

AEROBIC GYMNASTICS

TECHNICAL RULES AND
REGULATIONS



2025 - U15



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TECHNICAL RULES AND REGULATIONS

GENERAL	3
1. GENERAL CONDITIONS	3
2. DELEGATION COMPOSITION	4
3. SPORT PROGRAMME	5
4. TECHNICAL RULES	6
5. DRAW	7
6. PROTESTS AND APPEALS	7



AEROBIC GYMNASTICS

TECHNICAL RULES AND REGULATIONS

GENERAL

The purpose of the “ISF Aerobic Technical Rules and Regulations” is to provide standardized rules and regulations for all Aerobic competitions. This document is set up in accordance with the ISF Statutes, the ISF Sport Policy, the ISF General Competition Regulations and FIG Rules.

This document is intended to ensure that all matters related to competitions are conducted in a fair and orderly manner. The specific objectives of this document are to:

1. Define and specify the **general conditions** under which participants can take part in the ISF Aerobic events;
2. Determine the **delegation composition**;
3. Determine the **sport programme**;
4. Determine the **technical rules**;
5. Set the **draw** procedure;
6. Set **protests and appeals procedure**.

Please note that the technical rules and regulations are applicable to Aerobic ISF event in 2025.

1.GENERAL CONDITIONS

The competition will be run according to the ISF rules and regulations and FIG (International Gymnastics Federation) technical rules under the direction of the FIG. Any decisions over matters not mentioned in the present document will be taken by the FIG Technical Delegate and ISF Aerobic Technical Commission.

- The ISF Aerobic Gymnastics events are open to individuals/teams.
- The competition is categorized as: girls categories/boys categories and mixed categories.

AGE CATEGORY

Year	U15* YEAR OF BIRTH
2025	2011 - 2012 - 2013



AEROBIC GYMNASTICS

TECHNICAL RULES AND REGULATIONS

2. DELEGATION COMPOSITION

Each delegation will consist of:

- Head of delegation - mandatory
- Deputy Head of Delegation - optional
- Student athlete(s) - mandatory
- Team officials - mandatory
- Field of Play Officials (judges) - mandatory
- Additional adults - optional
- Safeguarding officer - optional
- Young reporter - optional

HEAD OF DELEGATION (HOD)

- There is a mandatory amount of one (1) head of the delegation per registering delegation.
- The head of the delegation shall be the sole intermediary between the delegation and the Local Organising Committee, and the ISF.
- He/she may not combine the function with any other official role (i.e., coach, etc.).

DEPUTY HEAD OF DELEGATION (Deputy HoD)

- The role of Deputy HoD is to assist the Head of Delegation.
- The presence of the Deputy HoD is not mandatory.
- max 1 Deputy Head of a delegation from 100 to 200 participants.
- max 2 Deputy Heads of a delegation from 201 or more participants.

ATHLETES

- All student-athletes must be enrolled as full-time students at a school in the country in which they represent.
- All student-athletes must be attending schools that provide general education and/or vocational education incorporating segments of general education.
- Only athletes, registered on the team's list/ delegation handed in at the accreditation, are authorized to take part in this competition.
- All athletes must have a valid FIG license which is valid till the end of the competition.

1. Individual boy
2. Individual girl
3. Mixed pairs : 1 boy and 1 girl
4. Trio : 3 competitors of optional gender
5. Group competition = 5 competitors of optional gender

The following are *not* eligible to participate:

- Attendees of vocational schools only attend a school as a complement to their vocational training and are not full-time students with a segment of general education.
- Students enrolled at schools that provide sports training without any general education.

TEAM OFFICIALS

COACHES

- The presence of a coach is mandatory.
- Teams or individuals cannot participate in the competition without the presence of a coach.
- Each delegation shall enter a minimum of one (1) coach per gender.
- Coaches must have the valid FIG coach profile.



AEROBIC GYMNASTICS

TECHNICAL RULES AND REGULATIONS

OTHER TEAM OFFICIALS

- The function of other team officials can be: doctor, trainer, physiotherapist, statistician, team manager etc.
- The presence of the other team officials is not mandatory.
- The function of the other team officials must be specified during the registration process.
- Any person not specified during registration or exceeding the limit will not be considered part of the team.

FIELD OF PLAY OFFICIALS

- The field of play official (judge) cannot combine their position with any positions, such as heads of delegation, team officials or additional adults.
- Delegations must provide certificates for judges during the registration process.
- Failure to provide the required number of judges will lead to a fine of 900€ (per judge) payable to the organiser prior to the competitions.
- All judges must have a valid FIG brevet (Category 1-2-3 or 4).

Judge Division :

- from 1 to 4 athletes = 1 judge
- 5 or more athletes = 2 judges

ADDITIONAL ADULTS

- The function of additional adults can be: interpreter, security personnel, ministry representatives, media, etc.
- The presence of additional adults is not mandatory.
- The function of each additional adult must be specified during the registration process.
- Any other additional persons not specified during registration or exceeding the limit specified in this document will not be considered part of the official delegation and will not be accredited by the LOC.

SAFEGUARDING OFFICER

The role of the safeguarding officer is to provide support to the delegation in any situation related to safety.

YOUNG REPORTER

Each delegation may bring additional young students who will take the role of a young reporter during the ISF event.

3. SPORT PROGRAMME

EVENTS

- **Girls & Boys**
 - **Teams - Pairs/Trio/Groups**
 - **Single**

4. TECHNICAL RULES

RULES

The competition will be organized under the following FIG rules, as valid in the year of the competition :

- Statutes
- Code of Ethics
- Code of Conduct
- Technical Regulations
- Code of Discipline
- Code of Points and relevant Newsletters
- General Judges' Rules
- Specific Judges' Rules
- Anti-Doping Rules
- Licence rules (except for non competitive events)
- FIG Framework for Safeguarding Athletes and other Participants from Harassment and abuse in Sport during Events
- FIG Medical Organisation of the FIG Competitions and events
- Media Rules
- Apparatus Norms
- Rules for Sanctioning (approval) of International Events
- Advertising and Publicity Rules
- Regulations for Award Ceremonies
- Accreditation Rules
- And subsequent decisions of the FIG Executive Committee.

SPECIFIC RULES

Ranking by team:

To take part in the "ranking by team", each delegation must compete in qualification - IM and/or IW - MP and/or TR - GR The ranking will be converted into points : 1st place = 1 point, 2nd place = 2 points. The delegation with the lowest score will be declared "Champion by team"- no medal ceremony. For the health and safety of gymnasts, ISF has accepted that gymnasts competing in multiple qualification/finals require 10 minutes to recover before competing again. This recovery period has been translated to equal to 4 competition performances. (See FIG T. R. section 1, Art.4.3.6)

GENERAL PRINCIPLES

- No filming & no mobile on the FOP.
- Training suit on podium for medal ceremony.



SYSTEM OF PLAY

- The introduction of the scores by the judges will be by computer system.
- A panel will reflect each score.
- The established programme will determine the results.

5. DRAW

- The drawing of lots will be organized one month prior the event in presence of ISF Sport Department representatives / ISF Aerobic Gymnastics TC president and members / FIG TC representative (virtual attendance).
- The starting order of performance in the qualification round and the final will be determined by a drawing of lots made before the competition.

6. PROTESTS AND APPEALS

- Inquiries shall be handled as per the latest FIG Technical Regulations 2025.
- Delegations may file verbal inquiries for the D score immediately after the publication of the score or at the very latest before the score of the following athlete is shown.
- A verbal inquiry must be confirmed in writing within four (4) minutes after it is made, and requires an agreement on the payment of an inquiry fee. USD 300 is required for the first complaint, USD 500 for the second, and USD 1,000 for the third and any of the subsequent complaints lodged by the same NOC throughout the event.
- Each inquiry will be verified by the Superior Jury, and a final decision (which may not be appealed) must be made.

AEROBIC GYMNASTICS
TECHNICAL RULES AND REGULATIONS



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