

NZCAF Regional Competition Feedback 2023

This document provides general feedback from the competition. The comments below do not describe the full judging criteria and are not intended to replace the full Technical Regulations. They are a general guide to describe some of the key comments from the judging panel.

Sport Aerobics - Pre Choreographed

Aerobic criteria:

Athletes who scored highly had...	Why
Choreography (movements) that were performed with high energy and impact. Judges are looking for 'bounce' and air under the feet when jumping. This includes the 32-Count Combination, remaining choreography, transitions and skill elements.	This demonstrates intensity - which is the key focus of the aerobics judge.
Choreography that was performed continuously.	The athlete needs to stay in time to ensure there are no rests or pauses. A rest, or pause, reduces the intensity and energy demands on the athlete.
Choreography which traveled and used the entire floor area.	It takes more energy to move further, with high impact choreography. It is more aerobically demanding. Take care not to just focus on one area (e.g. one side of the stage, or just the front)
Good overall quality of movement. This includes posture and core control, as well as the purposeful placement of arms/legs.	It takes more energy to perform a routine with good quality movement and control. This remains an important consideration for the aerobic judges.
Choreography that showed changes in body orientation (e.g. facing different directions, or rotating).	This adds more complexity to the routine and can add intensity, as it takes more effort/energy to keep changing direction (vs. doing the whole routine always facing the front or the back).
Teams changed formation and spacing frequently.	This increase in travel and spacing adds more complexity and builds intensity - it takes more energy to move around a lot.

Artistic criteria:

Athletes who scored highly had...	Why
Choreography that was performed in time with the music (on the beat) throughout the routine. This includes the 32-Count, Compulsory movements, and the remaining choreography.	This demonstrates musical interpretation and an ear for the music. For a team, it is also important to ensure that team members also stay in time with each other.
Choreography that traveled and made full, and interesting, use of the stage. This includes traveling in different ways (e.g. forwards, backwards, in circles)	While travel may be important for the aerobic judge, interesting travel patterns are noted by the artistic judge, as it creates more visual interest and shows creativity. This means traveling in different directions and not always in straight lines.
In optional sections, athletes perform a unique sequence of aerobic movement using arms and legs.	This helps to show creativity of movement and for the routine to stand out from other routines. Note: a skill should NOT be performed in these optional sections - this includes splits and leg holds.
32-Count Combination is performed with armlines.	This increases the visual image and makes the routine more creative and unique.
Compulsory stride jumps have choreographed arms.	This increases the visual image and makes the routine more creative and unique.
The athlete engages with the audience and performs. The athlete and their body language look confident.	This helps to engage the audience into the performance.
Teams used a variety of formations and spacing between team members.	Moving around each other as a team, and using different formations, increases the visual image and makes the routine more creative and unique.

Technical criteria:

Athletes who scored highly had...	Why
Push-ups that engaged the core, and showed a full range of motion. These were often executed on the knee (and don't have to be full push-ups, unless they can be executed well).	The compulsory push-ups give a baseline score for Strength. The compulsory kicks give a baseline score for Flexibility.
Compulsory high kicks are controlled, feet come together, standing foot is flat, kicks are even height. In order to achieve that height, there is no twisting of the torso (the core is strong). There	Athletes and coaches should check the description of skill moves to understand how the movement should be completed. Execution of the full movement is judged, and

should be no travel. In a team, kicks should be the same height for all members.	control of movement is paramount for athlete safety.
Compulsory jumping jacks are controlled, feet come together, shoulder width apart, knees are over toes.	An athlete should never sacrifice good form for a harder skill move.
Jumps have hip elevation and correct shape (e.g. even height legs in a split leap). Take-off and landing are controlled and with feet together.	
Good posture throughout the routine - head is aligned, shoulders down, core engaged.	Execution of all movement is judged - not just skills and compulsory elements.
Toes are pointed throughout the routine and feet together when required.	The technical judge is looking for precise, purposeful placement throughout the routine. They want to see the completion of one movement, before going on to the next.
Arms, legs and toes are engaged in transitions. Transitions have choreographed arm lines.	
Leg lines and arm movements reach their full range of motion (e.g. a high kick, a high knee, arms out to side).	Some routines look 'tidy' but the movements are small and not being executed fully. Movements that reach their full range of motion, with control / quality show technical ability.
Teams complete skill moves at the same time.	As specified in the Technical Regulations
Teams change formation and spacing frequently.	Good technical ability is required to hit the formations.

Sport Aerobics - NZCAF

Aerobic criteria:

Athletes who scored highly had...	Why
A good base of aerobic sequences (8s), spaced throughout the routine.	This is the foundation of a sport aerobics routine. A sequence is defined as 8 counts of uninterrupted choreography. A routine must have sequences for the judging criteria to be applied to.
Movements and sequencing that were performed in time with the music (on the beat), rather than running through the music - where the athlete may be either ahead of, or behind the beat.	This is the foundation of a sport aerobics routine. By definition, movements and aerobic sequences must be performed in conjunction with the music tempo.
Sequencing (8s) which showed high impact aerobics, with a range of leg levels and vertical levels shown throughout, performed with high energy and impact.	High impact aerobics is more aerobically demanding; it requires more energy to perform well. This demonstrates intensity. What's in between the skill elements and transitions is incredibly important.
Sequencing (8s) that was introduced early to create impact.	Sometimes routines present a number of lifts, skills, transitions before getting into things. Aerobically, we want to see impact right from the beginning (and also need to see sequencing).
Choreography which shows complex movement patterns of arms and leg lines - that is executed well.	This challenges coordination of the upper and lower body and adds complexity to a routine. However, an athlete should never sacrifice quality for complexity.
Continuous movement with no rest.	It takes more energy to keep moving, rather than pause for 4 counts in a routine waiting for the music. Note short poses can be energy intensive if used appropriately.
Choreography that traveled and made good use of the entire floor area, standing and aerial space.	It takes more energy to move further, with high impact choreography. It is more aerobically demanding. Routines with good travel and use of space do stand out.
Good overall quality of movement. This includes posture and core control, as well as the purposeful placement of arms/legs.	It takes more energy to perform a routine with good quality movement and control. This remains an important consideration for the aerobic judges.
Changes in direction and body orientation.	This adds complexity, which can in turn build

	intensity as it takes more energy to go against momentum (tick-tock), and change where you are facing through the routine (orientation)
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Artistic criteria:

Athletes who scored highly had...	Why
Choreography that was performed in time with the music (on the beat) throughout the routine.	This demonstrates musical interpretation. Sequences performed 'in time with the music' provides the base for aerobic and artistic judges to apply their criteria to.
Choreography that traveled and made full, and interesting, use of the stage.	While travel may be important for the aerobic judge, interesting travel patterns are noted by the artistic judge, as it creates more visual interest and shows creativity. This means traveling in different directions and not always in straight lines.
Variety of movement was used throughout the routine such as vertical levels, leg levels, arm lines, tempo, head movements, body direction, travel	This demonstrates creativity of choreography.
Big smiles, looked out to the audience and were able to engage the audience with their performance. They looked like they were having fun on stage 😊	This helps to engage the audience into the performance and embraces the performance aspect of the sport.
Choreography that matched the music - matching the highs and lows, the rhythms and lyrics	This is what musical interpretation is about. The artistic judge wants to see a routine that could not be performed to another music track.

Technical criteria:

Athletes who scored highly had...	Why
Good posture throughout the routine - head is aligned, shoulders down, core engaged.	Execution of all movement is judged.
Toes are pointed throughout the routine and feet together when required.	
Arms, legs and toes are engaged in transitions. Transitions have choreographed arm lines.	

<p>Pushups that were executed with core control, good postural alignment and full range of motion (90 degrees). Push ups can be on the knees - don't forgo quality.</p>	<p>Athletes and coaches should check the description of skill moves to understand how the movement should be completed.</p>
<p>Compulsory stride jumps are controlled, feet come together, shoulder width apart, knees are over toes.</p>	<p>Execution of the full movement is judged, and control of movement is paramount for athlete safety.</p>
<p>Flexibility skills are controlled, body posture is correct and toes are pointed. In splits the back knee is tucked under. Hips are square.</p>	<p>An athlete should never sacrifice good form for a harder skill move.</p>
<p>Compulsory high kicks are controlled, feet come together, standing foot is flat, kicks are even height. There should be no travel. In a team, kicks should be the same height for all members.</p>	

Fitness Aerobics

Artistic criteria:

The judges are looking for...	Why
We had choreography which was reflective of high impact fitness aerobics - which was great to see.	This is fitness aerobics, not sport aerobics, and we want to reward choreography that demonstrates this.
The constant use of formation and formation changes / swaps right throughout the routine, and for each of those formations to be 'hit' with purposeful placement.	This is to highlight the choreography, which we want to reward, and helps to create a visual image for the audience.
Originality and creativity in formations with lots of changes, including compact spacing (tight together) and spread spacing (far apart).	At times teams can be spread right across the stage and use the full floor area, in different formations (this is good). Playing with the spacing (spread out vs compact) and how the team moves around the stage together can create even more visual interest.
The music and movement are separable. This is where the choreography, and how it is performed, is tied in with the music (picking up on the highs and lows, the lyrics, the rhythms).	This demonstrates musical interpretation and the artistry of the sport. We want to see choreography that just wouldn't be the same if it was performed to another piece of music.
Great timing - with the music, and each other!	Synchronisation is an important artistic criteria. All movements should be performed in time with each other.
Performance that goes beyond a smile, and where each team member 'performs' to the same degree. Use each other, and bounce off each other's energy and vibe.	This is part of the overall presentation, and the ability for the team of athletes to generate excitement and emotion through their performance.

Technical Specialist criteria:

The judges are looking for...	Why
We had choreography which was reflective of high impact fitness aerobics - which was great to see.	This is fitness aerobics, not sport aerobics, and we want to reward the technical ability of the athletes to perform these movements.

The choreography has armlines / leglines (many moving parts) all moving at the same time, and continuously throughout the routine.	This demonstrates complexity, and a more technically challenging (difficult) routine. It needs to be maintained, and to not see armlines 'fade' in the second half.
Energy to maintained throughout the routine, and to not tire as moved through the 2nd half (keep working on that routine fitness).	We want to see high cardiovascular endurance which can maintain the intensity throughout the routine.
To reward the precise and purposeful placement of arm lines, leg lines, footwork.	Showing good execution of movement overall. The technical judge wants to see the completion of each movement.
Clean and well executed transitions between aerobic elements and any chosen skill elements (e.g. jumps) or lifts/interactions	Showing good execution of movement overall.

Performance criteria:

The judges are looking for...	Why
The X Factor from within each and every performer.	Performance is about generating excitement and emotion. This is a performance based sport and we want to reward for that. It is important that there aren't just one or two people doing this, or everyone doing it - but just at points within the routine.
All team members to be able to perform to the same level.	Synchronisation is what will be rewarded - don't want to see over / under performing. Work as a team to show a similar level throughout.