



EGYPTIAN GYMNASTICS FEDERATION

AEROBIC GYMNASTICS NATIONAL COMPETITIONS PROGRAMME 2021

National Development1	
AGE الأعمار السنوية	6-8 IN the year of the competition
CTEGORIES الفئات	Individuals , MP , TR , GR
EXCEPTIONS الاستثناءات	NO 1 ARM PUSH UP NO 1 ARM SUPPORT NO 1 ARM LANDING
MUSIC LENGTH مدة الموسيقى	55 seconds to 1 minute 20seconds
DIFF ELEMENTS	5 MAXIMUM
AEROBATIC ELEMENTS (إختيارى)	2 Elements from A1 to A3 Off Axis Jump not allowed
COMBINATION OF DIFF ELEMENTS	No combination
COEFICIENT DIFF	The total score will be divided by 2 points for all categories
COMPETITION SPACE	(7x7) : IND – MP – TR (10X10) : GR
COMPULSORYEL ELEMENTS (MUST BE PERFORMED WITHOUT ANY COMBINATION) العناصر اللازمة	(4) A) pu B) Straddle Support C) Air turn D) Split through
ELEMENTS ALLOWEVALUED	0.1-0.4 (1 element 0.5 point optional)
PUSH UP SPLIT LANDING	NO JUMP Landing in split
LIFT	0
ATTIRE	(no make- up) optional tights Form fitting body shorts allowed (boys and girls)



National Development 2	
AGE الأعمار السنوية	9 in the year of the completion
CATEGORIES الفئات	INDEIVIDUALS WOMEN - MEN
EXCEPTIONS الاستثناءات	No 1 arm push up No 1 arm support
MUSIC LENGTH مدة الموسيقى	1 minute 15 seconds (+/- 5 sec)
DIFF ELEMENTS	6 MAXIMUM
AEROBATIC ELEMENTS (إختياري)	2 elements from A1 to A3 Off Axis Jump not allowed
COMBINATION OF DIFF ELEMENTS	No combination
COEFICIENT DIFF	The total score will be divided by 2 points for all categories
COMPETITION SPACE	(7x7) : IND – MP – TR (10X10) : GR
COMPULSORYEL ELEMENTS (MUST BE PERFORMED WITHOUT ANY COMBINATION) العناصر اللازمة	A) pu B) straddle Support C) AIR TURN D) Vertical Split
ELEMENTS ALLOWEVALUED	0.1-0.4 (1 element 0.5 point optional)
PUSH UP SPLIT LANDING	Maximum 1 Jump landing in split
LIFT	0
ATTIRE	Form fitting body shorts allowed (Boys and girls). (no make-up) Optional tights Form fitting body shorts allowed (Boys and girls).



National Development 2	
AGE الأعمار السنوية	10 in the year of the completion
CATEGORIES الفئات	INDEIVIDUALS WOMEN – MEN
EXCEPTIONS الاستثناءات	No 1 arm push up No 1 arm support
MUSIC LENGTH مدة الموسيقى	1 minute 15 seconds (+/- 5 sec)
DIFF ELEMENTS	7 MAXIMUM
AEROBATIC ELEMENTS (إختياري)	2 elements from A1 to A3 Off Axis Jump not allowed
COMBINATION OF DIFF ELEMENTS	No combination
COEFICIENT DIFF	The total score will be divided by 2 points for all categories
COMPETITION SPACE	(7x7) : IND – MP – TR (10X10) : GR
COMPULSORYEL ELEMENTS (MUST BE PERFOMED WITHOUT ANY COMBINATION) العناصر اللازمة	A) pu B) straddle Support C) AIR TURN D) Vertical Split
ELEMENTS ALLOWEVALUED	0.1-0.4 (2 element 0.5 point optional)
PUSH UP SPLIT LANDING	Maximum 2 Jump landing in split
LIFT	0
ATTIRE	Form fitting body shorts allowed (Boys and girls). (no make-up) Optional tights Form fitting body shorts allowed (Boys and girls).



National Development 2	
AGE الأعمار السنوية	11 in the year of the completion
CATEGORIES الفئات	INDEIVIDUALS WOMEN – MEN
EXCEPTIONS الاستثناءات	No 1 arm push up No 1 arm support
MUSIC LENGTH مدة الموسيقى	1 minute 15 seconds (+/- 5 sec)
DIFF ELEMENTS	7 MAXIMUM
AEROBATIC ELEMENTS (اختياري)	2 elements from A1 to A3 Off Axis Jump not allowed
COMBINATION OF DIFF ELEMENTS	No combination
COEFICIENT DIFF	The total score will be divided by 2 points for all categories
COMPETITION SPACE	(7x7) : IND – MP – TR (10X10) : GR
COMPULSORYEL ELEMENTS (MUST BE PERFOMED WITHOUT ANY COMBINATION) العناصر اللازمة	A) pu B) straddle Support C) AIR TURN D) Vertical Split
ELEMENTS ALLOWEVALUED	0.1-0.4 (1 element 0.5 point optional) (1 element 0.6 point optional)
PUSH UP SPLIT LANDING	Maximum 1 Jump landing in split
LIFT	0
ATTIRE	Form fitting body shorts allowed (Boys and girls). (no make-up) Optional tights Form fitting body shorts allowed (Boys and girls).



National Development 2	
AGE الأعمار السنوية	9-11 in the year of the completion
CATEGORIES الفئات	Mixed pair , Trio , Group
EXCEPTIONS الاستثناءات	No 1 arm push up No 1 arm support
MUSIC LENGTH مدة الموسيقى	1 minute 15 seconds (+/- 5 sec)
DIFF ELEMENTS	6 MAXIMUM
AEROBATIC ELEMENTS (إختياري)	2 elements from A1 to A3 Off Axis Jump not allowed
COMBINATION OF DIFF ELEMENTS	No combination
COEFICIENT DIFF	The total score will be divided by 2 points for all categories
COMPETITION SPACE	(7x7) : IND – MP – TR (10X10) : GR
COMPULSORYEL ELEMENTS (MUST BE PERFORMED WITHOUT ANY COMBINATION) العناصر اللازمة	A) pu B) straddle Support C) AIR TURN D) Vertical Split
ELEMENTS ALLOWEVALUED	0.1-0.4 (1 element 0.5 point optional)
PUSH UP SPLIT LANDING	Maximum 1 Jump landing in split
LIFT	0
ATTIRE	Form fitting body shorts allowed (Boys and girls). (no make-up) Optional tights Form fitting body shorts allowed (Boys and girls).



AGE GROUP 1	
AGE الأعمار السنوية	12 in the year of the completion
CATEGORIES الفئات	INDEIVIDUALS WOMEN – MEN
EXCEPTIONS الاستثناءات	No 1 arm push up No 1 arm support
MUSIC LENGTH مدة الموسيقى	1 minute 15 seconds (+/- 5 sec)
DIFF ELEMENTS	8 MAXIMUM
AEROBATIC ELEMENTS (إختياري)	2 elements from A1 to A6 (optional) Off Axis jump not allowed
COMBINATION OF DIFF ELEMENTS	1 combination of 2 elts allowed
COEFICIENT DIFF	The total score will be divided by 2 points for all categories
COMPETITION SPACE	7 X 7 : IM – IW
COMPULSORYEL ELEMENTS (MUST BE PERFORMED WITHOUT ANY COMBINATION) العناصر اللازمة	A) Helicopter to PU B) Straddle Support (max to 1/1turn) C) Tuck Jump 1/1 turn D) 1/1 Turn to Vertical Split
ELEMENTS ALLOWEVALUED	0.1 - 0.6 (1 element 0.7 point optional)
PUSH UP SPLIT LANDING	Maximum 1 JUMP landing in Split Maximum 1 JUMP landing in Push Up
LIFT	1 lift optional, no value
ATTIRE	FIG Code of Points (LIGTH make-up)



AGE GROUP 1	
AGE الأعمار السنوية	13-14 in the year of the completion
CATEGORIES الفئات	INDEIVIDUALS WOMEN – MEN
EXCEPTIONS الاستثناءات	No 1 arm push up No 1 arm support
MUSIC LENGTH مدة الموسيقى	1 minute 15 seconds (+/- 5 sec)
DIFF ELEMENTS	8 MAXIMUM
AEROBATIC ELEMENTS (إختياري)	2 elements from A1 to A6 (optional) Off Axis jump not allowed
COMBINATION OF DIFF ELEMENTS	1 combination of 2 elts allowed
COEFICIENT DIFF	The total score will be divided by 2 points for all categories
COMPETITION SPACE	7 X 7 : IM – IW
COMPULSORYEL ELEMENTS (MUST BE PERFORMED WITHOUT ANY COMBINATION) العناصر اللازمة	A) Helicopter to PU B) Straddle Support (max to 1/1turn) C) Tuck Jump 1/1 turn D) 1/1 Turn to Vertical Split
ELEMENTS ALLOWEVALUED	0.1 - 0.6 (1 element 0.7 point optional)
PUSH UP SPLIT LANDING	Maximum 1 JUMP landing in Split Maximum 1 JUMP landing in Push Up
LIFT	1 lift optional, no value
ATTIRE	FIG Code of Points (LIGTH make-up)



AGE GROUP 1	
AGE الأعمار السنوية	12-14 in the year of the completion
CATEGORIES الفئات	MP, TR, GR
EXCEPTIONS الاستثناءات	No 1 arm push up No 1 arm support
MUSIC LENGTH مدة الموسيقى	1 minute 15 seconds (+/- 5 sec)
DIFF ELEMENTS	8 MAXIMUM
AEROBATIC ELEMENTS (إختياري)	2 elements from A1 to A6 (optional) Off Axis jump not allowed
COMBINATION OF DIFF ELEMENTS	1 combination of 2 elts allowed
COEFICIENT DIFF	The total score will be divided by 2 points for all categories
COMPETITION SPACE	7 X 7 : IM – IW
COMPULSORYEL ELEMENTS (MUST BE PERFORMED WITHOUT ANY COMBINATION) العناصر اللازمة	A) Helicopter to PU B) Straddle Support (max to 1/1turn) C) Tuck Jump 1/1 turn D) 1/1 Turn to Vertical Split
ELEMENTS ALLOWEVALUED	0.1 - 0.6 (1 element 0.7 point optional)
PUSH UP SPLIT LANDING	Maximum 1 JUMP landing in Split Maximum 1 JUMP landing in Push Up
LIFT	1 lift optional, no value
ATTIRE	FIG Code of Points (LIGTH make-up)



SENIOR	
AGE الأعمار السنفة	18 and more in the year of the computation
CATEGORIES الفئات	IW, IM, MP, TR, GR, AD
EXCEPTIONS الأستثناءات	FIG Code of Points
MUSIC LENGTH مدة الموسيقى	
DIFF ELEMENTS	
AEROBATIC ELEMENTS (إختيارى)	
COMBINATION OF DIFF ELEMENTS	
COEFICIENT DIFF	
COMPETITION SPACE	
COMPULSORYEL ELEMENTS (MUST BE PERFORMED WITHOUT ANY COMBINATION) العناصر اللازمة	
ELEMENTS ALLOWEVALUED	
PUSH UP SPLIT LANDING	
LIFT	
ATTIRE	