



RULES AND REGULATIONS

Game : Aerobics (Girls & Boys)

Age Category: Under 14, 17 & 19 years.

RULES

All rules and regulations are according to FISAF International and ISAFF (Indian Sports Aerobics and Fitness Federation)

Event	Divisions	No. of Players
1) Sports Aerobics	Individual Boys	01
	Individual Girls	01
2) Fitness Aerobics	Team - Boys	06-08
	Team - Girls	06-08

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

PERFORMANCE REQUIREMENTS

- **Performance time (Sports & Fitness Aerobics)**

Performance time is 1:45 minutes. A tolerance of plus/minus 5 seconds will be accepted outside the performance length of 1:45 minutes.

- **SPORTS AEROBICS/FITNESS AEROBICS**

- **Performance Music and BPM**

- 1) **For Sports Aerobics:**

- Under 14 & 17 yrs : 152 – 160 BPM
 - Under 19 yrs : 152 – 165 BPM

- 2) **For Fitness Aerobics:**

- Fitness Aerobics Music & BPM : 150 – 180 BPM

- **Performance Area**

The performance area for sports aerobics is a 7 meter by 7 meter square and the performance area for fitness aerobics is a 9 meter by 9 meter square.

- **Sport Aerobics Attire**

- * For women: Leotard, two pieces (sleeves do not have to be connected with the leotard, but neck section must be connected with the leotard) full length flesh-coloured tights, supportive white aerobic shoes.
 - * For men: Unitard, shorts or short length bike pants and close-fitting tops which are connected with the pants, supportive white aerobic shoes.
 - * Attire should be representative of the SPORT of Competitive Aerobics.
 - * Wristbands and strapping are allowed.

- **Fitness Aerobics Attire**

Competitors are required to wear appropriate attire such as:

- * Leotard, two-piece, tights, bootlegs, close fitting tops and pants (sleeves do not have to be connected with the leotard, but neck section must be connected with the leotard).
 - * A supportive aerobic or white sport shoe must be worn
 - * Wristbands and strapping are allowed
 - * Adequate personal support.

- **Footwear**

- * White crew or ankle socks must be worn with footwear.
 - * Shoes should be lace up, well fitted, supportive sports shoes, in white.
 - * Must be a supportive white jogger that is appropriate for active wear.



Game : Aerobics (Girls & Boys)

General Definitions

- **Families of Elements**

Two arms, Pectoral, Triceps, Hinge, Circular, Triceps Hinge, One arm right, One arm left, One arm and one leg right & One arm and one leg left.

Horizontal static strength (straddle press, pike press etc.), Planche, Unsupported Planche & V press.

Air jack, Tuck jump, Front split jump, Pirouette jump family (vertical turn), Barrel roll family (horizontal turn) to Push up landing, Barrel roll (horizontal turn) taking off 1 leg to Push up Landing, Pike jump, Straddle jump, Front jete & Straddle jete.

Front split, Straddle split, Combination split & Straddle sits.

Age Division	Under 19	Under 17	Under 14	Under 11
COMPULSORY ELEMENTS	3	3	3	3
Number of skill elements from the push-up group	Minimum 2 Maximum 4	Minimum 2 Maximum 3	Minimum 2 Maximum 3	Minimum 1 Maximum 2
Number of skill elements from the static strength group	Minimum 2 Maximum 3	Minimum 2 Maximum 3	Minimum 1 Maximum 3	Minimum 1 Maximum 3
Number of skill elements from the jump group	Minimum 5 Maximum 8	Minimum 5 Maximum 7	Minimum 5 Maximum 7	Minimum 5 Maximum 7
Number of skill elements from the flexibility group	Minimum 1 Maximum 2	Minimum 1 Maximum 3	Minimum 1 Maximum 3	Minimum 1 Maximum 3
Total	Minimum 13 Maximum 16	Minimum 13 Maximum 15	Minimum 12 Maximum 14	Minimum 11 Maximum 13

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.

Floor Turns on Knees: A move in which the body spins more than one revolution with the weight supported entirely on the knees only.

Handstand: A handstand with hold position.

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.

There are no compulsory elements for Fitness categories. Competitors should take care to avoid any movement that risks injury to a team member.

Fitness Aerobics uses the basis of high impact aerobics together with music that has a very strong, clear, fast beat. It does not have any compulsory movements and does not encourage sports aerobics skill movements. There is a focus on nonstop high impact aerobics combinations which are enhanced by creative sequencing.

All movements must be appropriate to and reflective of High Impact Fitness Aerobics.

- * Complexity (difficulty)
- * Intensity
- * Variety of moves
- * Execution