



NZCAF

2022/23 COMPETITION INFORMATION AND GUIDELINES

Applies to all NZCAF Sanctioned Competitions, including;
The National Schools Aerobics Competitions (NSAC)

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Changes from previous revisions are highlighted

PART 1 – GENERAL INFORMATION	3
1.1 New Zealand Competitive Aerobics Federation (NZCAF)	3
1.1.1 Mission Statement	3
1.2 NZCAF Competition Structure	4
1.3 NZCAF Executive Committee	5
1.4 Regional Representatives and Event Organisers	5
1.5 Event Dates and Venues	5
PART 2 – COMPETITION INFORMATION	6
2.1 Qualifying Regions	6
2.1.1 Competing outside your region	6
2.2 Rounds of Competition	6
2.2.1 Regional Finals	6
2.3 Qualifying for National Events	6
2.4 Open Events	7
2.5 Competition Order	7
PART 3 – COMPETITION REQUIREMENTS	8
3.1 Performance Music	8
3.2 Entering and Leaving the Stage	8
3.3 False Start / Interruption	8
3.4 Medical Attention	8
3.5 Entry Changes or Substitutions	9
3.5.1 Regional Events	9
3.5.2 National Events	9
3.6 Sponsors Logos	9

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.

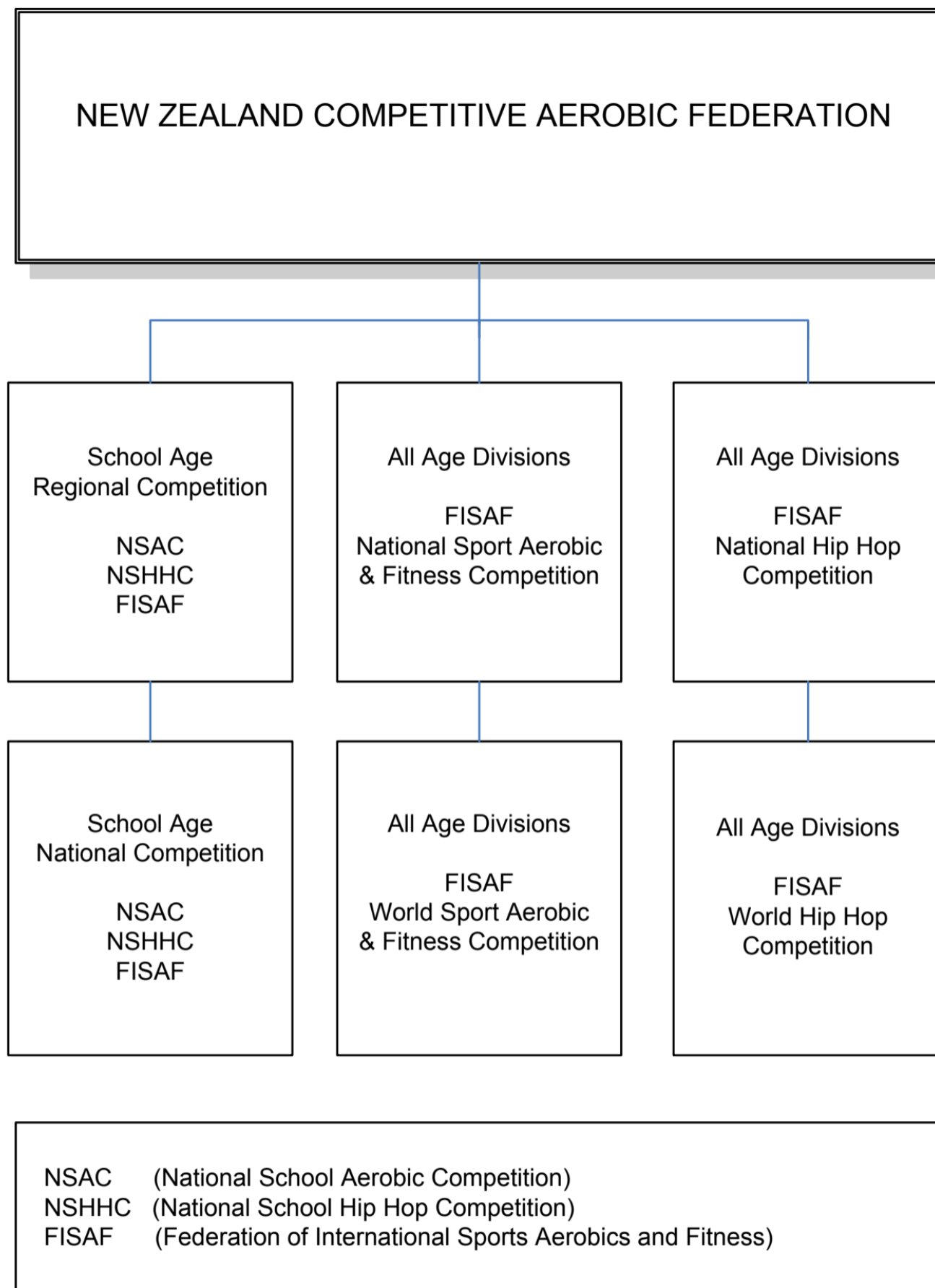
1.1.1 Mission Statement

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

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, you must contact the NZCAF Technical Committee for approval. The NZCAF Technical Committee will notify the regional organiser.

Competitors from outside of the region are not able to win a Regional title.

2.2 Rounds of Competition

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

Where there are more than 12 competitors/teams 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/teams
- Heats: remaining competitors/teams
- Finals: top 5 competitors/teams

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 Regional Head Judge may elect to take more, and there are exemptions where competitors/teams 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/teams in your category: top 3 to compete at National event
- 6-9 competitors/teams in your category: top 4 to compete at National event
- 10+ competitors/teams 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 National Head Judge.

This must be lodged in writing (to the National Head Judge) and received no later than 1 week following the Regional event. The National 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/teams 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

- Organisers may request that competitors/teams submit performance music electronically
- All competitors/teams must bring a digital copy (e.g. on USB stick or iPod) to the competition in case of theft, loss or damage.
- The responsibility rests solely with the coach and the competitor/team 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.

Failure to meet these requirements and/or the requirements of the category will result in the judging panel penalising the routine.

- A minor error would result in the Artistic Judge dropping the routine 1 ranking.

Examples of minor errors:

- Track length is +/- 5 seconds from the category requirements
- Music contains bad language.
- A major error would result in the competitor/team not being allowed to progress to the final round.

Examples of major errors:

- Track length is +/- 6 seconds from the category requirements

The application of these penalties are at the discretion of the event Head Judge and the Head Judges decision is final.

3.2 Entering and Leaving the Stage

After a competitors/teams introduced, they are to enter the performance area and promptly assume their starting position. The competitors/teams 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 competitors/teams 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 competitors/teams will have the option of performing immediately or at the end of the category.

A routine that is not started, interrupted and not completed, due to the fault of the crew/athlete, is not considered as a false start/interruption. This would include but is not limited to; leaving the performance area before the routine is completed, falling down from a pair or team starting position. If not a false start/interruption, the competitors/teams 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 competitors/teams who appear to have such serious injury or medical condition.

Any medical condition which may put the competitors/teams or others at risk, must be brought to the attention of the event organiser as soon as possible.

The Head Judge reserves the right to request the submission of a physician's written authorisation for an athlete to compete.

The Head Judge reserves the right to limit a competitors/teams performance if they deem that a medical condition is present that poses a risk to the safety of the competitors/teams or others.

Medical apparatus such as casts or plastic or metal joint braces must not be worn during competition.

3.5 Entry Changes or Substitutions

NOTE: This section applies to Team/crew categories only.

3.5.1 Regional Events

For circumstances beyond control of the competitor(s), changes or substitutions to team/crew 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 Regional Head Judge.

Teams may reduce their numbers without making a submission as long as they still meet the minimum requirements for the category.

Example: A team of 3 enters a category which has a requirement of 2-4 members. One athlete gets sick the night before the competition and can not compete. The team can still compete with 2 athletes, and is not required to make a submission.

3.5.2 National Events

Where a team has qualified for the national competition, changes or substitutions to entries must be approved by the National Head Judge.

You can change up to 50% of a team/crew.

Examples

A team of two can not substitute or drop any team members.

A team of four can substitute or drop one team member.

A team of four can not substitute or drop two or more team members.

A team of three can substitute one team member, remaining a team of three.

A team of three can drop one team member, becoming a team of two.

The size of the team/crew can not be increased between regionals and nationals.

Requests must be submitted in writing and approved by the prior to the cut off for entries.

3.6 Sponsors Logos

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