



## RULES AND REGULATIONS

### Game : Aerobics (Girls & Boys)

**Age Category: Under 14, 17 & 19 years.**

**Important: Following numbers of Players/Teams would be accepted.**

- 1) Sports Aerobics – Individual Male
- 2) Sports Aerobics – Individual Female
- 3) Fitness Aerobics – Team (Same Gender)

#### RULES

Event	Divisions	No. of Players
1) Sports Aerobics	Individual Male	01
	Individual Female	01
2) Fitness Aerobics	Team (Same Gender)	06-08

A player participating in one event can also participate in other event (example, a player participating in Sports Aerobics – Individual Male can also take part in Fitness Aerobics – Team, but in same age division). The rest of the technical details are as follows:

Performance Time: 2 minutes with a grace period of +/-5 seconds

#### **Attire (Uniform):**

- For women: Leotard, two piece, tights, close fitting tops & pants and supportive aerobics shoes. The top section of a leotard or two pieces must have arm or neck sections attached to it.
- For men: Shorts, bike pants, close fitting tops, supportive aerobic shoes, wristbands and strapping are allowed.

#### **Structure – Rounds of Competition:**

All national competitions will have three rounds of competition, depending upon the number of registrations in the competition division: Preliminary round/Semi-final round/Final round.

- Preliminaries: The purpose of this round is to find the 12 highest ranked competitors/teams to proceed to the semi-final round. In the case where there are 25 or more in a competition division, the highest ranked 15 will proceed to the semi-final round.
- Semi-finals: The purpose of this round is to find the 6 or 7 top ranked competitors/teams to proceed to the final round.
- Finals: The purpose of this round is to find the order of the top 6 or 7 competitors/teams.

#### **Events:**

##### **1. Sports Aerobics: Individual Male -1 & Individual Female - 1 Performance Music:**

**Western Music** which contains language, with minimum lyrics is allowed. But, music which contains language, which is considered not appropriate and/or offensive, will not be acceptable.

**CD is to be used;** there must be nothing else but one recording of the performance music on it. Music Tempo – 125 Beat Per Min.



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### Game : Aerobics (Girls & Boys)

**A] Compulsory Exercises (Max. 04):**

- 1) Jumping Jack
- 2) High Leg Kick
- 3) Push Ups – Two arms

**B] Obligatory Movements: Select any one from each group – a, b, c & d**

**a) Push Up Group**

- 1) Two Arm Push-up triceps
- 2) Two Arm Hinge Push-up triceps

**b) Static Strength Group**

- 1) Straddle Press
- 2) Two Arm Supported Planche closed or open legs

**c) Jump Group**

- 1) Air Jack
- 2) Pirouette Jump – 180 degree turn

**d) Split Group**

- 1) Front Split right & left
- 2) Needlepoint on left & right

**C] Additional Movements: All can be done or any one**

- 1) Free fall to push up landing from standing position
- 2) Two Arm supported Wenson
- 3) Straddle Jump
- 4) Pike Jump
- 5) Prone Straddle Split (Pancake)

**2. Fitness Aerobics:**

**Performance Music:**

- Western Music without any lyrics/words is allowed. Music shall include minimum lyrics/words & also must not include at all any un-parliamentary words.
- CD to be used; there must be nothing else but one recording of the performance music.
- Music Tempo – 145 Beat Per Min. (In case the beats are less than 145 per min; the points would be deducted)

**Performance:**

- 1) Do artistic and aerobics, non-stop aerobic exercise
- 2) High Impact Music
- 3) Variation of formation; in any order; minimum 03
- 4) Co-ordination and choreography
- 5) Repetition of steps & sequences shall have negative marking.

**Acceptable Moves:**

- 1) Aerials landing two feet
- 2) Two arm push up
- 3) Two arm transitional presses (not turning)
- 4) Transitional flexibility moves
- 5) Standing free fall to push up
- 6) Lift as beginning and ending pose (standing position or on the floor)

**Note :** The school Organizing Cluster/Zonal level competition shall take a Group Photo of the teams that have qualified to participate at Zonal/National level competition. The photo shall be signed by the host school Principal and forwarded to the school organizing next level of competition along with the original entry Performa.