

2024

# Aerobic Gymnastics Whānau Guide

A guide to the national  
competitive programme.



## Contents

Introduction	3
Gymnastics New Zealand	3
Safe Sport	5
Gymnastics NZ Code Of Behaviour	5
Aerobic Gymnastics Pathway In New Zealand	7
Division Table	8
Competition Attire	9
Movement Between Levels	10
Levels Of Competition	11
Endorsed Events	12
Gymnastics NZ Coach Qualification Pathway	13
Coaching Requirements	14
New Zealand Gymnastics Championships	15
Judging	16
Gymnastics NZ Judge Education Pathway	18

Gymnastics New Zealand (Gymnastics NZ) resources are for the use of Gymnastics NZ affiliated member clubs, coaches, officials, and participants who are Gymnastics NZ members. This includes but not exclusive to programme guides, technical handbooks, handbooks and associated coach and judge education.

Gymnastics NZ member only programme resources may not be

- used in whole, or part, to design and deliver a non-member programme including education
- copied and or reproduced in whole, or part, in another programme or event material without permission from Gymnastics NZ
- distributed in whole, or part, to another person or organisation
- displayed in whole, or part, on a public platform i.e., social media, websites.

To use this guide outside of the above defined purpose please contact [office@gymnasticsnz.com](mailto:office@gymnasticsnz.com).

## Introduction

This handbook is to provide a guide to the national Aerobic Gymnastics competitive programme in New Zealand.

Aerobic gymnastics is the performance of complex and high intensity movement patterns to music, originating from traditional aerobic dance. To be successful, a routine must demonstrate continuous movement, flexibility, strength, and utilise the seven basic aerobic steps, together with a high level of perfectly executed difficulty elements.

## Gymnastics New Zealand

As an International Gymnastics Federation member, Gymnastics NZ is the national governing body for gymnastics in New Zealand. We look after the sport across all codes from grassroots, through to high-performance athletes.

Our codes include both men's and women's artistic gymnastics, rhythmic, aerobics, trampoline, and GNZ parkour, and work with technical committees to outline the New Zealand rules and regulations for each one of these codes.

Gymnastics NZ staff support clubs in the operational and technical delivery of the sport, through relationship managers, education, international tours, and head office.

Clubs are required to be a member of Gymnastics NZ to compete in the national competitive programmes.

## Strategic Plan 2024-2030

This is the road map outlining what our priorities will be and why.

### **Our Vision – To be New Zealand's First Choice Sport.**

This is a vision that we can measure and be inspired by. Gymnastics is a core foundational sport, whether we are your first sport, or your forever sport. And we believe that gymnastics sets you up for life.

### **Our Purpose – To Enable Positive Gymnastics Experiences for Everybody.**

This purpose both guides and motivates us. Our athletes, volunteers, clubs, officials, and people are the reason we are here. We believe that everybody involved in our sport deserves a positive, enjoyable, fun, experience at every level of sport.

### **Our Values**

These are the key behaviours we believe the organisation needs in order to achieve success for our sport, and should underpin everything that we do. They were designed by our team, based on community feedback and interactions.



## Our Strategic Priorities

These are the key outcomes we are looking to achieve by 2030. These outcomes were set by the Board after careful consideration, and feedback from the community through our club hui.

- Growth in participation.
- Thriving club communities.
- Established performance pathways.

We believe these are the three areas of focus that will deliver on our vision to be New Zealand’s first choice sport.

[You can find the full strategic plan on our website.](#)

## Gymnastics NZ Strategic Plan - Overview

### Our Vision

To be New Zealand’s first choice sport.

### Our Purpose

To enable POSITIVE gymnastics experiences for EVERYBODY.

Growth in Participation

Thriving Club Community

Effective Performance Pathways

### Our Foundation Principles

Diversity, Athlete Voice, Participant Wellbeing, Environmental Sustainability, Our commitment to uphold the mana of Te Tiriti o Waitangi and the principles of Partnership, Protection and Participation

### Our Values

Manaakitanga (care for others, bring alongside)  
 Manahau (joyful, positive energy)  
 Rangatiratanga (action, leadership)  
 Manawanui (steadfast, committed)



## Safe Sport

Gymnastics NZ is committed to creating a positive culture within the sport of gymnastics that prioritises the safety and wellbeing of all involved, with particular emphasis on children and young people. This includes both the prevention of harm within gymnastics as well as recognising and responding to concerns, disclosures, and allegations both within and outside of the sport.

It is important that any concerns regarding child safety and wellbeing are raised as soon as possible. This could involve contacting your club safeguarding lead, or by completing a safe sport form on the Gymnastics NZ website. Identifying and addressing concerns early and at the appropriate level is an important part of creating a safe and positive culture within the sport of gymnastics.

Please refer to the [Gymnastics NZ website](#) for more information on how concerns and complaints are handled and for the Gymnastics NZ Complaints Policy, and Safeguarding and Child Protection Policy.

## Gymnastics NZ Code of Behaviour

The [Gymnastics NZ Code of Behaviour](#) applies to anyone involved in the sport of gymnastics in New Zealand, whether they are an athlete or in a paid or unpaid/voluntary capacity with Gymnastics NZ or an affiliated club or organisation.

### **Respect the rights, dignity and worth of every individual athlete as a human being.**

Treat everyone equally regardless of sex, disability, ethnic origin or religion. Respect the talent, development stage and goals of each athlete to reach their desired potential.

### **Protect athletes from all forms of abuse.**

Refrain from any form of verbal, physical, or emotional abuse towards athletes. Refrain from any form of sexual or racial harassment, whether verbal or physical. Do not harass, abuse, or discriminate against athletes based on their sex, marital status, sexual orientation, religious or ethical beliefs, race, colour, ethnic origins, employment status, disability, or distinguishing characteristics. Any physical contact with athletes should be appropriate to the situation and necessary for the athlete's skill development. Be alert to any forms of abuse directed towards athletes from other sources while in your care. You must raise any concerns you have regarding the treatment of any athlete by another coach, volunteer, parent etc. in accordance with this code or any other relevant policies and procedures e.g. Safeguarding and Child Protection Policy.

### **Provide a safe environment for training and competition.**

Adopt appropriate risk management strategies to ensure the training and/or competition environment is safe. Ensure equipment and facilities meet safety standards. Ensure equipment, rules, training, and the environment are appropriate for the age, physical and emotional maturity, experience, and ability of athletes. Show concern and caution toward

sick and injured athletes. Allow further participation in training and competition only when appropriate. Encourage athletes to seek medical advice when required. Provide a modified training programme where appropriate. Maintain the same interest and support toward sick and injured athletes as you would the healthy athletes.

**Make a commitment to providing a quality service for all athletes.**

Seek continual improvement through ongoing education, and other personal and professional development opportunities. Provide athletes with planned and structured input appropriate to their needs and goals. Seek advice and assistance from professionals when additional expertise is required. Maintain appropriate records.

**Maintain a high standard of integrity.**

Operate within the rules of the sport and in the spirit of fair play, while encouraging athletes to do the same. Advocate a sporting environment free of drugs and other performance enhancing substances with the guidelines of the Drug Free Sport New Zealand and World Anti-Doping Code. Do not disclose any confidential information relating to athletes without their prior written consent.

**Be a positive role model for the sport and athletes and act in a way that projects a positive image.**

All athletes are deserving of equal attention and opportunities. Ensure the athlete's time spent with you is a positive experience. Be fair, considerate, and honest with athletes. Encourage and promote a healthy lifestyle – refrain from smoking and drinking alcohol around athletes.

**Professional responsibilities.**

Display high standards in your language, manner, punctuality, preparation, and presentation. Display control, courtesy, respect, honesty, dignity and professionalism to all involved within the sphere of sport – this includes opponents, coaches, officials, administrators, media, parents, and spectators. Encourage athletes to demonstrate the same qualities. Be professional and accept responsibility for your actions. You should not only refrain from initiating a sexual relationship with an athlete but should also discourage any attempt by an athlete to initiate a sexual relationship with you, explaining the ethical basis of your refusal. Accurately represent personal qualifications, experience, competence, and affiliation.

## Aerobic Gymnastics Pathway in New Zealand

### Definitions:

- Division:** The aerobic pathway selected i.e., Aerobic Dance, NZ Levels, and International.
- Level:** The segmentation of the division i.e., Level 1, 2, 3, 4.
- Category:** Number and gender of the competitor's i.e., Individual women, Individual Men, Mixed Pair, Trio, Group.
- Age Group:** The age ranges (taken at the 31st of Dec of the competition year)

### Aerobic Dance

There are three categories within the Aerobic Dance division.

1. Aerobic Dance AeroSchools (Pre-choreographed – not eligible for NZ National Gymnastics Championships)
2. Aerobic Dance Open (own choreography)
3. Aerobic Dance International (can be chosen as part of the Emerging Development Squad for 2023 – must have a full 8 athletes in the correct age division) – will compete in the open category.

Aerobic Dance utilises aerobic movement patterns in a dance style, in conjunction with a 32 – 64 count block of contrasting high intensity dance well integrated into the choreography to enhance the artistic component of the routine. Competition teams consist of 5 – 8 competitors, male, female or mixed. Those who choreograph their own Aerobic Dance routines will compete in the appropriate age group in an 'open' Aerobic Dance category. Athletes are eligible to compete in Aerobic Dance as well as their chosen aerobics categories

AeroSchools Aerobic Dance – Pre-choreographed AeroSchools Aerobic Dance routines will not be eligible for the NZ Gymnastics Championships. Clubs using the pre-choreographed routines on the AeroSchools resources will compete in the 'AeroSchools' stream within the appropriate age group. Aerobic Dance International teams will need to apply to compete in the international category.

### New Zealand Levels

NZ Levels 1 to 5 utilise the Australian AeroSchools resource. AeroSchools aims to introduce basic Aerobic Gymnastic movement patterns through pre-choreographed routines. These levels are for athletes whose primary incentive is participation and follows the four 'F' philosophy, fun, fitness, friendship and fundamentals.

Please note these levels (1 – 5) are not eligible for NZ Gymnastics Championships, however levels 3 to 5 will be eligible for NZ Gym Club Challenge.

NZ Levels 6 to 9 encompass what was previously divided into our Open and ADP streams and are eligible for NZ Gymnastics Championships. These are levels for athletes, allowing optional choreography following the three 'C' philosophy: creativity, complexity, and competition. As

seen in the NZ Levels, the selection of elements allows focus on development of skill level difficulty and/or with the aim to compete in the International Stream of competition.

## International

A competitive division that competes in New Zealand and internationally. The Aerobics NZ Emerging Development Squad will be in place for 2022 onwards, for athletes aspiring to represent New Zealand in International competitions from 2023.

## Movement Between Levels for Groups

Gymnasts may only move up a level to form a group IF they fit within the age category for that level. For example, an 11 year old may compete as an individual in Level 6 and move up to Level 7 to form a group, but a 10 year old may not.

For multiples, the group must compete in the level that the majority of the members are from, UNLESS it means the gymnast will compete outside their age level. For example, a 15 year old cannot compete in a group in Level 6.

## Division Table

Aerobic Dance	NZ Levels	International
5 – 8 years  <i>Not eligible for NZ Gymnastics Championships</i>	Levels 1 to 5: All ages, GFA  Levels 1 – 2: Groups only  Levels 3 – 5: Individual and groups  Ages and divisions as per AeroSchools resources NB: Level's 4-5 are required to be aged 9+	
Open 9 – 14 years  <i>Pre-choreographed or Open (separate categories)</i>	<b>Level 6</b> 9 – 14 years	<b>National Development</b> 9 - 11 years
Open 15 - 17 years  <i>Pre-choreographed or Open (separate categories)</i>	<b>Level 7</b> 11 - 14 Years 15 - 17 years	<b>Age Group</b> 12 – 14 years
Open 18 + years  <i>Pre-choreographed or Open (separate categories)</i>	<b>Level 8</b> 12 – 14 years 15 – 17 years 18+ years	<b>Junior</b> 15 -17 years



	<b>Level 9</b> 15 + years	<b>Senior</b> 18+ years
<b>Aerobic Dance International</b>	See Aerobic Dance guidelines	
Groups of 8, Male, Female or Mixed.	Individual Men, Individual Women, Pairs & Trios – same sex or mixed, Groups 4 – 5.	Individual Men, Individual Women, Mixed pairs, Trios, Groups 5.

Note: The pathways through the Aerobics Levels and divisions gets progressively more difficult.

## Competition Attire

### Gymnastics NZ Regulations – All Codes

- Athletes may choose to wear gymnastics shorts or leggings over their leotard.
- Hair can be worn in any style, provided it is securely fastened.
- Bandages, strapping and braces – where available these should be skin-coloured or beige, white or black.
- No deductions will be given for underwear showing during a routine.

### Aerobic Gymnastics Competition Attire Regulations

#### International Representative Athletes

Please note that FIG competition attire regulations may differ and will apply to all gymnasts when competing at selection events for, and when representing New Zealand at FIG competitions. These regulations can be found in the AER Code of Points. Athletes competing overseas at non-FIG competitions should check the rules of the event before travelling.

#### Athletes at Domestic Competitions

The following regulations apply to all competitive gymnasts at domestic competitions in New Zealand.

#### National Levels (1-9) Programme/International Programme

- One-piece leotards or long singlet top (fitted) and bike pants.
- Athletes may wear gymnastics shorts or full-length tights.
- Boys may wear shorts or tights.
- Transparent material may be used on sleeves.
- Clean aerobics shoes must be worn (athletic shoes may be worn up to Level 5) with laces tucked away.
- Loose jewellery (bracelets or necklaces) must not be worn, but small stud-type earrings are permitted. (Consideration should be given in multiples dependent on collaborations between gymnasts).

## Aerobics Dance

- Attire rules are as above. The following additional rules apply to dance aerobics
- The attire of team members can be different but must be coordinated.
- A skirt that does not fall further than the pelvic area may be worn over leotard/unitard.
- Baggy clothes, additional items/props (tubes, sticks, balls, etc.) and accessories (belts, braces, bands, etc.) are not permitted.

## New Zealand Gymnastics Championships

- For the New Zealand Gymnastics Championship, gymnasts must wear track suits, including track pants or leggings (provincial colours or black), for march on and prize-givings.
- International athletes may march on in their leotard for finals.

## Deductions

- Violation of these rules will result in a penalty of 0.2 points applied by the Control Judge, which will be deducted from the total score of any of routine in which the violation occurs.
- Only one deduction can be applied for attire violations in a routine.

## Movement Between Levels

Aerobic Dance is treated as a division in its own right and can be competed in without impacting on the regulations below.

## Division and Level Eligibility

- Athletes can compete in any division provided they are aligned with the age group e.g. a 12-year-old can commence in AeroSchools level 3, 4 or 5, Open level 3, ADP 3 or International Age Group 1 (subject to international division selection criteria).
- There is no restriction for moving up an AeroSchools level or changing to another division, provided the athlete stays within their age group. In any calendar year, once an athlete has gone up an AeroSchools level or another division, that is the level/division that they must continue to compete in for the remainder of that year.
- Athletes must qualify once in the Division they wish to enter in for NZ Gymnastics Championships (Nationals). An athlete must attend a minimum of two qualifying events to be eligible for NZ Gymnastics Championships (Nationals). (Both as an individual and a multiple). If an athlete moves up a division through the year – they are only eligible to enter NZ Gymnastics Championships (Nationals) in this new division.

## Age Level and Category Eligibility for Pairs, Trios and Group

- Athletes may compete in more than one category within a division. Athletes may not compete in the same category more than once (cannot compete against themselves). Athletes may only compete in one (1) individual category, one (1) pair or trio and one

(1) group category. For example, they cannot compete in a pair and a trio even if they are in different levels.

- An athlete may not move to a lower AeroSchools level or Division after the completion of their first competition.
- **Please note:** International athletes are considered Level athletes for pairs/trios and groups in their respective age category UNLESS they have trialled as a pair/trio or group in the international stream.

## Changing Levels Between Seasons

At the end of each competition season an athlete, or returning athlete, may only go back one Division except in special circumstances. If a coach wishes to move an athlete back more than one division, they must apply to the Aerobic Technical committee prior to the start of the competitive season.

Athletes must compete at ALL events in the highest level they have competed in a calendar year including AIMS Games and NZ Secondary Schools. **Note:** a returning international athlete may not start a new competition season lower than ADP. Once they have completed one full competition season at ADP they may then elect to go back to a lower division.

Non-compliance with these rules will result in disqualification. Coaches are welcome to seek clarification from Gymnastics NZ or the Aerobics Technical Committee.

An international athlete cannot move into the AeroSchools level or open level divisions.

## Levels of Competition

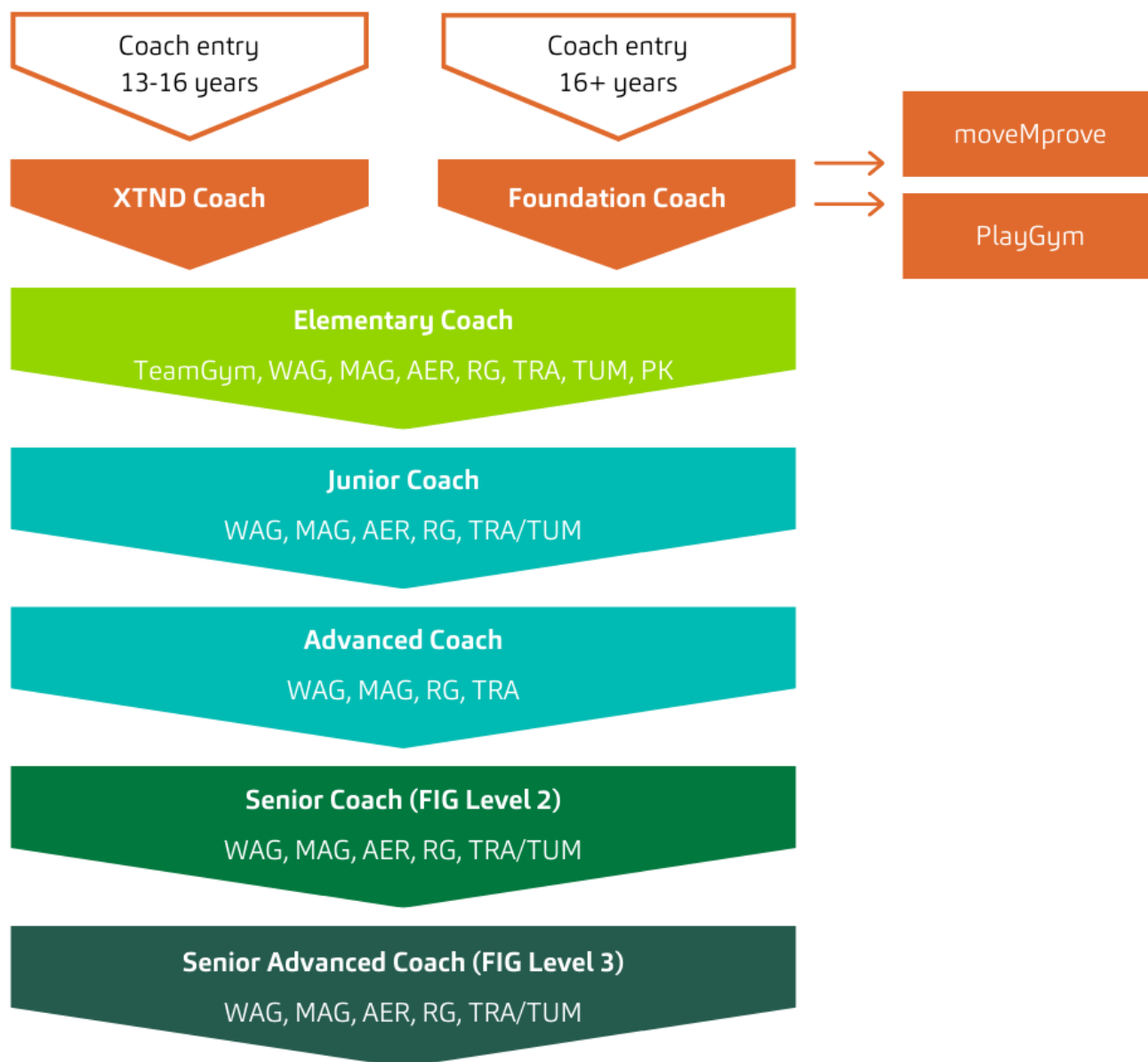


## Endorsed Events

As per the qualifying event agreements, competition organisers need to ensure they are meeting the Gymnastics NZ requirements for running events, please note In New Zealand we do not have any FIG approved aerobics floors, it is important that event organisers ensure the safety of athletes. **Note:** Levels 1 to 5 - Not eligible for New Zealand Gymnastics Championships

Level	Routine	Categories	Eligibility
<b>GfA Events</b>			
Level 1	AeroSchools Level 1	Group (2-5)	Any GFA member
Level 2	AeroSchools Level 2	Group (2-5)	Any GFA member
<b>AeroSchools Levels for National GfA Club Events</b>			
Level 3	AeroSchools Level 3	Individual Groups (2-5)	Any GFA member
Level 4	AeroSchools Level 4	Individual Groups (2-5)	Any GFA member Any competitive gymnast from another code
Level 5	AeroSchools Level 5	Individual Groups (2-5)	Any GFA member Any competitive gymnast from another code

## Gymnastics NZ Coach Qualification Pathway



Gymnastics NZ aims to meet the professional development needs of gymnastics coaches and judges by providing theoretical and practical programmes. Courses are offered throughout the country with some being online. Above is the diagram of this pathway; alongside these courses there are other opportunities to engage in workshops, coach developer opportunities, guest speakers and a bi-annual coach connect conferences. All registrations for these courses are through the member clubs.

## Coaching Requirements

### Coach Qualifications for Endorsed Events

Coaches should have coaching qualifications at the same level that their athlete are working. Gymnastics NZ has taken a stepped approach to bring coaches up to the required coaching levels over the next few years. All coaches are required to have a current Safeguarding Child qualification and be Police Vetted by their club.

Athlete Level	Competition Level	Qualification Required – Endorsed and Qualifying Events	
		2023	2024
Elementary	Level 3-5	Elementary*	Elementary*
Junior	Level 6-7	Junior**	Junior**
Senior	Level 8-9 and International	Junior	Junior

#### Note:

- \* *The qualification may still be in progress. A second coach for a group at Foundation/XTND may be permitted.*
- \*\* *May be in progress*

Required qualifications will be reviewed on an annual basis. Coaches who are not qualified at the required level will need to apply for dispensation.

### Coach Qualifications for the NZ Gymnastics Championships

Qualification of Coach	Level/ International
Aerobic Junior Coach	All Levels

## New Zealand Gymnastics Championships

All participants must meet the entry requirements in the regulations. Including age and affiliation etc.

### National Competition Categories

- Individual (mixed for levels 6-9, women and men for international)
- Levels – pair/trio/group can be same sex or mixed
- International – pair must be mixed
- International trio/group can be mixed or same sex (group must be 5 athletes)
- Open Aerobic Dance groups 5 to 8 (Any combination of males and/or females)
- International Aerobic Dance groups 8 (Any combination of males and/or females) – please note these groups will compete in the Open Aerobic Dance category but need to have 8 participants to be eligible to represent New Zealand

### Athlete Qualification

- There is currently no limit to the number of entrants that may enter the National Championships for Aerobics.
- Athletes must attain the qualifying mark in the category they wish to enter, at a minimum of ONE qualifying event for all divisions, categories and levels eligible for NZ Gymnastics Championships (Nationals) at an approved qualifying competition.
- Athletes are expected to attend a minimum of TWO qualifying events (individuals and multiples) to be eligible to compete.
- International athletes may use a score from an International Event in place of a qualifying event.

### Qualifying scores

These scores will be finalised after the first two competitions of the season and published through the Gymnastics NZ event newsletters.

### Equipment Information

7x 7 or 10 x 10 marked perimeter on a wooden floor (Depending on your division), New Zealand does not have an international aerobic gymnastics floor in the country.

### Performance Music Requirements

- One or more pieces may be mixed.
- Original music and sound effects are allowed.
- The recording must meet professional standards regarding sound.
- All athletes must use the same music for heats and finals otherwise they will be disqualified.

## Judging

All Levels and International categories will be judged on the 2022-2024 FIG Code of Points. All Nationals divisions within the NZ framework are judged by the same panels, however the regulations within those panels can differ depending on the division they are judging. There will always be judges looking at 3 separate criteria within a routine and presiding over the panel will be the Chair Judge who ensures the regulations are being met for each routine. This section of the handbook will explain each of the different roles of judges on the panel and what they are specifically judging while a routine is being performed.

Each Judging panel consists of a minimum of 5 judges who will judge the following areas:

1. The artistic component of the routine
2. The execution of the routine
3. The difficulty and compulsory requirements of the routine

Each judge will be judging each routine in accordance with one of the areas outlined above.

## Composition of Judging Panels

Panel	Levels 1-6	Levels 7-10	International	International Trials	National Champs /International Trials
Artistry	Elementary	Junior	Junior	Junior	Junior (Levels) Junior Advanced (Int)
Execution	Elementary	Junior	Junior	Junior	Junior (Levels) Junior Advanced (Int)
Difficulty	Junior	Junior Advanced	Senior	Senior	Senior
Control Judge	Junior Advanced	Senior	Senior	Brevet	Brevet

## Judging Conflict of Interest

Relatives will not be on panel, if at all possible, although in some situations this may be necessary for the smooth running of the competition. All scores are monitored by the Head Judge irrefutable of those on panel.

## Artistic Judging

The Artistic Judge evaluates the choreography of the routine, looking at what is being performed, how it is being performed and where it is being performed.

## Execution Judging

The Execution Judge evaluates the technical execution of every movement seen during the performance.



## **Difficulty Judging**

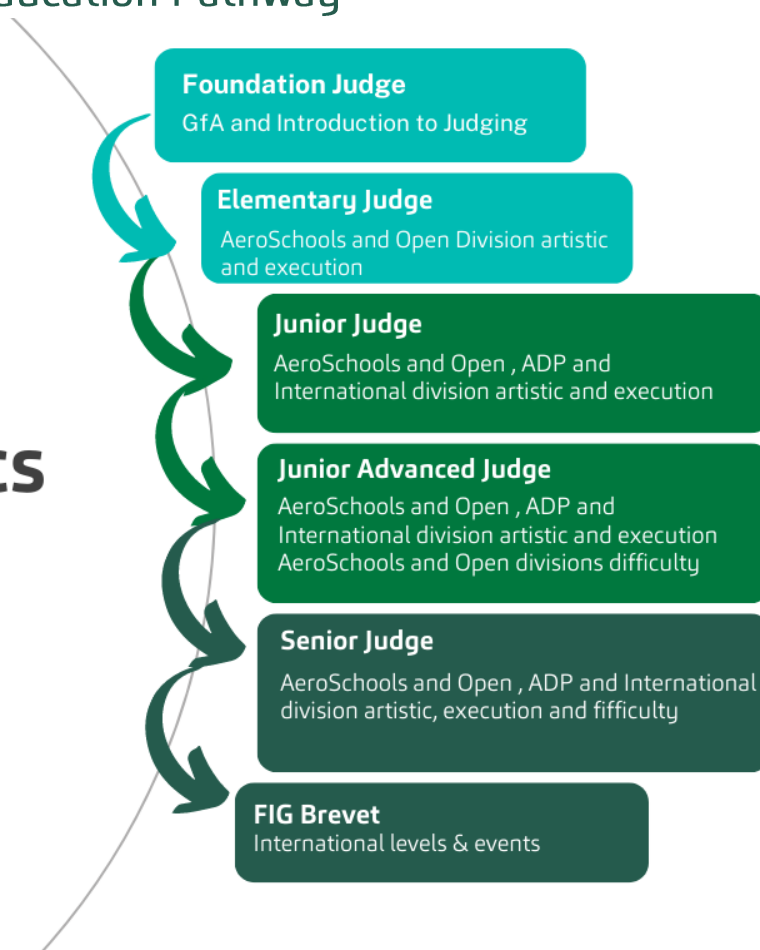
The Difficulty Judge evaluates and gives a value to the elements performed provided the minimum requirements for that element are met during the performance. The final difficulty score is halved and added onto the artistic and execution scores.

## **Chair of Judges Panel**

The Chair of Judges Panel's role is to maintain the integrity of the judging by ensuring the scores submitted fit within a range of tolerance and take deductions from the total score for infringements according to the Code of Points. Any deductions taken by the Chair of Judges panel will be taken in full from the final score. The scores will NOT be halved. The Chair of Judges Panel can also sanction a disqualification if a serious breach occurs.

## Gymnastics NZ Judge Education Pathway

# Aerobic Gymnastics Judging Pathway



### Foundation Judge Qualification

Online introduction to judging to be completed prior to attending the Elementary judge's course.

### Elementary Judge Qualification

Judges must complete a full season of judging AeroSchools and Open Division Artistic and Execution and have their judging logbook signed off by the AER Judging Advisor. Once the logbook has been signed off the judge can sit the Junior Judge Course.

### Junior Judge Qualification

Judges must complete a full season, competing 2 sessions of each of the following areas: AeroSchools and Open Division, ADP and international division Artistic and Execution and have their judging log book signed off by the AER Judging Advisor. Once the log book has been signed off the judge can sit the Junior Advance Judge Course.

### Junior Advanced Judge Qualification

Judges must complete at least 2 years, completing 2 sessions of each of the following areas: AeroSchools and Open Division, ADP and international division Artistic and Execution and AeroSchools and Open division Difficulty. Junior Advance judges are able to Chair panels,

once completed their full season they are required to have their judging log book signed off by the AER Judging Advisor. Once the log book has been signed off the judge can sit the Senior Course.

### **Senior Judge Qualification**

Judges must complete at least 2 session of each of the following areas: AeroSchools and Open Division, ADP and international division Artistic and Execution and AeroSchools and Open division Difficulty. Junior Advance judges are able to Chair panels, once completed their full season they are required to have their judging log book signed off by the AER Judging Advisor. Once the log book has been signed off the judge can sit the Senior Course.

### **International Judging Qualification (F.I.G Brevet)**

Judges must have a minimum of four years' experience as a Senior Judge, this course is invite only from the AER Technical committee.



**Gymnastics**  
NEW ZEALAND