

Technical regulation clarification

This clarification takes effect from the 1st July 2011

1. FRF skill elements two weeks prior to the start date

- The Reason: FISAF Technical Committee check obligatory, own movements and the quarter timelines for each routine therefore they need time to contact the coaches if necessary.
- Judges analyze all routines prior the competition and therefore need to have the elements in each routine to do so. For example they analyze the total value of technical index which is the difficulty of the routine, from a technical point of view, the variety of the elements and the chronological order of elements.
- All skill elements must be submitted two weeks prior to an international event and no changes are allowed unless the Technical Committee has requested a change.
- All registrations are to be submitted using the FRF program two weeks prior to an international event.
- If an athlete becomes injured, once a FRF skill list is submitted, then a medical certificate is required, in English, and a request may be made to change or delete an element. It is a large risk to compete with an injury and it is highly discouraged.

2. Double hinge triceps push up

- There is no additional 0, 5 point for a double hinge push-up. The reason is the push is missing the phase from the down position to the extended arm position.
- A double hinge push-up is only allowed an additional movement, not an obligatory element.
- If you have a double hinge triceps push-up in your routine then please choose the new double triceps hinge push-up icon in the FISAF FRF system.

3. Extra or missing element

- a) If an element is not listed and then performed there will be no addition to total TI.
- b) If an element is listed and not performed then there will be a deduction from total TI:
 - deduction for missing compulsory and obligatory movements
 - judges consider these elements as it affects the variety of elements, aerobic content, fluency of the routine and music interpretation

4. Obligatory movements

- These must be performed by pair and team members at the same time, on the same leg (front jete – taking off left leg), on the same arm (same supporting arm in one arm push up or one arm planche) and facing the same direction.
- Reason – better identification of elements and also to ensure the pair or team have a similar ability.

- Pair and team members should be a unit and are assessed accordingly. They are not individuals performing on the same stage together.

5. Transitions

- These are not to be listed as own movement in FRF system.
- All judges note the variety and difficulty of transitions and the artistic judges note how they fit with the music structure.

6. Own movements

- These are elements that are not in the list of elements.
- They are elements that have a variation on the original element.
- Own movements can increase the Technical Index and originality of the choreography.

7. Attire

- WOMEN - need to have a leotard or two piece and full length flesh coloured tights
- MEN - need to have shorts, short length bike pants and close fitting tops connected with the pants
- All attire should be represent the SPORT of competitive aerobics.

8. HIP HOP - attire

- Attire should not be taken off and placed inside or outside the stage area.
- The reason is to assure the maximum safety of competitors.

9. Combination Elements

- A combination is the linking of two elements of the static strength group but in different families of that group. A combination adds 0.5 to the value of the Index.
 - Correct Example = pike press into a V press open
 - Correct Example = a straddle press into a planche
 - Incorrect Example = a V press open into a V press closed
 - Incorrect Example = a pike press into a straddle press