



# NZCAF

2022/2023 NSAC Technical Regulations  
Pre-Choreographed Aerobic Individuals & Teams  
for the  
New Zealand Schools Aerobics Competition

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Changes from previous revisions are highlighted

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# INTRODUCTION

This document outlines the technical regulations for the Pre-Choreographed Aerobic section of the New Zealand Schools Aerobic Competition.

The Pre-Choreographed Aerobic section has been introduced to help athletes and coaches who are new to Aerobics and Choreography get started with the sport.

NZCAF (The New Zealand Competitive Aerobics Federation) has produced a number of routines which are available to be used in this section. They are available on the NZCAF website ([www.nzcaf.org.nz](http://www.nzcaf.org.nz)).

The routines are intended for beginners who are in their first year of competing, or very new to Aerobics.

For a guide to using these routines, consult the 'NZCAF Aerobic Resources' section of the NZCAF website.

## PART 1 - CATEGORIES

<b>PRE-CHOREOGRAPHED AEROBIC INDIVIDUAL</b>				
Rules	Section	Division	Year Group	Grade
NSAC	Pre-Choreographed Aerobic	Individual (Female OR Male)	Primary - Yr 3, 4, 5, 6	No
			Intermediate - Yr 7, 8	No
			Secondary - Yr 9 - 13	No

<b>PRE-CHOREOGRAPHED AEROBIC TEAMS</b>				
Rules	Section	Division	Year Group	Grade
NSAC	Pre-Choreographed Aerobic	Teams (2-4 members)	Primary - Yr 3, 4, 5, 6	No
			Intermediate - Yr 7, 8	No
			Secondary - Yr 9 - 13	No

## Part 2 – COMPETITION REQUIREMENTS

### 2.1 Performance Area

An area of 7 x 7 metres square will be used for Pre-Choreographed 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

#### Pre-Choreographed Aerobic;

Individual 1 minute 30 seconds with 5 seconds either side

Teams 1 minute 30 seconds with 5 seconds either side

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

Note: Pre-Choreographed routines use compulsory pre-selected music.

### 2.1 Entry Protocol and Criteria

#### 2.1.1 Athletes who have previously entered the Sport Aerobic section

Athletes who have competed the Sport Aerobic section for two or more years are not permitted to enter the Pre-Choreographed Aerobic section.

#### 2.1.2 Competing across both Pre-Choreographed Aerobic and Sport Aerobic sections

Competitors may only enter in one section per division within a competition.

For example, an individual athlete 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. Note the 2.1.1 clause applies in this scenario.

#### 2.1.3 Age restrictions

- Primary Teams
    - All athletes in the team are in school years 3 - 6.  
Note: This is different to the Sport Aerobic section.
  - Intermediate Teams
    - All athletes in the team are in school years 7 - 8.
  - Secondary Teams
    - All athletes in the team are in school years 9 - 13.
- 
- Single sex schools may have team members from their 'brother' or 'sister' schools.
  - Teams may be any combination of male / female members.
  - Team categories are not separated by gender. Teams will compete within the same category regardless of team member gender.

## PART 3 – Pre-Choreographed Aerobic Technical Regulations

### 3.1 Use of the Choreography

Each Pre-Choreographed Aerobic routine comes with Choreography notes. The routines must be performed following the outline in these notes.

The choreography notes for each routine will indicate where you can add your own choreography, and where skill moves have options to choose from.

Athletes may travel in any direction they choose (the movement patterns in the videos are examples of possible travel around the stage). It is encouraged that athletes cover all areas of the stage and travel in as many different directions as possible to maximise their scoring potential.

Teams;

- may add formation and variations of direction.
- must perform the compulsory moves altogether, facing the same direction.
- must perform all choreography in unison.

## 3.2 Skill Moves

Skill Moves are elements which demonstrate an athlete's technical ability. They come from four major groups; Flexibility, Static Strength, Aerial, and Push Up.

Within the Pre-Choreographed Aerobic section there is a fifth group 'Compulsory Moves Sequence' which form the basis of competitive aerobics display, technique, strength and flexibility.

The skill moves in the Pre-Choreographed Aerobic routines are compulsory. Some skill moves have options which make them more or less difficult (See the table below). The specified moves in the routine choreography notes are the only ones permitted in that routine; you cannot add more as part of your own choreography.

*TIP:* More difficult skill moves will be rewarded by the judges, but only if they are executed correctly. Therefore it is recommended for a competitor to do a less difficult move correctly, than a difficult move incorrectly.

### 3.2.1 Skill Moves

	Primary	Intermediate & Secondary
Compulsory Moves Sequence	Jacks x4 Kicks x4 Push-ups x4 (on knees) 32-Count Combination  No options.	Jacks x4 Kicks x4 Push-ups x4 32-Count Combination  <i>Option:</i> Push-ups may be performed on knees or feet.
Static Strength Group	2 Arm Pike or Straddle Press (with feet on the floor)  <i>Option:</i> Tuck press OR 2 Arm Pike or Straddle Press (with feet off the floor)	2 Arm Pike or Straddle Press (with feet on the floor)  <i>Option:</i> Tuck press OR 2 Arm Pike or Straddle Press (with feet off the floor)
Push-Up Group	Push-up from knees  <i>Option:</i> Push-up from feet	Push-up from knees  <i>Option:</i> Push-up from feet OR triceps push-up
Aerial Group	Stretch / Pencil Jump  No options.	<b>Air Jack</b>  No options.
	Air jack  No options.	Tuck jump  No options.
Flexibility Group	Hitch kick OR split leap	Hitch kick OR split leap
	Straddle sit  <i>Option:</i> Reach forward	Straddle sit  <i>Option:</i> Reach forward

### 3.3 Description of Skill Moves

#### 3.3.1 Compulsory Moves Sequence

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



## 32 Count Combination

- All movements should be performed as high impact aerobic movements.
- Arm lines of your choice are encouraged.
- If you are competing in a team you MUST DO the compulsory combination altogether, in unison and facing the same direction.
- Travel, direction, and formation changes are recommended - as long as team members face the same direction and stay in unison.

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 (Scissor)	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 (Scissor)	Left, Left	

**NB:** A \*Side Jack is also known as a 'Scissor'.

### 3.3.2 Static Strength Group

#### 2 Arm Pike (with feet on the floor)

A balance, starting from a seated position with legs on the floor extended straight out to the front. Feet are together. Elbows extend to support the body as all parts of the legs lift off the floor, while feet remain on the floor.

#### Straddle Press (with feet on the floor)

A balance, starting from a seated position with the legs on the floor in an open 'V'. Hands can be between the legs at the front or one in front and one behind – both hands must remain on the floor. The elbows extend to support the body as all parts of the legs lift off the floor, while feet remain on the floor.

**Option:** Straddle Press (with feet off the floor)

A balance, starting from a seated position with the legs on the floor in an open 'V'. Hands can be between the legs at the front or one in front and one behind – both hands must remain on the floor. The elbows extend to completely support the body off the floor. At the same time the legs are lifted horizontally and parallel with the floor (straddle position).

**Option:** 2 Arm Pike (with feet off the floor)

A balance, starting from a seated position with legs on the floor extended straight out to the front. Feet are together. Elbows extend to support the body as legs lift horizontally and parallel off the floor.

**Option:** Tuck press

A balance, starting in a seated position on the floor with the legs and hips flexed in a tucked position. Legs are lifted in front of the body and elbows are extended to support the body off the floor maintaining the tucked position. Feet can be together or crossed

### 3.3.3 *Push-Up Group*

#### **Push-up from knees**

Starting position is with the body fully extended from shoulders to knees in the prone position off the floor. Hands and lower legs (knees to feet) are on the floor with hands shoulder width apart. Elbows are extended and fingers point forwards. Elbows flex as chest is lowered to the floor forming a minimum of 90° at the elbow joints. Elbows are then extended to raise body to the starting position. Back/shoulder/hip alignment must remain horizontal throughout the movement.

**Option:** Push-up from feet

Starting position is with the body fully extended in the prone position off the floor. Hands and feet are on the floor with hands shoulder width apart. Elbows are extended and fingers point forwards. Elbows flex as chest is lowered to the floor forming a minimum of 90° at the elbow joints. Elbows are then extended to raise body to the starting position. Back/shoulder/hip alignment must remain horizontal throughout the movement.

**Option:** Triceps push-up (Intermediate & Secondary only)

As for a 2 Arm push up but the starting position is modified so that the hands are placed on the floor, at the side of the torso, under the shoulder which keeps the elbows close to the body throughout the entire movement.

### 3.3.4 *Aerial Group*

#### **Stretch / Pencil jump (Primary only)**

Starting with feet together, a two foot take off with body vertical and fully extended, landing with feet together.

#### **Air jack**

A vertical jump from two feet in which the legs quickly open to a narrow straddle position to form a star or X shape in the air. The upper body is erect throughout the entire movement.

(The landing is to two feet, when landing in the standing position.)

#### **Tuck jump (Intermediate & Secondary only)**

Starting in a standing position, jump vertically from two feet. The knees lift up to the chest and return before landing with both feet together.

### 3.3.5 *Flexibility Group*

#### **Hitch kick**

A small leap from one foot to another where the supporting leg momentarily tucks up to the chest prior to the kick and the non-landing leg is kicked straight up to the front of the body.

#### **Split leap**

Starting in a standing position, jump vertically from one foot. The legs quickly lift to a front split position, parallel to the floor, before landing on the other foot.

#### **Straddle sit**

A seated wide straddle sit in which the legs are extended sideways with both knees facing up. The minimum angle of the straddle sit is 135°. The body should have perfect alignment between the legs, knees and hips with the knees fully extended.

**Option:** Reach forward (45 degrees)

The chest and the abdominals are at 45° to the floor during the split.

**Option:** Reach forward (90 degrees)

The chest and the abdominals are on the floor during the split.

### 3.4 Lifts and Supports

NO lifts or supports are acceptable in Pre-Choreographed Aerobic routines.

### 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.

Round off	Kip
Somersault	Dive Roll
Bridge	Handstand (Hips Over 45)
Floor Turns On Knees	Flares
Any Dive Roll	Toe Hinge
Cartwheel	One Arm/One Leg Push-Up
Pommel Horse Moves	

### 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 **NOT** acceptable

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 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 four panel configurations which can be used including:

1. A 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 (3 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) **OR**
4. A three judge panel (1 x Ranking head judge (aerobic), 1 x Technical Judge, 1 x Artistic Judge)

#### 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.

#### 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.

#### 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.

#### 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 individual/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 (Viktory 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: Viktory

Viktory 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	Ranked 1 <sup>st</sup>						
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.

**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 sequence 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.

## 4.4 Aerobic Criteria

### **INTENSITY (is the main focus)**

Intensity is the ability of the athlete(s) to maintain a high level of energy throughout the routine showing cardiovascular fitness.

Tip: Intensity can be added by travelling around the stage, turning choreography and performing the choreography and skills with 'high energy'.

### **AEROBIC CHOREOGRAPHY**

All aerobic movement should be performed:

- With high impact (high leg levels and with 'bounce')
- Continuously (no rests or pauses)

### **TRANSITIONS**

A transition is defined as the link between aerobic choreography and skill elements, or the link from element to element.

Transitions should be performed with safe and correct body alignment.

TIP: Aerobic intensity can be added to transitions by adding 'bounce' into and/or out of the transition, and/or with high leg levels (where appropriate).

### **QUALITY**

- Quality of all movements
- Clear, precise movement
- Purposefully placed movement
- Total control of skill elements and transitions
- Correct posture and alignment

- High fitness levels will allow for good quality of movement

## 4.5 Artistic Criteria

### CREATIVITY (is the main focus)

While the compulsory choreography must be performed as prescribed, the travel performed in the routine videos are an example only. To enhance the creativity of a pre-choreographed routine, athletes/coaches should:

- Use a variety of movement and travel patterns within the choreography (for example, moving forwards, backwards, diagonally and in circles etc.) and using the entire floor space
- Have team members move around each other in a variety of ways and use different formations throughout the routine
- Use a variety of areas of the floor space to do skill moves
- Be original in their use of optional sections of the routine
- Use interesting armlines for the straddle sit, jumping jacks and high leg kicks (where allowed)
- Use interesting start and end poses

### PERFORMANCE

'Performance' is the ability to:

- 'Dance' and 'express' each of the pre-choreographed steps as well as the optional components of the routine
- Project confidence and ease of movement
- Incite emotion and excitement from the audience
- Be synchronised in ability, range of motion and performance when in a team
- Have quality of movement

### MUSIC INTERPRETATION

Musical interpretation includes:

- Staying on the beat of the music
- Staying in time with other members of the team
- Matching the optional sections of the routine to the music (using the lyrics, theme and beat)

## 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 not a ponytail. No theatrical hair accessories or hats are acceptable
- Jewellery is not allowed (this excludes small stud earrings)
- 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 by 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 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.