Aerobics Competition 2010
Rules and Guidelines

READ THROUGH ALL RULES AND GUIDELINES CAREFULLY.

Aerobics music (MP3 format) MUST BE PROVIDED TO REGISTRATIONS@STATEYOUTHGAMES.COM BY 9.00 AM on the MONDAY prior to the SYG weekend (7th JUNE 2010). The email containing the music must be clearly labeled with team/church name and section being entered.

Couple of hints out of last years routines:

- **Read the Rules.** Make sure that your entire team are briefed and understand the rules and guidelines. In the heat of the moment and the adrenalin rush of getting on stage, it is amazing what can happen. More than one team has been impacted by this in the last couple of years, loosing critical points which at times have made the difference between a significant place. Ensure your team are briefed and prepared for the complexity of things that can go right and wrong on the night. (eg. Music playing errors, having to change entry sides on stage, going on stage in different order, etc.)
- **Strengthen your strengths and flex your flexibles.** Train, train, train. Really optimize your times together and apart to work on strength and flexibility. A few simple exercises a few times a week can make a huge difference. Lots of points are given and taken based on this area.
- **Drill, drill, drill.** Being tight and together doesn’t just happen. Lots of rehearsing over small chunks of your routine can really help you nail it as a team.
- **Move, move, move.** Ensure that all people can be seen, particularly when performing compulsory moves. This is a choreography challenge at times, but vital to enabling the judges to be able to fully see not only the whole team, but also each team members ability in the compulsories.
- **Same, same, same.** For compulsory moves all team members should execute the move to the same degree. E.g. Just because 2 people are super flexible, does not mean it is better for them to do very high, high kicks. Keep them all at the same level. It’s a team sport – better to unite, rather than have one shiner.

Please remember to utilise email and phone for questions/queries regarding your routine, feedback from last year, which Section to enter etc. There will also be opportunity at SYG to perform your routine before one or two judges to get some tips and feedback before the Competition. A “Rehearsal Bookings Sheet” will be available to sign up in the Registration Office if you wish to have a run through. You can sign in for this when your group is registered with the office, to be completed by 9.00am Saturday.

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- **Sections:** There will be an “A”, “B” and “F-Fun” grades. Churches may enter in either division, or all (however each team member may only enter one grade eg. Someone entered in Section A womens cannot also enter Section “F”). Grade “A” will be slightly harder, and more complex moves are allowed and expected. (More specific details listed below). Grade “A” is divided into Women’s Section “A”, and Men’s Section “A”. Grade “B” is an Open grade (either all men, all women or a mixture). Section “F-Fun” is an Open grade – see separate details on website for more information.
• **Team Size:** Each team may have between 5 and 12 members. Churches who have more than 12 people who wish to be in the routine, should split the team up and enter in both sections “A” and “B”. Each person may only be in one team (i.e. cannot cross over between sections, or churches).

• **Costumes:** Team members MUST wear either their church t-shirt or all wear a t-shirt of the same color. NO SINGLETs. Each team member must wear the same plain colored shorts, or long legged exercise pants (i.e., no leotards etc). The reason for this is so that everyone feels comfortable in the style of costume, and that we don’t have a situation where competitors are not participating simply because they do not feel comfortable wearing a leotard in front of everyone watching. Bike pants of the same colour may be worn under the shorts if desired. T-shirts must be the same colour and type (plain - no logo, unless the logo is the Church/team t-shirt). Footwear - plain socks and runners. Hair should be pulled back neatly. NO HEADBANDS OR ARMBANDS. Adequate support should be worn. Make-up, if worn, should be discrete and not overdone.

There will be deductions applied to teams not complying with these requirements.

• **Timing:** Routine must be between 1 min 40 secs and 2 minutes. There will be deductions for violation of time requirements. Music is timed from the first sound on the CD (not the first movement). Also note: Music must be MP3 format. Music must be cut to time limit (no expecting tech personnel to stop it when it gets to 2.00 mins)

• **Appropriate Speed:** Not so fast that moves cannot be adequately finished and not so slow to make the routine drag (e.g. 140 – 160 bpm=beats per minute).

• **Music:** Only one song may be used and appropriately edited for the competition (Commercial mixes allowed, e.g. Grease Megamix. Do not mix/combine more than one song yourself as this is a breach of copyright). Use of sound effects is acceptable. **Note: Music selection must be approved by midnight Sunday 6th June.** This is to eliminate songs that are inappropriate for the context of the weekend. Please contact Amelia Rose: 0401 196 141 or arose380@gmail.com to have your music selection approved (do not email the song to be listened to at this stage, only the actual song lyrics must be forwarded). **Teams that do not have their music approved before competing will not be judged. PLEASE NOTE:** Aerobics music (MP3 format) MUST BE HANDED TO REGISTRATIONS@STATEYOUTHGAMES.COM BY 9.00 AM on the MONDAY prior to the SYG weekend (7th June 2010). The email containing the music must be clearly labeled with team/church name and section being entered. This is to maximise fairness to each team, as the quality of most tapes/CDs and the risk of them stretching or being scratched, means they do not play as clearly and precisely as a MP3.

• **Props:** Props are NOT permitted in the aerobics competition. Props may not be used prior to, during or after the performance. Props include: bands, hats, balls, gloves, weights, sunglasses, glitter, balloons, sticks etc. Any article taken on stage must be worn on the body and remain on the body for the duration of the routine and during exit from stage. Penalties apply to teams not following these rules. Hairpieces, which accidentally fall off, will not lose points.

• **Performance Area:** The staging area is 7.5m X 7.5m. The area will be marked with tape. We endeavour to do all we can to ensure that the stage measurements meet these requirements. However,
we recommend teams be prepared to perform in an area slightly smaller (e.g. 7.0m x 7.0 m) as sometimes the stage room is slightly under the requirements. Each time a competitor makes contact with the surface outside the competition area (any body part), points will be deducted. If any part of the hand or foot is touching the line, this is considered legal and no points will be lost. Competitors must commence their routine in a static pose in the performance area and remain inside the area throughout their routine.

**Team Entry, Exit, and Starting Position:** Teams must move directly to their starting position, which is a static pose. Teams may not ‘count in’ or include any choreography on the stage area prior to commencement and following completion of the routine. Final position - must be a neat floor patterning, lifts OK as long as they’re not high lifts. Penalties apply for teams not following these rules. Teams must be prepared to enter and/or exit from either side of the stage.

**Lifts:** No high ‘lifts’ allowed in the routine. A lift is defined as “any team member being lifted off the ground so that their whole body is above standing shoulder height of the person(s) lifting them”.

**Presenters:** Due to time constraints our MC for the event will introduce/present each team.

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**Compulsory Moves:** (For A and B grades)
(F grade must include at least one of the compulsory moves)
4 Jumping Jacks. Arms can be in any position. Starting and finishing position should be with feet together. All members must face the front of stage (judges). (Knees over toes)
4 High Leg Kicks. Four identical, alternating high leg kicks must be performed consecutively e.g. R, L, R, L, and in front of the body, not the side. All members of the team must be side on, stationary, facing the same direction, and kicking at the same time. A controlled kick performed with good posture is better than a high kick that is uncontrolled. (High kick needs to be 90 degrees – can be higher if all team are able to reach same height)
4 Push-Ups. Two arm push-ups; one or both feet may be on the floor, either together or apart (except if performing from knees in grade B or F). All team members must be facing the same direction, side-on to the judges. The chest should be lowered to within 10cm of the floor (as a guide). Control of the push up is important – i.e. do not arch the lower back; head and neck should not drop below shoulder level. ( Aim for at least 90-degree bend in elbow)
4 Abdominal Curls. Four identical abdominal curls must be performed consecutively. (Any head or limb movements may be choreographed). All team members must perform the abdominal curls at the same time facing the same direction, side on to the judges. Note - these are not sit-ups. The lower back should remain flat and in contact with the floor throughout the movement.
Straddle Stretch. Starting position should be seated on the floor with straight legs apart to an angle of at least 90 degrees. Only one stretch is performed (facing the front), held for at least 8 counts. The upper body and arms may move throughout the 8 counts.

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**Aerobics A:** Push-ups must be from feet (not knees). Splits and straddle jumps are allowed.
**Aerobics B and F:** Push-ups may be performed from feet or knees. Splits, straddle jumps, etc are not permitted in this section.
**For all grades:** Safety is a primary consideration, and to avoid serious injuries the following moves
have been made unacceptable: walkover, aerial somersault, dive roll, handspring, bridge/backbend, straight leg sit-ups, hurdle stretch, fast head circles, and any move taken from a discipline outside the sport of aerobics (e.g. handstands, cartwheels, round-offs etc).

Aerobics F – Aerobics F is about having FUN. Scoring is based more on entertainment value.

*Please note* - *if any of this is unclear, or if you are unsure whether you are allowed a certain move, etc, RING US UP AND ASK. It is better for you to know beforehand and be sure, than to risk having points deducted.*

*Have fun choreographing your routine!!!*

Amelia Rose  
Aerobics Coordinator  
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SYG 2010
Aerobics Criteria Marking Sheet
Sections “A” and “B”

PRESENTATION – 50% of total score

Made up of four components:

Choreography – 30 points
- Creativity (eg. Old moves set in a unique way, or variation of old moves).
  Floor patterns (use of stage, moving team members around the performance area, ie. From side to side, front to back, corner to corner) and balance (balance between standing and floor).
- Exercise Selection (excessive repetition will score lower than a continual display of different moves and combination of moves).
- Aerobic content/intensity/appropriateness (routine should include a minimum of 50-70% “standing” moves, with a solid level of athleticism maintained. Excessive use of movements from other disciplines will score poorly).
- Musical Interpretation (routine suiting the music, ie. Using the accents, mood, timing).

Showmanship – 10 points
- Energy (generating excitement and enjoyment to the audience).
- Facial Expressions (sincere, happy, varied and appropriate expressions).
- Eye Contact (ability to maintain eye contact with the judges, audience and each other).

Musical Selection – 5 points
- Appropriate Speed (not too fast that moves cannot be properly finished, and not too slow to make the routine drag ie. Between 140-160 bpm = beats per minute).
- Quality of cut (distinct beginning and end, no distorted recordings).
- Music has been approved by due date. Please note teams that do not have music approved will not be judged.

Appearance/Costume – 5 points
- All members wearing church t-shirt or same t-shirt, same plain coloured shorts or long legged exercise pants, plain runners and socks. No singlets, no headbands/armbands, no props.
- Neatness, cleanliness of outfit and shoes.

NOTE: Cost and “sophistication” are not a criterion for judgment.
**SKILL – 50% of total score**

**Made up of four components:**

**Strength – 15 points**
- Assesses the compulsory moves as well as challenging moves executed throughout the routine.
- Strength in all sections of body – core strength: upper body (push-ups), mid-sections (abdominal curls), and lower body (jumps).
- Execution, correct form and safety, ie. Controlled posture without excessive trunk movement. Avoid locking out elbows on push-ups.

**Flexibility – 15 points**
- Assesses the number, range of movement, ease of execution and quality of flexibility moves.
- Controlled displays of flexibility will be given more credit than uncontrolled, harder moves.
- Ease of execution is important. A move attempted that is too difficult for a competitor to perform well, will score poorly.
- A simple move that is performed by more team members will score better than a more difficult move performed by one or two competitors.
- Execution, correct form and safety, ie controlled posture without excessive trunk movement (eg. A poor split position resulting in a hurdle sit is a poorly executed move and points will be deducted).

**Transitions – 10 points**
- Assesses the team’s ability to link moves together in a smooth and flowing way.
- Efficient and smooth transitions between standing and floor moves (points deducted for excessive time wasting or jerky transitions).
- Fluency of linkage of floor moves.

**Synchronisation – 10 points**
- Points awarded for the team’s ability to move as “one” ie. Togetherness.
- Timing (staying in time with the music and each other).
- Unity of technique/style (includes placement of limb lines and hand placements).
- Maintenance of spacing (correct spacing and symmetry).

**DEDUCTIONS AND PENALTIES**

Points will be deducted for the following:
- Compulsory moves not included (eg. Omitting high kicks) – 10 point deduction per each move not included.
- Incomplete compulsory moves (eg. Only performing 3 push-ups) – 5 point deduction.
- Music: using more than one song – 5 point deduction
- Team lift: (any team member being lifted to the height so that their whole body is about standing shoulder height of the person(s) lifting them) – 10 point deduction
- Props (included, but not limited to: hats, balls, gloves, weights, sunglasses, glitter, balloons, sticks) – 10 point deduction
- Timing – For each second over or under time limit (1:40-2 mins), 1 point will be deducted per second.
- Area infringement – 2 points deducted each time a competitor makes contact with the surface outside the competition area (any body part). Touching the line is okay.
- Team Entry and Exit – 2.5 points deducted for “counting in” or any choreography on the stage prior to the starting position, and following the routine.
- Unacceptable or unsafe moves (eg. Walkover, handstand, cartwheel, aerial somersault, dive roll, handspring, full squats, hurdle stretch/sit, straight leg sit-ups, windmills, bridge/backbend etc.) – 10 point deduction

Please note: This list is not exhaustive. Judges will use their own discretion regarding deductions and penalties to ensure fair marking.

JUDGING
Each judge will be focussing on a different element(s) and will judge that particular criteria for all teams. There will be up to five judges:
Judge 1 - Choreography (30 points)
Judge 2 - Showmanship (10 points)
  - Musical selection (5 points)
  - Appearance/Costume (5 points)
Judge 3 - Strength (15 points)
  - Flexibility (15 points)
Judge 4 - Transitions (10 points)
  - Synchronisation (10 points)
Judge 5 - Penalties/Deductions
  - Ensure compulsory moves are included

Any queries/questions please contact:

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