



AEROBIC GYMNASTICS *Technical Guidelines & Ground Rules*

1. VENUE

- Competition Site will be at the Malayan Colleges Mindanao, Audio Visual Room, 4th Floor, Mc Arthur Highway Matina, Davao City.
- Training Site – the training schedule for each team will be given when the teams arrive.

2. ENTRY

Each team shall compose of four (4) gymnasts representing the two (2) categories (eg. four (4) gymnasts for Elementary / four (4) gymnasts for Secondary)

3. COMPOSITION AND NUMBER OF ATHLETES AND COACHES PER REGION

EVENT	GENDER	ATHLETES	COACH	TOTAL
AEROBIC GYMNASTICS	ELEMENTARY			
	BOYS	2	1	5
	GIRLS	2		
	SECONDARY			
	BOYS	2	1	5
	GIRLS	2		

4. CATEGORIES

The competition will be carried out in accordance with the GAP Technical Regulations and FIG Code of Points (2017-2020, Cycle XIV) and will consist:

Elementary

- A. Individual Men **IM** (1 male competitor)
- B. Individual Women **IW** (1 female competitor)
- C. Mixed Pairs **MP** (1 male competitor and 1 female competitor)
- D. Trio **TR** (3 competitors of optional gender)

Secondary

- A. Individual Men **IM** (1 male competitor)
- B. Individual Women **IW** (1 female competitor)
- C. Mixed Pairs **MP** (1 male competitor and 1 female competitor)
- D. Trio **TR** (3 competitors of optional gender)

Event

- A. Aero Dance (8 competitors, mixed of (4) Elementary and (4) Secondary)

5. QUALIFYING ROUNDS AND FINALS

5.1 NUMBER OF PARTICIPANTS IN THE QUALIFYING ROUNDS

The maximum number for the Qualifying Rounds is:

- two per category per region for IM, IW, and MP
- one per region for TR and AERO Dance.

5.2 NUMBER OF PARTICIPANTS IN THE FINALS

The eight best scores of all categories may participate in the finals.

6. COMPETITION SCHEDULE (SAMPLE SCHED)

DAY 0	00:00-00:00	Arrival of Delegations (Whole Day)
DAY 1	09:00-12:00	Podium Training for the Opening Parade and Mass Dance
	01:00-03:00	Judges' Refresher Course
	01:00-05:00	Training per schedule
	03:00-05:00	Coaches' Solidarity Meeting
DAY 2	08:00-09:00	Judges' Meeting and Briefing
	09:00-09:30	Opening Parade
	09:30-12:00	Elementary Qualifying Rounds for IM and IW
	02:00-05:00	Secondary Qualifying Rounds for IM and IW
DAY 3	08:00-09:00	Judges' Meeting and Briefing
	09:00-12:00	Elementary Qualifying Rounds for MP/ TR/ AER DANCE
	02:00-05:00	Secondary Qualifying Rounds for MP / TR / AER DANCE
DAY 4	08:00-09:00	Judges' Meeting and Briefing
	09:00-12:00	Elementary Finals for IM / IW / MP / TR / AER DANCE
	01:00-04:00	Secondary Finals for IM / IW / MP / TR / AER DANCE
	04:00-05:00	Awarding Ceremony
DAY 5	00:00-00:00	Departure of Delegation (Whole Day)

7. PARTICIPANTS

- 7.1** The gymnast's age eligibility will be based on age on the cut-off date which is in the year of competition. (Refer to DepEd Eligibility Requirements)
- 7.2** The participation is limited to 2 units per region in each category except Trio and AER Dance.

8. TRAINING AREA

A training hall is available to the competitors 2 days prior to the start of the competition. It is equipped with appropriate sound equipment and a full size competition floor. Access to the floor is given by a rotation schedule set up by the LOC and approved by the Aerobic Gymnastics Technical Committee.

9. WAITING AREA

A designated area connected to the Podium is referred to as the Waiting Area. It is only to be used by the competitors and their coaches of the next two starts. The area is not allowed to be used by any other person.

10. RESTRICTIONS

Competitors, coaches and all unauthorized persons are restricted from entering the waiting area during competition, except when called by an official of the OC or the FIG.

Coaches have to remain in the Waiting Area while their competitors are competing. Coaches, competitors and all unauthorized persons are restricted from entering the judging area. Disregard of these restrictions may lead to the disqualification of the competitor by the Superior Jury.

11. TECHNICAL / ORIENTATION MEETING

It is mandatory for all coaches to be present in the Technical / Orientation Meeting. At this meeting, all information concerning the detailed organization of the competition will be given by the Tournament Manager.

The qualification system identifies individuals participating in the event and indicates that these individuals are permitted access. There will be access control at the entrance to each area. All participants are required to wear ID Cards at all times in the competition venue.

Coaches must check the names, categories, and competitors' music CDs.

The Technical / Orientation Meeting will be held in Malayan Colleges Mindanao, Audio Visual Room, 4th Floor, Mc Arthur Highway Matina, Davao City.

12. COMPETITION RULES AND REGULATIONS

The DepEd Aerobic Gymnastics Technical Committee shall be responsible for and have full control of the technical organization of the Aerobic Gymnastics Competition under / with the guidance of the existing Department of Education Palarong Pambansa and GAP Technical Rules and Guidelines.

The Aerobics Competition will be conducted in accordance with the Aerobic Gymnastics FIG Code of Points (2017-2020, Cycle XIV), DepEd Palarong Pambansa Guidelines and FIG Technical Regulation 2017.

13. MUSIC

Upon arrival, the delegation must deliver two CDs to the OC as per the norms given in the FIG Code of Points. The following information must be written on the CDs:

- Region
- Name of competitor
- Category (IM / IW / MP /TR / AER DANCE)
- Title of the music
- The composer(s) of the music used

The Head of Delegation or the Coach must sign two forms on behalf of the competitor(s)

- The approval of the technical criteria of playing the CD's by the OC
- The confirmation that the music used does not violate any copyrights and that it can be broadcasted within sports.

For training in the training venue the competitor(s) will have to bring their personal (third) copy of the music CDs.

14. DRESS CODE

The competitors dress must demonstrate that it subscribes to the sport profile of a Gymnastics discipline. A neat and proper athletic appearance should be the overall impression.

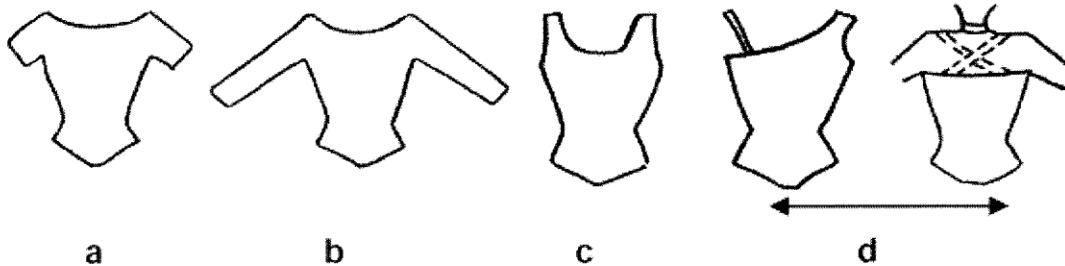
Attire violating any description written in the Dress Code will be deducted by CJP (-0.2 point each time for different criteria).

14.1 WOMEN'S ATTIRE

Women must wear a one-piece leotard with flesh colored or transparent tights or a unitard (one-piece leotard with full length neck to ankle). Sequins are allowed. - The neckline of the front and back of the leotard/unitard must be no further than half of the sternum for the front and no further than the lower line of the shoulder blades for the back. - The cut of the leotard at the top of the legs must not go higher than the waist and the outside seam must pass through the crest of ilium. The leotard must cover the crotch completely. -

Attire for women may be with or without long sleeves (1 or 2 sleeves). Long sleeves end at the wrist. Transparent material allowed for sleeves. - Long tights / full-length unitard are allowed.

Examples for WOMEN



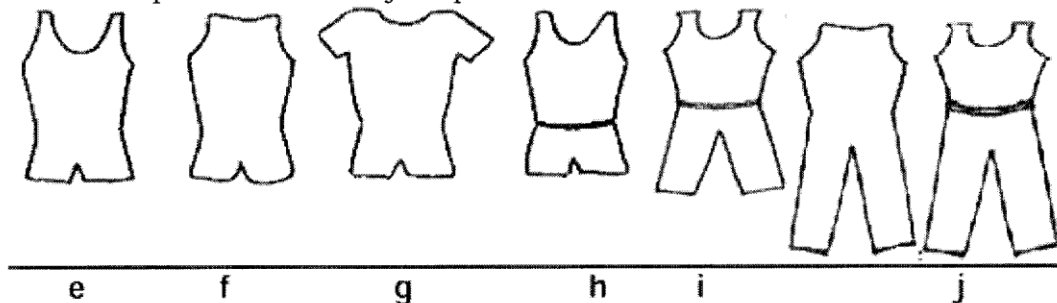
The examples shown "a to c" represent the same front and back of the leotard. The example "d" is the same leotard showing the front and the back.

14.2. MEN'S ATTIRE

Men must wear a unitard or shorts and a form fitting top or leotard with an adequate support (ie; dance belt). - The attire must not have an open cut at the front or back. - The armhole must not be cut below shoulder blades (scapular). - SEQUINS for Men's Attire are not allowed. - 3/4 leggings, long gymnastics trousers (leotard + trousers), 1-piece combi-trousers are allowed.

Examples for MEN:

The examples shown "e to j" represents the same front and back of the leotard.



14.3 CORRECT ATTIRE:

- Hair must be secured close to the head.
- The competitors must wear white aerobics shoes and white socks that must be able to be seen by all judges.
- Make-up must be only for women and used sparingly.
- Loose and additional items to the attire are not allowed.
- Jewelry must not be worn.
- Torn or ripped costume and/or undergarments must not be shown during a performance.
- Aerobics attire must be in non-transparent material, except for sleeves for women.
- Attire depicting war, violence or religious themes is forbidden.
- Body paint is not allowed.
- Sports profile dress.

14.4 UNIFORM: (WARNING BY CJP):

All competitors must wear their official national tracksuit at the Opening and Closing Ceremony and competition attire for Medal Award ceremonies.

14.5 COMPETITION ATTIRE FOR MUSLIM PARTICIPANTS

All participants from ARMM or Muslim participants from other regions can wear jazz pants, jogging pants, hijab, or any comfortable attire that will not violate the Muslim teachings.

15. TIE BREAKING RULES

In case of a tie at any place in qualifications or finals, the tie will be broken based on the following criteria in this order:

- the highest total score in Execution
- the highest total score in Artistic
- the highest total score in Difficulty

If there is still a tie, the tie will not be broken.

16. RANKING BY TEAMS

In case of a tie in points at any place in the Team Ranking, the ranking will be determined by the following criteria:

1. the best ranked Trio
2. the best ranked counting Aerobic Dance
3. To participate in the Team Ranking, team must be represented with at least one participant in each category.
 - Individual Men and/or Individual Women, Mixed Pair, Trio
 - Aerobic Dance

The team ranking list will be established adding the **4 best places** (ranking): Individual Men or Individual Women, Mixed Pair, Trio, and Aerobic Dance. The 4 places of each Team are converted into points as according the ranking from the competition.

e.g.: 1st place – 1 point, 2nd place – 2 points

The team with the lowest number of points is declared Team Champion. Medals will also be given to the winning teams. The delegations must announce the composition of their team coaches' meeting and orientation. (1 individual man, 1 individual woman, 1 mixed pair, 1 trio and 1 aerobic dance during

In case of a tie in points at any place in the Team Ranking, the ranking will be determined by the best ranked Trio. If there is still a tie, the tie will not be broken.

17. WALK OVER

Should a competitor fail to appear on stage within 20 seconds after being called, a deduction of 0.5 point will be made by the Chair of the Judges Panel. Should a competitor fail to appear on stage within 60 seconds after being called, the start will be deemed as a Walk Over. Upon announcement of such a Walk Over the competitor loses his right to participate in the category in question.

In case of EXTRAORDINARY CIRCUMSTANCES, refer to chapter 8, COP 2016-2019.

18. TRAINING – WARM UP

Training sessions will begin on _____ and the official training venue is at Malayan Colleges Mindanao, Audio Visual Room, 4th Floor, Mc Arthur Highway Matina, Davao City.

The training schedule will be made according to the arrival time of each delegation and will be handed to the Heads of Delegation upon registration.

Access to the competition hall and the training venue will be given only to the members of the delegation wearing their ID and only during their respective training time.

19. JUDGES' MEETING

All members of the judging panel are obliged to attend all meetings, briefings and debriefings as per FIG COP 1.2.b. Briefings will take place before every competition and is compulsory to all appointed judges and reserves.

Judges' Briefing will take place on _____ from _____ at the Malayan Colleges Mindanao, Audio Visual Room, 4th Floor, Mc Arthur Highway Matina, Davao City.

20. DRAWING OF LOTS FOR JUDGES / STARTING ORDER

A draw will decide the starting order of the competition. Lots will be drawn in the presence of the Coaches and Technical officials. The drawing of lots will take place during the coaches' and technical meeting. The lots shall be drawn by a "neutral" person or by computer.

21. DISPLAY OF SCORES AND DISTRIBUTION OF RESULTS

The scores of the juries and final results will be published on a display screen.

A detailed list of results, including all judges' marks, will be distributed to the Heads of Delegation after the Finals.

22. PROTESTS

Protests regarding scores are not permitted. Extraordinary circumstances – as per the Technical Regulations and Code of Points, Chapter 1, 1.12.

23. DISCIPLINARY PENALTIES

a. WARNINGS

Warnings are given for the following:

- Presence in a prohibited area.
- Improper behavior on the Podium.
- Disrespectful manners to judges & officials.
- Unsportsmanlike behavior.
- Competition attire not being worn at the medal awarding ceremony. - A competitor receives one warning only and, irrespective of the category, the second warning will result in immediate disqualification.

b. DISQUALIFICATION

Disqualification is declared if:

- there are serious breaches of the FIG Statutes, Technical Regulations and/or Code of Points and if there is a Walk-over.

24. OPENING

The opening will take place on _____ at Malayan Colleges Mindanao, Audio Visual Room, 4th Floor, Mc Arthur Highway Matina, Davao City.

Competitors will hold an opening parade and will be presented in this event and must wear their track suit.

25. MEDAL AWARD CEREMONIES

The awarding of medals will take place after the finals of all categories, at this time all competitor(s) are required to wear their competition attire.

The awards for Aerobic Gymnastics competitions will be awarded as follows:
Individual and Trios Events for Elementary and Secondary.

First Place : Gold Medal and Certificate for each gymnast placed first
Second Place : Silver Medal and Certificate for each gymnast placed second
Third Place : Bronze Medal and Certificate for each gymnast placed third

Team Ranking

First Place : Gold Medal and Certificate for each gymnast placed first
Second Place : Silver Medal and Certificate for each gymnast placed second
Third Place : Bronze Medal and Certificate for each gymnast placed third

All Participants : Certificate of Participation

COMPETITION PROGRAMME

	ELEMENTARY LEVEL	SECONDARY LEVEL
AGE	DepEd Palarong Pambansa Eligibility Guidelines	
CATEGORIES	IM, IW, MP, TR, AER DANCE	IM, IW, MP, TR, AER DANCE
EXCEPTIONS	No 1 arm push up No 1 arm support	No 1 arm push up No 1 arm support
MUSIC LENGTH	1 minute 15 seconds (+/- 5sec)	1 minute 20 sec. (+/- 5sec)
DIFFERENT ELEMENTS	6 maximum	8 maximum
ACROBATIC ELEMENTS	2 Elements from A1 to A3 (optional) Off Axis jump not allowed	2 Elements from A1 to A6 (optional) Off Axis jump not allowed
COMBINATION OF DIFFERENT ELEMENTS	No Combination	1 Combination of 2 different elements allowed
COMPETITION SPACE	7m x 7m: IND-MP-TR	7m x 7m: IM-IW 10m x 10m: TR, MP, AER DANCE
COMPULSORY ELEMENTS (must be performed without combination)	4 A) PU B) Straddle Support C) Air Turn D) Vertical Split	4 A) Helicopter to PU B) Straddle Support (max 1/1 turn) C) Tuck Jump 1/1 turn D) 1/1 Turn to Vertical Split
ELEMENTS ALLOWED VALUE	0.1- 0.4 (1 ELEMENT 0.5 POINT OPTIONAL)	0.1- 0.6 (1 ELEMENT 0.7 POINT OPTIONAL)
PUSH UP SPLIT LANDING	Maximum 1 JUMP landing in SPLIT	Maximum 1 JUMP landing in SPLIT Maximum 1 JUMP landing in PUSH UP
FLOOR ELEMENTS	4	5
LIFT	0	1 (optional), no value

ATTIRE	FIG Code of Points (no make-up) Optional tights are allowed Form Fitting body shorts are allowed for both boys and girls.	FIG Code of Points (light make-up)
JUDGES' PANEL	2-4 A-Jury, 2-4 E-Jury, 2-D Jury, 2-L- Jury, 1- CJP According to the FIG Judges rules, the FIG Technical Regulations, the Aerobic Gymnastics code of points.	
TEAM RANKING	There will be a team ranking for both categories.	

DEDUCTIONS

	ELEMENTARY LEVEL	SECONDARY LEVEL
Difficulty Deductions (-1.0 each time)	<ul style="list-style-type: none"> • More than 6 elements • Compulsory elements: missing or in any combination or not at the same time • More than 4 floor elements More than 1 element of value 0.5 pt. • Elements in 1 arm support • Elements landing to PU • More than 1 element landing to split • Repetition of an element 	<ul style="list-style-type: none"> • More than 8 elements • Compulsory elements: missing or in any combination- or not at the same time • More than 5 floor elements • More than 1 element of value 0.7 pt. • Elements in 1 arm support • More than 1 element landing to PU • More than 1 element to split • Repetition of an element
CJP Deduction (-0.5 each time)	<ul style="list-style-type: none"> • Performing Lift(s) • Performing Acrobatic elements (A4 to A7) or OFF AXIS JUMPS 	<ul style="list-style-type: none"> • More than 1 Lift • Performing Acrobatic elements (A7) or OFF AXIS JUMPS

AEROBIC DANCE

EVENTS	COMBINED (4) ELEMENTARY AND (4) SECONDARY
DEFINITION	Group choreography of 8 competitors, utilizing the Aerobic movements in Dance Style. The routine must include 32 to 64 counts of STREET DANCE, as a 2nd style. The routine may include acrobatic and/or difficulty elements but they will not receive any value.
AGE	DepEd Palarong Pambansa Eligibility Guidelines
CATEGORIES	AER DANCE
EXCEPTIONS	No 1 arm push up No 1 arm support
MUSIC LENGTH	1 minute 20 sec. (+/- 5sec)
DIFFERENT ELEMENTS	8 maximum Elements from A1 to A6

	(1 ELEMENT 0.7 POINT OPTIONAL) Off Axis jump not allowed
COMBINATION OF DIFFERENT ELEMENTS	Maximum of 2 acrobatic elements in combination (=set) may be performed but must perform at the same time. If the same or different combination is performed consecutively, it will be counted as 2 or more.
ACROBATIC ELEMENTS AND	If a different combination is performed at the same time, it will be counted as 1 set. Maximum of 3 sets of combinations may be performed. Examples: Round off + flic flac + salto = DEDUCTION Round off + salto = NO DEDUCTION
DEDUCTIONS	More than 2 acrobatic elements performed in combination (=sets): -0.5 each time More than 3 acrobatic combination (sets) in the whole routine -0.5 each time
COMPETITION SPACE	10m x 10m: AER DANCE
DANCE CONTENT	In the Dance Content, dance movements are evaluated throughout the routine, including the 2nd style. If the 2nd style is not included or not recognizable or not STREET DANCE, maximum in Dance Content is 1.1 (Unacceptable). The dance content must have high correlations with the theme and the style of the music. It is recommended to show high level of creativity in the dance content, especially by using the music style and accents, but without repetitions. The second style must be clearly different from the rest of the choreography and must show high degree of creativity.
PUSH UP SPLIT LANDING	Maximum 1 JUMP landing in SPLIT Maximum 1 JUMP landing in PUSH UP
FLOOR ELEMENTS	5
LIFT	1(optional), no value
ATTIRE	FIG Code of Points
JUDGES' PANEL	2-4 A-Jury, 2-4 E-Jury, 2-D Jury, 2-L- Jury, 1- CJP According to the FIG Judges rules, the FIG Technical Regulations, the Aerobic Gymnastics code of points.
TEAM RANKING	There will be a team ranking for both categories.