

## **2013 Wellington Regionals: Judges Feedback**

The following items have been provided by the judging panel as general feedback for all routines. We advise all athletes to take note of these, especially those who have qualified for the National Championships.

Congratulations to all those who competed, and best of luck to those competing at the National Championships.

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### Unacceptable moves

- There were a lot of unacceptable moves in all categories, particularly handstands as transitions.
- A couple of team routines contained unacceptable team lifts

### Compulsories

- Some competitors compulsories were not completed/finished correctly, particularly the first and last of the four.
- There is room for improvement with the execution of compulsories. In-particular:
  - Feet not closing in kicks
  - Locking elbows in push ups.

### Other

- Fitness in the Senior categories could be improved
- Intermediate teams - more interaction (aerobically) and travel needed in some of the routines
- I would encourage, particularly the Junior categories (i.e Junior Secondary Individual Novice), to review the number of skill moves within the routines in terms of having too many and the execution of these.
- Ensure the length of your music is correct