**SCSA AEROBICS GUIDELINES**

The SCSA Aerobics routines involve the student learning a pre-choreographed routine selected from the Gymnastics Australia program “AeroSchools”.

**Competition Categories:**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Aerobics**  **Level 1** | **Aerobics**  **Level 2** | **Aerobics**  **Level 3** |
| **Content** | Aerobic movements performed for 32 counts each | Aerobic movements performed for 8 to 16 counts | Aerobic movements performed for 4 to 8 counts each |
| **Skills** | Nil | Compulsory elements  Basic skills | Compulsory elements  Intermediate skills |
| **Team Size** | 5 - 10 Students | 3 - 6 Students | 3 - 6 Students |
| **Age** | Year 7 to 9  Year 10 to 12 | Year 7 to 9  Year 10 to 12 | Year 7 to 9  Year 10 to 12 |
| **Square Size** | 7 x 7 metres | 7 x 7 metres | 7 x 7 metres |
| **Song Options** | *Choose one of these three songs:*  Track 7 - Titanium  Track 8 - We Found Love  Track 9 - Style | *Only one song choice:*  Track 10 - All About That Base | *Choose one of these two songs:*  Track 11 - Jump  Track 12 - Shake It Off  *(Routines are slightly different to each other but both are L3)* |

Each school can enter a maximum of 4 teams (Max. 24 students).

For example: Two teams from Year 7 to 9 and two teams from Year 10 to 12 can enter Aerobics Level 1 or one team per division etc.

This limit is in order to keep to a suitable competition time-frame.

*The routines used are sourced from the 2016 Gymnastics Australia AeroSchools Resource*

**Lifts / Acrobatic Elements:**

Lifts and Acrobatic Elements are **not** permitted.

**Shoes:**

* Aerobics/fitness shoes are required. These are defined as shoes with adequate shock absorption, lateral support, flexible midsole and a rigid heel counter.
* Examples of improper footwear include martial arts shoes, ballet slippers, jazz shoes, surf brand leisure, street wear and Dunlop Volleys.

**Uniform options:**

* School Physical Education uniform
* Leotard, unitard, two-piece leotard, pants, long leggings, shorts or close fitting tops are allowed.
* The attire of the team members can be different but must be coordinated.

**Performance Music Requirements:**

All SCSA competition music is supplied by the event organisers. Coaches are requested to bring their own SCSA Music for coaching/ rehearsal purposes on competition day.

**Judging:**

Each group is judged on three elements:

1. Compulsory Elements/Skills - Maximum 10.0 Points

2. Execution Component - Maximum 10.0 Points

3. Criteria for Artistic Merit - Maximum 10.0 Points

**Compulsory Requirements: Identification/ skill information**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Jumping Jacks (JJ)** | **High Leg Kicks (HLK)** | **Push Ups (PUs)** | **L Support** | **Tuck Jump** | **Full Turn (360 Pivot)** | **Side splits** |
| **Requirements** | Four consecutive JJ. | All four (4) kicks must be in the sagittal plane (Forward from the body).  The four (4) kicks must alternate consecutively from right leg to left, or left leg to right, RLRL or LRLR without interruption or movements in between. | Movement begins by flexing the elbow joints causing the body to descend. The movement is completed my extending the elbows, raising the body back up to the starting position. Each PU (upper body action) must be repeated identically, without interruption or movements in between them. | Hands must be flat on ground with Fingers facing toes.  Hands should be placed just in front of hips.  Straight arms with hands pushing into the floor to lift buttocks and legs off the ground.  Hold for the complete 8 counts. | Knees must lift up towards chest  Shins must be visible to the judges.  Toes point from point where feet leave ground until they return. | Keeping the ball of one foot planted, turn the body 360 degrees. | The lines defined by the inner thighs of the Legs form an angle of approximately 180 degrees. |
| **Start & Finish Positions** | Basic, standing anatomical position with heels on the floor.  All members are to face the front. | Standing, feet together and with part of both feet in contact with the floor. | Elbows extended, the weight evenly distributed between hands and feet, some part of both hands and both feet in contact with the floor, the front of the body facing the floor. | Flat hands just in front of hips.  Straight arms.  Legs stretched out straight with heels on ground with pointed toes. | Standing, feet together and with part of both feet in contact with the floor. | Step onto the supporting leg and lift other knee to bending position.  Step in front to balance full circle is completed. | Lower body down into a safe position resting flat on the floor. |
| **Special Requirements** | Can change arm movements during Jacks. Jacks must be stationary, they can’t be used to move around the floor | Arms may be straight to the sides, slightly, higher or lower or in front of the body. | The head must remain in neutral position, i.e. no turning. Both hands and feet must be in contact with floor at all times. | Heads may turn to the front |  | Arms may be optional. | Arm choreography when flat in splits is optional. |
| **Minimum Competency** | Heels must be at shoulder width apart on the “jump out” phase.  Knees must bend symmetrically (even slightly) on the “jump out” phase. | The path of the heel must reach waist level on each of the four (4) kicks. The difficulty score is based on the lowest height of any one of the HLK. | At the end of the downwards phase the upper arm must be in line with the shoulder. | Modified Version Bottom raised with heels on floor. | Knees must be at 90 degrees to hips | 360 degree turn with one foot planted. Other knee lifted with foot beside supporting leg. | The lines defined by the inner thighs of the legs form an angle of approximately 180 degrees. |
| **Main considerations** | Stationary  Heels flat  Unison | Waist height to above waist level  Unison | Any two phase PU with both feet on the floor. Chest 10cm from floor | Legs and back straight. Palms flat | Ankles and knees should also remain together throughout the jump. Shins face the front. | Hold on toe for complete turning time.Maintain an upright body with straight supporting leg. Lifted leg has knee bent with foot beside standing leg knee. | Avoid sliding onto one hip |
| **Perfect Execution** | Feet (determined by the path of the heel) on the “jump out” phase should simultaneously and symmetrically reach shoulder width and knees, heels and toes must be in alignment.  Start and finish position - toes and heels together with heels in contact with the floor. | Start and finish position is standing, with part of both feet in contact with the floor.  The upper body and arms must be controlled at all times.  All four (4) kicks must be in the sagittal plane (Forward from the body) | Starting and/or finishing: one or both hands are in contact with the floor, elbows extended. Shoulders must be parallel to the floor; head in line with the spine and pelvis tucked with abdominal muscles contracted. The downwards and/or upwards phase of the PU must be controlled with shoulders parallel to the floor. | Hands must be flat on ground with Fingers facing toes.  Hands should be placed just in front of hips.  Straight arms with hands pushing into the floor to lift buttocks and legs off the ground.  Hold for the complete 8 counts. | Knees must lift up towards chest  Shins must be visible to the judges.  Toes point from point where feet leave ground until they return.  Ankles and knees should also remain together throughout the jump. | Keeping the ball of one foot planted, turn the body 360 degrees.  Maintain an upright body with straight supporting leg. Lifted leg has knee bent with foot beside standing leg knee. | When executing a side split, the lines defined by the inner thighs of the legs form an angle of approximately 180 degrees. |

**JUDGING**

1. **Compulsory Elements/Skills - Maximum 10.0 Points**

|  |  |  |  |
| --- | --- | --- | --- |
| **Compulsory Movement** | **Maximum Difficulty Value** | **MODIFIED VERSION** | **Difficulty Value** |
| 4 Jumping Jacks | **1** | No modification |  |
| 4 High Leg Kicks | **1** | No modification |  |
| 4 Push ups on toes | **2** | Performed on knees | 0.0 |
| Support/ L sit | **2** | Bottom raised | 0.0 |
| Tuck Jump | **1** | No modification |  |
| Full Turn (360 Pivot) | **1** | No modification |  |
| Splits | **2** | Seated or kneeling position with one leg bent | 0.0 |
| Maximum difficulty score for compulsories | **10.0** |  |  |

**2. Execution Component - Maximum 10.0 Points**

**Technical Skill:**

The judges evaluate the ability to demonstrate movements with maximum precision. An excellent routine demonstrates perfect posture and alignment, active and passive flexibility, strength, power and muscular endurance.

Each movement must have a clear start and finish position and each phase of the movement has to demonstrate perfect control. Proper balance must be shown in difficulty elements, transitions, take-off, landing, and aerobic movement patterns.

All routines begin with 10.0 points and deductions are made each time for every error as follows:

|  |  |
| --- | --- |
| Small error | 0.1 |
| Medium error | 0.3 |
| Large error | 0.5 |
| Unacceptable execution or fall | 1.0 |
| Maximum deduction for an element | 0.5 |

**Synchronisation:**

The judges evaluate the ability of the team to execute all movements as a unit.

Whole routine synchronisation - maximum deduction 2.0 points.

**Other deductions:**

0.1 Deductions:

* Line Fault (when a body part touches the floor outside the line. Touching the line is permitted)

0.5 Deductions:

* Failure to appear on the competition area within 20 seconds
* Prohibited lifts
* Prohibited moves
* Changing the preset choreography

**3. Criteria for Artistic Merit - Maximum 10.0 Points**

**Enhancing artistic performance:**

The choice and execution of diverse movements, choreography, music, musical interpretation and musicality, partnership, expression and other qualities are generally attributed to artistic performance in an otherwise athletic gymnastic exercise.

Artistic evaluation is not only “WHAT” the competitors perform but also “HOW” they perform and “WHERE” they perform it.

**General Information**

An Aerobics routine is composed by the following movements performed to the music; Aerobic movement patterns, difficulty elements, transitions and linking and physical interactions.

The basis and foundation of SCSA routines are to perform Aerobic Movement Patterns (AMP) and difficulty elements to the music. After that, linking the movements and “decorating” the routine creates the artistry. Unique routines see all the components of the choreography integrated with the music and the performance.

**Judging Guidelines: Total possible points = 10**

|  |  |  |
| --- | --- | --- |
| **Artistic Component** | **Judging Considerations** | **Max Points**  **awards** |
| **Music & Musicality** | There must be strong cohesion between the overall performance (movements) and the music, with the choreography utilising the idea given by the music. The competitors should be able to express with their movements and body language throughout the music.  All movements must fit perfectly within the chosen music and relate to the specific competitors. Every single movement in the routine must be choreographed, and must remain on the rhythm, beats, accents, and musical phrases. | 2 |
| **Aerobic Content** | The complexity and variety of the Aerobic Movement Patterns (AMP) sequences are the most important criteria under the Aerobic Content.  The AMP Sequences must utilise both, legs and arms, combined together with a high level of body coordination. The leg movements must show the correct technique of aerobic basic steps, including variations.  The use of the head and the torso during the execution of the AMP sequences may be another possibility to include in the choreography.  Intensity must be shown throughout the routine by ensuring all aerobic movements have rebound and are dynamic. | 2 |
| **General Content** | General content covers all movements apart from the Difficulty elements and AMP. Starts and finishes are included.  The connection to and from movements must be smooth and fluent. All the movements presented in the routine must be linked, smoothly and easily performed, demonstrating agility without any unnecessary pauses, showing fatigue or appearing heavy. All these criteria must be evident in the optional choreography to make it exciting and memorable.  To score well in General Content the following criteria is considered:  -The movements are complex when they are composed of many interconnected parts, are hard to perform and require body coordination with previous preparation.  -Variety of movements means they must be without repetition of the same or similar types of movements.  -Creativity means that the movements have been constructed and are performed creating meaningful new ideas, forms, interpretations, with originality, progressiveness, or imagination, avoiding copying or monotony. | 2 |
| **Space and Formations** | Throughout the routine and including the dance component:  -The competition area must be effectively used, not only the corners and the centre of the competition space but all areas of the 7 x 7m competition space.  -Travelling must be shown in all directions (forward, backwards, laterally, diagonally and circular) over long and short distances, without repetition of similar traces/tracks.  -Different formations and different positions of the team members must be shown (including distances between students - far vs close)  -The formation changes should be fluent, the formations and positions showing originality and complexity. | 2 |
| **Artistry** | Artistry is the ability of the gymnasts to :  -Transform the composition from a well-structured routine into an artistic performance.  -Demonstrate Musicality, Expression and Partnership in addition to impeccable execution.  -Combine the elements and aerobic components into one attractive message towards the audience, in an athletic manner.  Unique/memorable routines include many details to enhance the quality of the routine. Competitors must do more than smile to engage their audience through body language, energy and showmanship. Competitors must perform with confidence and with genuine and natural facial expressions (No artificial or exaggerated facial expressions). No verbalisations, shouting, or singing is permitted.  One fall in the routine will result in a maximum Artistry score of 1.5. Two falls will incur a maximum Artistry score of 1.3. | 2 |

**SCSA Score Sheet**

**Artistic**

**Team Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **School:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Division:** Level 1 Level 2 Level 3

**Age:**  Years 7 to 9 Years 10 to 12

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Artistic Component** | **Developing** | **Satisfactory** | **Good** | **Very Good** | **Excellent** | **Outstanding** | **Total** |
| **Music & Musicality** |  |  |  |  |  |  |  |
| **Aerobic Content** |  |  |  |  |  |  |  |
| **General Content** |  |  |  |  |  |  |  |
| **Space and Formations** |  |  |  |  |  |  |  |
| **Artistry** |  |  |  |  |  |  |  |
| **Total** |  |  |  |  |  |  |  |

Comments:

**SCSA Score Sheet**

**Technical**

**Team Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **School:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Division:** Level 1 Level 2 Level 3

**Age:**  Years 7 to 9 Years 10 to 12

|  |  |  |  |
| --- | --- | --- | --- |
| **Compulsory Movement** | **Max. Difficulty Value** | **MODIFIED VERSION** | **Difficulty Value** |
| 4 Jumping Jacks | **1** | No modification |  |
| 4 High Leg Kicks | **1** | No modification |  |
| 4 Push ups on toes | **2** | Performed on knees | 0.0 |
| Support/ L sit | **2** | Bottom raised | 0.0 |
| Tuck Jump | **1** | No modification |  |
| Full Turn (360 Pivot) | **1** | No modification |  |
| Splits | **2** | Seated or kneeling position with one leg bent | 0.0 |
| Maximum difficulty score for compulsories | **10.0** |  |  |
| **TOTAL SCORE** |  |  |  |

Comments:

**AEROBIC GYMNASTICS**

**2018-2020 EXECUTION JUDGING SHEET**

# 

**Competitor No:**

**Competitor Name:**

**Division:**

**School/Club/State:**

**Judge’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Execution:** maximum 10 points

|  |  |
| --- | --- |
| • Small error **(0.1)** |  |
| • Medium error **(0.3)** |  |
| • Large error, unacceptable execution **(0.5)** |  |
| • Fall **(1.0)** |  |
| • Maximum deduction for an element **(0.5)** |  |
| • Maximum deduction for synchronisation for the whole routine **Levels (2.0)** |  |

• Maximum deduction for synchronisation for the whole routine **AeroDance (3.0)**

• Maximum deduction for 4 repetitions of a compulsory (Levels 2-5 ) **(1.0)**

|  |  |  |
| --- | --- | --- |
| High Leg Kick Deductions      /1.0 | Push Up Deductions      /1.0 | Jumping Jack Deductions      /1.0 |

**Execution Score\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**