

A photograph of a female aerobic gymnast in a red and black leotard with white star patterns and sequins. She is in a dynamic pose, leaning back with her head tilted up and her right hand on her hip. The background is black.

2025

Gymnastics NSW Technical Regulations

Section 3 - Aerobic Gymnastics

POLICY NAME: Aerobic Gymnastics Technical Regulations 2025
DATE OF ISSUE: December 2024
POLICY COVERAGE: All Gymnastics NSW Aerobic Gymnastics Events & Activities
DATE OF REVIEW: December 2024
CONTROLLING BODY: Gymnastics NSW - AER Gymsport Committee



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General Information

Technical Regulations Purpose

This is to be read in conjunction with the [GNSW General Regulations Section](#).

The FIG Code of Points and Technical Regulations, and the Gymnastics Australia Technical Regulations provide governance for Aerobic Gymnastics (AER). This handbook provides AER in NSW with general and program information, technical regulations, event information and selection process, policies and forms.

The AER Gymsport Committee shall be master of its own procedures.

Where any event occurs that is not elsewhere provided in these regulations, any decision or action required shall be decided by a simple majority vote of the Committee, whose determination of the matter shall be final and not to be construed as having set a precedent.

Whereby error or omission any of the foregoing regulations shall require interpretation, the original intent of the Committee in the framing of the subject regulation shall prevail, rather than the letter of the law.

Abbreviations

AER	Aerobic Gymnastics
AER GC	GNSW Aerobic Gymnastics Gymsport Committee
ALP	Australian Levels Program
CoP	Code of Points
EPPO	Events, Pathway and Performance Officer
FIG	Federation International Gymnastics
GA	Gymnastics Australia
GNSW	Gymnastics New South Wales

Committees

National Commission

The Functional Statement for GA AER National Commission can be found on the [GA Website](#). Contact information for the commission can be found [HERE](#).

GNSW AER Gymsport Committee

Purpose

Committees exist to promote the technical development of the Gymsports, by furthering and carrying out the purposes and objectives of Gymnastics NSW. The Committee and its members are responsible for providing support to GNSW and other committee members to ensure the organisation meets its goals and objectives.

Committees will develop, implement and administer projects to support and encourage the growth of gymnastics and the technical development of the Gymsport.

For more information on the function, specific roles and responsibilities please refer to the GNSW Websites.

LINK: [GNSW Website Policy](#)- Committees & Volunteer Policy

LINK: [Committee Purpose, Function and Position Descriptions](#)

LINK: [Technical Regulations Website](#)- Committee Roles & Responsibilities

Key Focuses and Initiatives

The NSW AER GC is committed to the following goals:

-) Increase participation and provide support for clubs to ensure continued growth in the sport.
-) Furthering the objectives of Gymnastics NSW.
-) Raising awareness of and abiding by Gymnastics NSW policies, procedures, rules and regulations.
-) Make suggestions to Gymnastics NSW with respect to Gymsport matters.
-) Develop, implement and administer projects to support the growth and technical development of the Gymsport.
-) Conduct competitive and participation focused gymnastics events.
-) Increase participation in Aerobic gymnastics.
-) Provide support for clubs to ensure continued growth for clubs and athletes in the sport.
-) Liaise with the Gymnastics NSW Education Officer regarding the education requirements of the Gymsport.
-) Enhance communication within the NSW Aerobic Gymnastics community
-) Coordinate the National Levels Program within NSW.
-) Determine the event calendar, in conjunction with Gymnastics NSW staff.
-) Determine the selection criteria for the state championships and state team.
-) Determining the annual Awards Policy criteria for the respective Gymsport.
-) Determine the awards to be presented at events, in conjunction with Gymnastics NSW staff.
-) Strive for the premier position in the Aerobic Gymnastics National arena.

If you have any ideas for future projects, please get in touch and submit your idea through the [online form](#).

Sport Specific Information

About AER

For more information about AER and how to get involved please refer to the [GNSW Website](#).

Program Information

The Following rules will be used in 2025

1. GA Aerobic Gymnastics Australian Levels Program 2023 and beyond

These rules will be used for aerobic gymnasts who intend competing within the Australian Levels Program.

2. GA AeroSchools Program 2023 -2025

These rules will be used for students who intend competing within the AeroSchools Program.

3. FIG CoP 2025 - 2028

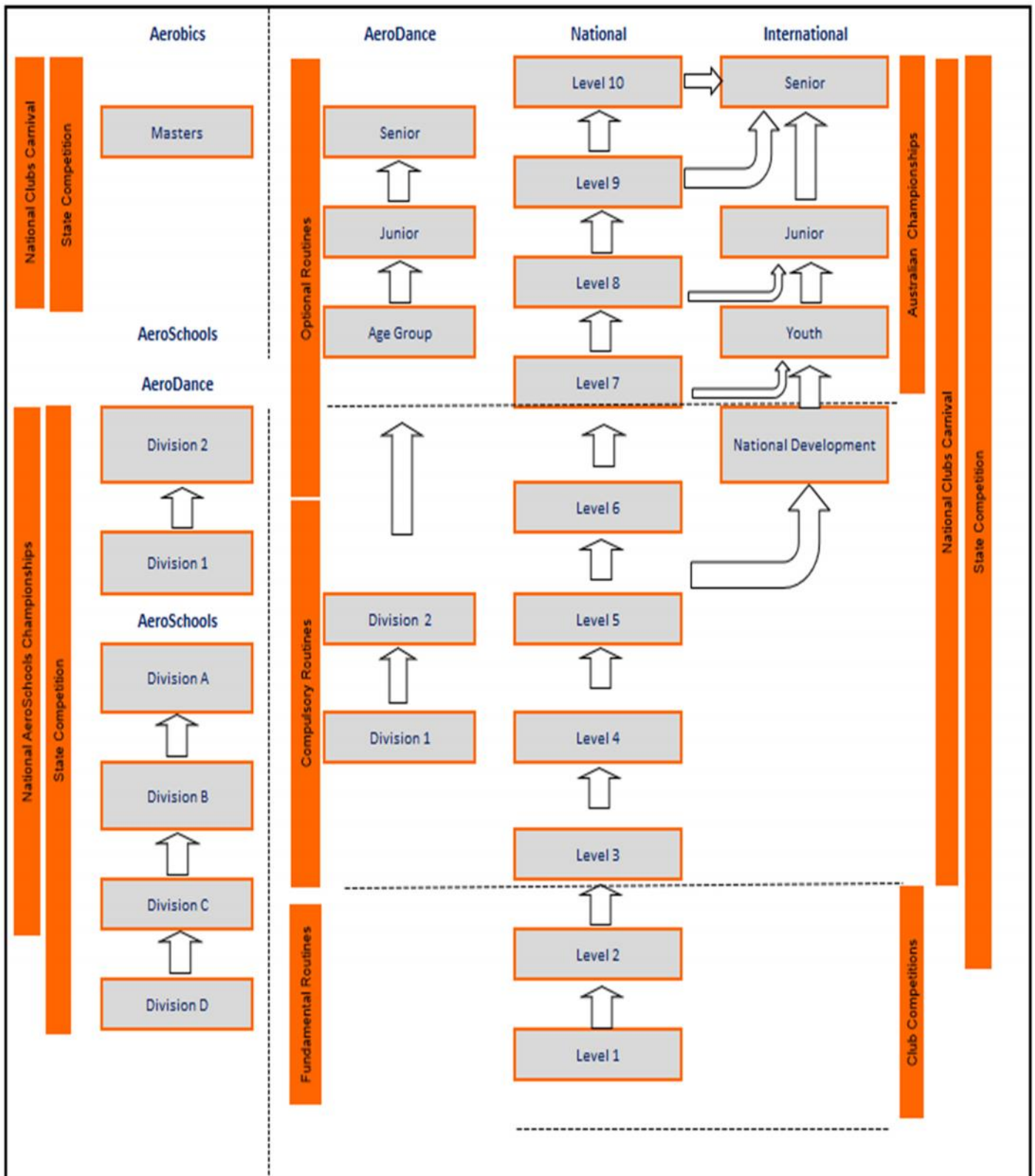
These rules will be used for aerobic gymnasts who intend competing within the International Stream.

Competition Framework

The Aerobic Gymnastics Australian Levels Program is a comprehensive guide to the pathway via a levels structure for Australian gymnasts, coaches, judges and clubs.



AEROBIC GYMNASTICS NATIONAL PROGRAM



General Regulations

To access all club, coach, judge, athlete, volunteer and competition regulations, please visit the [GNSW Technical Regulations Website](#).

Changes introduced can be viewed on the [Updates & Clarifications Page](#).

Additional Judge Regulations

Judge Accreditation

The Accreditation Table located on the [General Regulations Website](#)

Judges, please refer to the FIG and GA Technical Regulations when attending as a Judge at any GA or International events.

Judge Roles

Judges may hold dual roles at NSW AER competitions, as long as they hold one role per session. For instance, a coach/judge may coach sessions 1 and 3 and judge session 2. An athlete/judge may compete in session 1 and 4 and judge session 2 and 3.

Judge Attire

Judges must meet the dress requirements as listed in the [GA Technical Regulations](#)



Additional Athlete Regulations

In order to compete in either NSW Trials, State or Australian Championships or any event sanctioned by Gymnastics NSW, all competitors must be registered with Gymnastics NSW with the exception of students competing in AeroSchools.

Age Divisions NSW

INTERNATIONAL	Age Group	Competition Categories
SENIOR Routine Requirements as per FIG CoP Competition Rules	18+ years	Individual Male Individual Female Mixed Pair Trio Group (5 competitors) Aerobic Dance (8 competitors)
JUNIOR Routine Requirements as per FIG Junior Competition Rules	15 - 17 years	Individual Male Individual Female Mixed Pair Trio Group (5 competitors) Aerobic Dance (8 competitors)
YOUTH Routine Requirements as per FIG Youth Competition Rules	12 - 14 years	Individual Male Individual Female Mixed Pair Trio Group (5 competitors) Aerobic Dance (8 competitors)
NATIONAL DEVELOPMENT Routine Requirements as per FIG ND Competition Rules	9-11 years	Individual Male or Female Multiple (2or 3 competitors) Team (4-6 competitors)

NATIONAL LEVELS			
LEVEL	Individual	Multiple(2-3)	Team(4-8)
LEVEL 10	15+ years	15+ years	12+ years
LEVEL 9	15+ years		
LEVEL 8	15+ years		
LEVEL 7	15+ years 12-14 years	12+ years	
LEVEL 6	Senior 12+ years	Senior 12+ years	9+ years
	Junior 9-11 years	Junior 9-11 years	
LEVEL 5	Senior 12+ years	Senior 12+ years	8+ years
	Junior 8-11 years	Junior 8-11 years	
LEVEL 4	Senior 12+ years	Senior 12+ years	6+ years
	Junior 7 -11 years	Junior 6 -11 years	
LEVEL 3	Senior 10-14 years	Senior 12-14 years	6-14 years
	Junior 6 -9 years	Junior 6-11 years	
LEVEL 2**	Fundamental		
LEVEL 1**	Fundamental		

** These divisions will not be held in the Junior State Championships

AERODANCE	Age Group	Category
SENIOR	17yrs +	Individual, Multiple (2-3 competitors) *Team (4-10 competitors)
JUNIOR	14 - 17yrs	Individual, Multiple (2-3 competitors) *Team (4-10 competitors)
YOUTH	10 - 14yrs	Individual, Multiple (2-3 competitors) *Team (4 -10 competitors)
DIVISION 1	6+ year	Team ONLY (4-10 competitors)
DIVISION 2	6+ years	Team ONLY (4-10 competitors)

***one out of age is allowed**

The age of athletes is the age turning in the year of competition.

AeroSchools	
Divisions	Multiple(2-3), Team (4-8),AeroDance Team (4-10)
DIVISION A	University Upper Secondary (yrs 10-12) Lower Secondary (yrs 7-9) Upper Primary (yrs 4-6)
DIVISION B	Upper Secondary (yrs 10-12) Lower Secondary (yrs 7-9) Upper Primary (yrs 4-6) Lower Primary (yrs 1-3)
DIVISION C	Lower Secondary (yrs 7-9) Upper Primary (yrs 4-6) Lower Primary (yrs 1-3)
DIVISION D	Fundamental
AeroDance Division 1	Secondary Primary
AeroDance Division 2	Secondary Primary

The student age category is the school year for competition.

Athlete Attire

Attire regulations apply for all GNSW events:

Competition attire:

-) International and Levels Athletes: Competition attire should follow the specification listed in the Australian Levels Program and FIG Code of Points.
-) AeroSchools Division: Competition attire should follow the specification listed in the AeroSchools manual.
-) In addition to the above requirements athletes not participating in National events please refer the [General Regulations](#) attire.

Award Presentation Attire:

-) AeroSchools Students are required to wear club/school tracksuit for presentations of awards.
-) Levels and International gymnasts are required to wear club tracksuit for presentation of awards unless otherwise instructed at the competition venue.

Event Information

Competition Structure

Competitions for Aerobic Gymnastics across 2025 in NSW will be combined into two seasons for Senior & Junior and AeroSchools later in the calendar year

1. NSW Aerobics: which includes International, Levels 7-10 & AeroDance (optional)
 -) Senior State Team Trial 1
 -) Senior State Team Trial 2
 -) State Championships

International Stream routines are choreographed according to the 2025 - 2028 FIG Code of Points.

Levels 7 -10 Stream routines are choreographed according to the information supplied in the Gymnastics Australia Aerobic Gymnastics Australian Levels Program 2023 and Beyond.

2. NSW Aerobics & AeroSchools: which includes Levels 2-6, AeroDance Division 1 & Division 2 and AeroSchool Divisions.
 -) Junior Trial 1 & Junior Trial 2
 -) Junior State Championships (Level 3-6, AeroDance Divisions)
 -) AeroSchools State Championships

Levels 2 -6 routines are choreographed according to the information supplied in the Gymnastics Australia Aerobic Gymnastics Australian Levels Program 2023 and Beyond.

AeroSchools routines are choreographed according to the information supplied in the Gymnastics Australia AeroSchools Program 2023 -2025.

Music Requirements

AeroDance , Level 6 -10 and International optional routine music must be submitted through the [Official Music Submission Form](#) by the required date prior to each competition.

AeroDance Divisions 1 & 2, Levels 2–6 compulsory music will be supplied by GNSW for the event.

AeroSchools music will be supplied by GNSW for the event.

Please refer to the [General Regulations Website](#) – Club Regulations – Music Submission Section – for all format, labelling and submission dates and any penalties that may apply.

Difficulty Sheets

Difficulty Documentation Forms must be completed for each gymnast and multiple entered for Levels 7- 10 & International. Difficulty Documentation Forms must be received by 5pm 2 days prior to competition date. For example, if the competition is scheduled on Saturday, the difficulty forms must be received by 5pm on the proceeding Thursday.

Difficulty forms are available on the [GA Website](#); Aerobic Gymnastics- Gymsport Forms

Specific Event Requirements

Entry Requirements & Rules

-) All athletes, including AeroSchools athletes entering an NSW event must comply with all rules and regulations as per the NSW event policy and GNSW Technical Regulations. School competing in AeroSchools are not required to be affiliated as a club to attend competition.
-) An athlete who competed in AeroDance Youth, Junior, Intermediate, Senior is not eligible for AeroDance Division 1 & 2, other than in AeroSchools events.
-) An athlete who competed in Level 7- 10, International are not eligible to compete in Levels 2 – 6, other than in AeroSchools events.
-) Athlete in Level 7-10 may compete in AeroDance Division 2 if they have not competed in any of the AeroDance optional routines.
-) Level 2 - 6 routines will follow the GA current ALP including errata.
-) AeroSchools routines will follow the GA AeroSchools program including errata.
-) Level 7 - 10 routines will follow the GA current ALP including errata. Level 7-10 routines are optional routines and should be constructed using special routine requirements that factor in safety and sequential skill development.
-) Level 7-10 or international athletes may only participate in AeroSchools Division A and AeroSchools AeroDance Division 2.
-) Athletes can change stream by applying in writing to the NSW AER GC, who then will seek approval from the National commission.
-) Athlete's may move up a level/s within a stream during the calendar year. Coaches and Clubs are responsible for their athletes, such that they are suitably prepared to move to higher level/s.
-) Athletes seeking to move down levels within a calendar year must apply by written application from the club to the NSW AER GC. The AER GC will consider the individual merits and circumstances of the application before making a decision. Determination of the matter shall be final and not to be construed as having set a precedent.
-) Levels athletes can compete in a maximum of 3 routines.
-) International athletes can compete in a maximum of 3 routines.

State Championship Entry Requirements

To be eligible to enter the NSW State Championships all aerobic gymnasts are required to attend the GNSW Senior State Team Trial and compete in the division/s they wish to compete within at the State Championships in 2025.

To be eligible to enter the State Team Selection Trial all aerobic gymnasts are required to attend the GNSW State Championships.

Special Consideration

Special Consideration may be requested where a competitor is unable to compete in the trial but wishes to compete at the NSW State Championships.

Special consideration may be requested where a competitor is unable to compete at NSW State Championships but wishes to attend State Team Selection trial.

The Club must submit an application for special consideration via JotForm [LINK](#) with supporting documentation within 24hrs of the conclusion of the final NSW Trial. Valid reasons include but are not limited to illness, injury, attendance at international competition and family tragedy. Special consideration will be assessed and granted on a case-by-case basis.

AeroSchools State Championships Entry Requirements

To be eligible to enter the NSW AeroSchools State Championships, students must abide by the eligibility rules of GNSW.

Students are entered into AeroSchools State Championships through their schools who are responsible for certifying the eligibility of students representing the school.

Athlete Selection Process to Australian AeroSchools Championships

AeroSchools Multiple and Teams will advance to the Australian AeroSchools Championships as stated in the GA AeroSchools Manual.

Tied Scores

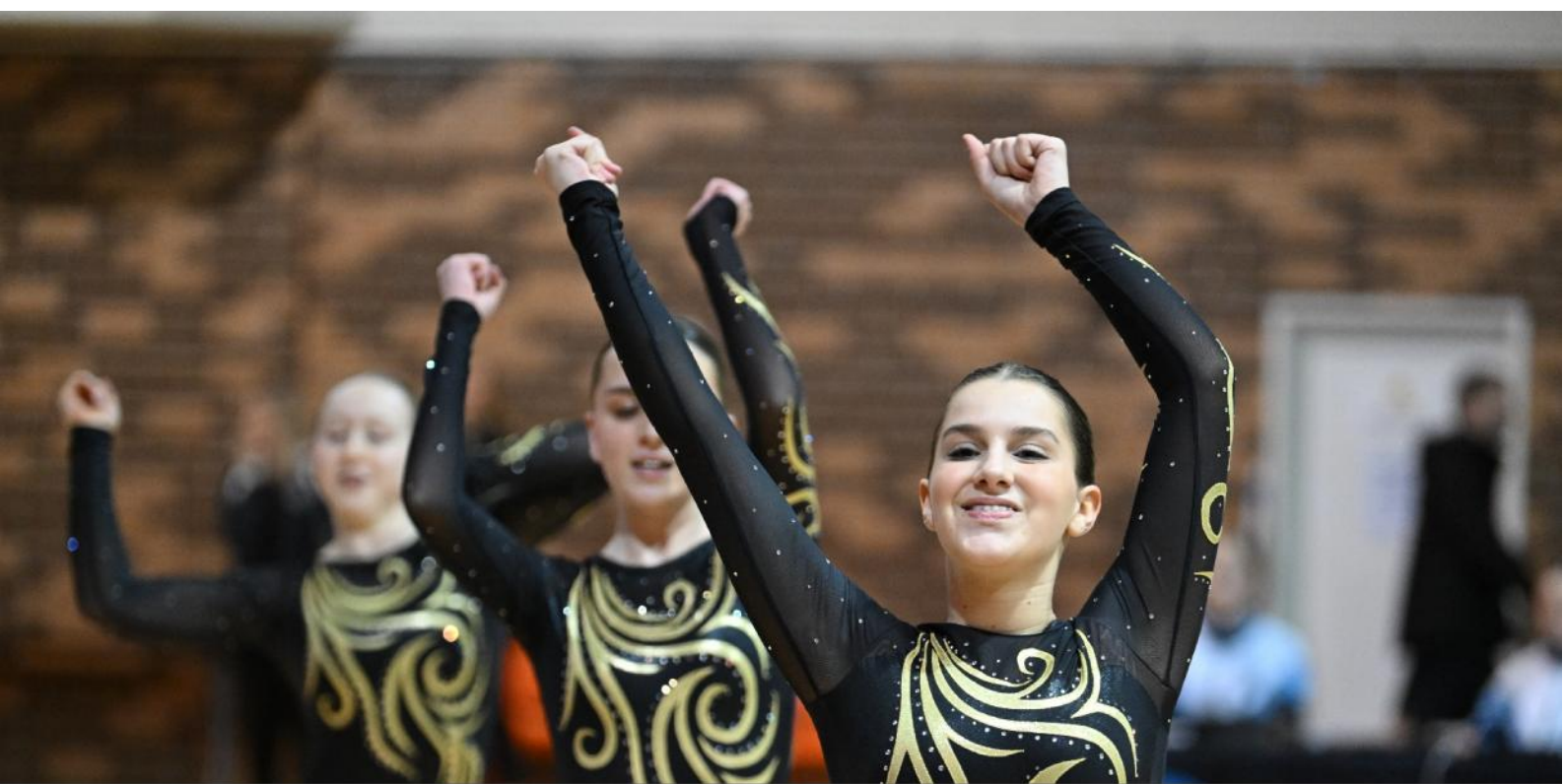
In case of a tie at any place in competition, the tie will be broken based on the following criteria in this order:

1. The highest total score in Execution
2. The highest total score in Artistic
3. The highest total score in Difficulty

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

Protesting Scores

Enquiries will not be allowed at GNSW AER events; the judges' decision is final.



LEVELS 3 – 6, AeroDance Divisions, AeroSchools Divisions	
BLUE	13.30>
RED	11.10 -13.25
GREEN	<11.05

NSW State Trial

	Individuals, International MP, TRIO, GROUP	Multiples/ Group/Team
AeroSchools	Banding Ribbons - Blue, Red, Green	Banding Ribbons - Blue, Red, Green
Levels 1- 6 AeroDance Division 1 & 2	Banding Ribbons - Blue, Red, Green	Banding Ribbons - Blue, Red, Green
Level 7 – 10, AeroDance	Awards 1 st - 6 th	Awards 1 st - 6 th
International	Awards 1 st - 6 th	Awards 1 st - 6 th

NSW STATE CHAMPIONSHIPS

	Individuals, International MP, TRIO, GROUP	Multiples/ Group/Team
AeroSchools	N/A	Awards 1 st - 6 th
Levels 3- 6 AeroDance Division 1 & 2	Awards Banding	Awards Banding
Level 7 - 10	Awards 1 st - 6 th	Awards 1 st - 6 th
AeroDance	Awards 1 st - 6 th	Awards 1 st - 6 th
International	Awards 1 st - 6 th	Awards 1 st - 6 th

Non-residential entries are eligible for awards. Equivalent awards at State Championships will also be issued to NSW residential entries.

AWARDS

Trophies will be awarded to AeroSchools Champion School and Champion Club.

-) AeroSchools Champion School will include results obtained from AeroSchools State Championships only.
-) Champion Club will include results obtained from Senior and Junior State Championships.

AeroSchools Champion School trophy will be awarded at AeroSchools State Championships.

Club Champion trophy will be awarded at Junior State Championship.

Champion Club & School Points Tally for each category of competition	
1 st Place	6 points
2 nd Place	5 points
3 rd Place	4 points
4 th Place	3 points
5 th Place	2 points
6 th Place	1 point

Selection Process

Australian Championships NSW State Team

Selection Committee

Selection of the State Team will be made by the NSW AER GC following the final selection competition. The final decision will be submitted to NSWGA Board for ratification.

The following criterion is used in conjunction with Gymnastics NSW Selection Policy to determine state team selections.

Official Selection Criteria and Process

Please refer to the [GNSW State Team Website](#) and Selection Policy for information.

Athlete Selection Criteria to Australian Championships

Please refer to the Gymnastics NSW Selection Policy covering eligibility criteria, selection requirements and roles and responsibilities available on the GNSW website and [GNSW State Team Website](#). AER specific selection criteria can be found below.

To be eligible for consideration by the Selection Committee for selection onto the State Team an athlete must:

1. Be a registered member of Gymnastics NSW.
2. Compete at the NSW State Championships and NSW State Team Selection Trial.
3. Levels 7-10, AeroDance and International, must obtain a score equal to or higher than the GNSW qualification score in the level the athlete seeks selection in, at NSW State Championships or NSW State Team Selection Trial.
4. For athletes in Level 7–10 Individual, Multiple, Group there is no limit on numbers, provided those athletes have met the State Team eligibility criteria and qualifying requirements.
5. For athletes in AeroDance Team(12+ years – Age Group, Junior, Senior) there is no limit on number of teams provided those athletes have met the State Team eligibility criteria and qualifying requirements.
6. For athletes in the international stream (Age Group, Junior, Senior), there is no limit on the number of athletes selected to the NSW State Team, provided those athletes have met the State Team eligibility criteria and qualifying requirements.

The State Team, Levels 7-10, AeroDance and International qualifying scores.

GNSW QUALIFYING SCORES	
INTERNATIONAL	
Youth	14
Junior	15
Senior	16
AeroDance	15
LEVELS	
Levels 7 - 10	14
AERODANCE	
Youth, Junior, Senior Teams ONLY	14

Extenuating circumstances

Should a gymnast who has entered Senior State Championships and State Team Selection Trial be unable to compete at any of the events due to illness, injury or extenuating circumstances, they must follow the procedure for consideration of extenuating circumstances as outlined below.

-) If illness or injury, a medical certificate MUST be submitted [online](#) to the EPPO. This certificate should be dated prior to the event or no later than 24 hours after the start of the missed competition.
-) [A letter of consideration](#) where the gymnast has been unable to attend the event due to extenuating circumstances. The final decision as to whether the extenuating circumstances are acceptable shall reside with the Selection Committee.
-) If for any other reason a gymnast cannot comply with the above, contact the EPPO before leaving the event.

The GNSW AER State Team will be named after the completion of State Selection Trial BUT will not be ratified until

-) The State Team Selection Trial scores have been audited.
-) 24 hours after the entire competition has concluded and the AER GC is in receipt of any special consideration requests; and
-) The GNSW Board of Management has accepted all team members as being suitable to represent their State.

Should there be any changes to the team named at State Selection Trial following determination of special consideration requests and GNSW Board ratification, the AER GC will immediately advise the affected gymnasts and then publish the final GNSW AER State Team on the GNSW website.

Please note: The following criteria are to be used in conjunction with the Gymnastics NSW Selection Policy. Any gymnast, coach, or judge, financially in debt, to GNSW or GA will not be eligible for selection in a State Team. Any financial difficulties should be referred to the EPPO where options to resolve the debt can be considered.

State Team Information

Please refer to the [GNSW State Team Website](#) for team information.

Resources

All resources are available on the [GNSW Technical Regulations Website](#).

Updates and Clarifications

Any updates or clarifications will be available on the [GNSW Technical Regulations Website](#).

