

NZCAF Southern Regional Aerobics Championships
Head Judge Feedback
2011

Skill moves

- Please double check the **number** of skills and if you are in fact allowed to do those skills in your division. Skill moves are: Jumps/Leaps, Static Strength, Push Ups and Flexibility (check out www.nzcaf.org.nz to download a copy of the rules). Having too many moves or the wrong moves will affect your technical and aerobic score at Nationals.
- If you have skill moves in your routine that you cannot do correctly e.g Splits are not down or you can't hold your static strength hold – my advice is to take these moves out for Nationals. You just want to show the judges what you can do 😊
- FISAF competitors have unlimited number of moves you can do but make sure you still have aerobic blocks in your routine. My advice would be to take some skill moves out and to add some more aerobic 8 count blocks.

Compulsories

These are the most important things in your routine. Make sure you practise the choreography into and out of these moves when you are training them.

e.g. 8 counts of aerobic choreography, Stride jumps, 8 counts of aerobic choreography.

Your compulsories should start at the beginning of a music phrase.

Also try to avoid waiting for your music jumping on the spot before your compulsories (we saw a lot of this at the weekend.)

- **Stride Jumps**
 - Make sure your feet come together after each stride jump;
 - Your last stride jump must finish facing the front with your feet together;
 - Make sure all four of your stride jumps are done on the spot and don't travel.
- **High Kicks**
 - Both left and right leg kicks should be the same height;
 - Feet come together after each kick;
 - It is a straight leg kick from the hip not a flick kick from the knee;
 - Make sure all four of your kicks are done on the spot and don't travel.
- **Push Ups**
 - **Primary and Intermediate** – You are not allowed to do full push ups as your compulsory push ups. Please change these to knee push ups for Nationals;
 - Make sure your don't lock your elbows at the top;
 - If you are in a team make sure everyone is doing the same push up at the same time;
 - Bottoms down, straight back, long line from the top of your head down to your toes;
 - Head position is very important. Look out about a foot in front of you.
- **32 count combination**
 - Please check that you are doing two side jacks not high kicks on the right then the left of this combination. Your leg level should only be 45 degrees;
 - This is the base for your aerobics score so you want to ensure it is bouncy, has high knees, changes of direction, good arm lines and travels around the floor;
 - If you are in a team for this combination you must do all the movements facing the same way at the same time. Check this for nationals.

- **Music**

- Check your music speed. For schools competitions it should be between 145 beats per min and 150bpm. If you are an open competitor you can have music from 150bpm - 155bpm.
- Check that you are moving to the beat. Lots of competitors at the weekend went through their music often moving to the lyrics of the song or a heavy second beat.

- **Aerobic Blocks**

- You want to show the judges just how aerobic your routine is. Remember 3 out of 5 judges are marking you on your aerobics.
- Make sure you have nice high knees and your aerobics isn't low impact e.g walking, posing, stepping, low knees. Moving along the floor rather than getting up off it.
- High Impact aerobics should look like a roller coaster, jumps, high knees, quickly getting up and down off the floor and rhythms in your choreography (especially at open level)
- Arm lines add complexity. Make sure you have arm lines choreographed for your whole routine.
- Make sure you use your whole floor area and know exactly where you are going.
- The stage is 7m x 7m. Mark this out when you are practising and make sure you get too all four corners.