



NZCAF

2015/16 Competition Information & Guidelines

Applies to all NZCAF Sanctioned Competitions, including:

The National School Aerobic Competitions (NSAC)

The National School Hip Hop Competitions (NSHHC)

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PART 1 – GENERAL INFORMATION

These guidelines are designed to assist you when entering a NZCAF sanctioned competition in 2015 - 2016. These Guidelines supersede any other NZCAF Rules and Guidelines.

If at any time you are not sure about anything, please contact any of the event organisers or committee members listed on the NZCAF Website (<http://www.nzcaf.org.nz>). Your query will be directed to the relevant person for answering and if appropriate a written response provided.

1.1 New Zealand Competitive Aerobics Federation (NZCAF)

The National School Aerobic Championships (NSAC) and the National School Hip Hop Championships (NSHHC) are sanctioned by the New Zealand Competitive Aerobic Federation and judged under the NZCAF Technical Regulations. The role of NZCAF is to develop and promote the sport of competitive aerobics and hip hop within New Zealand with membership open to everyone.

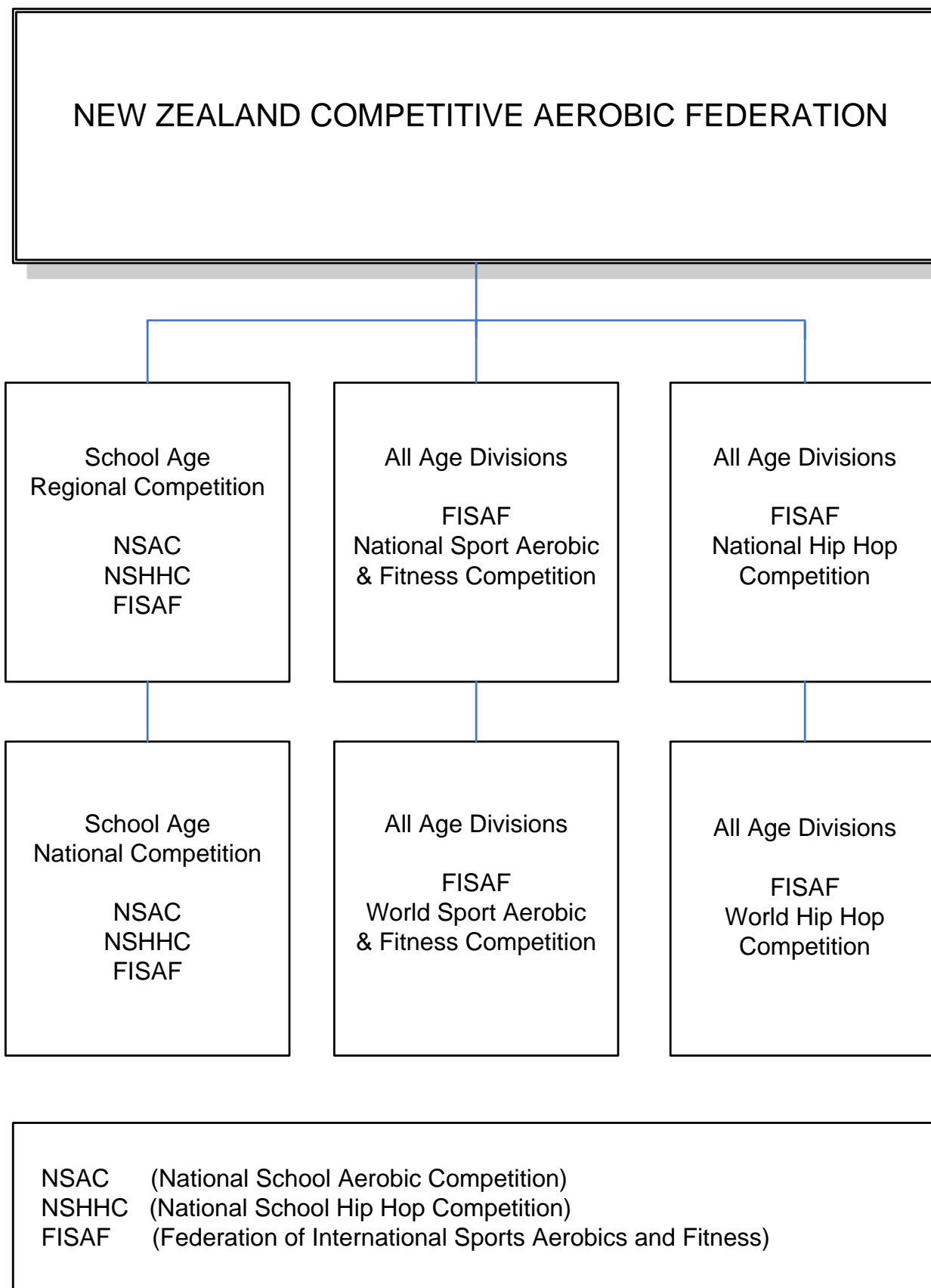
1.1.1 Mission Statement

To encourage participation in sport aerobics and hip hop, especially school age children thereby promoting physical activity, healthy lifestyle and elevation of self-esteem.

NZCAF is a non-profit organisation whose objective is to ensure sport aerobics and hip hop competitions are carried out in a planned and efficient way. In particular NZCAF will:

- 1 Serve as the national federation for sport aerobics and hip hop competition in New Zealand and as a member of the Federation of International Sport Aerobics and Fitness (FISAF).
- 2 Exercise jurisdiction over regional and national activities, and promote international competition.
- 3 Provide a system of rules and guidelines with which to govern sport aerobics and hip hop at the regional and national level.
- 4 Coordinate an annual calendar of regional and national competition events throughout N.Z.
- 5 Promote and encourage physical fitness, sportsmanship and participation in sports aerobics and hip hop competitions by supporting the National physical activity message of 30 minutes of moderate physical activity on most days of the week.
- 6 Disseminate and distribute timely information via website (www.nzcaf.org.nz), newsletters and flyers to athletes, coaches, managers, administrators, and officials within the sport.
- 7 Educate, train, and certify judges, coaches and athletes with respect to sport aerobics and hip hop competition.
- 8 Work cooperatively with whānau, hapu, iwi and other user groups fulfilling the principles of Te Tiriti o Waitangi.
- 9 Select and qualify individuals and teams to represent NZ in international competition.
- 10 Work with regional organisations, and other user groups to encourage membership
- 11 Use membership fees (\$15 per person per year) to assist competition organisers, to develop programs for judges, coaches, and athletes; and to provide services for members' common benefit.

1.2 NZCAF Competition Structure



1.3 NZCAF Executive Committee

Please refer to the NZCAF website (<http://www.nzcaf.org.nz>) for details of the current NZCAF Executive committee, and contact information.

1.4 Regional Representatives and Event Organisers

Please refer to the NZCAF website, for details of the current NZCAF Regional Representatives & Event Organisers, and contact information.

1.5 Event Dates and Venues

An event calendar is available on the NZCAF website (<http://www.nzcaf.org.nz>). Please refer to this for all competition dates, information and contact details.

PART 2 – COMPETITION INFORMATION

The National School Aerobic and Hip Hop Championship events are for students who are currently attending a New Zealand School and in Years 3 - 13.

Anyone not attending school will be required to compete in the Adult Open or FISAF categories (for Aerobics), or Hip Hop Unite categories (for Hip Hop).

The current FISAF and Hip Hop Unite rules are available from the NZCAF website (<http://www.nzcaf.org.nz>).

Information about the Adult Open category is contained in the current NSAC Technical Regulations.

2.1 Qualifying Regions

Southland	Queenstown lakes district, Gore south
Otago	Gore north to Timaru
Christchurch	Timaru north
Wellington	New Plymouth south, including Central North Island
Eastern	Hastings north to Rotorua, including Taupo
Auckland	Tauranga & Waikato north

If you are unsure about which region to enter under, please contact the current NZCAF President. Contact details are available on the NZCAF website (<http://www.nzcaf.org.nz>).

2.1.1 Competing outside your region

If you need to compete outside your region, please contact the NZCAF Technical Committee.

Although competitors will compete in the same category, competitors from outside of the region are not able to win a Regional title. Separate medals and/or prizes will be presented to these competitors should they place.

For each competitor from outside the region that makes finals OR that qualifies for nationals, an extra local competitor will also be taken through to finals.

2.2 Rounds of Competition

Where there are 12 or less competitors, there will be two rounds of competition, heats and finals.

Where there are more than 12 competitors in a category, a third (Preliminary) round* **may** be held if the Regional Head judge deems it necessary.

Rounds of competition:

- Preliminary (Elimination round)* all competitors/crews
- Heats: remaining competitors/crews
- Finals: top 5 competitors/crews

2.2.1 Regional Finals

At all regional NSAC and NSHHC events, a maximum of 5 in each category will go forward to the Regional Final. The head judge may elect to take more, and there are exemptions where competitors are competing outside their region – see section '2.1 Qualifying Regions'.

Note: In FISAF categories 6 routines will go forward to the Finals round, and in Hip Hop Unite categories 10 crews will go forward to the Finals round.

2.3 Qualifying for National Events

To be eligible to compete at the National event, you will have placed as follows, in the final of your regional event:

- 1-5 competitors/crews in your category: top 3 to compete at National event
- 6-9 competitors/crews in your category: top 4 to compete at National event
- 10+ competitors/crews in your category: top 5 to compete at National event

The numbers stated above are **the minimum** that will be allowed to go to the National event.

The Regional head judge has the ability to allow more to go through to the National event if the ability level is deemed appropriate.

2.3.1 Reconsideration of Selection

Where an athlete is not selected to attend the National event, a request for reconsideration may be lodged with the regional head judge.

This must be lodged in writing (to the regional head judge) and received no later than 1 week following the Regional event. The Regional head judge's decision is final once made, and no further correspondence will be entered into.

2.4 Open Events

The National School Aerobic and Hip Hop Championship events are sanctioned by NZCAF as Open Events.

This means competitors from other countries are allowed to compete.

Although competitors will compete in the same category, international competitors are not able to win a New Zealand title. Separate medals and/or prizes will be presented to international competitors.

2.5 Competition Order

The order will be randomly drawn by the event organiser and you will be given the order prior to the competition. Finals order may be shuffled depending on the tabulation system used by the organiser.

PART 3 – COMPETITION REQUIREMENTS

3.1 Performance Music

- The responsibility rests solely with the competitor(s) to verify the length of their music meets the performance time requirements of their category, prior to the competition.
- Music containing bad language will not be accepted.
- Competitors are required to copy their competition music onto a CD.
- The competition music must be the only piece of music on the CD
- All competitors must bring more than one (1) copy to the competition in case of theft, loss or damage.
- Organisers may request that competitors submit performance music electronically

3.2 Entering and Leaving the Stage

After a competitor is introduced they are to enter the performance area and promptly assume their starting position. The competitor(s) may **briefly** greet or acknowledge the audience prior to assuming their starting position and thank or acknowledge the audience before promptly exiting.

3.3 False Start / Interruption

A false start is defined as:

- 1 A technical problem preventing commencement of a performance after the athlete/s have entered the stage
- 2 A technical problem preventing continuation of a performance once it has started

A false start/interruption is when the circumstances causing it are not within the competitor's control. This would include, but is not limited to, damage to the facility, failure of equipment or foreign objects on the stage. The decision as to whether the false start/interruption will be acceptable will be at the sole discretion of the Head Judge.

If it is deemed to be a false start/interruption then the competitor will have the option of performing immediately or at the end of the category. A routine that is not started or is interrupted, without completion, due to the fault the athlete, is not considered as a false start/interruption. This would include but is not limited to, forgetting a routine, falling down from a pair or team starting position. If not a false start/interruption, the competitor will be disqualified.

3.4 Medical Attention

- A medical professional or official will be on-site in the event of injury or illness. It is the responsibility of the athlete, coach or team administrator to report an athlete's injury or illness to the event organiser(s).
- If at any time prior to or during competition an athlete is ill, injured, or his/her physical condition is at risk by competing, he/she may be declared ineligible to compete or disqualified from competing further. The competition organiser(s) reserves the right to withdraw any competitor who appears to have such serious injury or medical condition.
- Medical apparatus such as casts or plastic or metal joint braces must not be worn during competition.
- The competition organiser(s) reserves the right to request the submission of a physician's written authorisation for an athlete to compete.

3.5 Entry Changes or Substitutions

For circumstances beyond control of the athlete(s), changes or substitutions to entries may be made up to twenty-four (24) hours prior to the heats round. Such circumstances must be submitted in writing and approved by the Head Judge. (This applies to Team categories only).

3.6 Routine / Music Changes

You may change up to the total of one minute of your routine between regional and national competition, for the purpose of improvement. However you should keep the same piece of music. In the case that a piece of music may be unacceptable due to offensive language, the competitor can apply for permission, from the Head Judge, to replace it.

3.7 Sponsors Logo's

Competition outfits may have one space for sponsors name or logo, which must be no bigger than 10cm by 10cm.