



Aerobic Gymnastic

NEWSLETTER – N° 02 – April 2025



Lausanne (SUI), APRIL 18th, 2025

To: All Member Federations

The FIG AER-TC wishes to notify our Member Federations of the following information.

< INFORMATION >

The FIG AER-TC would like to thank the LOC for the wonderful organization of the Judges courses. We are planned total of 9 courses in 2025 and there are some more courses coming.

<CALENDAR 2025> as of March 20, 2025

	ID	Date	Event	Location	Status
1	17996	January 29 – February 1	PAGU Judges' Course	Lima (PER)	Done
2	17998	February 10 – 13	UAG Judges' Course	Tunis (TUN)	Done
3	18002	February 14 – 17	OCE Judges' Course	Gold Coast (AUS)	Done
4	18003	February 17 – 20	EG Judges' Course	Bucharest (ROU)	Done
5	17997	February 19 – 22	PAGU Judges' Course	Panama (PAN)	Done
6	18000	March 16 – 19	AGU Judges' Course	Manila (PHI)	Done
7	18001	March 24 – 27	AGU Judges' Course	Nanchang (CHN)	Done
8	17999	May 09 – 12	UAG Judges' Course	Algiers (ALG)	Coming
9	18004	May 19 – 22	EG Judges' Course	Kallithea, Athens (GRE)	Coming

< CLARIFICATIONS / REMINDER >

After conducting the International Judges' Courses, the FIG AER-TC would like to Clarify and Remind below matters:

PART 2 CHAPTER 3: CJP; 3.1 – DRESS CODE – 3.1.1. CORRECT ATTIRE – 2nd Bullet (page 15)

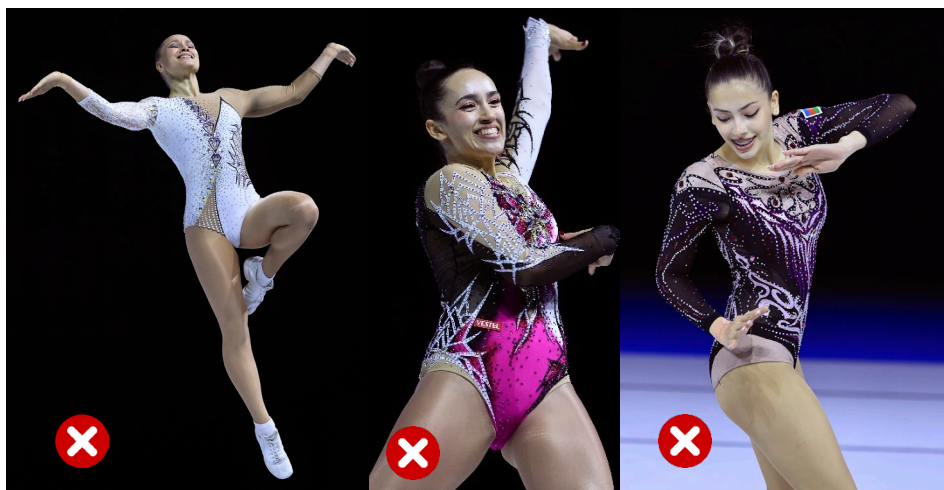
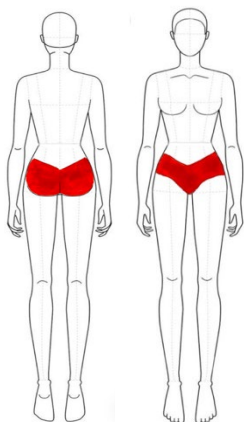
- *Hair must be neat and secured but must not touch the face or the shoulders. Short ponytails are allowed."*

Only **ONE** short ponytail is allowed.

PART 2 CHAPTER 3: CJP; 3.1 – DRESS CODE – 3.1.1. CORRECT ATTIRE – 11th Bullet (page 15)

- *"The pelvic/crotch area must be covered with non-transparent, non- skin colored material up to (till) the hip bones."*

Picture 1



"Pelvic / Crotch Area"

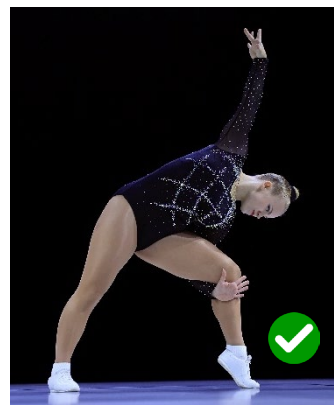
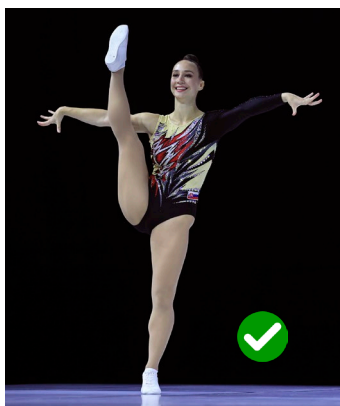
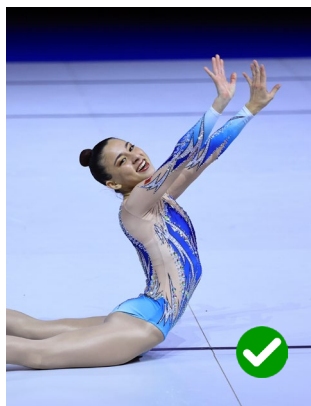
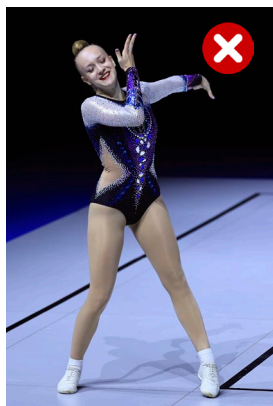
The red area is the specific area which must not be in skin color.





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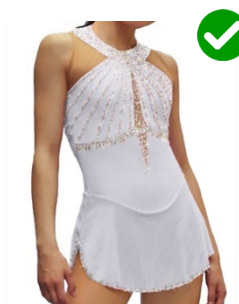
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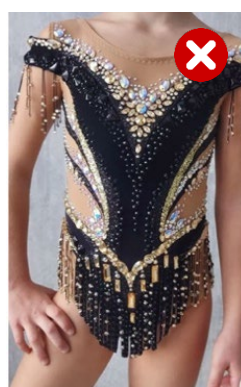
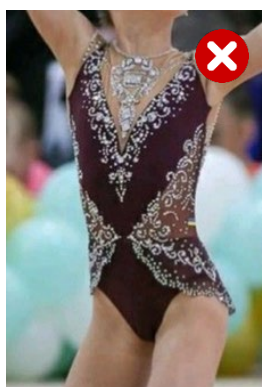
PART 3 APPENDIX 01 / 02: AEROBIC DANCE /AEROBIC STEP –12th and 13th Bullet (page 43, 48)

< DRESS CODE >

- “A skirt that does not fall further than the pelvic area over the leotard, are allowed.”
 - “The style of the skirt (cut or decorations) is free, but the look of a ballet “tutu” is forbidden”
- a) A skirt goes around the whole waist with one piece material.



- b) Half skirt is not considered as a skirt, and the skirt must not be ripped (considered as an additional item).





PART 2 CHAPTER 3: 3.3.A DEDUCTION CRITERIA – CJP (page 16)

A. PRESENTATION FAULT

“Entry and Exit: The competitors must walk with natural arms/legs and present themselves in clean sport like manner on the competition floor without theatrical presentation, cleaning shoes, etc.”

If cleaning hands are **significant** (more than 2 times), it will be considered as a presentation fault.

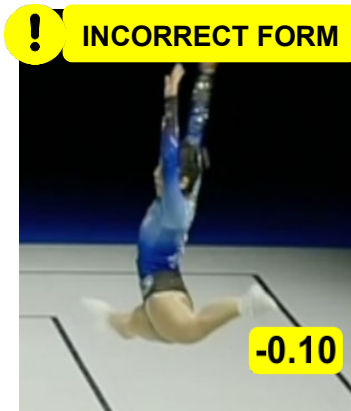
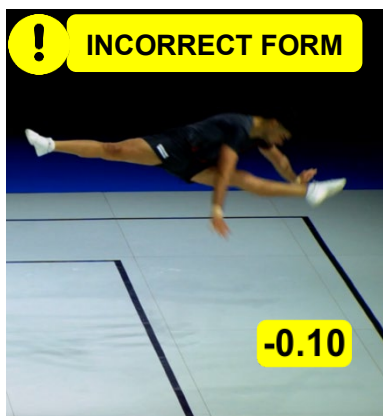
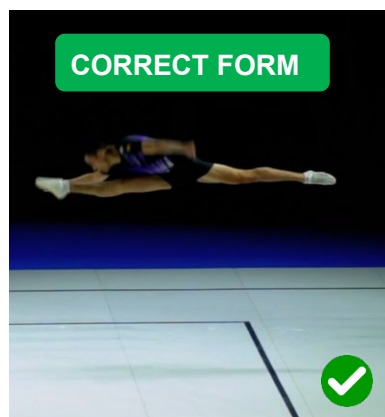
PART 2 CHAPTER 3: 5.6 EXAMPLES OF GENERAL ERRORS – EXECUTION (page 27)

< All “HELICOPTER” elements >

If the hand(s) of gymnast contacts with the floor during the skill for more than one time, it is an Execution error of -0.1 for “Adjust or correct hand position”.

< Family 6: Split elements >

Split position: If the Gymnast has the back leg rotated out (with back leg knee facing upwards) or the trunk is not facing forward to the front leg, it will be an Execution error of -0.1, -0.3 or -0.5 for “Incorrect form” of the General errors.





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PART 3 APPENDIX 01: AEROBIC DANCE – Acrobatic Elements (page 43)

SENIOR / JUNIOR

< Single Acrobatic Element >

There is no limitation of numbers to perform the **single** Acrobatic Element in the whole routine.
A single Acrobatic Element can be performed at the same time, in cannon or at different time.
There is no counting of which Acrobatic Elements performed.

< Combination of Acrobatic Elements >

Maximum of 2 Acrobatic Elements in one combination set may be performed at the same time (number of gymnasts are optional).

It is possible to perform **different** Acro Combination sets within members but must be **at the same time**.

Example: NO Deduction

3 gymnasts: A1 + A5

4 gymnasts: A1 + A4

Number of Combination **sets allowed** in the whole routine (A + A):

Senior: 3 sets

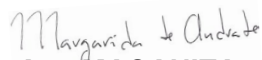
Junior: 2 sets

<Competition Calendar > 2025

<CALENDAR 2025> as of April, 2025

ID	DATES	TITLE	CITY
18107	10/04/2025 - 12/04/2025	26 th Slovak Aerobic Open	Bratislava (SVK)
17995	24/04/2025 - 27/04/2025	Czech Aerobic Open 2025	Praha (CZE)
17860	26/04/2025 - 27/04/2025	FIG SUZUKI World Cup 2025	Tokyo (JPN)
18088	16/05/2025 - 18/05/2025	Lithuanian Open Championships 2025	Kaunas (LTU)
16882	07/08/2025 – 17/08/2025	The World Games 2025	Chengdu (CHN)
18162	10/10/2025 - 12/10/2025	16 th Plovdiv Cup Aerobics Open	Plovdiv (BUL)
17968	09/11/2025 - 11/11/2025	1 st European Under 15 Championships	GANJA (AZE)
17967	09/11/2025 - 11/11/2025	14th Junior European Championships	GANJA (AZE)
17966	14/11/2025 - 16/11/2025	14th Senior European Championships	GANJA (AZE)


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