

EGYPTIAN GYMNASTICS FEDERATION

AEROBIC GYMNASTICS NATIONAL COMPETITIONS PROGRAMME 2021

NI_AL!	I Davida maranta
	l Development1
AGE	6-8 IN the year of the competition
الأعمار السنية	
CTEGORIES	Individuals , MP , TR , GR
الفئات	
EXCEPTIONS	NO 1 ARM PUSH UP
الأستثنائات	NO 1 ARM SUPPORT
	NO 1 ARM LANDING
MUSIC LENGTH	55 seconds to 1 minute 20seconds
مدة الموسيقي	
DIFF ELEMENTS	5 MAXIMUM
AEROBATIC ELEMENTS	2 Elements from A1 to A3
(إختيارى)	Off Axis Jump not allowed
COMBINATION OF DIFF	No combination
ELEMENTS	
COEFICIENT DIFF	The total score will be divided by 2
	points for all categories
COMPETITION SPACE	(7x7) : IND – MP – TR
	(10X10) : GR
COMPULSORYEL	(4)
ELEMENTS	A) pu
(MUST BE PERFOMED	B) Straddle Support
WITHOUT ANY	C) Air turn
COMBINATION)	D) Split through
العناصر اللازمة	
FLEATENIEC	04.04
ELEMENTS	0.1-0.4
ALLOWEVALUED	(1 element 0.5 point optional)
PUSH UP SPLIT LANDING	NO JUMP Landing in split
LIFT	U
ATTIRE	(no make- up) optional tights
	Form fitting body shorts allowed
	(boys and girls)



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



Noticed Development 2	
National Development 2	
AGE	11 in the year of the completion
الأعمار السنية	
CTEGORIES	INDEVIDUALS WOMEN – MEN
الفئات	
EXCEPTIONS	No 1 arm push up
الأستثنائات	No 1 arm support
MUSIC LENGTH	1 minute 15 seconds (+/- 5 sec)
مدة الموسيقي	
DIFF ELEMENTS	7 MAXIMUM
AEROBATIC	2 elements from A1 to A3
ELEMENTS	Off Axis Jump not allowed
(إختيارى)	
COMBINATION OF	No combination
DIFF	
ELEMENTS	
COEFICIENT DIFF	The total score will be divided by 2
	points for all categories
COMPETITION SPACE	(7x7) : IND – MP – TR
	(10X10) : GR
COMPULSORYEL	A) pu
ELEMENTS	B) straddle Support
(MUST BE	C) AIR TURN
PERFOMED WITHOUT	D) Vertical Split
ANY COMBINATION)	
العناصر اللازمة	
ELEMENTS	0.1-0.4
ALLOWEVALUED	(1 element 0.5 point optional)
	(1 element 0.6 point optional)
PUSH UP SPLIT	Maximum 1 Jump landing in split
LANDING	
LIFT	0
ATTIRE	Form fitting body shorts allowed (Boys
	and girls).
	(no make-up) Optional tights Form
	fitting body shorts allowed (Boys and
	girls).
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National Development 2	
AGE	9-11 in the year of the completion
الأعمار السنية	
CTEGORIES	Mixed pair , Trio , Group
الفئات	
EXCEPTIONS	No 1 arm push up
الأستثنائات	No 1 arm support
MUSIC LENGTH	1 minute 15 seconds (+/- 5 sec)
مدة الموسيقي	
DIFF ELEMENTS	6 MAXIMUM
AEROBATIC ELEMENTS	2 elements from A1 to A3
(إختيارى)	Off Axis Jump not allowed
COMBINATION OF DIFF	No combination
ELEMENTS	
COEFICIENT DIFF	The total score will be divided by 2
	points for all categories
COMPETITION SPACE	(7x7) : IND – MP – TR
	(10X10): GR
COMPULSORYEL	A) pu
ELEMENTS	B) straddle Support
(MUST BE PERFOMED	C) AIR TURN
WITHOUT ANY	D) Vertical Split
COMBINATION)	
العناصر اللازمة	
ELEMENTS	0.1-0.4
ALLOWEVALUED	(1 element 0.5 point optional)
PUSH UP SPLIT	Maximum 1 Jump landing in split
LANDING	
LIFT	0
ATTIRE	Form fitting body shorts allowed (Boys
	and girls).
	(no make-up) Optional tights Form
	fitting body shorts allowed (Boys and
	girls).



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



AGE GROUP 1	
AGE	13-14 in the year of the completion
الأعمار السنية	13-14 in the year of the completion
CTEGORIES	INDEVIDUALS WOMEN – MEN
الفئات	
EXCEPTIONS	No 1 arm push up
الأستثنائات	No 1 arm support
MUSIC LENGTH	1 minute 15 seconds (+/- 5 sec)
مدة الموسيقي	
DIFF ELEMENTS	8 MAXIMUM
AEROBATIC	2 elements from A1 to A6 (optional) Off Axis jump not allowed
ELEMENTS	On Axis jump not allowed
(إختيارى)	
COMBINATION OF	1 combination of 2 elts allowed
DIFF	
ELEMENTS	
COEFICIENT DIFF	The total score will be divided by 2
	points for all categories
COMPETITION SPACE	7 X 7 : IM – IW
COMPULSORYEL	A) Helicopter to PU
ELEMENTS	B) Straddle Support (max to 1/1turn) C) Tuck Jump 1/1 turn
(MUST BE	D) 1/1 Turn to Vertical Split
PERFOMED WITHOUT	
ANY COMBINATION)	
العناصر اللازمة	
ELEMENTS	0.1 - 0.6 (1 element 0.7 point optional)
ALLOWEVALUED	, ,
PUSH UP SPLIT	Maximum 1 JUMP landing in Split Maximum 1 JUMP landing in Push Up
LANDING	·
LIFT	1 lift optional, no value
ATTIRE	FIG Code of Points (LIGTH make-up)
	(210111 mano up)



	AGE GROUP 1
AGE	12-14 in the year of the completion
الأعمار السنية	
CTEGORIES	MP, TR, GR
الفئات	
EXCEPTIONS الأستثنائات	No 1 arm push up
	No 1 arm support
MUSIC LENGTH	1 minute 15 seconds (+/- 5 sec)
مدة الموسيقى DIFF ELEMENTS	8 MAXIMUM
DIFF ELEIVIEN 13	
AEROBATIC	2 elements from A1 to A6 (optional)
ELEMENTS	Off Axis jump not allowed
(إختيارى)	
COMBINATION OF	1 combination of 2 elts allowed
DIFF	
ELEMENTS	
COEFICIENT DIFF	The total score will be divided by 2
201495777101147705	points for all categories 7 X 7 : IM – IW
COMPETITION SPACE	7 × 7 . 1101 – 100
COMPULSORYEL	A) Helicopter to PU
ELEMENTS	B) Straddle Support (max to 1/1turn)
(MUST BE	C) Tuck Jump 1/1 turn
PERFOMED	D) 1/1 Turn to Vertical Split
WITHOUT ANY	
COMBINATION)	
العناصر اللازمة	
ELEMENTS	0.1 - 0.6 (1 element 0.7 point entionel)
ALLOWEVALUED	(1 element 0.7 point optional)
PUSH UP SPLIT	Maximum 1 JUMP landing in Split Maximum 1 JUMP landing in Push Up
LANDING	
LIFT	1 lift optional, no value
ATTIRE	FIG Code of Points (LIGTH make-up)
	(210 maile up)



	SENIOR
AGE	18 and more in the year of the
الأعمار السنية	computation
CTEGORIES	IW, IM, MP, TR, GR, AD
الفئات	
EXCEPTIONS	
الأستثنائات	
MUSIC LENGTH	
مدة الموسيقي	
DIFF ELEMENTS	
AEROBATIC	
ELEMENTS	
(إختيارى)	
COMBINATION OF	G G
DIFF	
ELEMENTS	
COEFICIENT DIFF	8
COMPETITION SPACE	FIG Code of Points
COMPULSORYEL	9
ELEMENTS	
(MUST BE	U
PERFOMED WITHOUT	<u>o</u> .
ANY COMBINATION)	D.
العناصر اللازمة	S
ELEMENTS	
ALLOWEVALUED	
PUSH UP SPLIT	
LANDING	
LIFT	
ATTIRE	