



**SPORTS AEROBICS
MASTER CATEGORY**

**TECHNICAL REGULATIONS
2021 - 2023**

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1 Objectives

- To create common rules suitable for athletes who would love to continue to compete; for example: Individual Women 30 years+ and Men 35 years+.
- To allow athletes, of this age group, to compete against each other at any FISAF Open National Competition.
- To encourage participation rather than losing athletes once they have reached a certain stage in their competition career.
- To provide a MASTER category at FISAF International level.

2 Summary of Master rules

- To be used at National, Open National and International events (all countries)
- Have a restriction on the total number of skill elements
- Have a restriction on the value of the Technical Index.

2.1 Rounds of competition

All international competitions will have two rounds: a preliminary and a final round. The purpose of the preliminary round is to find the 6 highest ranked competitors to proceed to the final round. This preliminary round will be used to check compliance with the Technical Regulations, including attire. If the routine doesn't comply, the competitors will be informed, straight after the conclusion of the preliminary round, by the Head judge.

2.2 Competition Divisions (Sports Aerobics)

- I. Individual Women
- II. Individual Men
- III. Mixed Teams (2 - 4 athletes)

An athlete can enter different competition divisions.

2.3 Age Divisions

(As at 31st December in the year of competition)

- I. Individual Women: 30 years+
- II. Individual Men: 35 years+
- III. Mixed Team of 2, both must be of the correct age (males 35+, females 30+)
- IV. Mixed Team of 3 - 4, one member can be younger than the stated age range (max. 5 years younger)

2. 4 Performance Time and Music

Performance time is 1min 30secs and a tolerance of plus/minus 5 seconds will be accepted. The speed of the music is 150 – 158bpm. Music which contains language which is deemed not appropriate and/or offensive by the Head judge in consultation with the judging panel will not be acceptable. A competitor/s is not able to request a replacement track once the competition has started. Music and songs belonging to a trade mark can't be used as competition music.

If unacceptable, music, length of music, BPM, offensive language, or trademarks are used during the preliminary round of competition, the Head judge will notify the coach and no deduction will be given. If this music is included in final round, Artistic Judges will give a deduction up to 0.5 points.

2. 5 Sports Aerobics Attire

Acceptable;

- Leotard, two-piece, tights, bike pants, bootlegs, close fitting tops, shorts and long pants
- A supportive aerobic or sport shoe must be worn
- Wristbands and strapping are allowed
- A sponsor logo measuring 5cm x 10cm maximum is allowed
- Adequate personal support
- Competitors can change their competition attire for each routine but should be aware that if the outfit chosen is not acceptable then a reduction in the Artistic score/rank will occur.

Unacceptable attire/props;

- Costume which is too brief and not considered to be appropriately concealing
- Body oils, body paint, or excessive hair product that may jeopardize the safety of any competitor or changes the floor surface.
- No props will be accepted. This includes but is not limited to chairs, balls, chains, motor bikes, etc.
- Theatrical attire including hair accessories, hats, gloves, sunglasses, etc.
- Attire must not be removed at any time during the performance
- Medium length or long hair not held back or held securely, close to the head
- Dirty clothes, torn or damaged attire
- Non-aerobic shoes
- Inadequate body support
- Jewellery except wedding rings

- Any body piercing jewellery must be removed or properly covered with skin colour tape
- For women, leotards worn without tights
- Attire must not be removed at any time during the performance, including hats, sunglasses or clothing however they can be touched
- Competition outfits can't represent or carry a trade mark
- A sponsor logo measuring more than 5cm x 10cm maximum is NOT allowed
- Attire that distracts from the performance
- Parts of attire which fall off, or could potentially damage the floor surface, e.g. feathers or large and sharp decorative accessories: You may be asked to review your attire before the preliminary round if it is deemed to be a risk to the floor surface or an athlete.

If unacceptable attire is worn during the preliminary round of competition, the Head judge will notify the coach and no deduction will be given. If the unacceptable attire is still worn in final round, artistic judges will give a deduction up to 0.5 points.

2. 6 FISAF Registration Form (FRF)

Registration, using the FRF, is to be done five weeks prior to commencement of each competition, and includes registration of any substitutes. The FRF is used to create the Skill Lists for athletes and these are to be submitted no later than two weeks prior to the commencement of the competition. A definite date for the submission of the Skill List will be released prior to each competition by FISAF Head Office. Once submitted, a Skill List cannot be changed, prior to a competition, unless requested by the Technical Committee. No changes to the Skill List are allowed between rounds of competition. No numeric data regarding the difficulty level of the routine, will be shown on the FRF skill list for judges. The BPM will be submitted with the FRF skill list and it will be shown on the skill list for the Judges.

3 Routine description and evaluation

3. 1 Skill Element Requirement;

There must be three compulsory elements; Jumping Jacks, High leg kicks and Push-ups performed. There is a minimum of 5 additional skill elements and maximum of 10, to be included in the routine (see below).

- A deduction of 0.5 (per skill element missing) will be used by all judges if the number of additional skill elements is less than 5.
- If more than 10 additional skill elements are listed, the judges will only consider the first 10, as skill elements are evaluated in chronological order.
- If less elements are performed than stated in the table below, all judges will deduct 0.5 points per skill element missing in all rounds.
- If any skill elements performed that are not on the skill list, will not be considered.

The following table shows the number of skill elements from each group that are required in a routine;

Summary of compulsory and skill element requirements:	Min.	Max.
Compulsory elements	3	3
Number of skill elements from the push-up group	1	2
Number of skill elements from the static strength group	1	2
Number of skill elements from the flexibility group	1	2
Number of skill elements from the jump group	2*	4*

*jumps must be from different families

NB: Combinations are allowed in static strength and jumps group (extra point: 1pt).

Lifts are acceptable as a starting or ending pose and one additional lift is allowed during the routine. Unlimited supports are allowed during the routine.

Masters has the same skill element list as FISAF Sports Aerobics Technical Regulations. Please refer to the 2021 Sports Aerobics Technical Regulations and the FRF skill list program for these elements.

Master category has the same acceptable and unacceptable moves as the FISAF Sports Aerobics Technical Regulations. Please refer to the 2021 Sports Aerobics Technical Regulations for acceptable and unacceptable moves. If an unacceptable element is performed during the preliminary round of competition, the Head judge will notify the coach and no deduction will be given. If this element is included in final round, all judges will give a deduction up to 0.5 points.

4 Judging panel:

1 x Execution; execution, technical ability

2 x Artistic; creativity, choreography, music selection, music interpretation, performance, musical synchronization

1x Aerobic; intensity, quality

1 x Performance (lead judge); global overview together with performance and entertainment

Execution Judge;

The Execution Judge Criteria includes the following but is dependent upon the actual category; ability of the competitor or Mixed Team to perform and display a variety of movements which are specific

to the Sports Aerobics discipline. Also considered is the execution, placement and control of all movement and the complexity of those movements. The Execution Judge will apply a score for each routine, after considering the execution criteria and, in comparison to all other routines in that category. The ranking of a routine will be derived from a score out of 10.

Artistic Judge;

The Artistic Judge criteria includes the following; the originality and creativity of the choreography and the use of the music. Synchronization is also considered, this being the ability of the athlete/s to stay in time with the music and perform at the same level as each other. The Artistic Judge will consider the appearance, attire, presentation and interaction in the Mixed Teams category.

If the music is outside the approved range of BPM the Artistic Judges will reduce their score and this can affect a ranking. The Artistic Judge will apply a score for each routine after considering the artistic criteria and, in comparison to all other teams. The ranking of a routine will be derived from a score out of 10.

Aerobic judge;

The aerobic judge considers intensity during the whole routine. Intensity includes quality of all movement; skill elements, aerobic sequences, transitions, lifts, and supports. A high level of cardiovascular endurance should be shown as should some complexity. The ranking of a routine will be derived from a score out of 10.

Performance Judge (lead judge);

The performance judge criteria includes the overall performance of the routine looking at the ability of the athlete/s to 'dance' and connect with the audience, creating entertainment value of the choreography. The Performance Judge will consider the choreography, the use of the music, technique and synchronisation, the intensity of the routine and the variety and complexity of aerobic choreography. The performance judge will apply a score for each team, after considering the performance criteria and, in comparison to all other teams. The ranking of a team will be derived from a score out of 10.

These rules outline the basis of the Master category. Unless otherwise stated, the current Sports Aerobics rules apply to the Master Category.

5 GENERAL REQUIREMENTS

5.1 Code of Conduct

Athletes and coaches are obligated to follow the good spirit and ethical values of the sport, the principles of Fair Play, National and International Anti-Doping Codes and other rules and regulations that are in force.

Fair Play is often referred to as “the spirit of sport”, it is essence of Olympism; it is how we play true. The spirit of sport is the celebration of the human spirit, body and mind, and is characterized by the following values:

- **Ethics, fair play and honesty**
- **Health**
- **Excellence in performance**
- **Character and education**
- **Fun and joy**
- **Team work**
- **Dedication and commitment**
- **Respect for rules and laws**
- **Respect for yourself and other participants**
- **Courage**
- **Community and solidarity**

5. 2 Disqualification

5. 2. 1 Reasons for disqualification

A competitor can be disqualified for breaching the Code of Conduct, especially the following from that code; (see section 5.1, Code of Conduct).

- **Ethics, fair play and honesty**
- **Respect for rules and laws**
- **Respect for yourself and other participants**

5. 2. 2 Procedure

The Head judge or a Technical Committee member issues a written warning, to an offending competitor; stating that they are in breach of the Code of Conduct (mentioned in above in section 5.1) and that pursuing this breach may lead to disqualification. This written warning must be signed by the Head judge or a Technical Committee member and the original given to the competitor with a copy kept for official record.

Where a competitor has been issued a warning and continues to breach the Code of Conduct, the Head judge is authorized to disqualify that competitor from a competition.

Where a competitor is disqualified, the Head judge will give a written notice to the tabulator to remove the results for that competitor. The Head judge will then notify the competitor of their disqualification.

5. 3 FISAF International and Anti-Doping

FISAF International condemns the use of performance enhancing drugs and doping practices because it is contrary to the ethics of sport and potentially harmful to the health of athletes. Those found to have engaged in a doping practice are liable to sanctions by FISAF International.

For the purpose of this Policy a doping practice is: the taking of substances or use of methods prohibited by WADA as referred to on the WADA List of Doping Classes and Methods, or assisting, or being involved in a doping practice. The information of the prohibited substances and methods can be found on the WADA (World Anti-Doping Agency), www-pages: <http://www.wada-ama.org/en/index.ch2>

When drug testing is conducted at a FISAF International sanctioned event, all athletes must make themselves available for testing.

5. 4 Protests

Where extraordinary circumstances occur, a protest must be lodged, to the Head judge, within one hour of the closure of the current category. The fee to lodge a protest is 100 EUR. Protests will be considered by any Technical Committee members present and the Head judge with the decision of this group being final. The decision of TC must be done before the final round of competition will be.

Protests lodged after the event will not be considered unless there are extenuating circumstances that are approved by the President and Technical Committee of FISAF.