

AEROBICS AND DANCE (FUNK/HIP HOP)

DATE: Wednesday 6 September 2017.

ENTRIES: Entries close 5pm 29 August.

TIME: To be decided after entries close.

VENUE: Hornby High School

ENTRY RESTRICTIONS:

Aerobics is aligned with GymSports New Zealand and the Federation of International Gymnastics (FIG) Guidelines and also the NZ Secondary School criteria. There is an AeroDance, AeroSchools, Open Levels, Aerobic Development Pathway (ADP) and International for top level competitors. Further information is provided in the Aerobics Gymnastics Handbook which is available on the Gymsports NZ website www.gymsportsnz.com

If competitors have gained a 1st, 2nd or 3rd place in the same grade in 2016, they must choose a different song in 2017.

AeroDance includes competition teams of 5-8 competitors, male, female or mixed, utilising aerobic movement patterns in conjunction with a 32-64 count block of contrasting high intensity dance well integrated into the choreography to enhance the artistic component of the routine. For 2017 the pre-choreographed routines on the AeroSchools resources will be acceptable. Athletes are eligible to compete in AeroDance as well as their chosen aerobics categories.

Categories for Aerobics

- Individual
- Pairs (mixed and single gender)
- Groups (3 – 6)

AeroSchools Levels:

(Previously AeroSkools Levels – name has been adjusted to align with the resource)

Resources to use are 2016 or 2017 only. Aeroschools is an Australian resource that aims to introduce basic Aerobic Gymnastic movement patterns through pre-choreographed routines. This division is for athletes whose primary incentive is participation and follows the four 'F' philosophy; fun, fitness, friendship and fundamentals. The AeroSchools resource contains teaching notes and a DVD which provides structured routines incorporating compulsory elements and a range of aerobic movement patterns. This resource can be purchased through GymSports NZ. The programme is aimed at school aged children. The programme requires no previous knowledge or experience on behalf of the coach/teacher or student(s)/athlete(s) and provides a sequential programme of skill development over these separate levels. The resource can be ordered by emailing office@gymsportsnz.com Cost: \$85.00 approx

Music – select from a choice of compulsory music from the 2016-2017 AeroSchools kits that range from between 154 and 156 beats per minute.

AEROBICS CONT.

AeroSchools Level 3 (*Aerobics Gymnastics taster, no previous skills or experience required*)

The Level 3 routine does not include the “compulsory Aerobic Gymnastic skills” but still requires participants to focus on general Aerobic Gymnastic movement patterns as they are introduced to the sport. Participants can only use a Level Zero routine if this is their first time competing in this competition. The reasoning behind the introduction of Level Zero entries is to encourage first time participation but with an emphasis on maintaining and progressing these participants into the correct Aerobic Gymnastics Routines (Level 1 and up) the next year which involves the learning of the “compulsory Aerobic Gymnastic skills.” No individual choreography is required. The routine may be performed as an individual, pair or a group (3-6 members).

AeroSchools Level 4 (*novice, no previous skills or experience required*)

The Level 4 Routine involves the learning of a “compulsory Aerobic Gymnastics” routine that focuses on basic Aerobic Gymnastics movement patterns and presentation skills. No individual choreography is required. The routine may be performed as an individual, pairs or a group (3 - 6 team members).

AeroSchools Level 5 (*some previous experience required, suits those with a dance or gymnastic background, limited aerobic skills*)

The Level 5 Routine involves the learning of a “compulsory Aerobic Gymnastics” routine that increases in complexity of choreography, whilst continuing to develop basic Aerobic Gymnastics movement patterns and presentation skills. This routine allows students/athletes to compose their own 32 counts of choreography and incorporate this into the routine. The routine may be performed as an individual, pairs or a group (3 - 6 team members).

Open Levels:

A New Zealand division for those athletes who would like a routine that uses optional choreography and follows the three ‘C’ philosophy: creativity, complexity and competition. This category is for children who have experience in aerobics or are competitive athletes. This category is an optional basic routine (any suitable Aerobics music) that must contain the following:

- Please refer to the 2017 Aerobic Gymnastic Handbook for requirements.

Music length: Please refer to the 2017 Aerobic Gymnastic Handbook for length of music

Aerobics Development Pathway (ADP):

A competitive New Zealand division for athletes with focus on developing their skill level difficulty and/or with the aim to compete in the International Stream of competition.

International:

For athletes who aspire to represent their country in International competitions:

The pathway through the Aerobics framework divisions gets progressively more difficult.

Entries:

Maximum of **10** entries per school.

Each team or individual entry is counted as one entry. Students may enter more than one category. For example they may enter as an individual and in a pair or team. However they must be in the same level for both entries.

AEROBICS CONT.

Competition Details:

AeroDance Rules:

1. Teams between 5-8 athletes, males, females or mixed.
2. Must include 32-64 counts of a high intensity dance style.
3. The dance content must have high correlations with the theme and style of the music. The second style must be clearly different from the rest of the choreography which must show a high degree of creativity without repetitions.
4. It is highly recommended to use a different music for your dance section.
5. Length or routine should be 1.20 sec +/- 5 seconds.
6. Elements and acrobatics may be performed, but they will not be awarded any value and should fit the theme of the routine.

Time All music has a specific time allowance which can be found in the 2017 Aerobic Gymnastics Handbook, found on the GymSports NZ website.

Competition Area

7m x 7m - the outside edge of the marking tape is the outside edge of the competition area.

Points to Note:

1. Push Ups

- Start and finish position is with arms straight.
- Should be performed facing side on to the judges.
- Four in a row with no other exercises in between - this means you cannot stop at the bottom of the move for a break. It must be continuous.
- You cannot travel or turn.
- Groups perform pushups at same time and no physical contact of group members allowed.
- Do not move your hands off the floor or move your feet once in position.
- You must use the same speed (rhythm) for each repetition.

2. High Leg Kicks

- Should be performed facing side on to the judges.
- Four consecutive kicks are required with no other exercises in between (RLRL or LRLR).
- Kicks must be performed in the sagittal plane, i.e. straight up and down in front of the body, not to the sides.
- You must start and finish each repetition with both feet firmly together and on the ground.
- You cannot travel or turn, must be performed on the spot.
- AeroSchools Levels arm movements should be as per the prescriptive choreography.

AEROBICS CONT.

3. Jumping Jack Phase

- This 32-count pattern must initiate with 4 consecutive Jumping Jacks.
- Facing the judges, head on.
- Four consecutive jumping jacks required with no other exercises in between.
- The legs must be identical for each of the four repetitions and you must start and finish each repetition with both feet together.
- You cannot travel or turn, must be performed on the spot.
- Different arm movements are allowed.

If you are a team or a group you must do your compulsories all together at the same time, in the same way, facing the same way.

Moves You Cannot Do in AeroSchools:

These are moves that are not from an aerobic background and/or are considered to be unsafe for young bodies that are not yet fully developed.

| | | | |
|-------------------|--|-----------------|------------------------|
| Handspring | Backflip | Roundoff | Somersault |
| Bridge | Kip | Dive roll | Turning straddle jumps |
| Handstand | Flares | Toe hinge | One arm pushup |
| Freefall moves | Drop split | Turning presses | Floor turns on knees |
| One arm press ups | Standing or in the air pirouette or more than one turn | | |

These points are designed to aid your preparation for the Aerobic Championships. **Please read these points and the rules carefully. Each year, easy points are lost because the guidelines are not read thoroughly enough.**

1. For open levels music must be emailed to Primary Sports Canterbury prior to competition info@primarysportscanterbury.org.nz Please bring a backup on a CD on the day.
2. Attire should be neat and tidy and safe. NO denim, heeled/platform shoes, tassels, glitter or excessive stage makeup. Hair must be tied up and off the face. Tidy T-shirts and shorts are more than acceptable No additional points will be awarded to those that choose to wear a leotard. No two piece/bikini costumes.
3. **Music speed is important.** It should be between 154 and 156 beats per minute (BPM). Count your beats beforehand. Music that is too slow may result in a low energy routine, while music that is too fast can be dangerous with moves being rushed in lieu of safety.
4. Utilise your floor area. You might want to try mapping out where your students/athletes move on the stage to ensure the whole floor area is covered.
5. Legs kicks should aim to be hip height with both legs reaching the same level. Minimum height is your waist, please use safe and modern flexibility exercises to improve range of motion and do not over stretch the students/athletes.
6. Jumping Jacks – keep your knees and toes pointed outwards and bring your feet back together for each jumping jack.
7. Press ups – both knees and feet must stay in contact with the floor and your chest should go at least $\frac{3}{4}$ of the way down.
8. Make sure you have light food and a water bottle with you on the day.
9. Make sure you warm up before your routine and cool down again afterwards- stretch!! You don't want to get injured on the day after all your hard work.
10. Practice your routine in front of an audience before the day to get rid of the jitters.

AEROBICS CONT.

Judging: The event will be judged by three judges using the criteria technical, artistic, aerobic.

1. Points are awarded for musical interpretation.
2. Compulsories need to be thoroughly completed i.e. four of each. Points will be deducted for each compulsory not completed.
3. Teams need to be synchronised. Video yourselves or ask somebody to watch you to give feedback on this.
4. Enthusiasm, smiles, energy, confidence and plenty of it.
5. Aerobic content is the name of the game. Keep away from gym/dance/jazz moves.
6. Make sure all of the moves you choose are done correctly and safely.
7. Avoid moves you are still learning or are not confident with.
8. Floor coverage – use the majority of the stage.
9. Music should comply with the current aerobic gymnastic handbook.

Once you have downloaded the GymSports Aerobic Handbook from the website www.gymsportsnz.com check out the 7 aerobic movement patterns. This handbook should help you with everything you need to know.

For more information on Aerobics email lisa.mcinroe@gymsportsnz.com

DANCE (FUNK/HIPHOP)

DATE: Wednesday 6 September 2017.

ENTRIES: Entries close 5pm 29 August.

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VENUE: Hornby High School

TEAM SIZE AND GRADE:

Teams are to consist of 4-8 members- male, female or mixed gender. Final category placement will be determined by the judges – see guidelines below. Entries limited to **3 teams per school**. There are two age levels within each category- Years 5&6 and Years 7&8.

Open: This competition is for students who have shown some skill already towards dance, have entered a competition before, or whom you regard as being quite skilled.

Novice: This competition is designed to promote hip hop and funk for all schools, allowing students to "have a go" whilst not feeling intimidated by students who have competed before.

To ensure fairness judges will reserve the right to swap participants between categories if they consider this to be necessary.

RULES:

Attire

Attire should be reflective of Funk and Hip Hop style. Sports/dance shoes and socks **must** be worn or the participants will not be able to participate.

Performance area

The competition performance area is will be clearly defined. It will be marked with tape of a contrasting colour to a 9m x 9m square, which is inclusive of the safety surround. Performance outside of this area will not incur a penalty.

Music

Routines should be 2 minutes long. A grace period of 5 seconds will be allowed either way to allow for variations on equipment speed, resulting in a minimum of 1:55 min and maximum of 2:05 min. Timing begins with the first audible sound and ends with the last audible sound. Routines outside of these time restrictions will incur a deduction.

Teams are required to supply their own music. It can be either one song or a mix. Music should be the only track on a CD, with a back up on a phone. No swear words are permitted.

Judging

The judging panel consists of accredited dance teachers. Each judge will assess the performance out of a possible maximum of 30 points each for Technical and Artistic and 40 points for Dance Content. The scores are added together and divided by 10, the final score being a maximum of 10.00. There will be judges judging three different aspects of your performance:

| | |
|---------------|----|
| Technical | 30 |
| Artistic | 30 |
| Dance Content | 40 |

If there is a tie the highest artistic score will determine the winner.

Technical Criteria (30 points)

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Alignment (10)

Judges will consider the correct technique and safety of chosen movements. Unsatisfactory execution includes but is not limited to jamming/locking of joints, excessive or rapid hyperflexion/hyperextension, uncontrolled ballistic movements, poor landing technique, excessive knee torque and unsupported excessive spinal flexion/rotation.

Precision (10)

This is determined by the control, alignment and precise placement of joints and limbs (arm lines, legs & footwork, clear isolations of head & body). The competitor's posture and speed of movement will also be considered.

Synchronisation (10)

All team members need to be of an equal level of ability and execution between all members. All movements should be synchronised and solo performances within the routine should be avoided

Artistic Criteria (30 points)

Funk/Hip Hop Choreography (10)

In the scoring of choreography judges will consider the creativity of the routine taking into account the avoidance of repetition through choosing a wide range of hip hop & funk movements as well as the variety in arm lines, leg and footwork. As well as unpredictable sequencing the creative use of transitions and linking. The overall use of space including the stage and all levels (floor and air). Use of formations, space and stage relative to all members to create a variety for formations and patterns. There will be deductions for any unacceptable movements.

Music Interpretation (10)

The judges will watch for a routine that is well integrated with the music – the two should be inseparable. If a theme is chosen, the music and routine should both reflect it. The ability of the competitors to stay in time with the music will also be taken into consideration as will the use of highs, lows any rhythm changes phrasings and vocals.

Showmanship (10)

The judges want to see you having fun. They will consider the ability of your team to confidently interact with the audience and judges to generate excitement throughout the performance.

Your attire should suit the theme chosen and present the culture of funk and hip hop style and remain intact throughout the performance. No props are permitted.

Hats, caps, jewellery and other forms of theatrical attire are acceptable although may be subject to approval before heats.

Dance Criteria (40 points)

Appropriate Hip Hop & Funk content (10)

The choreography should involve as much hip-hop and funk content as possible. All movements should reflect the styles of the dance form, as should the music. The ability to create an atmosphere through the routine content will also be taken into consideration.

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Intensity (10)

Intensity is the amount of physical exertion from the beginning to end of the routine. You should select movements which utilize multiple muscle groups simultaneously. Speed of movement as well as use of short & long levers, vertical and horizontal movements (floor and air) and the overall movement of the body is considered.

Complexity (Difficulty) (10)

Difficulty is judged on the use of leg and footwork reflective of Hip-hop and Funk style in conjunction with complex arm lines and opposing planes.

Performance (10)

Judges want to see a high standard in all areas of the performance.

TIPS TO HELP YOU ACHIEVE A HIGH SCORE

Formations: To achieve a high artistic score and dance score make sure your routine has a minimum of 5 formation changes.

Style: Make sure your routine is reflective of Hip Hop & Funk and not Jazz or Ballet.

Props: The use of PROPS IS NOT PERMITTED. Props include but are not limited to chairs, stools & bikes (of any description). The use of props will result in major deductions if not disqualification.

UNACCEPTABLE MOVES

This category is all about enjoyment and style so Gymnastic & Break dancing movements are unacceptable. Team lifts and acrobatic movements where members lift or propel one or more members off the floor are also deemed unacceptable. Any variations of these movements will not be acceptable.