



## 2014 Southland Regional Competition Head Judges Feedback

Thank you to all who competed, attended, coached, volunteered, organised and judged the Southland Regional NZCAF competition.

There were a few areas that will improve the future routines which we wanted to draw your attention to.

### Technical

- 32 count combination
  - Make this combination as high impact as possible. High impact means that we as judges want to see the air beneath your feet. Every time you bring your feet together make sure you jump them together. Every knee lift should be at least 90 degrees or higher.
  - Make your 32 count stand out by using creative arm lines that fit with your music, change of direction and travel around the stage as much as possible.
- Stride Jumps
  - FINISH your fourth stride jump with your feet together, on the spot.
  - Make sure you stay on the spot to you have completed your 4th stride
  - Feet should be shoulder width apart
- High Kicks
  - Ensure feet start and finish together after each repetition
  - Kicks need to be the same height
  - Body needs to remain upright. Avoid arching or hunch through the back
  - Ensure that the movement comes from the hip and is not a flick kick
- Push ups
  - If you can't x4 push ups with good technique you have the option to do them on your knee
  - Ensure there is a long straight line from the crown of you head to your feet
  - Your head needs to be in line with your body, don't drop it below your shoulders
  - Push ups must have a 90 degree range of motion at the elbow joint
  - For bicep push ups (wide arm) ensure hands are in the correct position. Not too far forward or too close to the body
  - Check your body position for your push ups. Is your butt in the air? Are you arching your back? Are your hands in the correct position? Is your head in line with your body?
  - Ensure that your push ups are the same speed. 2 counts of music down, 2 counts of music up

### Skill Elements

- Execution



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- Skill elements are optional in NZCAF. If you cannot execute them with good technique take the skill out of your routine.
- Judges only judge on what they see – so it is best not to show us that you are unable to execute the skill element.  
Examples: Unable to hold a static strength, down in splits, not able to land a straddle jump, can't complete an extra push up.
- Number of skill elements
  - Each category is limited with the number and skill moves they can do. Please ensure that you have the correct number of moves for the division you are in.
  - Go to the skill moves section of the NZCAF Technical Regulations and check that you have the correct number of skill moves.

### Artistic

- Music
  - Music must have aerobic beat and be the correct speed.
  - Music should be between 145beats per minute and 155bpm.
  - You need to make sure you can keep in time to your music staying on the beat. A lot of athletes went through their music at the regional championships and were not on the beat. Artistic judges and aerobic judges are looking for your ability to stay in time with the music.
- Music interpretation & performance
  - Artistic is what makes the sport interesting we want to see you picking up on musical cues and using them to create a creative routine. E.g. if the lyrics say “jump up” you should choreograph a jump.
  - Have fun! Smile, enjoy your routine
  - Consider how you can use your team members to create interesting visual image. Acknowledge each other, create different shapes, move around each other.
  - Think about how you use your stage. You need to ensure you use the whole space.

### Aerobic

- 8 count blocks
  - As a basic guide you should have about 3-4 blocks of 8 counts (or more) of pure aerobics in each quarter (30 seconds) of your routine
  - The aerobic judge is looking closely at your blocks of aerobics choreography. Sit down with your coach or training partner and go through your routine, counting the blocks of 8 counts.  
Do you have blocks of 6 counts? Do you have blocks of 4 counts?



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Can you make those into blocks of 8 counts?

Having 8 count blocks will improve the intensity of your routine.

- Arm lines
  - Make sure you have choreographed your arm lines.
- Energy level & fitness
  - The aerobic judge is looking at you to maintain the same energy level from the beginning of your routine until the end.

We look forward to seeing the athletes, teams and crews who qualified from this event at the NZCAF Nationals in Invercargill next month.

Regards,

Gemma Lowther  
Head Judge - Otago