



NZCAF

2020/21 NSAC TECHNICAL REGULATIONS SPORT AEROBIC INDIVIDUALS & TEAMS

FOR THE

New Zealand Schools Aerobics Competition

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PART 1 – CATEGORIES

1.1 NSAC Section, Division, Year Group, & Grade Overview

1.1.1 Aerobics Individuals					GRADE		
Rules	Section	Division	Category	Grade	Novice	Open Novice	Open
NSAC	Sport Aerobic	Individual (Female OR Male)	Primary - Yr 4, 5, 6	No	✗	✗	✗
			Intermediate - Yr 7, 8	No	✗	✗	✗
			Junior Secondary - Yr 9, 10	Yes		✓	✓
			Senior Secondary - Yr 11, 12, 13	Yes	✓	✓	✓
			Adult Open (School leavers)	No	✓	✓	✓

1.1.2 Aerobic Teams			
Rules	Section	Division	Category
NSAC	Sport Aerobic	Teams (2 - 4)	Primary - Yr 4, 5, 6
			Intermediate - Yr 7, 8
			Secondary Novice - Yr 9 - 13
			Secondary Open - Yr 9-13
			Adult Open (School leavers)

Pre-Choreographed Aerobic Individuals and Teams

For the Categories and Rules pertaining to Pre-Choreographed Aerobic Individuals and Teams, see the separate 'NZCAF Pre-Choreographed Aerobics Technical Regulations' document.

Competing across both Pre-Choreographed Aerobic and Sport Aerobic sections within a competition

Competitors may only enter one section per division.

For example: An individual Competitor can compete as an Sport Aerobic Individual and as part of a Pre-Choreographed Aerobic Team (or vice versa) – they cannot compete as an Sport Aerobic Individual and a Pre-Choreographed Aerobic Individual.

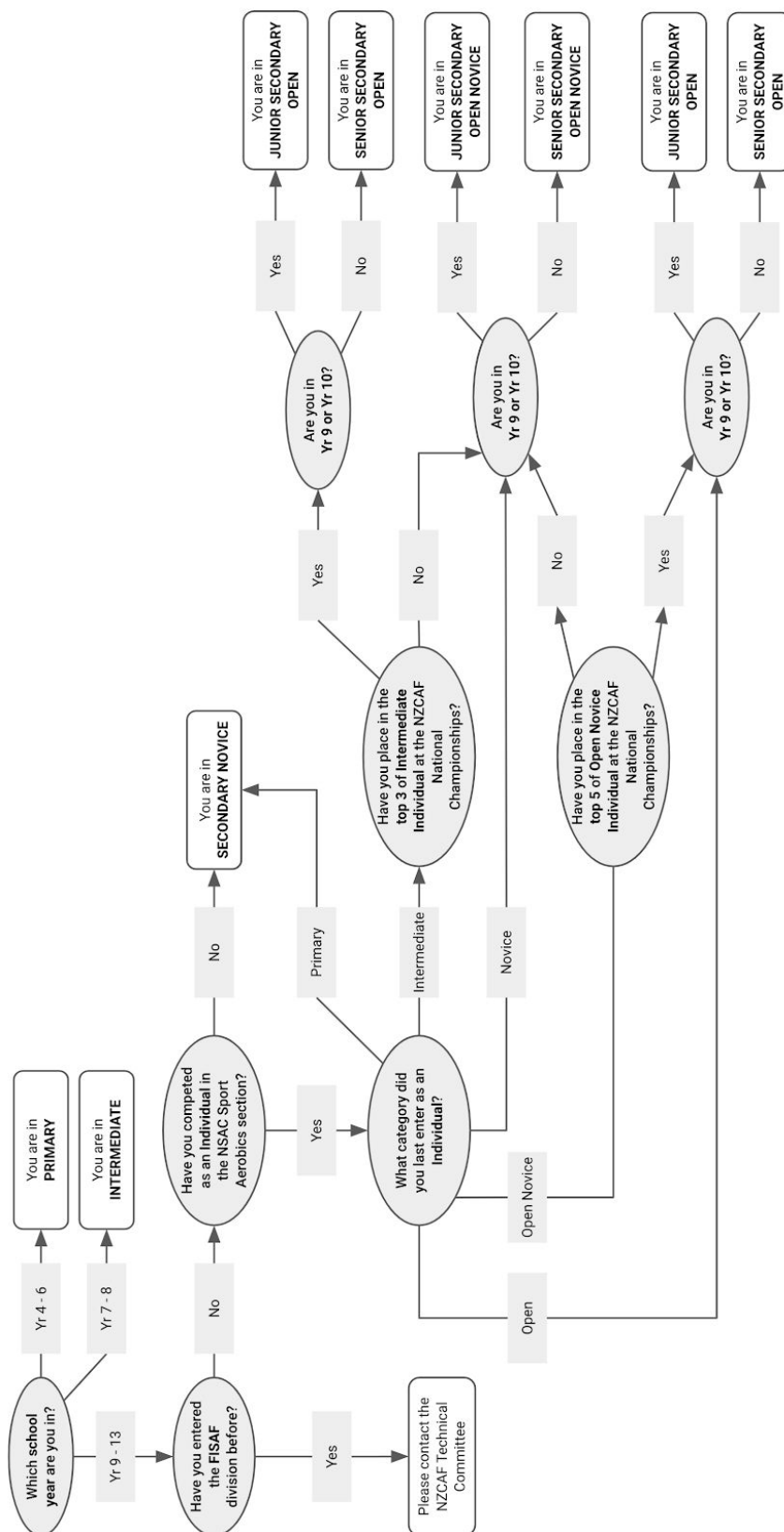
1.1.3 Fitness Teams

For the Categories and Rules pertaining to "Fitness Teams" (formerly large groups), see the separate 'NZCAF Fitness Teams Technical Regulations' document.

1.1.4 Category and Grade Progression – Individual Athletes

Use this flowchart to find which Category and Grade you should compete in as an Individual.

Note: Secondary athletes may choose to enter into a higher grade. To enter into a lower grade a grade change application (Outlined in section 1.1.5) must be completed.



1.1.5 Applying for a Grade Change – Individual Athletes

An application to change an athlete's grade may be made by completing the "NZCAF Grade Change Application Form", available from the NZCAF Website (<http://www.nzcaf.org.nz>).

Restrictions:

- Applications must be received by the last weekend of term 1 (following the New Zealand Ministry of Education term dates). Applications received after this date will not be considered.
- Applications can only be made for athletes who have just qualified for, and are yet to compete in the Open grade.
- The decisions of the NZCAF Technical Committee are final.
- Only one application may be submitted per athlete per grade change.

1.2 FISAF Sport Aerobic Categories



FISAF categories are included at NSAC events at the organiser's discretion.

FISAF Divisions are based on the age the Competitor will become during the competition year. There are exceptions to the ages when in a FISAF team. Please ensure you check the current FISAF Age Regulations, available on the NZCAF Website (<http://www.nzcaf.org.nz>) for detailed information about the current age requirements.

1.2.1 Competing across both NZCAF and FISAF categories within a competition

Individuals may choose to compete under NZCAF or FISAF rules.

For example, an individual Competitor can compete as an NZCAF Individual Competitor or a FISAF Individual Competitor – you cannot compete as an Individual Competitor in both.

Individual Competitors may compete as a FISAF Individual Competitor, and as a team member in an NZCAF team (and vice versa)

It is recommended that only highly skilled Open Competitors enter into FISAF categories.

PART 2 – COMPETITION REQUIREMENTS

2.1 Performance Area

An area of 7 x 7 metres square will be used for Aerobic Individual Competitors and Teams.

If the venue is smaller, then the performance area may have to be altered. Athletes will be given this information as soon as possible.

2.2 Performance Times

Timing will begin with the first audible sound and will end with the last audible sound (this would include a cueing beep if used).

Primary

Aerobic Individual Competitors 1 minute 30 seconds with 5 seconds either side

Aerobic Teams 1 minute 30 seconds with 5 seconds either side

Intermediate

Aerobic Individual Competitors 1 minute 30 seconds with 5 seconds either side

Aerobic Teams 1 minute 30 seconds with 5 seconds either side

Secondary

Aerobic Individual Competitors

Novice 1 minute 30 seconds with 5 seconds either side

Open Novice 2 minutes with 5 seconds either side

Open 2 minutes with 5 seconds either side

Aerobic Teams

Novice 1 minute 30 seconds with 5 seconds either side

Open 2 minutes with 5 seconds either side

Adult Open

Aerobic Individual Competitors 1 minute 30 seconds with 5 seconds either side

Aerobic Teams 1 minute 30 seconds with 5 seconds either side

PART 3 – SPORT AEROBIC TECHNICAL REGULATIONS

3.1 Entry Protocol and Criteria

3.1.1 Sport Aerobic Individuals

All Categories / Grades

- Regardless of previous competition experience, it is compulsory to stay within your year group.
- Please see the flow chart in section 1.1.4 to find your appropriate grade when entering as an Individual Competitor.
 - Secondary athletes may choose to enter into a higher grade. To enter into a lower grade a grade change application (Outlined in section 1.1.5) must be completed.
 - As of the 2014 NSAC National Championships, placing as part of an aerobics team or fitness team (group) does not affect your grade when entering as an individual competitor.
- While there is no limit to the number of divisions you can enter, it is strongly recommended that you only enter twice, due to the scheduling of your performances.
- You may enter different divisions, but you cannot compete in different year groups or grades.
- The Head Judge reserves the right to change the grade of any Competitor if deemed necessary.

Adult Open

- Entry is open to anyone who is no longer attending school
- Athletes age must be 29 or younger as of 31 December in the competition year.
- NZCAF Secondary Open Rules apply.

3.1.1 Sport Aerobic Teams

Categories

- Secondary Novice Teams
 - One or more athletes in the team are aged between year 9-13.
 - None of the athletes in the team are currently graded as a Secondary Open Individual, when following the flow chart in section 1.1.4.
 - None of the athletes in the team have ever placed in the top 3 at the NZCAF National Championships when competing as part of an:
 - Intermediate Sport Aerobics team.
 - Junior Secondary Sport Aerobics team (prior to 2020).
 - Senior Secondary Sport Aerobics team (prior to 2020).
 - None of the athletes in the team have ever placed in the top 5 at the NZCAF National Championships when competing as part of an:
 - Secondary Novice team (after 2019).
 - Secondary Novice Teams compete under the Secondary Novice rules.
- Secondary Open Teams
 - One or more athletes in the team are aged between year 9-13.

- One or more athletes are currently graded as a Secondary Open Individual, when following the flow chart in section 1.1.4.
- One or more athletes have ever placed in the top 3 at the NZCAF National Championships when competing as part of an:
 - Intermediate Sport Aerobics team.
 - Junior Secondary Sport Aerobics team (prior to 2020).
 - Senior Secondary Sport Aerobics team (prior to 2020).
- One or more athletes have ever placed in the top 5 at the NZCAF National Championships when competing as part of an:
 - Secondary Novice team (after 2019).
- Secondary Open Teams compete under the Secondary Open rules.
- Adult Open Teams
 - One or more athletes in the team are no longer attending school.
 - Adult Open Teams compete under the NZCAF Secondary Open Rules.

Team Makeup

- Single sex schools may have team members from their 'brother' or 'sister' schools.
- Team categories are not separated by gender. Teams will compete within the same category regardless of team member gender.
- Teams may be any combination of gender.

3.2 Compulsory Moves

The compulsory moves form the basis of competitive aerobics which display, technique, strength and flexibility.

For a competitor to obtain a maximum possible score their routine must include four (4) CONSECUTIVE, STATIONARY and IDENTICAL repetitions of the following three exercises:

1. Jumping Jacks (Astride Jumps)
2. Alternating High Leg Kicks
3. Push Ups

NB: Teams MUST DO the compulsory moves altogether, in unison and facing the same direction.

1. Jumping Jacks (Astride Jumps)

- 4 in a row with no other exercises in between
- You cannot travel or turn
- You can use different arms
- You must face the front of the stage
- The feet must be identical in spacing and placement for each of the four repetitions
- Feet must start together and open to a minimum of shoulder width apart and feet must close together between each repetition.

2. Alternating High Leg Kicks

- 4 in a row LRLR or RLRL with no other exercise in between
- You cannot travel or turn

- You must face the side of the stage
- You can use different arms
- The legs should be straight and must kick directly forward being the same height each time
- The supporting heel must be grounded
- You must start and finish each repetition with both feet on the ground with feet together.

3. Push Ups

- All Primary Competitors must perform the compulsory push-ups on their knees. Both knees must remain on the floor throughout all compulsory repetitions
- All Intermediate and Secondary Competitors, have the option of doing full push-ups, but the feet must remain on the floor at all times. One leg or one arm push ups are not allowed as compulsory push-ups
- You must perform 4 in a row with no other exercises or rests in between. (i.e. you cannot stop at the top of the move for a break, it must be continuous, and cannot travel or turn)
- You must start and finish with your arms straight
- Minimum level of flexion (bend) 90 degrees at the elbow joint in either a pectoral/tricep position
- You must face the side of the stage
- Your hands must stay on the floor in the start position all the time and should not move
- You must use the same speed (rhythm) for each repetition
- Both shoulders should remain square to the floor with the back and neck in alignment throughout the entire movement

A routine must also contain skill elements and as many aerobic sequences (pure 8 counts of choreography) as possible. Mixed pairs and trios should interact with each other and can use lifts and supports.

If the judging panel determines that a routine did not include the compulsory moves; the routine will be penalised by the judging panel.

If this is identified during heats; the coach may be informed by the Head Judge following heats, and asked to amend the routine for finals.

3.3 Compulsory 32 Count Combination

- This Compulsory 32 Count Combination must be performed by
 - All Primary and Intermediate Competitors
 - All Secondary Novice Individuals
 - Secondary Novice Teams.
- This combination MUST start within the first 33 counts of the music and be performed in the order stated for the total of 32 counts.
- All movements should be performed as high impact aerobic movements.
- Travel, direction and arm lines of your choice are encouraged. If you are competing in a pair or a team you MUST DO the compulsory combination altogether, in unison and facing the same direction. Changing formation is allowed.

COUNTS	MOVEMENTS	LEG	DESCRIPTION
1 – 4	Step Touch	Right, Left	
5 – 8	Knee Lift	Right, Left	
9 - 12	Side Touch	Right, Left	
13 - 16	Side Jack *	Right, Right	Starting with two feet together, using the right leg, hop sideways to the right and extend the left leg to the side, low to the ground but off the ground. The left leg then comes together with the right leg using a hop/jump (side jack). 1 x side jack = 2 counts 2 x side jacks = 4 counts
17 - 20	Step Touch	Left, Right	
21 – 24	Knee Lift	Left, Right	
25 – 28	Side Touch	Left, Right	
29 – 32	Side Jack *	Left, Left	

NB: A * Side Jack is also known as a ‘Scissor’ or ‘Superman’

If the judging panel determines that a routine did include the compulsory 32 count combination; the routine will be penalised by the judging panel.

If this is identified during heats; the coach may be informed by the Head Judge following heats, and asked to amend the routine for finals.

3.4 Skill Moves

All Competitors SHOULD choose at least one move from each of the four skill groups to aid in balancing the choreography of a routine. Variations of the Skill Moves are NOT acceptable unless stated.

There is a limit on the number of Skill Moves allowable in each category and is dependent on your year group and grade. These Skill Moves are limited for safety reasons and are there to encourage a large amount of aerobic content. The Skills Moves Schedule on the following pages detail which year groups and grades can perform which moves.

Using the same Skill Move twice will count as two Skill Moves whether used during or as the start and finishing pose of the routine.

Skill Move Value

The Skill Move value provided in the following tables gives competitors an indication of the Skill Move’s difficulty. These values alone are not used by the judges when ranking competitors. See ‘Part 4 – Scoring and Judging’ for more information.

Combinations of Skill Moves

When combining Skill Moves, the extra 'Combination Of' value is added to the combined value, recognising the difficulty of combining Skill Moves.

3.4.1 Skill Moves Schedule – Individuals

SKILL MOVES	VALUE	PRIMARY	INTERMEDIATE	NOVICE	OPEN NOVICE	OPEN	ADULT OPEN
		YRS 4, 5, 6	YRS 7, 8	YRS 9 - 13	YRS 9 -13	YRS 9 -13	
COMPULSORY MOVES							
Jumping Jacks	2.0	✓	✓	✓	✓	✓	✓
Kicks	2.0	✓	✓	✓	✓	✓	✓
Push-Ups	2.0	✓	✓	✓	✓	✓	✓
32 Count Combination	2.0	✓	✓	✓	X	X	X
STATIC STRENGTH GROUP							
Maximum Allowable		2	2	2	3	3	3
2 Arm Straddle Press	1.0	✓	✓	✓	✓	✓	✓
2 Arm Straddle Press 180 turn	1.5	X	X	X	✓	✓	✓
2 Arm Straddle Press 360 turn	2.0	X	X	X	X	✓	✓
2 Arm Pike Press (Feet on floor)	0.25	✓	X	X	X	X	X
2 Arm Pike Press	1.0	✓	✓	✓	✓	✓	✓
2 Arm Pike Press 180 turn	1.5	X	X	X	✓	✓	✓
2 Arm Pike Press 360 turn	2.0	X	X	X	X	✓	✓
2 Arm Tuck Press	0.5	✓	✓	✓	✓	✓	✓
2 Arm Side Press	0.5	✓	✓	✓	✓	✓	✓
Split Planche (2 Arm Supported Single Wensen Planche)	1.0	✓	✓	✓	✓	✓	✓
2 Arm Supported Planche Open	1.0	X	✓	✓	✓	✓	✓
2 Arm Supported Planche Closed	1.5	X	✓	✓	✓	✓	✓
1 Arm Supported Planche Open	2.0	X	X	X	X	✓	✓
1 Arm Supported Planche Closed	2.5	X	X	X	X	✓	✓
V Press Open	2.0	X	✓	✓	✓	✓	✓
V Press Closed	3.0	X	X	X	X	✓	✓
Combinations Of	+1.0	X	X	X	X	✓	✓
PUSH UP GROUP							
Maximum Allowable		2	2	2	3	3	3
2 Arm Push-Up	0.5	✓	✓	✓	✓	✓	✓
1 Arm Push-Up Left	2.5	X	X	X	X	✓	✓
1 Arm Push-Up Right	2.5	X	X	X	X	✓	✓
2 Arm Triceps Push-Up	1.0	✓	✓	✓	✓	✓	✓
1 Arm Triceps Push-Up Left	3.0	X	X	X	X	✓	✓
1 Arm Triceps Push-Up Right	3.0	X	X	X	X	✓	✓
2 Arm Tricep Hinge Push-Up	1.5	X	✓	✓	✓	✓	✓
2 Arm Circular Push-Up	1.0	X	✓	✓	✓	✓	✓
Split Push-Up	1.0	✓	✓	✓	✓	✓	✓
1 Or 2 Arm Flying Push-Up	1.0	✓	✓	✓	✓	✓	✓
Free fall to push up landing	1.0	X	X	X	X	✓	✓

Crouch to push up	1.0	X	✓	X	✓	✓	✓
Combinations of	-	X	X	X	X	X	X
AERIAL GROUP							
Maximum Allowable		5	5	5	7	7	7
Single Pirouette Jump *	1.5	✓	✓	✓	✓	✓	✓
Single Pirouette Jump to Splits (Left, Right or Straddle)	1.5	X	X	X	X	✓	✓
Straddle Jete *	1.5	X	✓	✓	✓	✓	✓
Front Jete *	1.5	✓	✓	✓	✓	✓	✓
Front Switch Jete *	2.0	X	✓	✓	✓	✓	✓
½ Front Switch Jete *	2.0	✓	✓	✓	✓	✓	✓
Air Jack *	0.5	✓	✓	✓	✓	✓	✓
Tuck Jump *	1.0	✓	✓	✓	✓	✓	✓
Tuck Jump to Splits (Left, Right or Straddle)	1.5	X	X	X	X	✓	✓
Tuck Jump to Push Up Landing	1.5	X	X	X	X	✓	✓
Straddle Jump *	3.5	X	✓	✓	✓	✓	✓
Straddle Jump to Straddle Splits	3.5	X	X	X	X	✓	✓
Straddle Jump to Push Up Landing	4.0	X	X	X	X	✓	✓
Split Jump *	2.0	X	✓	✓	✓	✓	✓
Split Jump to Splits (Left, Right or Straddle)	2.0	X	X	X	X	✓	✓
Stag Jump *	0.5	✓	✓	✓	✓	✓	✓
Wolf Jump (Cossack Jump) *	2.5	X	✓	✓	✓	✓	✓
Wolf Leap (Cossack Leap) *	1.0	✓	✓	✓	✓	✓	✓
Wolf Switch (Cossack Switch Leap) *	1.5	✓	✓	✓	✓	✓	✓
Stretch / Pencil Jump *	0.25	✓	X	X	X	X	X
Pike Leap *	2.0	X	X	X	✓	✓	✓
Pike Jump *	3.5	X	X	X	X	✓	✓
<i>* Above skills with a 180 rotation</i>	+0.5	X	X	X	✓	✓	✓
<i>* Above skills with a 360 rotation</i>	+1.0	X	X	X	X	✓	✓
Combinations Of	+1.0	✓	✓	✓	✓	✓	✓
FLEXIBILITY GROUP							
Maximum Allowable		2	2	2	3	3	3
Hitch Kick	0.5	✓	✓	✓	✓	✓	✓
Hitch Kick And Hold	1.5	X	✓	✓	✓	✓	✓
Standing Fan Kick	0.5	✓	✓	✓	✓	✓	✓
Standing OR Floor Splits	1.0	✓	✓	✓	✓	✓	✓
Needlepoint (Right or Left leg)	1.0	✓	✓	✓	✓	✓	✓
Illusion	1.5	X	X	X	✓	✓	✓
Supine Front Split (On Back)	1.0	X	✓	✓	✓	✓	✓
Supine Fan Kick (On Back)	1.0	X	✓	✓	✓	✓	✓
Straddle Split	1.0	✓	✓	✓	✓	✓	✓
Prone Straddle Sit	0.5	✓	✓	✓	✓	✓	✓
Prone Straddle Split	1.5	✓	✓	✓	✓	✓	✓
Supine Straddle Split (On Back)	1.0	X	✓	✓	✓	✓	✓

Sit Through	2.0	✓	✓	✓	✓	✓	✓
Side Lying, Side Split	1.0	✓	✓	✓	✓	✓	✓
Split Rotation	3.0	X	X	X	X	✓	✓
Combinations Of	+1.0	✓	✓	✓	✓	✓	✓

3.4.2 Skill Moves Schedule – Teams

SKILL MOVES	VALUE	PRIMARY	INTERMEDIATE	NOVICE	OPEN	ADULT
		YRS 4, 5, 6	YRS 7, 8	YRS 9 - 13	YRS 9 -13	OPEN
COMPULSORY MOVES						
Jacks	2.0	✓	✓	✓	✓	✓
Kicks	2.0	✓	✓	✓	✓	✓
Push-Ups	2.0	✓	✓	✓	✓	✓
32 Count Combination	2.0	✓	✓	✓	X	X
STATIC STRENGTH GROUP						
Maximum Allowable		2	2	2	3	3
2 Arm Straddle Press	1.0	✓	✓	✓	✓	✓
2 Arm Straddle Press 180 turn	1.5	X	X	X	✓	✓
2 Arm Straddle Press 360 turn	2.0	X	X	X	✓	✓
2 Arm Pike Press (Feet on floor)	0.25	✓	X	X	X	X
2 Arm Pike Press	1.0	✓	✓	✓	✓	✓
2 Arm Pike Press 180 turn	1.5	X	X	X	✓	✓
2 Arm Pike Press 360 turn	2.0	X	X	X	✓	✓
2 Arm Tuck Press	0.5	✓	✓	✓	✓	✓
2 Arm Side Press	0.5	✓	✓	✓	✓	✓
Split Planche (2 Arm Supported Single Wensen Planche)	1.0	✓	✓	✓	✓	✓
2 Arm Supported Planche Open	1.0	X	✓	✓	✓	✓
2 Arm Supported Planche Closed	1.5	X	✓	✓	✓	✓
1 Arm Supported Planche Open	2.0	X	X	X	✓	✓
1 Arm Supported Planche Closed	2.5	X	X	X	✓	✓
V Press Open	2.0	X	✓	✓	✓	✓
V Press Closed	3.0	X	X	X	✓	✓
Combinations Of	+1.0	X	X	X	✓	✓
PUSH UP GROUP						
Maximum Allowable		2	2	2	3	3
2 Arm Push-Up	0.5	✓	✓	✓	✓	✓
1 Arm Push-Up Left	2.5	X	X	X	✓	✓
1 Arm Push-Up Right	2.5	X	X	X	✓	✓
2 Arm Triceps Push-Up	1.0	✓	✓	✓	✓	✓
1 Arm Triceps Push-Up Left	3.0	X	X	X	✓	✓
1 Arm Triceps Push-Up Right	3.0	X	X	X	✓	✓
2 Arm Tricep Hinge Push-Up	1.5	X	✓	✓	✓	✓
2 Arm Circular Push-Up	1.0	X	✓	✓	✓	✓
Split Push-Up	1.0	✓	✓	✓	✓	✓
1 Or 2 Arm Flying Push-Up	1.0	✓	✓	✓	✓	✓
Free fall to push up landing	1.0	X	X	X	✓	✓
Crouch to push up	1.0	X	✓	X	✓	✓

Combinations Of	-	X	X	X	X	X
AERIAL GROUP						
Maximum Allowable		5	5	5	7	7
Single Pirouette Jump *	1.5	✓	✓	✓	✓	✓
Single Pirouette Jump to Splits (Left, Right or Straddle)	1.5	X	X	X	✓	✓
Straddle Jete *	1.5	X	✓	✓	✓	✓
Front Jete *	1.5	✓	✓	✓	✓	✓
Front Switch Jete *	2.0	X	✓	✓	✓	✓
½ Front Switch Jete *	2.0	✓	✓	✓	✓	✓
Air Jack *	0.5	✓	✓	✓	✓	✓
Tuck Jump *	1.0	✓	✓	✓	✓	✓
Tuck Jump to Splits (Left, Right or Straddle)	1.5	X	X	X	✓	✓
Tuck Jump to Push Up Landing	1.5	X	X	X	✓	✓
Straddle Jump *	3.5	X	✓	✓	✓	✓
Straddle Jump to Straddle Splits	3.5	X	X	X	✓	✓
Straddle Jump to Push Up Landing	4.0	X	X	X	✓	✓
Split Jump *	2.0	X	✓	✓	✓	✓
Split Jump to Splits (Left, Right or Straddle)	2.0	X	X	X	✓	✓
Stag Jump *	0.5	✓	✓	✓	✓	✓
Wolf Jump (Cossack Jump) *	2.5	X	✓	✓	✓	✓
Wolf Leap (Cossack Leap) *	1.0	✓	✓	✓	✓	✓
Wolf Switch (Cossack Switch Leap) *	1.5	✓	✓	✓	✓	✓
Stretch / Pencil Jump *	0.25	✓	X	X	X	X
Pike Leap *	2.0	X	X	X	✓	✓
Pike Jump *	3.5	X	X	X	✓	✓
* Above skills with a 180 rotation	+0.5	X	X	X	✓	✓
* Above skills with a 360 rotation	+1.0	X	X	X	✓	✓
Combinations Of	+1.0	✓	✓	✓	✓	✓
FLEXIBILITY GROUP						
Maximum Allowable		2	2	2	3	3
Hitch Kick	0.5	✓	✓	✓	✓	✓
Hitch Kick And Hold	1.5	X	✓	✓	✓	✓
Standing Fan Kick	0.5	✓	✓	✓	✓	✓
Standing OR Floor Splits	1.0	✓	✓	✓	✓	✓
Needlepoint (Right or Left leg)	1.0	✓	✓	✓	✓	✓
Illusion	1.5	X	X	X	✓	✓
Supine Front Split (On Back)	1.0	X	✓	✓	✓	✓

Supine Fan Kick (On Back)	1.0	X	✓	✓	✓	✓
Straddle Split	1.0	✓	✓	✓	✓	✓
Prone Straddle Sit	0.5	✓	✓	✓	✓	✓
Prone Straddle Split	1.5	✓	✓	✓	✓	✓
Supine Straddle Split (On Back)	1.0	X	✓	✓	✓	✓
Sit Through	2.0	✓	✓	✓	✓	✓
Side Lying, Side Split	1.0	✓	✓	✓	✓	✓
Split Rotation	3.0	X	X	X	✓	✓
Combinations Of	+1.0	✓	✓	✓	✓	✓

3.5 Lifts and Supports

3.5.1 Acceptable Lifts

Definition: One or more team members using their hand/s or arm/s to lift the body of another member off the floor so that both feet of the lifted person lose contact with the ground, thereby lifting the entire body weight

- Partner/team lifts are only acceptable as a start and finish pose.
- The team member/s who is doing the actual 'lifting' must not be in a standing position.
- The lifting member/s must be in a static position when the lifted team member has no contact with the floor. E.g. from a lying or kneeling position, that position must not change during the lift.

3.5.2 Acceptable Supports

Definition:

- In a support, the body weight of the supported athlete is not totally held with the hands or arms of the supporting partner(s) thereby the supporting person is not 'lifting' the athlete.
- A supporting athlete(s) is to act as the base for another athlete(s) to elevate themselves from the ground. For example a trio member uses another member to elevate themselves off the floor by rolling over the back of another member
- The supporting team member(s) must not be in a standing position.

The number of supports is unlimited during the routine.

Where a Competitor performs an unacceptable support their score will be reduced by the Technical and Aerobic Judges.

NB: Lifts and supports can add to the interaction, visual image and creativity of a routine, but should not risk reducing the mini sequences (8 counts of high impact aerobics) in a routine.

3.6 Unacceptable Moves for NSAC Competition

The following list of moves is considered unsafe and unsuitable for an aerobic competition. Variations of these moves are also NOT acceptable.

If the judging panel determines that a routine included an unacceptable move; the routine will be penalised by the judging panel.

If the unacceptable move is identified during heats; the coach may be informed by the Head Judge following heats, and asked to remove the unacceptable move for finals.

Round off

Kip

Somersault

Bridge

Pommel Horse Moves

Any Dive Roll

Cartwheel

Dive Roll

Handstand (Hips Over 45)

Flares

Toe Hinge

One Arm/One Leg Push-Up

3.7 Contraindicated Moves

The following list of moves are considered unsafe and may cause injury and not be reflective of Sports Aerobics. Variations of these moves are also NOT acceptable.

If the judging panel determines that a routine included a contraindicated move; the routine will be penalised by the judging panel.

If the contraindicated move is identified during heats; the coach may be informed by the Head Judge following heats, and asked to remove the unacceptable move for finals.

For a full description refer to APPENDIX 2 - DESCRIPTION OF CONTRAINDICATED MOVES.

Straight Leg Sit-Ups

Bicycle and Scissor Kicks on back, supported by the neck

Plough

Windmill

Back Hyperextension

PART 4 – SCORING AND JUDGING

4.1 The Sport Aerobics Judging Panel

The judging panel will consist of Technical, Artistic and Aerobic NZCAF accredited judges and will include one Head Judge who does not score.

There are three panel configurations which can be used including:

1. An eight judge panel (3 x Aerobic Judges, 2 x Technical Judges, 2 x Artistic Judges, and 1 x Head Judge) OR
2. A six judge panel (2 x Aerobic Judges, 1 x Technical Judge, 1 x Artistic Judge, and 1 x Head Judge) OR
3. A five judge panel (1 x Ranking head judge (aerobic), 2 x Aerobic Judge, 1 x Technical Judge, 1 x Artistic Judge)

4.1.1 HEAD JUDGE

A non-ranking Head Judge will oversee the judging panel and is the highest technical authority at a NZCAF Competition. The Head Judge does not submit a score, but is responsible for ensuring consistent and fair application of the Technical Regulations by the judging panel and overseeing the correct implementation of the judging systems and the tabulation of results.

Ranking Head Judge will still oversee the panel, but also puts down a score.

4.1.2 TECHNICAL JUDGE

The Technical Judge will apply a score for each routine, after considering the technical criteria in comparison to all other routines. The ranking of a routine will be derived from a score out of 10.

4.1.3 ARTISTIC JUDGE

The Artistic Judge will apply a score for each routine, after considering the artistic criteria and in comparison to all other routines. The ranking of a team will be derived from a score out of 10.

4.1.4 AEROBIC JUDGE

The Aerobic Judge will apply a score for each routine after considering the aerobic criteria and in comparison to all other routines. The ranking of a team will be derived from a score out of 10. In the case of a tie, the lead aerobic judges' ranking will decide the final rank.

4.2 Scoring and Ranking

The goal of the ranking system is to determine the winner by the majority of placings given by the judging panel, rather than an addition of scores.

For example, first position is gained by the majority of the panel agreeing on which athlete they have awarded first place too, with the majority being 4 out of 7 judges. The Technical, Artistic and Aerobic judges will consider their specific criteria to determine a score, out of ten (10) points, which represents a competitor's performance. From this score a competitor's rank is derived.

The electronic tabulation system will find the Competitor/team with the most first places then the most second and third etc, to determine the final ranking.

4.2.1 Ranking example

	J1	J2	J3	J4	J5	J6	J7
Victoria	3	4	2	3	1	1	1
Ella	1	3	5	4	2	3	3
Luka	6	5	1	1	3	2	4
Andrea	2	1	3	2	5	4	5
Katherine	4	2	4	5	6	5	2

There is no majority for first place (Victoria only has 3 first positions) therefore first position is not found. In this case the ranking system will then find a majority of first and second positions.

Viktoria	3	4	2	3	1	1	1
Ella	1	3	5	4	2	3	3
Luka	6	5	1	1	3	2	4
Andrea	2	1	3	2	5	4	5
Katherine	4	2	4	5	6	5	2

First Place: Victoria

Victoria has a majority of first and second positions (in green) therefore is ranked first

Because the first and second rankings have been used, the ranking system will now find a majority of three or better (3,2,1) for 2nd place as shown in yellow below

Viktoria	<i>Ranked 1st</i>						
Ella	1	3	5	4	2	3	3
Luka	6	5	1	1	3	2	4
Andrea	2	1	3	2	5	4	5
Katherine	4	2	4	5	6	5	2

Second Place: Ella

Ella has 5 which is the biggest majority of first, second and third positions

Luka and Andrea both have 4 positions of first, second and third which are both majorities so the ranking system finds 'who is better than who' between these two. This is shown in purple below.

Luka	6	5	1	1	3	2	4
Andrea	2	1	3	2	5	4	5

Third place: Luke

Fourth place : Andrea

Fifth place: Katherine

Calculation method of the Judge's rankings:

- 1) When four or more judges award a competitor with the same or better ranking, this is called 'Achievement of majority'.
- 2) If no competitor achieves majority for a certain position, a new comparison will be made and will include all rankings from the next lowest position and above. (See green sections above).
- 3) If more than one competitor achieves majority, the following applies;
 - a) Those competitors achieving majority, are put into a group.
 - b) The competitor with the greatest 'power of majority' is found, e.g. the one with the most rankings achieving majority. (See yellow section above).
 - c) If the competitors in the group have the same majority then the highest ranking from each judge is counted, e.g. how many times a competitor is better than another or the others, (who is better than who). (See the purple section above).
 - d) If the parameter, "more times better" occurs in more than one case within the group, the competitors will be ranked according to the Lead Aerobic judge.

4.3 Technical Criteria

EXECUTION (Is the main focus)

This is how well you perform every move you have in your routine. Moves should be safe and precise showing good form, ease of movement, good posture and control.

From a technical perspective, the best routine will have the highest total value with the least number of Skill Moves, but only if the execution of each Skill Move is correct. Please see the NSAC Description of Sport Aerobic Skill Moves document for example execution of errors for Skill Moves.

Skill Move values (including combinations) should be evenly placed, to ensure the difficulty is consistent throughout the routine.

NB: Moves that are unacceptable, contraindicated, or cannot be executed properly will risk a reduction in ranking as will the exclusion of any of the compulsory elements (refer to APPENDIX 2 - DESCRIPTION OF CONTRAINDICATED MOVES).

STRENGTH

Your compulsory push ups will give a baseline score which you can increase performing extra push-ups and or Static Strength moves. Power, which is strength and speed together, can be shown in transitions and aerial moves. Try to show strength in the upper and lower body as well as right and left sides.

FLEXIBILITY

Your compulsory high leg kicks will give a baseline score which you can increase by doing other flexibility moves. Try to show a balance of flexibility in a large range of joints, especially the hip.

NB: Teams should be synchronised and will be assessed as a single unit, therefore each member should exhibit similar strength, flexibility and ability.

TIP: Only use high impact aerobic moves and optional Skill Moves that you can do really well! Never sacrifice good form for a difficult move.

4.4 Aerobic Criteria

The aerobic judge considers all skill elements, transitions and aerobic sequences.

Aerobic sequences

An aerobic sequence is defined as at least 8 counts of traditional aerobic movement which is;

- High impact based
- Continuous, thereby ensuring no cardiovascular rest
- Movement that allows contrast in regards to tempo; half, full, double time
- Movement that allows contrast in regards to vertical levels, especially the lower levels

For example;

- A. 2 x jumping jacks 1 - 4, pencil jump 5 - 6, side step 7 – 8
- B. 2 x jumping jacks 1 - 4, pencil jump 5 – 6, squat 7 – 8
- C. Jumping jack 1 – 2, roll 3 – 6 to standing, pencil jump 7 – 8

An aerobic sequence can start on any count of the music as long as there is a minimum of 8 uninterrupted counts used. All movements and aerobic sequences, must be performed in conjunction with the music tempo, therefore there must be an appropriate, discernible BPM (beat per minute), as found in High Impact Aerobics classes.

Transitions

A transition is defined as the link between a sequence of choreography and skill elements, or the link from element to element. Transitions can make a routine more intense and they should enhance a skill element by having limited set up and recovery, so that they are not predictable therefore are 'hidden' in the choreography.

NOTE; The length of the transition is important. A transition can be two or more counts of music depending on the element. A transition before a jump may only take two counts while a transition to a static element may take four.

Each sequence (choreography, transition and a skill move) should display the following;

- A. INTENSITY
- B. QUALITY
- C. COMPLEXITY

INTENSITY

Judges will consider the athletes ability to maintain a high level of intensity by using a large range of Sport Aerobic movements, together with full coverage of the stage area, floor, standing and aerial space. A cardiovascular effect should be shown throughout the entire routine with the focus on high energy expenditure.

QUALITY

- Quality of all movements, mini and maxi sequences
- Clear, precise movement
- Purposefully placed movement
- Total control of skill elements, transitions and mini sequences (maxi sequences)
- Correct posture and alignment
- High fitness levels will allow for good quality of movement

COMPLEXITY

Choreography should show complex patterns which challenge co-ordination in the upper and lower body at the same time. The more muscles you use at one time will not only add complexity but if executed well will also increase the intensity of a routine. Never sacrifice quality for complexity.

NB: An overall high standard of performance will enhance an aerobic score.

4.5 Artistic Criteria

4.5.1 Overview

The Artistic Criteria for Sports Aerobics is about making sure there is in fact an 'artistic' side to this sport and to keep the 'art' form of dance and music as a focus. In the scoring of the Artistic Criteria, judges will consider the ability of the athlete/s to dance and perform aerobic choreography which matches the natural structure of the music chosen.

There are four sub-criteria within the Artistic Criteria;

1. CHOREOGRAPHY OF SEQUENCES
2. PERFORMANCE OF THE ROUTINE
3. MUSIC SELECTION
4. MUSIC INTERPRETATION

4.5.2 Choreography of Sequences

(Refer to the Aerobic criteria for definition of 'sequence')

The Artistic Judge will assess a routine for the following choreography criteria;

VARIETY = the use of many different movements

- A good variety of High Impact movement within mini aerobic sequences
- A good variety of leg levels within the mini sequences
- A good variety of skill elements
- A good variety of transitions into and out of skill elements
- A good variety of arm lines in sequences, transitions and skill elements
- A good variety in the use of the body planes and orientations

CREATIVITY

- Being different to others and creating an impression, individual style
- The use of different High Impact movements and sequences
- Hiding skill elements within the choreography so that the elements are not the only focus of the routine
- Unpredictable choreography and travel patterns
- Using complex choreography patterns such as opposing planes with legs and arm lines
- Creative use and placement of skill elements, transitions and mini sequences
- Good use of a chosen theme with no repetition in arm lines or themed movements
- Creative partner or trio choreography that does not compromise the mini sequences/8 count
- Creative use of attire to enhance the choreography, music and performance of a routine without being theatrical

VISUAL IMAGE = the use of;

- Vertical levels within the routine structure and placement of skill elements, transitions and mini sequences (maxi sequences)
- Vertical levels within the mini aerobic sequences, without compromising the 8 count
- Space, travel and orientation

- Interaction if in a trio or pair
- Formations for trio or pair
- What you can create visually to the audience/judges

4.5.3 *Performance of the Routine*

The Artistic Judge will assess a routine for the following Performance criteria;

PERFORMANCE = the ability too;

- Perform the 'choreography criteria' as written above
- 'Dance' the routine and 'express' the music with dance/movement
- Project confidence and ease of movement
- Incite emotion and excitement from an audience
- Be synchronised in ability, range of motion and performance when in a pair or a trio
- Have quality of movement
- Athletes should display a healthy physical appearance

If you constantly go out of the 7x7m area you may be penalised – this is for safety reasons.

4.5.4 *Music Selection*

The Artistic Judge will assess a routine for the following Music criteria;

BEATS PER MINUTE

- A clear strong discernible beat must be present throughout the entire piece of music
- A suitable BPM (beat per minute) to be used depending upon lever length and ability of the athlete/s
- A recommended suitable BPM is at least 148 as this sport is based upon High Impact Aerobics
- The same BPM must be used throughout the entire routine

MUSIC STRUCTURE

Using a piece of music that has a large variety of structure

- Verse
- Chorus
- Instrumental sections
- Rhythms
- Bridge
- Pre chorus
- Instruments
- Vocals
- Theme/character

MUSIC EDITING

The 'art' of this sport is being able to choreograph to a piece of music without the need to majorly edit it. If good music selection is made using a suitable BPM and a good variety of structure then the need to edit the music should be minimal.

- Sounds effects should be minimal and the music should dictate where sequence choreography, transitions and elements are placed rather than the sound effect.

- If a background instrumental or obvious addition of some sort is added to the music, it would tend to suggest the music selection is not a good one.
- Medleys and themes are acceptable.
- Music must be of a high quality and may affect athletes' artistic score if quality and or editing is poor.

4.5.5 Music Interpretation

The ability to use the music.

The Artistic Judge will assess the routine for the following Music Interpretation criteria;

- The technical ability to use the entire structure of the music
- The placement of mini sequences to match the music structure
- The placement of the transitions and elements to match the music structure
- The ability to use the beat/counter beat and stay on the beat
- The ability to stay in time with each other when in a pair or trio
- Enhancing the music with the movement. Making the music noticeable by matching the movement to it

4.6 Attire and Appearance

The Competitor's appearance and attire should be clean and tidy. A score will be reduced where attire does not meet the following criteria:

- Costumes may be one piece leotards, or a two piece bikini style. Bootleg pants or bike shorts, and bikini top or singlet are also acceptable
- Costumes must not be too brief and must be appropriately concealing. G-string leotards are not acceptable.
- No body oils or paint. (Anything that can rub off onto the floor must not be used)
- Subtle glitter on face and hair is allowed
- Long hair should be off the face and neck and tied back tightly to the head i.e. in a bun. No theatrical hair accessories or hats are acceptable
- Jewellery is not allowed (this excludes small stud earrings and naval studs)
- You must wear adequate body support
- Props are not allowed, e.g. gloves, musical instruments, scarves etc.
- A good supporting shoe must be worn. White is recommended but not compulsory.
- Shorts and T-Shirts may be worn provided they are not 'form' concealing (too baggy)
- Wristbands and unobtrusive skin coloured strapping is allowed
- The outfit should reflect the sporting nature of competitive aerobics rather than being too theatrical e.g. skirts, too many sequins, dresses, feathers, tassels etc.
- Bike pants or tights must be worn under all leotards or two piece costumes
- You may not discard any item of clothing or accessory during the performance

APPENDIX 1 – DESCRIPTION OF SPORT AEROBIC SKILL MOVES

Please see the NSAC Description of Sport Aerobic Skill Moves document.

APPENDIX 2 – DESCRIPTION OF CONTRAINDICATED MOVES

Please see the NSAC Description of Sport Aerobic Skill Moves document.