



# FISAF INTERNATIONAL

## SPORT AEROBICS & FITNESS RULE AMENDMENTS 2023

Outlined in this document are the rule changes and amendments effective as of the 1<sup>st</sup> of January 2023. These changes have been voted on and discussed through the Sport Aerobics and Fitness Technical committee to ensure that the sport and its guidelines are growing into the future with the goal of constantly improving the sport for all.

This update will be added into the Technical Regulations which will be released before the 1<sup>st</sup> of January 2023.

# FISAF INTERNATIONAL

## SPORT AEROBICS & FITNESS RULE AMENDMENTS 2023

Sport Aerobics & Fitness Technical Committee 2022

Chair: Lucy Goddard - Australia  
Vice Chair: Jana Hájková - Czech Republic  
Members: Karen Comyn - Belgium  
Jeremy Delmotte - Belgium  
Judicael Lesmann - France  
Emanuela Abbate - Italy  
Nathalie Schäfer – Switzerland

More information regarding joining the Technical Committee from 2023 will be made available in December 2023.

Contact the chair via email with any questions or queries  
[lucygoddard\\_australia@outlook.com](mailto:lucygoddard_australia@outlook.com)

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## **Sport Aerobics Updates 2023**

### **1. Adjustments in Age Categories to all Sport Aerobics Sections**

Goal: After introduction of Youth in 2022 have revised age categories to assist with growth in sections. To create equal opportunities for all to create Sport Aerobics teams.

From 2023 onwards (As at 31st December in year of competition)

- Cadet: 10, 11 & 12year old's
- Junior: 13, 14 & 15year old's
- Youth: 16, 17 & 18year old's
- Adult: 19 - 29year old's
- Masters: 30+

- Teams must compete in the age category of the oldest athlete

-**Individuals**; must compete in their age range, no exception. If an athlete competes as a Duo or a Trio, and also as an Individual, then she/he must compete in the correct age division for their individual routine.

-**Duos** (all categories); One member can be one age category younger than the stated age range.

-**Trios** (Cadet, Junior, Youth); One member can be one age category younger than the stated age range.

-**Trios** (Adult); Two members can be one age category younger than the stated age range in Adult Trio.

Accepted examples (If unsure please send enquires to FISAF International Technical Committee Chair)

- Example 1: A Adult Duo can have 1x Youth age athlete and 1x Adult age athlete
- Example 2: A Junior Trio can have 2x Junior age athletes and 1x Cadet age athlete
- Example 3: A Youth Duo can have 1x Youth age athlete and 1x Junior age athlete
- Example 4: A Adult trio can have 2x Youth age athletes and 1x Adult age athlete

Not accepted

- Example 5: A Adult trio cannot have 2x Junior age athletes and 1x Adult age athlete
- Example 6: A Cadet trio cannot have 1x Junior age athlete and 2x Cadet age athletes

Skill requirements: Skill requirements to stay the same as 2022 Technical Regulations.

## 2. Sport Aerobics Lifts and Transitions – Acceptable & Unacceptable Moves

Goal: To allow more freedom and creativity in routines. Want routines to have a wider range of transitions allowed. Making rules clearer and easier for artistic freedom.

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.

### **From 2023 onwards**

- Video collection on new website showcase what is allowed
- Athletes/coaches can send in lifts/transitions prior to competition to get approval from the Technical Committee ( [lucygoddard\\_australia@outlook.com](mailto:lucygoddard_australia@outlook.com) )

### **Accepted from 2023 onwards**

Lifts: 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 panels 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.

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.

There will be additional limitations added for this update please refer to the updated Technical Regulations which will be released before the 1<sup>st</sup> of January 2023.

### 3. Sport Aerobics Judging Panel Update 2023

Goal: For the judging to reflect the aerobic and artistic aspect of the sport

From 2023 onwards

<u>5 panel Sport Aerobics</u> 1x Global Judge (Head Judge) 1x Technical judge (Lead) 1x Artistic judge 1x Aerobic judge 1x Skill Judge	<u>7 panel Sport Aerobics</u> 1x Global Judge (Head Judge) 1x Technical Judge (T1 Lead) 1x Skill 2x Aerobic 2x Artistic
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**Technical Judge (Updated):** The technical judge considers the execution, difficulty and variety of all aspects of an Aerobics routine. The execution of choreography should be the main focus along with transitions, aerobic sequences, and every other movement including lifts, supports etc. The execution of skill elements and compulsory movements need to be taken into consideration however are not the pivotal focus of the Technical judge.

For example: a routine with clean and well executed choreography and skills that aren't executed perfectly could still technically rank higher than a perfectly executed skill routine with average choreography.

**Global Judge (Head Judge):** The Global Judge will oversee the judging panel and is the highest technical authority at a FISAF International Competition. The Head Judge is responsible for ensuring consistent and fair application of the Technical Regulations by the judging panel, overseeing the correct implementation of the judging systems and the tabulation of results. The Head Judge will give a global score for the routine, allowing the head judge to assist further with the panel of judges when making informed decisions about routines.

The Global judge will look at routines with this breakdown:

Technical: 30%

Artistic: 30%

Aerobic: 30%

Visual Image: 10% (The image that the athlete/ss portray to the audience and judges when they are on stage to make the choreography visually (musical interpretation and choreography together; the feeling they portray and how attractive they make the choreography look through movement and facial expression). Appealing, X Factor feeling, music, choreography, costume, team work, the full aerobics package).

## **Fitness & Step Updates 2023**

### **1. Refining Performance Rules**

Goal: To make it less theatrical and more aerobics and fitness based.

#### **Name Change: Petite**

Petite explanation: A Petite Aerobic routine is focused on performance, connecting with the audience and entertainment. A combination of High Impact Aerobics is used to show the dynamics, artistry and fitness ability of a small group. There are no compulsory or obligatory elements as skill elements are not a feature of this category. Judges will consider the overall performance of the routine looking at the ability of the entire team. It should still reflect the discipline of Grande aerobic however the choreography is weighted higher over the technical score for Petite allowing more creativity. The basis of the Fitness Teams attire requirements is to acknowledge both the sport and performance aspects of this category. Petite Teams must adhere to the Fitness Teams attire requirements.

Misconceptions about performance which lead to a change

- Performance has been quite vague with the direction from the beginning making it difficult to create new ideas and to judge
- Direction wasn't clear and has turned into a theatrical Eisteddfod piece rather than a sport competition

Petite 2023 & Beyond

- Should be a fitness style routine. It should still feel like a fast and interactive fitness routine with only 5 people.
- Not a musical theatre show, needs to still have a fitness base where energy is exhausted throughout the routine.
- The BPM should be within 150 – 160 BPM and this will be checked when the music is submitted, prior to the competition. The music speed is to remain at the same BPM throughout the entire routine.
- Jumps can be showcased and allowed. They must not take away from the artistic intention of the routine however can be used to create height and impact in the routine. This is not the main focus of petite however teams are allowed to use the same options as Grande.
- Add in more costume limitations to assist in keeping in line with the fact that we are a sport and not a dance competition
- No theatrical outfits and makeup, it must reflect the sport discipline of Fitness and not dance.
- Musicality of the song is paramount
- Grande is equal weighting in judging-Tech & Artistic. Petite is more weighted to Artistic (can win without technical jumps)

## 2. Age Range & Age Updates for Fitness & Step

Goal: To assist countries in forming teams across the age categories to create more teams. Teams would go in the age category that best fit the majority age range of their team

### From 2023 onwards

Age categories have been updated to match Sport Aerobics however these only affect the majority of the team athletes please read below to clarify what will work best for your team based on athlete ages.

Cadet: 10, 11, 12 & 13 year old's

Junior: 14, 15, 16 & 17 year old's

Adult: 18 year old's or over

- Age range-Teams can have a mixture of ages as long as the majority is in the correct age.
- Athletes cannot jump 2 age categories. They can go up or down one age category but no more. For example, a Junior athlete could go in a cadet or an adult team. However, an adult athlete could only go down to a junior team not a cadet, like a cadet could only go to a junior not an adult team.
- If there was an even split with no majority of ages the team must go to the highest age group.
- Go off majority age off athletes in the team when selected teams
- More than half of the athletes should be in the right age category
- No more than 2 age categories per team
- Can't be more than 5 years older than the age boundary, if one member is more than 5 years older the team must move to the oldest age category
- Do not add up the ages of the athletes to get away average just go with the majority

Accepted examples (If unsure please send enquires to FISAF International Technical Committee Chair)

- Example 1: A Junior step could have 4x Junior aged, 3x Cadet age
- Example 2: A Adult Grande team could have 3x Adult and 3x Junior
- Example 3: A Cadet Petite Performance Team could have 3x Cadet and 2x Junior
- Example 4: A Junior Grande Team could have 4x Junior and 3x Adult
- Example 5: A Junior Grande Team could have 3x Junior and 3x Cadet
- Example 6: A Petite Team could have 3x Adult and 2x Junior

Not accepted

- Example 7: A Cadet Grande team couldn't have 6x Cadet and 1x Adult
- Example 8: An Adult Step team couldn't have 4x Adult and 1x Cadet
- Example 9: A Junior team with 6x Junior aged athletes and 1x 25yr old athlete (As more than 5years passed the age category)

### General Notes to Age Requirements Accepted as of 2023

- Team members can be both a Petite Aerobic and Grande Aerobic Team in one event. For example a Cadet Petite Aerobic Team has athletes A,B,C,D,E and a Cadet Grande Aerobic Team has athletes A,B,G,D, E, F, G.

### **3. Fitness & Step Lifts and Transitions – Acceptable & Unacceptable Moves**

Goal: To allow more freedom and creativity in routines. Want routines to have a wider range of movements allowed.

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. No limit on amount of lifts in routines.

#### **From 2023 onwards**

- Video collection on new website showcase what is allowed
- Athletes/coaches can send in lifts/transitions prior to competition to get approval from the Technical Committee

#### **Accepted from 2023 onwards Grande, Petite and Step**

Lifts: 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 panels 0.5.

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, are considered a transition and are acceptable. Must be a moving transition that is performed safely without a purposeful discernible hold.

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.

#### **Accepted from 2023 onward Step Only**

- Any assisted Gymnastic/Acrobatic movements (Back flip, walkover, etc.) Must be in contact with another team member the whole time
- Cartwheel assisted or unassisted
- Power moves from the step to the floor
- Power moves from one step to another

There will be additional limitations added for this update please refer to the updated Technical Regulations which will be released before the 1<sup>st</sup> of January 2023.

#### 4. Fitness & Step Judging Panel Update

Goal: For the global judge to give an overall score for the routine combining technical and Artistic

From 2023 onwards

Grande & Step	Petite
<u>5 panel Grande Fitness &amp; Step</u> 1x Global Judge (Head Judge) 2x Technical judge (T1 Lead) 2x Artistic judge	<u>5 panel Petite Fitness</u> 1x Global Judge (Head Judge) 1x Technical judge (Lead) 2x Artistic judge 1x X Factor Judge
<u>7 panel Grande Fitness &amp; Step</u> 1x Global Judge (Head Judge) 3x Technical Judge (T1 Lead) 3x Artistic	<u>7 panel Petite Fitness</u> 1x Global Judge (Head Judge) 2x Technical Judge (T1 Lead) 3x Artistic 1x X Factor Judge

**Global Judge (Head Judge):** The Global Judge will oversee the judging panel and is the highest technical authority at a FISAF International Competition. The Head Judge is responsible for ensuring consistent and fair application of the Technical Regulations by the judging panel, overseeing the correct implementation of the judging systems and the tabulation of results. The Head Judge will give a global score for the routine, allowing the head judge to assist further with the panel of judges when making informed decisions about routines.

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Visual Image: 10% (The image that the athlete/ss portray to the audience and judges when they are on stage to make the choreography visually (musical interpretation and choreography together; the feeling they portray and how attractive they make the choreography look through movement and facial expression). Appealing, X Factor feeling, music, choreography, costume, team work, the full aerobics package).

**X Factor Judge (Petite only)-** The X Factor Judge will look for the most significant impact on stage. The routine that is the most appealing to watch as the music, choreography, costume, team work incorporates the full aerobics package and would showcase the X Factor feeling. Can be a specialist judge from other genres of dance or sport.

## Overall Updates 2023

### 1. Ranking sheet for judges Update

Goal: To assist judges in ranking large sections of athletes fairly

#### Point Scoring Guide

Point	Reference	Explanation
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	Performed but missing a member on stage (Team member is injured or unwell)
1.0	Very Poor	
0.0	Not attempted	Disqualified, didn't compete

## **2. Rounds of Competition**

Goal: To assist athletes and organisers to fit in all rounds of competition fairly and safely

### **From 2023 onwards**

Structure – 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;

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

### **Continuing into 2023**

- 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