



The ANAC proudly continues the tradition of offering the AeroDance division at the International Aerobic Championship (IAC) for individuals, mixed pairs, trios and teams. AeroDance affords athletes of all skill levels and dance levels the opportunity to participate by offering enhancements to the Aerobic Dance division of Aerobic Gymnastics. ANAC's AeroDance division increases the entertainment value and opportunities for creativity, artistry and dance.

Please note, the basic fundamentals for AeroDance are the same as the FIG Code of Points for Aerobic Dance. The ANAC recognizes the FIG Code of Points as the mechanism for scoring Aerobic Dance. Any qualifying FIG COP Aerobic Dance routine can be performed at the ANAC International Aerobic Championship with opportunities to add to a score's value by following the provisions for additional/enhanced AeroDance routines.



2017-2022 ANAC AERODANCE RULES

DEFINITION

AeroDance includes individuals, mixed pairs, trios and competition teams of 5-10 competitors: male, female or mixed in Junior, Varsity and Senior age divisions utilizing aerobic movement pattern sequences throughout the routine that integrate at least one or two 32 counts block of a 2nd dance style (one block = 32 counts and two blocks = 64 counts).

The original 2nd dance style must be Street Dance and have a high correlation with the theme and style of the original music as noted in the FIG Code of Points.

However, to enhance your score you can also add a 3rd block of dance (32-64 counts) content using other high dynamics and intense styles like salsa, tango, flamenco, etc. A 3rd block integration of an additional 32-counts style of dance may be performed but is not mandatory. Please note, this 3rd block must meet all the requirements originally stated for Aerobic Dance, therefore, it must show a high degree of intensity, creativity (different from the previous dance style used earlier in the routine). However, this 3rd block will not be required to have Street Dance style as its base.

This 3rd block will be evaluated and judged by the CJP to earn an additional bonus enhancement to the overall score.

The routine can include acrobatic and/or difficulty elements, but they will not receive a value. The routine can include movements from other disciplines (without excessive use) well integrated into the choreography, to enhance the Artistic Component scoring of the routine.

CATEGORIES

AeroDance includes the following categories:

- Individual Women
- Individual Men
- Mixed Pairs
- Trios
- Teams

AGE DIVISIONS

- Junior 7 to 12 years
- Varsity 13 to 17 years
- Senior 18 years and above

It is allowed (only in the team division) to have one competitor on a team from another age division (but not more than one). This would not apply to mixed pairs and trios.

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. 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 in the Varsity or Senior Division.

NUMBER OF COMPETITORS

Number and gender of the competitors:

- Individual Women – 1 female competitor
- Individual Men – 1 male competitor
- Mixed Pair – 1 male / 1 female competitor
- Trio – 3 competitors (males/females/mixed)
- Team – 5 to 10 competitors (males/females/mixed)

COMPETITION AREA

- Junior Division: Individuals, Mixed Pairs, Trios – 7x7 meters / Teams – 10x10 meters
- Varsity Division: Individuals, Mixed Pairs, Trios and Teams – 10x10 meters
- Senior Division: Individuals, Mixed Pairs, Trios and Teams – 10x10 meters

LENGTH OF THE ROUTINE (time)

The length of the routine for all categories in Junior, Varsity and Senior must be **1' 20" ± 5"**

MUSIC

Any style of music may be used. One or more pieces may be mixed. Original music and sound effects are allowed but must be kept to a minimum.

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.

- a. 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 harmonized.
- b. The underwear/undergarments must not be seen.
- c. The Attire can be different between members but should be harmonized.
- d. Large (loose) clothes are not allowed.
- e. Supportive aerobic or sports shoes must be worn.
- f. Hair must be secured close to the head.
- g. Additional items/props (tubes, sticks, balls, etc.) and accessories (belts, braces, bands, etc.) are not allowed.
- h. Attire depicting war, violence or religious themes is forbidden.
- i. Sequins are not allowed for men.

SCORING SYSTEM

Lifts: One lift is optional for Teams, Mixed Pairs and Trios in the Senior and Varsity divisions, but will not receive a value. Lifts are prohibited for all categories in the Junior division.

Second Dance Style: One or two 32-counts block of Aerobic Dance must be included in the routine with a Street Dance style/music as its base. The 2nd dance style must be clearly different from the rest of the choreography and must maintain a high level of aerobic intensity and creativity!

This 32 or 64 counts of 2nd Dance (street) style must differ from the original routine music used and must be included to demonstrate high intensity and dynamic aerobic content.

A 3rd Dance Style 32-counts block of varied dance style may be added but must be different from the original routine music and different from the 2nd Dance Style. This 3rd Dance Style 32-counts block will have an additional bonus value of up to 1.0 to be determined by the CJP and also could be used as a way to increase the dance content and artistry of the routine for the Artistic Judges during the competition. Thus, there will be an overall, enhancement and increase in the Artistic Component scoring.

The jury will score three main components of the routine:

1. Artistic Component (10 points max.)

- a. Music & Musicality
- b. Dance Content
- c. General Content
- d. Space/Formation
- e. Artistry

2. Execution Component (10 points max.)

- a. Technical skill 7 pts
- b. Synchronization 3 pts

3. Chair Component (deductions or bonus)

- a. The routine may include movements from other disciplines (without excessive use) well integrated into the choreography.

Combination of acrobatic elements:

Maximum of 2 acrobatic elements in combination (=set) may be performed but must be performed at the same time. If the same or different combination is performed consecutively, it will be counted as 2 or more.

More than 2 acrobatic elements performed in combination (=sets): **-0.5 each time**

Examples:

Round off + flic flac + salto = DEDUCTION

Round off + salto = NO DEDUCTION

If a different combination is performed at the same time, it will be counted as 1 set.

A Maximum of 3 sets of combinations may be performed.

- More than 3 acrobatic combination (sets) in the whole routine: **-0.5 each time**

One optional lift receives no value, but must meet the standard of all lifts for a particular category in the FIG Code of Points. **Lifts are prohibited for all categories in the Junior division.**

More than one lift: **0.5 point each time**

Prohibited lift: **0.5 point each time**

Lift on a Junior Routine: **0.5 point each time**

An additional score of up to 1.0 of maximum value can be added to the final score by adding an additional 3rd dance style block of 32 counts.

This 3rd dance style block must follow the same guidelines in term of music flow, structure and themes of the original piece of music and unifying the entire composition of music.

Additionally, this 3rd dance style block must be a completely different dance style than the 2nd style block to qualify for a bonus. Athletes in the AeroDance division may choose to use other styles of dance for their 3rd Block of music AS LONG AS THE DANCE MOVES CONTINUE TO BE AEROBICALLY BASED. To be clear, the 3rd Dance Block could use another 32/64 counts of street dance style as long as the choreography is distinctly different and incorporates other forms of street dance different from the original dance style block.

It should be noted that standing still, slow movements without rebound or high intensity movements are NOT considered aerobic (e.g.: interpretive dance, salsa or hip hop moves that are stationary and slow). However, athletes are encouraged to use other forms of dance in the 3rd block to show greater originality in dance by pulling ideas from other forms of dance in their culture, or dance related to the original theme of music. ALL dance styles are encouraged in the 3rd block of Dance.

There is no deduction for not adding a 3rd additional dance style block.

ARTISTIC COMPONENT (10 PTS MAX.)

A. Music & Musicality

Selection & Composition:

Any kind of music can be used. A good musical selection will help establish the structure and pace, as well as the theme of the exercise. It will support and highlight the performance. There must be a strong cohesion between the overall performance and the choice of music.

Technically the music must be perfect, without any abrupt cuts, it should flow, with a clear start and clear ending, with well-integrated sound effects (if they are included), respecting the musical phrases that can be 8 counts or not but must respect a structure giving the feeling of unity. The recording and mixing of music must be of professional quality and well-integrated.

For the second style, it is recommended to use a different music from the main theme in order to be recognizable as a different style.

Usage (Musicality):

Musicality is the ability of a performer or performers to interpret music and to demonstrate not only its rhythm and speed, but also its flow, shape, intensity and passion within his or her physical performance. All movements must fit perfectly with the chosen music. The style of the routine must harmonize with the idea of the music. The composition of the movements must harmonize with the music structure (rhythm, beats, accents, and phrase), and timing.

B. Dance Content

In the Dance Content, dance movements are evaluated throughout the routine, including the 2nd dance style.

The dance content must have high correlations with the theme and the style of the music.

It is recommended to show a high level of creativity in the dance content, especially by using the music style and accents, but without repetitions. The 2nd dance style must be clearly different from the rest of the choreography and must show a high degree of creativity.

In the AeroDance division, a higher evaluation of Dance Content will be scored in this area for the 3rd dance block because there is an additional bonus given to routines that add a 3rd dance block.

If the 2nd Dance Style is not included or not recognizable, the maximum score of Dance Content is 1.1 (unacceptable).

Enhancement:

If an athlete or group during their routines adds a 3rd Block of Dance Style, the minimum score in Dance Content will be (1.8).

Athletes are welcomed and encouraged to use other forms of dance (salsa, tango, flamenco, etc.) in the 3rd Dance style Block.

C. General Content

The general contents of a routine are

- Transitions/links
- Partnership, Collaborations
- Lift (if included)
- Other discipline moves (if included)

The routine should include a minimum of 4 movements (or set of movements) from the General Content. With the above movements, the following criteria should be evaluated.

If a Lift is included, even though it will not have a value, the Artistic judge must increase the score for General Content based on the quality of the Lift, therefore, the lift must be dynamic, having one or more competitors lifted to shoulder level or higher of the supporting partner(s) (showing precise position(s)).

The base competitor must be in standing position at the beginning of the lift and may involve any combination of competitors. Different formations may be shown at the same (continuous, a set) period of a time.

The Artistic Judge must evaluate the quality of the Entry of the lift / Levels of the lifted partner in relation to the shoulder axis, above the shoulder level (bent/straight arms); physical capacities shown (strength, flexibility, balance); change of levels with different shapes; dynamism (speed, rotation) of the competitor(s) and Airborne phase with or without 1/1 rotation shown. Additionally, the ending position must be controlled.

Finally, please note that lifts are optional to AeroDance routines and have no numeric value but adding a high quality lift within the framework of an AeroDance routine can work towards adding to the number of high quality G movements required in a routine. (ie: G transition with a high quality lift becomes a G+).

Complexity and Variety:



The movements are complex when many body parts are involved simultaneously and they are hard to perform. Complex movements should receive higher evaluation than simple movements.

To evaluate the variety of the routines, the A judges will take into consideration that all of these movements must be without repetition or reiteration of the same or similar types of movements. These should include different actions, different forms, and different types of movements and different physical capacities.

Fluency:

The connection from/to movements must be smooth and fluid. All movements presented in the routine must be linked without any **unnecessary pauses**, smoothly, easily performed, without showing fatigue (laborious/hesitant) or be heavy, showing agility.

D. Space

The competition area must be effectively used throughout the routine with well-balanced structure of the choreography.

All three levels (floor-work, standing, airborne) of the competition space must be used.

Formations:

Formations include positions / positioning of the partners and the way in which they change positions to another formation or in the same formation and distances between the competitors.

Throughout the routine, different formations and different positions of the teammates must be shown (including distances between gymnasts far versus close). The formation changes must be fluent, showing originality and complexity.

E. Artistry

Artistry is the ability of the competitor(s) to transform the composition from a well-structured routine into an artistic performance. Gymnasts must, therefore, demonstrate Musicality, Expression and Partnership in addition to the impeccable execution.

They must combine the elements of the art and the sport into one attractive message towards the audience, in a sports manner.

Unique/memorable routines include details to enhance the quality of the routine.

All the components of the choreography must fit perfectly together in order to transform a sport exercise into an artistic performance, with creative and unique characteristics by respecting the specificity of Aerobic.

Enhancement:

If an athlete or group during their routines adds a 3rd Block of Dance Style, the minimum score in Artistry will be (1.8).

Please note the all other components of the Artistry category must be met as a base to begin with a minimum score of (1.8).

Athletes are welcomed and encouraged to use other forms of dance (salsa, tango, flamenco, etc) in the 3rd Dance style Block.

Quality of the performance:

Competitor(s) must give a clean athletic impression with high quality movements. The athletic impression must be appropriate for an Aerobic Dance.

Originality/Creativity and Expression:

Originality / Creativity of the routines, including not only the theme of the exercise according to the music selected but also the innovation and uniqueness in other movements (lift, partnerships, transitions, etc.) performing with natural and genuine expression.

The routine should be like a small piece of art, which should leave something memorable, a story or an impression, created with the means of Aerobic Gymnastics.

Creative routines occur when all the routine components match perfectly with the music and the theme of the exercise is in a sport like manner, making it captivating and impressive to the audience.

The originality of the 2nd and 3rd (if included) dance styles will be an essential factor.

- Originality with the idea of the choreography
- Originality of the 2nd and 3rd (if included) dance styles selected and well-integrated.
- Originality in utilizing other discipline's movements.
- Presentation of new, creative and original movements (collaborations, transitions, etc)

The competitors must demonstrate that they are a team as a unit and therefore show the advantages of being more than one person. This includes the working relationship between the members.

How a gymnast or group of gymnasts generally present themselves to the jury and the public. Attitude and range of emotion that is expressed not only on the faces, but in the bodies of the gymnasts

The ability to control/manage expression during the performance of the most difficult or complex movements.

To receive the added bonus for the 3rd dance style, it must be different from the 2nd dance style in content, style and originality.

- Athletes are encouraged to use other forms of dance other than street dance style.
- However, the piece of music and style of dance still should be in the realm of the overall theme of the original piece of music.
- Athletes must always maintain an active and high intensity level indicative of an Aerobic performance.

SCALE for ARTISTIC Evaluation

Criteria	Unacceptable		Poor		Satisfactory		Good		Very Good		Excellent
Music – Musicality	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0
Dance Content	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0
General Content	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0
Space / Formation	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0
Artistry	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0

EXECUTION COMPONENT (10 PTS MAX)

EVALUATION

All movements must be performed with maximum precision without errors. The evaluation will be accorded to the Appendix II of the FIG Code of Points for Aerobic Gymnastics. The execution score is on 10 points; the evaluation is composed of 2 sub-criteria.

Function:

The judging of Execution is based on the following:

- A. Difficulty and Acrobatic Elements (if included)
- B. Choreography
- C. Synchronization

A. Technical Skill (7 pts)

The E- Judges evaluate the Technical Skills of all movements including Difficulty and Acrobatic Elements, Choreography (Dance content, Transitions, Links, Partnerships and Lifts).

The ability to demonstrate: strength, explosive power, flexibility and movements with perfect execution throughout the routine.

Physical Capacities

Form, posture and alignment

- The ability to maintain body control in all segments.

Precision

- All movements must be performed with perfect control.

Strength, power, flexibility

- The ability to demonstrate strength and power. -
The ability to demonstrate flexibility.

B. Synchronization (3 pts)

The ability to execute all movements as a unit: -0.1 point each time.

Maximum deduction for synchronization is 3.0 points

Deductions for Execution:

1. Elements: Difficulty / Acrobatic (if included)

Execution of difficulty elements is to assess the Technical Skill while the competitors perform. (See Appendix II of the FIG Code of Points for Aerobic Gymnastics)

Maximum deduction for an element: -0.5

Deductions for Elements (Difficulty / Acrobatic)

Small	Medium	Unacceptable	Fall
0.1	0.3	0.5	1.0

2. Choreography:

Deductions for Choreography

Criteria	Small	Medium	Fall
Dance Content (each unit of 8 counts)	0.1	0.3	1.0
Transitions & Links (each time)	0.1	0.3	1.0
Lift	0.1	0.3	1.0
Partnership & Collaboration	0.1	0.3	1.0

3.Synchronization:

Synchronization is the ability to execute all movements as a unit (between the members), with identical range of motion, start and finish at the same time and be of the same quality. This also includes arm movements; each movement pattern must be precise and identical.

Deductions for Synchronization	
Each time	0.1
Whole Routine	Maximum 3.0

CHAIR OF JUDGES DEDUCTIONS & BONUS

Bonus given by the Chair of Judges Panel is as follows:

If included, the 3rd dance style 32-counts block will have an additional bonus value of up to 1.0

Deductions given by the Chair of Judges Panel are made as follows:

Presentation fault	0.2	
Attire	0.2	Each time
Missing national emblem	0.3	
Interruption of performance (by all competitors) for 2-10 sec	0.5	Each time
Time infraction	0.2	
Time fault	0.5	
Failure to appear on the competition area within 20 seconds	0.5	
More than one lift	0.5	Each time
Prohibited lift	0.5	Each time
Prohibited move	0.5	Each time
More than 2 acrobatic elements performed in combination	0.5	Each time
More than 3 acrobatic combinations (sets) in the whole routine	0.5	Each time
A standing lift higher than 2 standing persons	0.5	Each time
Themes in contravention of the Olympic Charter and the Code of Ethics	2.0	
Stop of performance	2.0	
Presence in prohibited area, improper behavior / manners	Warning	
National tracksuit not being worn (See TR 2009 Art. 10.4)	Warning	
Competition attire not being worn at medal award ceremony (See TR 2012, Art. 10.4)	Warning	
Walk-over / Serious breaches of the FIG Statutes, TR and COP	Disqualification	