

Central Board of Secondary Education

RULES OF SPORTS & GAMES

- ❖ All the organizing & participating schools shall go through the following discipline-specific rules very carefully before filling-up the online entry & also before participation in any of the competition at any level.
- ❖ Only online entries will be accepted.
- ❖ For the competitions in the disciplines that are being held directly at national level, the number of entries to be accepted on first-cum-first-serve basis in a specific discipline that can be seen under the respective rules.
- ❖ Henceforth, at all levels of competitions, the teams losing at semi-final stage shall be awarded Bronze Medal & Merit Certificate and thus there will be no hard-line match.
- ❖ The first & second position winners (Gold & Silver medalists) in individual sports events, and the first position winners (*Gold Medalists*) in teams games will participate in National level competition as mentioned in CBSE Games Circular (Latest).

AEROBICS (Boys & Girls)

Age Category: Under 11; 14 & 19 years.

Important: Following numbers of Players/Teams would be accepted on first-cum-first basis.

- 1) Sports Aerobics – Individual Male – 20 entries in each age category
- 2) Sports Aerobics – Individual Female – 20 entries in each age category
- 3) Fitness Aerobics – Team (Mix or Same Gender) – 25 Teams in under 19 years age group
 - 20 Teams in under 14 years age group
 - 20 Teams in under 11 years age group

*The numbers of entries can be increased or decreased.

RULES

Event	Divisions	No. of Players
1) Sports Aerobics	Individual Male	01
	Individual Female	01
2) Fitness Aerobics	Team (Mix or Same Gender)	06-08

A player participating in one event can also participate in other event (example, a player participating in Sports Aerobics – Individual Male can also take part in Fitness Aerobics – Team, but in same age division). The rest of the technical details are as follows:

Performance Time: 2 minutes with a grace period of +/-5 seconds

Attire (Uniform):

- For women: Leotard, two piece, tights, close fitting tops & pants and supportive aerobics shoes. The top section of a leotard or two pieces must have arm or neck sections attached to it.
- For men: Shorts, bike pants, close fitting tops, supportive aerobic shoes, wristbands and strapping are allowed.

Structure - Rounds of Competition:

All national competitions will have three rounds of competition, depending upon the number of registrations in the competition division: Preliminary round/Semi-final round/Final round.

- Preliminaries: The purpose of this round is to find the 12 highest ranked competitors/teams to proceed to the semi-final round. In the case where there are 25 or more in a competition division, the highest ranked 15 will proceed to the semi-final round.
- Semi-finals: The purpose of this round is to find the 6 or 7 top ranked competitors/teams to proceed to the final round.
- Finals: The purpose of this round is to find the order of the top 6 or 7 competitors/teams.

Events:

1. Sports Aerobics: Individual Male -1 & Individual Female - 1 Performance Music:

- **Western Music** which contains language, with minimum lyrics is allowed. But, music which contains language, which is considered not appropriate and/or offensive, will not be acceptable. **CD is to be used;** there must be nothing else but one recording of the performance music on it. Music Tempo – 125 Beat Per Min.

A] Compulsory Exercises (Max. 04):

- 1) Jumping Jack
- 2) High Leg Kick
- 3) Push Ups – Two arms

B] Obligatory Movements: Select any one from each group – a, b, c & d

a) Push Up Group

- 1) Two Arm Push-up triceps
- 2) Two Arm Hinge Push-up triceps

b) Static Strength Group

- 1) Straddle Press
- 2) Two Arm Supported Planche closed or open legs

c) Jump Group

- 1) Air Jack
- 2) Pirouette Jump – 180 degree turn

d) Split Group

- 1) Front Split right & left
- 2) Needlepoint on left & right

C] Additional Movements: All can be done or any one

- 1) Free fall to push up landing from standing position
- 2) Two Arm supported Wenson
- 3) Straddle Jump
- 4) Pike Jump
- 5) Prone Straddle Split (Pancake)

2. Fitness Aerobics:

Performance Music:

- Western Music without any lyrics/words is allowed. Music shall include minimum lyrics/words & also must not include at all any un-parliamentary words.
- CD to be used; there must be nothing else but one recording of the performance music.
- Music Tempo – 145 Beat Per Min. (In case the beats are less than 145 per min; the points would be deducted)

Performance:

- 1) Do artistic and aerobics, non-stop aerobic exercise
- 2) High Impact Music
- 3) Variation of formation; in any order; minimum 03
- 4) Co-ordination and choreography
- 5) Repetition of steps & sequences shall have negative marking.

Acceptable Moves:

- 1) Aerials landing two feet
- 2) Two arm push up
- 3) Two arm transitional presses (not turning)
- 4) Transitional flexibility moves
- 5) Standing free fall to push up
- 6) Lift as beginning and ending pose (standing position or on the floor)