

NZCAF National Head Judge Feedback Report

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For the 2011 National Schools Aerobics Championship

Congratulations to everyone who competed at the recent NZCAF National Aerobic Championships held in Invercargill, 3rd and 4th September 2011. A very professional event which was run by Sport Southland, with Sally Hayes at the helm.

The following feedback has been put together to help you for your preparation for 2012 and to help clarify the current rules and trends;

1. Part of our mission is to include as many school children as possible and in order to do this we limit the number and type of optional skill moves so that the level is achievable by all. With this in mind it is essential that the maximum number of moves is adhered too and which ones are allowed for each category;
 - a. V presses are not allowed for an Open Novice Competitor
 - b. Compulsory push-ups for Primary and Intermediate categories are to be done on the knees
 - c. A cole snap is an unacceptable move and should not be performed by anyone in the NZCAF categories

As a note to this issue, it is advised that coaches/schools do not compete the students in the FISAF category unless they are capable of attaining an elite National level and the ability to be competitive internationally.

2. Music was a focus for the judges this year as I believe that we are not showing the 'ART' of our sport. It is truly an art to be able to find a piece of music with good structure and be able to put the moves and skills to it whilst keeping the routine aerobic and intense, without editing the music. The following are issues that prevent good artistic rankings;
 - a. Sport Aerobics must use music that has a discernable beat and there were many tracks that lacked this
 - b. The speed of the music is still an issue with many being either too slow or too fast
 - i. Too slow means that you cannot get off the ground (have impact) or fill the music and this will affect your entire routine, especially from an Aerobic point of view
 - ii. Too fast means that you cannot stay in time with the music and the effect is 'going through the music' which affects the Artistic and Aerobic criteria. It can also affect the Technical criteria as the moves are rarely executed well
 - iii. The Beats per Minute for a typical Sport Aerobic routine is 150 – 152
 - c. It was noted that there were a lot of medleys used this year. Ask yourself the following before choosing to use a mix of songs;
 - i. Do the tracks match each other, are they a similar genre
 - ii. Why do I need to use more than one song, does one that I have chosen not have enough structure or is it boring

- iii. Have you used a different song so that you can do the compulsory push-ups to that particular song
- iv. Are the speeds of the songs the same
- v. Can I edit the songs so that there is no noticeable change
- vi. Is the quality of the editing good enough to use at competition level

All of these things are not going to provide you with a good Artistic score.

- d. Be mindful of the rules in regards to the length of the music
 - i. Primary are allowed 1.30mins with 5seconds either side
 - ii. All other categories are allowed 2.00mins with 5 seconds either side

If you are very close with another competitor artistically and your music is outside of these ranges then you could have your ranking dropped below that person - it's not worth the risk.

- e. If you are a team or a pair then try to use each other more to create a visual effect. Swap positions with each other all the time and change your formations continually through the routine. You are a pair or team and should acknowledge that - not look like separate individuals on the stage. Have some fun with the shapes and pictures that you can create for the audience to see.
- f. Something new for this year was the occurrence of compulsory push-ups done in 8counts of music. While this is not 'against the rules' it is something to be questioned. We have compulsory push-ups in a routine to show strength, intensity and technique. When these push-ups are done very fast they tend to lack all of those qualities mentioned and in fact are detrimental to the routine. Even at international level, compulsory push-ups are mainly done in 16 counts so that the execution can get to at least 90 degree elbow flexion, show control and strength.
- g. The international trend is to ensure that the Aerobic nature of our sport is retained. Our roots come from the good old high impact aerobic class therefore we want to see this in the routines. Sequencing has been a focus internationally for the last four years...this is making sure that there are clear 8counts in a routine and that they are spread throughout a routine evenly and in-between the skill moves. This is to ensure that there are not long blocks of choreography without a skill or compulsory move or the opposite where there are long blocks of skills altogether with no 8counts between.

We very much enjoyed every single performance and what you personally brought to NZCAF. Thanks for your support and I hope this will help progress your routines for 2012.