

Aerobic Gymnastics Aerostar 1 to Level 3 and Step Requirements.

	AEROSTAR 1	AEROSTAR 2	AEROSTAR 3 OR LEVEL 1	Level 2	Level 3	AEROBIC STEP
Age			U11 O11	U11 O11	U13 O13	U13 O13
Category			Individual (co-ed), MP,TR,GR (5)	Individual (co-ed), MP,TR,GR (5)	Individual (co-ed), MP,TR,GR (5)	TEAM OF 6
Music Length	Prescribed	Prescribed	Prescribed	Prescribed	Prescribed	Prescribed
No. Difficulty elements	4	5	5	6	6	0
Competition space	7 X 7	7 X 7	7 X 7	7 X 7	7 X 7	7 X 7
Compulsory Elements	A Push up on knees B L-Support lifted bottom C Tuck Jump D Split	A Straddle push up B L-Support lifted bottom, one leg lifted C Tuck jump D Split D 1/1 Turn	A Push up B Straddle support one hand front one behind C Cossack jump D 1/1 Turn D 4 Consecutive sagittal high kicks	A One leg push up B Straddle support C 1/1 Air turn C Straddle jump D Split D 1/1Turn	A Lifted Leg Hinge push up B L-Support C ½ Turn Cossack Jump C Straddle jump D Vertical Split D Pancake	0
Lifts	1	1	1	1	1	0