



NZCAF

2026/2027 NSAC TECHNICAL REGULATIONS SPORT AEROBIC INDIVIDUALS & TEAMS

FOR THE

New Zealand Schools Aerobics Competition

Published February 2026

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Part 1 – Categories of Competition

1.1 NSAC Section, Division, Age Group, and Grade Overview

Athletes in these categories will compete using the NSAC rules in these Technical Regulations.

1.1.1 Sports Aerobics Individuals

Open Divisions 1-3

Section	Division	Gender	Age
U12 Individual	Division 3	Female or Male	8 - 11
U14 Individual	Division 3	Female or Male	12, 13
U19 Individual	Division 3	Female or Male	14 - 18*
U16 Individual	Division 2	Female or Male	14, 15
U16 Individual	Division 1	Female or Male	14, 15
U19 Individual	Division 2	Female or Male	16, 17, 18
U19 Individual	Division 1	Female or Male	16, 17, 18
Adult Individual	Division 1	Female or Male	School leaver

*U19 Division 3 is for ages 14-18. Athletes who have left school need to enter the Adult category when entering the National Schools Aerobics Competition series

◇ Age groups are the age of the athlete as of December 31st in the year of the competition. Athletes must stay within their age range. Information on how to apply for a grade change can be found in Section 1.3.

Example: In 2026, an athlete with a birth date of 25/12/2012 will be 14 years 6 days on 31/12/2026. Therefore they will need to compete in the U16 category.

Novice Divisions 4-5

Section	Division	Gender
Primary Year 3 & 4 Individual	Division 5◇	Female or Male
Primary Year 5 & 6 Individual	Division 5◇	Female or Male
Intermediate Year 7 & 8 Individual *	Division 5	Female or Male
Intermediate Year 7 & 8 Individual *	Division 4	Female or Male
Secondary Year 9 - 13 Individual	Division 5	Female or Male
Secondary Year 9 - 13 Individual	Division 4	Female or Male

◇ Straight final. No Preliminary or Heats.

* Athletes in Year 6 can compete in Intermediate Novice Division 4.

1.1.2 Sports Aerobics Teams Open

Open Divisions 1-3

Section	Division	Gender	Age
U12 Teams	Division 3	Female or Male	8 - 11
U14 Teams	Division 3	Female or Male	12, 13
U19 Teams	Division 2	Female or Male	14 - 18*
U19 Teams	Division 1	Female or Male	14 - 18*

* U19 Division 1 and 2 Teams are for ages 14-18 years.

Athletes who have left school need to enter the Adult category when entering the National Schools Aerobics Competition series

Novice Divisions 4-5

Section	Division	Gender
Primary Year 3 - 6 Teams	Division 5	Female or Male
Primary Year 3 - 6 Large Teams	Division 5	Female or Male
Intermediate Year 7 & 8 Teams *	Division 5	Female or Male
Intermediate Year 7 & 8 Large Teams *	Division 5	Female or Male
Intermediate Year 7 & 8 Teams *	Division 4	Female or Male
Intermediate Year 7 & 8 Large Teams *	Division 4	Female or Male
Secondary Year 9 - 13 Teams	Division 5	Female or Male
Secondary Year 9 - 13 Large Teams	Division 5	Female or Male
Secondary Year 9 - 13 Teams	Division 4	Female or Male
Secondary Year 9 - 13 Large Teams	Division 4	Female or Male

◇ Straight final. No Preliminary or Heats.

* Athletes in Year 6 can compete in Intermediate Novice Division 4.

Teams have 2-3 members. Large Teams have 5-7members.

Novice Sports Aerobics Individuals and Teams

For the Categories and Rules pertaining to Novice Sports Aerobics Individuals and Teams, see the separate 'NZCAF Novice Aerobics Technical Regulations' document.

Competing across both Novice Aerobics and Sports Aerobics sections within a competition

Competitors may only enter one section per division.

For example: An individual Competitor can compete as a Open Sports Aerobics Individual and as part of a Novice Aerobics Team (or vice versa) – they cannot compete as an Open Sports Aerobics Individual and a Novice Aerobics Individual.

1.1.3 Fitness Teams

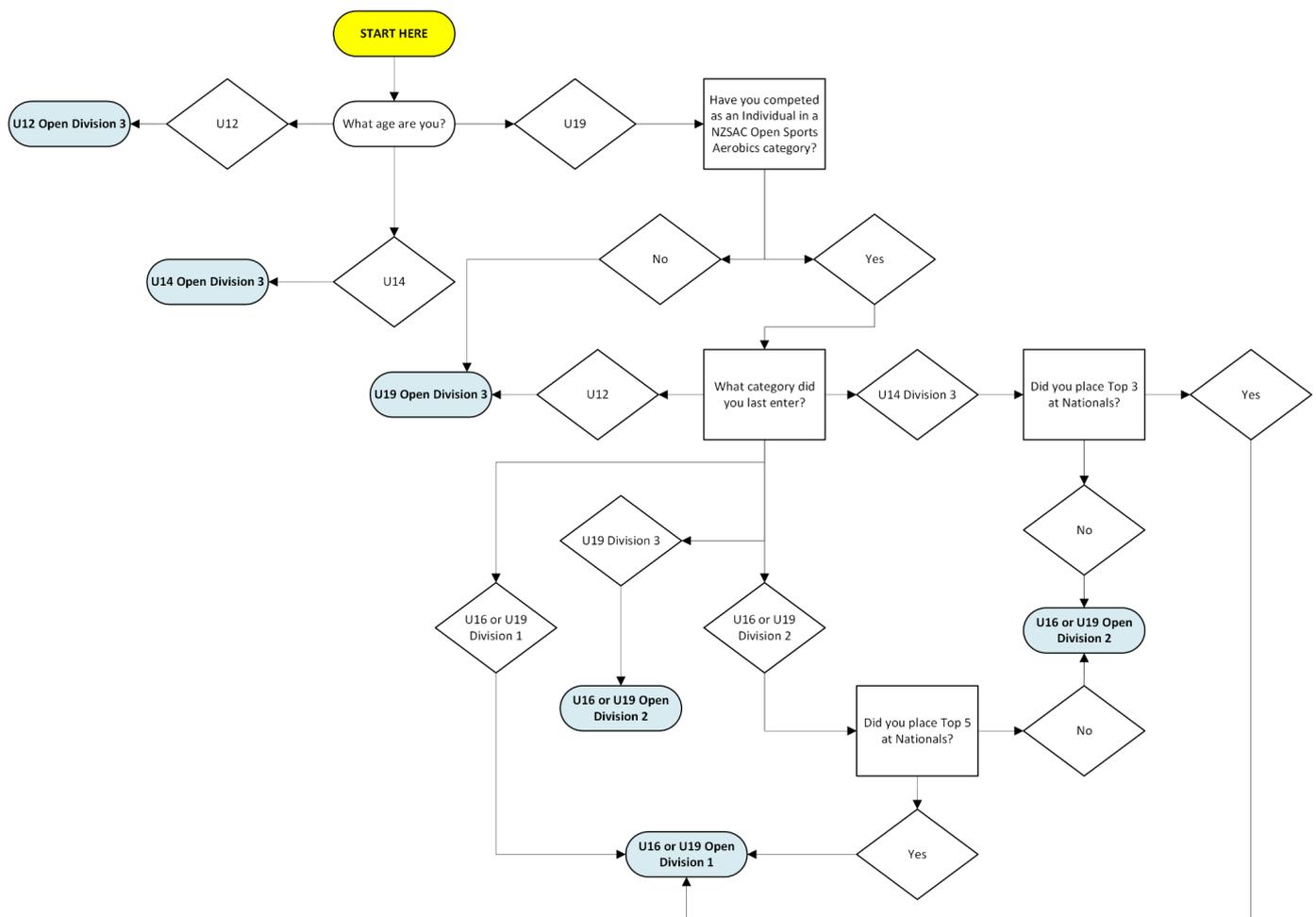
For the Categories and Rules pertaining to "Fitness Teams" (formerly large groups), see the separate 'NZCAF Fitness Teams Technical Regulations' document.

1.2 Category and Grade Progression – Open Division Individual Athletes

Use this flowchart to find which Category and Division you should compete in as an Individual.

Note: Secondary athletes may choose to enter into a higher grade. To enter into a lower grade, a grade change application (Outlined in *Section 1.3*) must be completed.

Grade progression chart from 2026-2027



1.3 Applying for a Grade Change – Individual Athletes

An application to change an athlete’s grade may be made by completing the “NZCAF Grade Change Application Form”, available from the NZCAF Website (<http://www.nzcaf.org.nz>).

Restrictions:

- Applications must be received by the last weekend of term 1 (following the New Zealand Ministry of Education term dates). Applications received after this date will not be considered.
- The decisions of the NZCAF Technical Committee are final.
- Only one application may be submitted per athlete per grade change.

1.4 FISAF Sports Aerobics Categories

Rules	Section	Category	Age Group	Grade
FISAF	Sports Aerobics International	Female OR Male	U13	Cadet
		Female OR Male	U16	Junior
		Female OR Male	U19	Youth
		Female OR Male	19-29	Senior
		Female OR Male	30+	Masters

FISAF categories are included at NSAC events at the organiser’s discretion.

FISAF categories use the FISAF Technical Regulations. Please check the current Technical Regulations on the NZCAF Website (<http://www.nzcaf.org.nz>).

Age is as of 31st December. Please note the differences in the age categories compared to the NZSAC categories. There are exceptions to the ages when in a FISAF team and details of these can be found in the FISAF Technical Regulations.

1.4.1 Competing across both NZCAF and FISAF categories within a competition

Individuals may choose to compete under NZCAF or FISAF rules.

For example, an individual athlete can compete as a NZCAF Individual or a FISAF Individual competitor – you cannot compete as an individual in both.

Individual athletes may compete as a FISAF Individual Competitor and as a team member in an NZCAF Team (and vice versa).

It is recommended that only highly skilled Division 1 athletes enter into FISAF categories.

Part 2 – Competition Requirements

2.1 Performance Area

An area of 7 x 7 metres square will be used for Sports Aerobic Individual Competitors and Teams.

If the venue is smaller, then the performance area may have to be altered. Athletes will be given this information as soon as possible.

Athletes are encouraged to remain within the lines. There is no deduction for athletes stepping outside the lines, however, if a significant amount of their routine is performed outside the lines this may reduce their Artistic ranking.

2.2 Performance Times

Timing will begin with the first audible sound and will end with the last audible sound (this would include a cueing beep if used).

All categories: 1 minute 35 seconds with 5 seconds either side.

2.3 FRF Skill List

Athletes in Division 1-3 categories must complete a skill list. Skill lists are a judging tool. These lists provide a map for each routine and will be used by all Judges. .

The FRF skill lists must be submitted to the event organiser a minimum of 2 weeks prior to the event. It is at the event organiser's and Head Judges discretion to adjust this timeline.

A guide showing you how to create a Skill List can be found on the NZCAF website. If you have any questions or need support to complete this, please contact the Technical Committee.

Please note that this software was created for FISAF International Routines and has been adapted for NZCAF:

- Skills will be judged using NZCAF rules, not FISAF.
- All skill elements listed will be evaluated.
- There will not be half or full value deductions applied to skills like FISAF.
- If an athlete does a variation of the skill on their list e.g. a 180⁰ turning pike, not a 360⁰ turning pike, the judges will judge the skill they see unlike FISAF where the skill would receive no value.

Part 3 – Sports Aerobics Technical Regulations

3.1 Entry Protocol and Criteria

3.1.1 Sports Aerobics Individuals

All Categories / Grades

- Regardless of previous competition experience, it is compulsory to stay within your year group.
- Please see the flow chart in Section 1.2 to find your appropriate grade when entering as an Individual Competitor.
 - Secondary athletes may choose to enter into a higher division. To enter into a lower division a grade change application (Outlined in Section 1.3) must be completed.
 - As of the 2014 NSAC National Championships, placing as part of an aerobics team or fitness team (group) does not affect your division when entering as an individual competitor
- While there is no limit to the number of categories you can enter, it is strongly recommended that you only enter twice, due to the scheduling of your performances.
- You may enter different categories, but you cannot compete in different age groups for Individual e.g. U16 an U19 Division 1
- The Head Judge reserves the right to change the division of any athlete if deemed necessary.

3.1.1 Sports Aerobics Teams

Categories

- U19 Division 2 Teams
 - None of the athletes in the team are currently a Division 1 Individual, when following the flow chart in Section 1.2.
 - None of the athletes in the team have ever placed in the top 3 at the NZCAF National Championships when competing as part of an:
 - U19 Division 1 Sport Aerobics Team
 - U14 Division 3 Sports Aerobics Team
 - Secondary Open Team (prior to 2024)
 - FISAF Team
 - None of the athletes in the team have ever placed in the top 3 at the NZCAF National Championships when competing as part of an:
 - Secondary Div 3 Team (after 2019)
 - U19 Division 2 Teams compete under the U19 Division 2 rules.
- U19 Division 1 Teams
 - One or more athletes are currently graded as a Division 1 Individual, or has competed or is currently competing in a FISAF Sport Aerobic category, when following the flow chart in Section 1.2.
 - One or more athletes have ever placed in the top 3 at the NZCAF National Championships when competing as part of an:

- U14 Div 3 Sport Aerobics team
- Secondary Open Sport Aerobics team (prior to 2024)
- Intermediate Sport Aerobics team (prior to 2023)
- One or more athletes have ever placed in the top 5 at the NZCAF National Championships when competing as part of an:
 - U19 Division 2 team
- Division 1 Teams compete under the U19 Division 1 rules.

Team Makeup

- Students must attend the same school. *
- Single sex schools may have team members from their 'brother' or 'sister' schools.
- Team categories are not separated by gender. Teams will compete within the same category regardless of team member gender.
- Teams may be any combination of gender.

* Where there are significant barriers to forming a team from the same school, athletes may submit an application to the Technical Committee using the Competition Discretion Form.

3.2 Compulsory Moves

The compulsory moves form the basis of competitive aerobics which display technique, strength and flexibility.

For a competitor to obtain a maximum possible score their routine must include four (4) CONSECUTIVE, STATIONARY and IDENTICAL repetitions of the following three exercises:

1. Jumping Jacks (Astride Jumps)
2. Alternating High Leg Kicks
3. Push Ups

NB: Teams MUST DO the compulsory moves altogether, in unison and facing the same direction.

1. Jumping Jacks (Astride Jumps)
 - 4 in a row with no other exercises in between
 - You cannot travel or turn
 - You can use different arms
 - You must face the front of the stage
 - The feet must be identical in spacing and placement for each of the four repetitions
 - Feet must start together and open to a minimum of shoulder width apart and feet must close together between each repetition.
2. Alternating High Leg Kicks
 - 4 in a row LRLR or RLRL with no other exercise in between
 - You cannot travel or turn

- You must face the side of the stage
- You can use different arms
- The legs should be straight and must kick directly forward being the same height each time
- The supporting heel must be grounded
- You must start and finish each repetition with both feet on the ground with feet together.

3. Push Ups

- All U12 Competitors must perform the compulsory push-ups on their knees. Both knees must remain on the floor throughout all compulsory repetitions
- All U14, U16 and U19 Competitors have the option of doing full push-ups, but the feet must remain on the floor at all times. One leg or one arm push ups are not allowed as compulsory push-ups
- You must perform 4 in a row with no other exercises or rests in between (i.e. you cannot stop at the top of the move for a break, it must be continuous, and cannot travel or turn)
- You must start and finish with your arms straight
- Minimum level of flexion (bend) 90 degrees at the elbow joint in either a pectoral or tricep position
- You must face the side of the stage
- Your hands must stay on the floor in the start position all the time and must not move
- You must use the same speed (rhythm) for each repetition
- Both shoulders should remain square to the floor with the back and neck in alignment throughout the entire movement.

A routine must also contain skill elements and as many aerobic sequences (pure 8 counts of choreography) as possible. Teams should interact with each other and can use lifts and supports.

If the judging panel determines that a routine did not include the compulsory moves, the routine will be penalised by the judging panel.

If this is identified during heats, the coach may be informed by the Head Judge following heats, and asked to amend the routine for finals.

NOTE: Compulsory 32 Count Combination has been removed and is now only for the Novice Aerobics section.

3.3 Skill Moves

- Athletes must include at least one 'Skill Move' from each of the four skill groups to ensure balanced choreography.
- Skill variations are not permitted unless specifically stated.
- The maximum number of 'Skill Moves' allowed per category depends on the athlete's age group and division.
- These limits exist for safety and to promote strong aerobic content.
- Refer to the 'Skill Moves' Schedule on the following pages for permitted skills by age group and division.
- Repeating the same 'Skill Moves' counts as two 'Skill Moves', whether performed within the routine or used as a starting or finishing pose.
- Skills from the same family receive half value (e.g. tuck jump and wolf jump)
- Athletes are encouraged to demonstrate a variety of 'Skill Moves'.

Skill Move Values

Athletes should only perform skill moves they can complete safely, prioritising quality over difficulty. Refer to the skills list and FRF software for skill values. The Technical Index start value is calculated from the skills outlined by the athlete; the Execution Index reflects the skills successfully completed.

3.3.1 Skill Moves Schedule - Individuals and Teams

Maximum Allowable

Skill Moves	U12 Division 3	U14 Division 3	U19 Division 3	U16 & U19 Division 2	U16 Division 1	U19 Division 1 & Adult
COMPULSORIES	Jumping Jacks x 4 High Kicks x 4 Push-ups x 4					
STATIC STRENGTH	Min 1 Max 2	Min 1 Max 2	Min 1 Max 2	Min 1 Max 3	Min 1 Max 3	Min 1 Max 3
PUSH UP	Min 1 Max 2	Min 1 Max 2	Min 1 Max 2	Min 1 Max 3	Min 2 Max 3	Min 2 Max 3
AERIAL	Min 2 Max 5	Min 2 Max 5	Min 2 Max 5	Min 3 Max 6	Min 5 Max 7	Min 5 Max 7
FLEXIBILITY	Min 1 Max 3	Min 1 Max 3	Min 1 Max 3	Min 1 Max 3	Min 1 Max 3	Min 1 Max 3
TOTAL MAX ADDITIONAL SKILL MOVES ALLOWED	Min 5 Max 10	Min 5 Max 10	Min 5 Max 11	Min 6 Max 11	Min 9 Max 11	Min 9 Max 12
TOTAL SKILL MOVES OVERALL (Including compulsories)	Min 8 Max 13	Min 8 Max 13	Min 8 Max 14	Min 9 Max 14	Min 12 Max 14	Min 12 Max 15

'Total Max Skill Moves Allowed' = the number of static strength skill moves + the number of push up skill moves + the number of aerial skill moves + the number of flexibility skill moves.

Note: You will not be able to do the 'Max Per Group' for all skill move groups within the one routine.

Skill Moves

The list of skill moves can be found on the NZCAF Website in the NZCAF Skills List spreadsheet.

3.4 Lifts and Supports

3.4.1 Acceptable Lifts - Division 2 and 3

Definition: One or more team members using their hand/s or arm/s to lift the body of another member off the floor so that both feet of the lifted person lose contact with the ground, thereby lifting the entire body weight.

- Partner/team lifts are only acceptable as a start and finish pose.
- The team member/s who is doing the actual 'lifting' must not be in a standing position.

- The lifting member/s must be in a static position when the lifted team member has no contact with the floor. E.g. from a lying or kneeling position, that position must not change during the lift.

3.4.2 Acceptable Supports - Division 2 and 3

Definition:

- In a support, the body weight of the supported athlete is not totally held with the hands or arms of the supporting partner(s) thereby the supporting person is not 'lifting' the athlete.
- Supporting athlete(s) is to act as the base for other athlete(s) to elevate themselves from the ground. For example, a team member uses another member to elevate themselves off the floor by rolling over the back of another member. The supporting team member(s) must not be in a standing position.

The number of supports is unlimited during the routine.

Where a Competitor performs an unacceptable support their score will be reduced by the Aerobic Judge.

NB: Lifts and supports can add to the interaction, visual image and creativity of a routine, but should not risk reducing the aerobic sequences (8 counts of high impact aerobics) in a routine.

3.4.3 Acceptable Lifts - Division 1

- Lifts: In lifts stepping will be allowed by supporting team members max of 3 steps and pivoting is allowed. The lift should not limit the intensity of the routine and must be safe for all team members. Clean execution and safety must be shown otherwise penalty could be enforced by the judging panel. Lifts can be done up to 3 times during a Sport Aerobics routine but always considering that it shouldn't take away from the intensity of the routine. No restrictions on where they are placed throughout the routine.

3.5 Unacceptable and Contraindicated Moves for NSAC Competition

The following list of moves is considered unsafe and unsuitable for an aerobic competition. Variations of these moves are also NOT acceptable.

If the judging panel determines that a routine included an unacceptable move, the routine will be penalised by the judging panel.

If the unacceptable move is identified during heats, the coach may be informed by the Head Judge following heats, and asked to remove the unacceptable move for finals.

- Round off
- Kip
- Somersault
- Dive Roll
- Bridge
- Handstand (Hips Over 45)
- Floor Turns On Knees with more than 360o rotation
- Flares
- Any Dive Roll
- Toe Hinge
- Cartwheel
- Pommel Horse Moves
- Sit-Ups
- Bicycle and Scissor Kicks on back, supported by the neck

- Plough
- Windmill
- Back Hyperextension
- Back or Front Handspring

For a full description refer to APPENDIX 2 - DESCRIPTION OF CONTRAINDICATED MOVES.

Part 4 – Scoring and Judging

4.1 The Sport Aerobics Judging Panel

The judging panel will consist of Technical, Artistic and Aerobic NZCAF accredited judges and will include one Head Judge who does not score.

There are four panel configurations which can be used including:

1. An eight judge panel (3 x Aerobic Judges, 2 x Technical Judges, 2 x Artistic Judges, and 1 x Head Judge) OR
2. A six judge panel (3 x Aerobic Judges, 1 x Technical Judge, 1 x Artistic Judge, and 1 x Head Judge) OR
3. A five judge panel (1 x Ranking Head Judge (Aerobic Judge), 2 x Aerobic Judge, 1 x Technical Judge, 1 x Artistic Judge)
4. A three judge panel - (1 x Ranking Head Judge (Aerobic Judge), 1x Artistic Judge, 1x Technical Judge)

4.1.1 Head Judge

A non-ranking Head Judge will oversee the judging panel and is the highest technical authority at a NZCAF Competition. The Head Judge does not submit a score, but is responsible for ensuring consistent and fair application of the Technical Regulations by the judging panel and overseeing the correct implementation of the judging systems and the tabulation of results.

A Ranking Head Judge will still oversee the panel, but also puts down a score.

4.1.2 Technical Judge

The Technical Judge will apply a score for each routine, after considering the technical criteria in comparison to all other routines. The ranking of a routine will be derived from a score out of 10.

4.1.3 Artistic Judge

The Artistic Judge will apply a score for each routine, after considering the artistic criteria and in comparison to all other routines. The ranking of a routine will be derived from a score out of 10.

4.1.4 Aerobic Judge

The Aerobic Judge will apply a score for each routine after considering the aerobic criteria and in comparison to all other routines. The ranking of a routine will be derived from a score out of 10. In the case of a tie, the lead Aerobic judges' ranking will decide the final rank.

4.2 Scoring and Ranking

The goal of the ranking system is to determine the winner by the majority of placings given by the judging panel, rather than an addition of scores.

For example, first position is gained by the majority of the panel agreeing on which athlete they have awarded first place too, with the majority being 4 out of 7 judges. The Technical, Artistic and Aerobic judges will consider their specific criteria to determine a score, out of ten (10) points, which represents a competitor's performance. From this score a competitor's rank is derived.

The electronic tabulation system will find the Competitor/team with the most first places then the most second and third etc, to determine the final ranking.

4.2.1 Ranking example

	J1	J2	J3	J4	J5	J6	J7
Victoria	3	4	2	3	1	1	1
Ella	1	3	5	4	2	3	3
Luka	6	5	1	1	3	2	4
Andrea	2	1	3	2	5	4	5
Katherine	4	2	4	5	6	5	2

There is no majority for first place (Victoria only has 3 first positions) therefore first position is not found. In this case the ranking system will then find a majority of first and second positions.

Viktoria	3	4	2	3	1	1	1
Ella	1	3	5	4	2	3	3
Luka	6	5	1	1	3	2	4
Andrea	2	1	3	2	5	4	5
Katherine	4	2	4	5	6	5	2

First Place: Victoria

Victoria has a majority of first and second positions (in green) therefore is ranked first

Because the first and second rankings have been used, the ranking system will now find a majority of three or better (3,2,1) for 2nd place as shown in yellow below

Viktoria	<i>Ranked 1st</i>						
Ella	1	3	5	4	2	3	3
Luka	6	5	1	1	3	2	4
Andrea	2	1	3	2	5	4	5
Katherine	4	2	4	5	6	5	2

Second Place: Ella

Ella has 5 which is the biggest majority of first, second and third positions

Luka and Andrea both have 4 positions of first, second and third which are both majorities so the ranking system finds 'who is better than who' between these two. This is shown in purple below.

Luka	6	5	1	1	3	2	4
Andrea	2	1	3	2	5	4	5

Third place: Luke

Fourth place : Andrea

Fifth place: Katherine

Calculation method of the Judges' rankings:

- 1) When four or more judges award a competitor with the same or better ranking, this is called 'achievement of majority'.
- 2) If no competitor achieves a majority for a certain position, a new comparison will be made and will include all rankings from the next lowest position and above. (See green sections above).
- 3) If more than one competitor achieves majority, the following applies;
 - a) Those competitors achieving the majority are put into a group.
 - b) The competitor with the greatest 'power of majority' is found, e.g. the one with the most rankings achieving majority. (See yellow section above).
 - c) If the competitors in the group have the same majority then the highest ranking from each judge is counted, e.g. how many times a competitor is better than another or the others, (who is better than who). (See the purple section above).
 - d) If the parameter, "more times better" occurs in more than one case within the group, the competitor will be ranked according to the Lead Aerobic judge.

4.3 Technical Criteria

The technical judge considers the execution, difficulty and variety of all aspects of an Aerobics routine.

EXECUTION (Is the main focus)

This is how well you perform every move you have in your routine. Moves should be safe and precise showing good form, ease of movement, good posture and control. The Technical Judge will look at the execution of aerobic sequences, transitions, skill moves and compulsory movements, and every other movement including lifts, supports etc.

DIFFICULTY

From a technical perspective, the best routine will have the most difficult Skill Moves with the least number of Skill Moves, but only if the execution of each Skill Move is correct. Refer to *Section 3.3* to see what Skill Moves are acceptable and required. Please see the NSAC Description of Sport Aerobic Skill Moves document for example execution of errors for Skill Moves.

Skill Moves should only be performed if they can be done so safely; quality should never be sacrificed for difficulty.

Skill Moves (including combinations) should be evenly placed, to ensure the difficulty is consistent throughout the routine. A variety of Skill Moves should be performed to demonstrate all-round technical ability.

- **Strength:** Your compulsory push ups will give a baseline score which you can increase by performing extra Push-ups and Static Strength moves. Try to show strength in the upper and lower body as well as right and left sides.
- **Power:** This is strength and speed together and can be shown in Jumps, transitions and aerial movements.
- **Flexibility:** Your compulsory high leg kicks will give a baseline score which you can increase by doing other Skill Moves and movements which show flexibility. Try to show a balance of flexibility in a large range of joints, especially the hip.

NB: Teams should be synchronised and will be assessed as a single unit, therefore each member should exhibit similar strength, flexibility and ability.

NB: Moves that are unacceptable, contraindicated, or cannot be executed properly will risk a reduction in ranking as well as the exclusion of any of the compulsory elements (refer to APPENDIX 2 - DESCRIPTION OF CONTRAINDICATED MOVES).

TIP: Only use high impact aerobic moves and Skill Moves that you can do really well! Never sacrifice good form for a difficult move.

4.4 Aerobic Criteria

The aerobic judge considers all skill elements, transitions and aerobic sequences.

Aerobic sequences

An aerobic sequence is defined as at least 8 counts of traditional aerobic movement which is:

- High impact based
- Continuous, thereby ensuring no cardiovascular rest
- Movement that allows contrast in regards to tempo; half, full, double time
- Movement that allows contrast in regards to vertical levels, especially the lower levels

For example;

- A. 2 x jumping jacks 1 - 4, pencil jump 5 - 6, side step 7 – 8
- B. 2 x jumping jacks 1 - 4, pencil jump 5 – 6, squat 7 – 8
- C. Jumping jack 1 – 2, roll 3 – 6 to standing, pencil jump 7 – 8

An aerobic sequence can start on any count of the music as long as there is a minimum of 8 uninterrupted counts used. All movements and aerobic sequences must be performed in conjunction with the music tempo, therefore there must be an appropriate, discernible BPM (beat per minute), as found in High Impact Aerobics classes.

Transitions

A transition is defined as the link between a sequence of choreography and skill elements, or the link from skill element to skill element. Transitions can make a routine more intense and they should enhance a skill element by having limited set up and recovery, so that they are not predictable and therefore are 'hidden' in the choreography.

NOTE: The length of the transition is important. A transition can be two or more counts of music depending on the element. A transition before a jump may only take two counts while a transition to a static element may take four.

Each sequence (choreography, transition and a skill move) should display the following:

- A. INTENSITY
- B. QUALITY
- C. COMPLEXITY

INTENSITY

Judges will consider the athletes ability to maintain a high level of intensity by using a large range of Sport Aerobic movements, together with full coverage of the stage area, floor, standing, and aerial space. A cardiovascular effect should be shown throughout the entire routine with the focus on high energy expenditure.

QUALITY

- Quality of all movements
- Clear, precise movement
- Purposefully placed movement
- Total control of skill elements, transitions and aerobic sequences
- Correct posture and alignment
- High fitness levels will allow for good quality of movement

COMPLEXITY

Choreography should show complex patterns which challenge co-ordination in the upper and lower body at the same time. The more muscles you use at one time will not only add complexity but if executed well will also increase the intensity of a routine. Never sacrifice quality for complexity.

NB: An overall high standard of performance will enhance an aerobic score.

4.5 Artistic Criteria

4.5.1 Overview

The Artistic Criteria for Sports Aerobics is about making sure there is in fact an 'artistic' side to this sport and to keep the 'art' form of dance and music as a focus. In the scoring of the Artistic Criteria, judges will consider the ability of the athlete/s to dance and perform aerobic choreography which matches the natural structure of the music chosen.

There are four sub-criteria within the Artistic Criteria:

1. CHOREOGRAPHY OF SEQUENCES
2. PERFORMANCE OF THE ROUTINE
3. MUSIC SELECTION
4. MUSIC INTERPRETATION

4.5.2 Choreography of Sequences

(Refer to the Aerobic criteria for definition of 'sequences'.)

The Artistic Judge will assess a routine for the following choreography criteria:

VARIETY = the use of many different movements:

- A good variety of High Impact movement within aerobic sequences
- A good variety of leg levels within the sequences
- A good variety of skill elements
- A good variety of transitions into and out of skill elements
- A good variety of arm lines in sequences, transitions and skill elements
- A good variety in the use of the body planes and orientations

CREATIVITY

- Being different to others and creating an impression; individual style
- The use of different High Impact movements and sequences
- Hiding skill elements within the choreography so that the elements are not the only focus of the routine

- Unpredictable choreography and travel patterns
- Using complex choreography patterns, such as opposing planes with legs and arm lines
- Creative use and placement of skill elements, transitions and aerobic sequences
- Good use of a chosen theme with no repetition in arm lines or themed movements
- Creative partner or team choreography that does not compromise the aerobic sequences
- Creative use of attire to enhance the choreography, music and performance of a routine without being theatrical

VISUAL IMAGE = the use of:

- Vertical levels within the routine structure and placement of skill elements, transitions and aerobic sequences
- Vertical levels within the aerobic sequences, without compromising the 8 count
- Space, travel and orientation
- Interaction if in a team
- Formations in a team

4.5.3 *Performance of the Routine*

The Artistic Judge will assess a routine for the following Performance criteria:

PERFORMANCE = the ability to:

- Perform the 'choreography criteria' as written above
- 'Dance' the routine and 'express' the music with dance/movement
- Project confidence and ease of movement
- Incite emotion and excitement from an audience
- Be synchronised in ability, range of motion and performance when in a team
- Have quality of movement
- Athletes should display a healthy physical appearance

If you constantly go out of the 7x7m area you may be penalised – this is for safety reasons.

4.5.4 *Music Selection*

The Artistic Judge will assess a routine for the following Music criteria:

BEATS PER MINUTE

- A clear strong discernible beat must be present throughout the entire piece of music
- A suitable BPM (beats per minute) to be used depending upon lever length and ability of the athlete/s
- Recommended BPM is between 148 and 160bpm as this sport is based upon High Impact Aerobics
- Division 1 athletes BPM should be 152-160
- The same BPM must be used throughout the entire routine
- A suitable BPM enables High Impact Aerobics, but is not so fast that it exceeds the athletes ability to complete High Impact Aerobics with quality.

MUSIC STRUCTURE

Using a piece of music that has a large variety of structure

- Verse
- Chorus
- Instrumental sections
- Rhythms
- Bridge
- Pre chorus
- Instruments
- Vocals
- Theme/character

MUSIC EDITING

The 'art' of this sport is being able to choreograph to a piece of music without the need to majorly edit it. If good music selection is made using a suitable BPM and a good variety of structure then the need to edit the music should be minimal.

- Sound effects should be minimal and the music should dictate where sequence choreography, transitions and elements are placed rather than the sound effect.
- If a background instrumental or obvious addition of some sort is added to the music, it would tend to suggest the music selection is not a good one.
- Medleys and themes are acceptable.
- Music must be of a high quality and may affect athletes' artistic score if quality and/or editing is poor.

4.5.5 Music Interpretation

The ability to use music.

The Artistic Judge will assess the routine for the following Music Interpretation criteria:

- The technical ability to use the entire structure of the music
- The placement of aerobic sequences to match the music structure
- The placement of the transitions and elements to match the music structure
- The ability to use the beat/counter beat and stay on the beat
- The ability to stay in time with each other when in a team
- Enhancing the music with the movement. Making the music noticeable by matching the movement to it

4.6 Attire and Appearance

The Competitor's appearance and attire should be clean and tidy. We encourage coaches to ensure athletes choose competition wear that enables them to compete confidently, knowing their costume is age appropriate and secure throughout the entire routine.

Costumes which are too brief, high cut, not supportive or too revealing are not acceptable. If an athlete's costume is deemed not to fit the requirements the Head Judge may also ask the athletes to change to an appropriate costume for the final round.

A score may be reduced where attire does not meet the following criteria:

General

- Costumes must be secure, age-appropriate, and reflect the athletic nature of competitive aerobics (not theatrical).
- Attire must remain in place during high-impact movement and fully conceal undergarments.
- No clothing or accessories may be removed during the performance.

Costume Types

- **One-piece leotards** are permitted, with or without sleeves, cut-outs, or connector straps, provided:
 - The chest is adequately covered.
 - Brief sides have a minimum of 5 cm of material.
- **Two-piece costumes** are permitted:
 - Tops may be singlets or crop tops, with or without sleeves.
 - Bottoms may be bike shorts, leggings (any length), or bikini-style briefs.
 - Briefs must not be high-cut (above the hip bone) and must have at least 5 cm side width.
- Shorts and T-shirts may be worn if they do not obscure body form.
- Skin-coloured dance tights must be worn under leotards and briefs.

Fit and Support

- Costumes must fit snugly and provide adequate body support.
- Appropriate supportive footwear must be worn.
 - Split-sole dance sneakers are not recommended.
 - White shoes are recommended but not compulsory.

Hair and Grooming

- Hair must be secured off the face and neck.
 - Long hair must be tightly secured (e.g. ballet bun).
 - Hair above chin length must be styled away from the face.
 - Ponytails are not permitted.
- No body oils, body paint, or substances that may transfer to the floor.
- Subtle glitter on face and hair is permitted.

Accessories

- Jewellery is not permitted, except small stud earrings and wedding rings.
- Props are not allowed (e.g. gloves, scarves, instruments).
- Wristbands and unobtrusive skin-coloured strapping are permitted.

Presentation

- Attire must be appropriate to the athletic nature of the sport.
 - Excessive sequins, skirts, dresses, feathers, tassels, or theatrical elements are not permitted.
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APPENDIX 1 – DESCRIPTION OF SPORT AEROBIC SKILL MOVES

Please see the [NSAC Description of Sport Aerobic Skill Moves document](#).

APPENDIX 2 – DESCRIPTION OF CONTRAINDICATED MOVES

Please see the [NSAC Description of Sport Aerobic Skill Moves document](#).