

S.I. MASTERS GAMES AEROBIC COMPETITION Rules and Regulations

Date & Time Saturday 4th October 2009

Competitors should assemble at the venue at 9.30am to familiarise themselves with the facilities and be ready for a full briefing at 10.00am. Pre-judging round (official practice) will commence at 11.00am.

Venue Mountainview High School Auditorium, Pages Road, Timaru

Events All categories, any mix of gender. Social and open in all sections (as entries dictate).
Individual - Pair - Team (3-5 people) - Step team (3-6 people)

Age groups 30-39 years
40-49 years
50-59 years
60 years and over (incl. 70 + category & Rest Home Teams as entries dictate)

Entry Fee \$20.00 per competitor/one event
\$10.00 per competitor/each extra event
Refer to SIMG booklet for full registration forms and details.

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• **GUIDELINES FOR ALL CATEGORIES:**

Music: (This information is important!)

All routines are 2 minutes in duration with a 10 second leeway on either side. Music to be recorded onto a CD disc labelled with your name/team name & category. No other music to be recorded on the disc. This will help avoid mix-ups and will help with sound quality. Please bring a good quality master copy in a cover, to hand to our sound technicians and a practice copy as back-up.

Compulsory moves (individual, pair, mixed team categories):

1/ Stride jumps - You must execute 4 stride jumps in a row with no other exercise in between them. You may not travel or turn them. You must execute them facing the front and each repetition must start and finish with the feet together.

2/ High leg kicks - You must execute 4 front high kicks in a row, alternating legs, with no exercise in between them. Compulsory kicks must all be executed facing the side, no travelling or turning permitted and each repetition must start and finish with the feet together. A variety of arm-lines may be used. Attempt to make all kicks the same height.

3/ Push-ups - As with all compulsories, you must perform 4 push-ups in a row without another exercise in between. Push-ups may be executed from either the knees or as full push-ups. No penalty will be given from the knees and no extra points awarded for full position. You may use different leg movements but must face the side for all repetitions.

These 3 compulsory moves provide the base for the technical judges scoring. Try to keep your torso and knee alignment correct and show strong straight moves. While arm lines are optional, keep them simple so you can concentrate on your form.

Step Teams category:

While there are no compulsory elements for the Step Teams category, ensure that you demonstrate correct and safe stepping techniques at all times. Whole foot on the platform, body held upright. You may or may not choose to include push-ups or any other type of strength moves. Include platform stepping as much as possible and minimise time spent away from the platform.

All participants in the team will work on a platform with 1 booster taped to it allowing safe repositioning of steps.

Unacceptable Moves:

These are for the most part gymnastic moves.

Round-offs, somersaults, the bridge, flick-flacks, dive rolls, jete dive rolls, hand-stands where the legs go over 45 degrees, cartwheels where the hip is extended, flares, pommel-horse moves, toe-hinge.

Plus any contra-indicated moves that have the potential to cause injury, such as straight leg sit-ups, deep knee bends etc.

• **JUDGING CRITERIA:** Judging will be based on the following criteria.

As a benchmark standard, all competitors will be required to achieve a minimum standard in order to be eligible for a medal. The judging criteria below will be used to assess eligibility. Competitors should demonstrate that they have worked towards these criteria and will be assessed against their age category.

TECHNICAL
<p>Technical Execution: This is the main focus. All movements should be safe and precise showing good form, ease of movement and good posture and control. Compulsory exercises will provide the baseline for technical scoring.</p>
<p>Strength: Compulsory push-ups will provide a baseline score which you can increase by performing other floor and airborne strength moves. Show strength in the upper and lower body as well as balancing both right and left side strength.</p>
<p>Flexibility: Compulsory high leg kicks will provide a baseline score which you can increase by performing other flexibility moves. Show a balance of flexibility through a range of joints, especially the hip.</p>
<p>NOTE: Teams will be judged as a single unit and as such, should be synchronized with each member demonstrating similar strength, flexibility and technical ability.</p>

AEROBIC
<p>Content: Ultimately the routine must reflect the 'aerobic' nature of the competition. The choreography should mainly consist of high or low impact aerobic moves.</p>
<p>Intensity: Ability to maintain a level of intensity, as appropriate to the age category, by using a range of movements that utilize the entire stage area including floor, standing and aerial space.</p>
<p>Complexity: Choreography should show patterns in the upper and lower body at the same time. Show good quality of leg and arm movements together with smooth and well paced transitioning.</p>

ARTISTIC
<p>Choreography: Routine should show creativity, originality and innovative selection of aerobic movement patterns with unpredictable sequencing. Arm lines should be choreographed with as much care as foot patterns. Show individual style and movements that cover the entire stage area. Teams should utilize each other to create formations while staying close together to show movement as one unit.</p>
<p>Musical interpretation: Routines should fit the musical patterns and themes. Utilize the highs, lows, rhythms and vocals of the music. Timing is crucial. Competitors should remain synchronized with the music and with one another in teams and pairs. Music should be motivating and energetic.</p>
<p>Presentation: Throughout the performance, competitors should generate excitement, project confidence and communicate positive emotions through their body language. Teams should display interaction with each other.</p>

Deductions:

0.5 point deduction if your routine is outside the allowed length.

0.5 point deduction if you extend your routine past the boundary line (7m X 7m area)

0.5 point deduction if you perform an unacceptable or unsafe move (from the above list of Unacceptable Moves).

FINAL TIP TO COMPETITORS:

- **Keep your routines simple and achievable for all members of your team.**
- **Work on executing the moves using a strong upright body and clear, well positioned movements.**
- **Read the guidelines and judging criteria well so you don't lose points unnecessarily.**
- **Above all, have fun, enjoy the competition and remember the spirit of the Masters Games 😊**