



2ND DIVISION ADAPTED  
AEROBIC GYMNASTICS CODE  
OF POINTS



MAGIC 2019

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# 1. PROGRAM TECHNICAL STRUCTURE

The program is guided by the follow technical requirements that should be applied:

1.1 Time and Music

1.2 Categories and Age

1.3 Competition Areas (CIP\_FIG 2017-20)

1.4 Difficulty Elements

1.5 Lifts

1.6 Acrobatic Elements

## 1.1 Time and Music

The music can be freely chosen by the coach, but should be aerobic characteristically, that is, regular and defined on rhythm, beat and time, that helps the rhythmic execution of every elements on the music time. The music length it's the same of COP\_FIG 2017-20.

## 1.2 Categories and Age

### Categories:

IW: 1 female gymnast

IM: 1 male gymnast

MP: 2 gymnasts in mixed pair

TR: 3 female/male/mixed gymnasts

GR: 5 female/male/mixed gymnasts

### Age:

National Development: 9-11 years old

Age Group 1: 12-14 years old

Age Group 2: 15-17 years old

Senior: +18 years old

### **1.3 Competition Area (COP\_FIG 2017-20)**

National Development:

⇒ 7x7m (IW, IM, MP, TR)

⇒ 10X10m (GR)

Age Group 1:

⇒ 7x7m (IW, IM)

⇒ 10X10m (MP, TR, GR)

Age Group 2 and Senior:

⇒ 10x10m (IW, IM, MP, TR, GR)

### **1.4 Difficulty Elements**

Difficulty Elements Groups:

Group A – Dynamic Strength

Group B – Static Strength

Group C – Jumps and Leaps

Group D – Balance and Flexibility

1.4.1 The same of COP\_FIG 2017-20 with the follow exceptions:

1.4.1.1 There isn't Compulsory Elements

1.4.1.2 Every elements from 0.1 points

1.4.1.3 Beyond COP-FIG 2017-20 elements, can be used the follow elements:

1.4.1.3.1 Support (straddle or L) with the hip or feet on the ground (value: 0,1 points; Group: B; Family: Supports)

1.4.1.3.2 Vertical Jump (Value: 0.1 points; Group: C; Family: Vertical Jumps)

1.4.1.3.3 Plyometric Push-Up (Value: 0.2 points; Group: A; Family: Push Up)

1.4.1.3.4 Tamaro (Value: 0.3 points; Group: C; Family: Horizontal Jumps).

### **1.5 Lifts**

COP\_FIG 2017-20

### **1.6 Acrobatic Elements**

COP\_FIG 2017-20

## 2. ROUTINES EVALUATION SYSTEM

### 2.1 Competition Attire

National Development: COP\_FIG 2017-20, **without make up:**

⇒ Tight trousers (optional)

⇒ Aerobic specific shoes with white socks **or** white general gymnastics shoes (all the gymnasts should use the same type of shoes)

Age Group 1: COP\_FIG 2017-20; soft make up

Age Group 2: COP\_FIG 2017-20;

Senior: COP\_FIG 2017-20;

### 2.2 Score Criteria

2.2.1 Execution, Artistic and Difficulty: the same criteria of COP\_FIG 2017-20, with the exception of:

2.2.2 Scale for Aerobic Content:

<b>The number of AMP sequences required for all categories is 8</b>	
<b>Less than 8 AMP</b>	The score will be decreased 0.1 for each AMP sequence missed
<b>Unacceptable (1.0 – 1.1)</b>	The routine doesn't show the Aerobic Movement Patterns
<b>Poor (1.2 - 1.3)</b>	The routine shows the Aerobic Movement Patterns, but simple, without displacement and without arms
<b>Satisfactory (1.4 – 1.5)</b>	The routine shows the Aerobic Movement Patterns with displacement <b>or</b> arms
<b>Good (1.6 -1.7)</b>	The routine shows the Aerobic Movement Patterns with displacement <b>and</b> simple arms
<b>Very Good (1.8 – 1.9)</b>	The routine shows the Aerobic Movement Patterns with displacement and arms, with some complexity
<b>Excellent (2.0)</b>	The routine shows the Aerobic Movement Patterns with displacement and arms, with complexity and variety

### 2.3 Score System

2.3.1 Judges Panel is set by 2-4 Artistic Judges, 2-4 Execution Judges, 2 Difficulty Judges, 1 Chair of Panel, 1 Time Judge and 1-2 Line Judges.

2.3.2 The score calculation is the same of COP\_FIG 2017-20.