- Character and education
- Fun and joy
- Team work
- Dedication and commitment
- Respect for rules and laws
- Respect for yourself and other participants
- Courage
- Community and solidarity

### 6.2 Disqualification

#### Reasons for disqualification

A competitor can be disqualified for breaching the following conducts; (see section 10.1, Code of Conduct).

- Ethics, fair play and honesty
- Respect for rules and laws
- Respect for yourself and other participants

#### Procedure

The Head Judge or a Technical Committee member issues a written warning, to an offending competitor; stating that they are in breach of the Code of Conduct (mentioned in above in section 10.1) and that pursuing this breach may lead to disqualification. This written warning must be signed by the Head Judge or a Technical Committee member and the original given to the competitor with a copy kept for official record.

Where a competitor has been issued a warning and continues to breach the Code of Conduct, the Head Judge is authorized to disqualify that competitor from a competition.

Where a competitor is disqualified, the Head Judge will give a written notice to the tabulator to remove the results for that competitor. The Head Judge will then notify the competitor of their disqualification.

### **6.3 FISAF International Anti-Doping**

FISAF International condemns the use of performance enhancing drugs and doping practices because it is contrary to the ethics of sport and potentially harmful to the health of athletes. Those found to have engaged in a doping practice are liable to sanctions by FISAF International.

For the purpose of this Policy a doping practice is: the taking of substances or use of methods prohibited by WADA as referred to on the WADA List of Doping Classes and Methods, or assisting, or being involved in a doping practice. The information of the prohibited substances and methods can be found on the WADA (World Anti-Doping Agency), www-pages: <http://www.wada-ama.org/en/index.ch2>

When drug testing is conducted at an FISAF International sanctioned event, all athletes must make themselves available for testing.'