

Athlete Welfare and Aerobic Gymnastics

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WAG/MAG

- Judged on difficulty and execution.
- WAG and MAG separate disciplines.
- AA = athletes compete on several different events which involve different techniques/skills.
- Specialist apparatus required.
- FIG rules for Junior and Senior (junior rules similar to senior).

AER

- Judged on difficulty, execution **and artistry**.
- All athletes compete with and against each other except within individual categories.
- The same skills/techniques are used in all events/categories. IM IW MP TR GR.
- Little to no specialist apparatus required.
- FIG rules from 9 years old, through to senior.

Feature of AER	Benefits
Judged on difficulty, execution and artistry .	Opportunities for gymnasts to express personality and be awarded for their unique style of gymnastics. The sport being about bringing something new to the table each WC cycle.
All athletes compete with and against each other except within individual categories.	This means that coaches do not need separate qualifications or knowledge to coach girls or boys. This also makes the discipline inclusive to all, regardless of gender identity.
The same skills/techniques are used in all events/categories. IM IW MP TR GR.	Reduces the number of hours gymnasts need to train to reach an elite level of gymnastics. Recommended max hrs for 2017-2021 cycle was 12 hrs per week for the FIG 12-14 age group.
Little to no specialist apparatus required.	Easier to find a practise location, just floor is needed, ceiling height high enough for a jump on floor. This means it is easier to start a club or programme and build up speciality apparatus as you go.
FIG rules from 9 years old, through to senior.	Guidance and restrictions for age group gymnasts. Senior age is 18. Compulsory elements and difficulty restrictions for each age group internationally. TC and AER community collaboration.