



# ANAC AERODANCE COMPETITION RULES 2010

## Divisions (by ages)

<b>Junior</b>	7 to 12 years.
<b>Varsity</b>	13 to 17 years
<b>Senior</b>	18 years and above.

A competitor whose age falls between two age divisions in the competition year (ending December 31) may compete in either age division within that year, according to his/her valid legal I.D. Competitors of ages 12 will compete in either the Junior or Varsity Divisions. Competitors of age 17 will compete in either the Varsity or Senior Divisions. Examples: a 12-year-old turning 13 within the competition year (by 12/31) may compete in the Junior or Varsity Division. Likewise a 17-year-old turning 18 within the competition year (by 12/31) can compete as a Varsity or Senior.

It is allowed to have one competitor on a team from another age division (but not more than one).

## Number of competitors

The number of competitors on each group will be:

Minimum → 5 competitors

Maximum → 10 competitors

## Competition area

10 x 10 meters

## Length of the routine

<b>Junior</b>	1' 30" ± 5"
<b>Varsity</b>	1' 45" ± 5"
<b>Adults</b>	1' 45" ± 5"

## Music

One or more pieces may be mixed. Original music and sound effects are allowed

Technically the music must be clean and without any abrupt cuts, giving a sense of one music piece. It should flow, with a precise start and precise ending. If included, sound effects should be well integrated into the recording respecting the musical phrases and structure and giving the feeling of unity. The recording and mixing of music must be of professional quality, well integrated and with high standards of sound reproduction

## Attire

The competitor's attire must demonstrate proper athletic appearance.

1. Leotard, unitard, two-piece leotard, pants, long leggings, shorts and close fitting tops are allowed. The attire of team members can be different but should be coordinated.
2. The competitors must wear supportive aerobic or sports shoes.
3. Hair must be secured close to the head.
4. The undergarments must not be seen.
5. Large (loose) clothes, additional items/props (tubes, sticks, balls, etc) and accessories (belts, braces, bands, etc.) are not allowed.
6. Attire depicting war, violence or religious themes is forbidden.

## Scoring System

**Lifts** 1 lift must be included (Propelling in the lift is prohibited)

**32-counts aerobic block** One 32-counts aerobic block must be included in the routine.

The jury will score three main components of the routine

### Artistic Component (5 points max.)

- Dynamism & Fluency → 1 pt
- Complexity & Creativity → 1 pt
- Use of Space → 1 pt
- Musicality → 1 pt
- Presentation → 1 pt

### Execution Component (3 points max.)

- Technical skill → 2 pts
- Synchronization → 1 pt

### Difficulty Component (2 points max.)

- 1 element of the Aerobic Gymnastics Code of Points must be included from each one of the COP Groups. The elements must have a difficulty value between 0.1 and 0.3 (Junior), 0.1 and 0.4 (Varsity) and 0.1 and 0.5 (Senior).
- Elements with a difficulty value of 0.6 for senior division will be allowed but they will only receive a maximum score of 0.5 if performed with the minimum difficulty requirements.

## ARTISTIC COMPONENT (5 PTS MAX.)

- Dynamism & Fluency → 1 pt

Evaluates the dynamism and fluency of the whole routine and the fluid transition between different aerobic movements, as well as between the aerobic movements and the aerobic gymnastics elements. The routine must be constructed with continuous movement patterns

- Complexity and creativity → 1 pt

Evaluates the complexity and creativity level of the sequences of aerobic movement patterns and the Difficulty elements.

The judges evaluate the sequences of aerobic movement patterns for variations of steps with arm movements, the use of basic steps to produce complex combinations with a high level of body coordination within the continuous movement patterns.

- Use of the competition space → 1 pt

Evaluates the effective use of the competition space (floor-work, standing, airborne, whole horizontal area) and the placement of all these movements throughout the routine

- Musicality → 1 pt

The judges evaluate the overall presentation created by the competitors throughout their routine and the use of music.

The construction of music adapted for the routine should reflect and demonstrate the main characteristics of aerobics. The routine's choreography should reflect the idea/theme of the music. All movements must fit perfectly with the chosen music and stay in time with beats / phrases (TIMING).

The team should choreograph the routine to the specific piece/pieces of music used and for the specific competitors comprising the team.

- Presentation → 1 pt

The judges evaluate the competitor's athleticism showcasing clean and sharp movement and dynamic physical energy. Competitors must demonstrate good showmanship by reaching out to the audience with physicality, charisma, personality, magnetism, presence, and body language in a natural way. Competitors must do more than smile but 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 verbalizations, shouting or singing is permitted.

## **EXECUTION COMPONENT (3 PTS MAX)**

- Technical Skill → 2 pts

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.

The judges evaluate the ability to maintain correct posture and body alignment – natural spine alignments - (on the floor, on the surface and in the air or when landing) while performing the difficulty elements as well as the complex aerobic steps and aerobic movement patterns and transitions.

Also evaluated are the position and stabilization of the torso, lower back, pelvis and contraction of the abdominal muscles, the position of the upper body, carriage of the neck, shoulders and head relative to the spine, the positioning of the feet relative to the ankles, knees and hip joint and the correct alignment of all joints.

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, landings and aerobic movement patterns.

The competitors must demonstrate strength, explosive power and sustained intensity throughout the routine and maintain the same amplitude - the use of explosive power in jumps, leaps and plyometric difficulty elements

- Synchronization → 1 pt

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

## DIFFICULTY COMPONENT (2 PTS MAX)

- The routine **must include a minimum** of one element with value between 0.1 and 0.3 (Junior), 0.1 and 0.4 (Varsity) and 0.1 and 0.5 (Senior) from each of the following groups of the FIG element pool:

*GROUP A - Dynamic strength*

*GROUP B - Static strength*

*GROUP C - Jumps and Leaps*

*GROUP D - Balance and Flexibility*

- All members of the team must perform the same elements at the same time in synchronization.

### Deductions (0.5 each deduction)

- a. More than 4 elements: each time
- b. More than 0.3 (Junior), 0.4 (Varsity) and 0.6 (Senior) value elements performed: each time
- c. More than 1 lift: each time
- d. Prohibited lift (propelling): each time
- a. Not having at least 1 lift