



JUMP JAM CHALLENGE™

2019 Regional Competition Rules & Guidelines For Year 1 – Year 8 Students



Timeline of JUMP JAM Challenge Registrations and Events

Event List	Location / Venue	Event Dates 2019
Regional Entries Close	Online Entry	Friday 13 th September
Ticket Sales	Online Try Booking	20 th Sept till Event day
Live South Island Regional Competition	Christchurch – Christchurch Boys High School	Saturday 2 nd November
Live North Island Regional Competition	Tauranga – Holy Trinity Tauranga	Saturday 9 th November
National Winners announced	Online & Emailed	Monday 11 th November

2019 Regional Challenge Events:

Regional qualifying teams from JUMP JAM licensed Schools may compete using any one JUMP JAM song/routine that the school has licensed. Qualifying teams are invited to the **Regional Challenge Finals** to be held on **Saturday 2nd November 2019, Christchurch Boy's High School, Christchurch & Saturday 9th November 2019, Holy Trinity Tauranga.**

Objective: To allow students from all JUMP JAM licensed schools to participate and experience competition, confidence, team building, fun, fitness and leadership opportunities.

Draft Competition Schedule: This is an approximate order for the day's events. Please note **the estimate times** below will be confirmed within 1 week of Regional Challenge entry close off (13th September) and all entries are confirmed. Performed and awarded within these time frames

Draft North Island Challenge in TGA

4-6 Challenge	9.30am - 10.30am
1-4 Advanced	10.40am - 11.55pm
All Boys	12.05pm - 12.50pm
Break	
4-6 Advanced	1.30pm - 2.35pm
7-8 Advanced	2.45pm - 3.30pm
Break	
4-6 Xtreme	4.10pm - 5.25pm
7-8 Xtreme	5.35pm - 6.45pm



Draft South Island Challenge In CHCH

4-6 Challenge	9.00am - 10.15am
1-4 Challenge	10.20am - 11.10am
7-8 Challenge	11.15am - 12.15pm
Lunch Break	
1-4 Advanced	12.55pm - 1.40pm
4-6 Advanced	1.45pm - 3pm
7-8 Advanced	3.05pm - 4.05pm
Dinner Break	
All Boys	4.45pm - 5.50pm
4-6 Xtreme	5.55pm - 7.10pm
7-8 Xtreme	7.15pm - 8.35pm



General JUMP JAM Challenge Rules and Guidelines

Team Entry Fee (This covers Medals, Trophies, a T Shirt and entry to watch)

- **Entry fee** for Regional Challenge Competitions is **\$28 per student** Note: One Coach & Assistant Coach will receive free entry for the JUMP JAM Challenge competition. **Payment by Direct Credit** to 03 0181 0191378 00 please use your "school name & Entry ID" (entry id is generated automatically from registration entry form/invoice) as reference **One payment per school**.
- **Team size – minimum 8 students, maximum 17 students** (all boys teams minimum 6 students, maximum 17 students).
- If schools qualify more than 1 team, and you wish to use the same students from one team for another team, a maximum of 3 students can swap from, but must compete in different categories. E.g. a year 4 from an All Boys team, can also enter the year 1-4 or a 4-6 category, but not all 3 categories. If in doubt, please contact us.
- **Challenge Regional Entry Forms** are available online just click this link [Challenge Entry Form Link](#) until midnight Friday 13th September.

Please note should all teams complete their online forms prior to the 13th September, the schedule will be posted earlier.

Awards & Prizes

- Regional qualifiers will compete to win team trophies between 1st – 3rd together with 1st – 3rd medals for each student in the team.
- Each Judge & Brett Fairweather will select a team from across all categories and those Schools will receive one JUMP JAM Resource Kit chosen by Kidz Aerobix. At the sole discretion of each judge and they may select a team for whatever reason.
- **Certificates in Presentation** Certificates are awarded to teams whose overall presentation is deemed convincing and confident
- **Certificates in Creativity** Certificates are awarded to teams whose choreography changes are creative and connect with the music.
- **Certificates in Technical Execution** Certificates are awarded to teams who display correct technique.
- **Certificates in Costume** Certificates are awarded to teams whose costumes clearly display a link to the music, design & theme.
- **Certificates in Sportsmanship** Certificates are awarded for team spirit, kindness, courteousness, politeness and support to other teams and volunteer staff, tidiness of area where your team is, listening and following directions.

Judges

- Head Judge – Cindy Smith, plus a selected panel chosen by Brett Fairweather. Judge's decision will be final and no correspondence will be entered into.

Choreography Changes

- **Challenge** (formally called Novice) teams are permitted up to a **maximum of 25%** choreography changes (**one quarter 1/4**)
- **Advanced** (formally called Open) teams are permitted up to a **maximum of 33%** choreography changes (**one third 1/3**)
- **Xtreme** (formally called Advance Open) teams are permitted **between 33% and 50%** choreography changes (**up to 1/2**)
- In relation to choreography changes, please consider that this is an aerobic competition. All choreography changes should be kept aerobic/exercise based (not gymnastics e.g. flick flack, cartwheels and tumbling) or excessive Hip Hop and choreography changes should relate to the theme of the song. If in doubt or for further clarification, please email competitions@kidzaerobix.com.
- Click this link to learn [How to Time Choreography Changes](#)

Stage Entry and Exit:

- Once the MC announces your school, your team will have up to 30 seconds to take their positions on stage. Music will start promptly at 31seconds or sooner if everyone looks like they are ready to go. If the team has an unusual start, please email, linda@jumpjam.co.nz at what point the music can be started.
- Stage entry for both venues will be on the Right side (only) as you look at the stage from the audience. Both venues have a stage of **6m** deep by **8m** wide and therefore should your students step outside the marked area, our judges may not score them as well as a team that performs towards the front of the stage and within the marked area.
- All teams can start on stage or off stage or a combination. We just need to know when we can start the music. Please email Linda your details.
- Immediately after your music finishes. The team could form one line, take a bow and be prepared to be interviewed by the MC.
- Our MC may ask for one person from each team to say a "Thank You" to someone they chose. All teams will be then seated, until prize giving, directly after the category is finished.

Costumes and Props

- Themed costumes and body props are encouraged and make up 10% of the marking criteria. See the marking details for more information.
- **Please note**, these venues do not allow **Glitter, String Feathers** or **Sequins** (except dot sequin material) in any area of the venue. Also, nothing can be left on stage. e.g. talc powder, fans or helium balloons, this is for safety reasons
- Body props only. NO set props. Props may include hats, face paint, masks, hand held cardboard cut outs etc. However these must remain on your team member at all times or thrown/placed off stage. If they remain on stage during a performance up to 0.1 mark will be deducted per item. This is due to safety reasons for the performers on stage.

Music & Coach Cueing

- Choose one original JUMP JAM song in its original length from any JUMP JAM Resource Kit, which your school has licensed.
- Your song can be different to the Preliminary round
- NO coach/parent or students should be prompting/cueing at this level of the competition. Coaches/Parents or other seen/heard cueing or prompting their students from the audience whilst they are performing may incur penalty points.



Video Resources For Maximising Points

On our website, you will find a full list of questions and answers [Click Here](#), including choreography, music, staging, substitution, costumes, props and Brett's Tips on how to achieve great results [Click Here](#)

- [Posture and Clarity of Movement](#)
- [Range of Motion](#)
- [Energy of Movement](#)
- [Sharpness of Movement](#)
- [Examples of what the judges are looking for](#)
- [Challenge Competition - How To Time Choreography Changes](#)

Best Pieces of Advice

Re watch the original JUMP JAM video teaching tips for correct technique and moves + read and re read the rules. Get the students to read the rules too. Lastly, use a video camera in rehearsals from day one. Aim to use a high definition camera if possible. Let the students assess themselves (judge, using the marking schedule below).

Challenge Scoring

Presentation

Convincing & confident performance	10	
Attitude with facial expressions & character acting	10	
Vocal calls/chants, singing	10	
Total	30	

Head Judge Bonus Points

Spine tingling performance creating that 'Magic'	Up to 3 points
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Technical Execution

Team moves with synchronicity & in time with the music	10	
Energy of movement, full range motion & exercise value	10	
Clarity & Sharpness of movement	10	
Total	30	

Head Judge Bonus Points Award at Regionals Only

Difficulty of routine chosen to perform – Performed with Excellent Technical Execution	Up to 3 points
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(This reflects some routines are technically easier to perform than others. E.g. difficulty of Moves and complexity of choreography)

Demonstrate a **Confident and Convincing performance** (No mistakes...very well-rehearsed and convincing actors, especially if the routine has a theme). We will be looking for the team (ALL members from back row to the front) that is, "owning the routine". Not just the most confident leader in the centre front. Are they eyeballing the judges and audience or are their eyes down?

Attitude is the appropriate emotion in each specific routine. Smiling and having Fun is generally a good start in presentation. Some routines are party songs, others display power-energy, being cool, even scary, how about animated, comic, serious, culturally appropriate, and themed to the music & dance era of the time and anything from the lyrics that adds to it you can interpret. While attitude is obviously important, attitude should be positive. Show a sense of humour within your attitude to enhance your fun score. Using **facial expressions and character acting** will enhance your performance. If you select a song like "I Like To Move It" animal type expressions will add value to your scoring. Utilise the theme of the chosen song with your face as much as you can. For example, if the song is from a movie become that character e.g. act like "Sharpay" from High School Musical "I Want It All" JUMP JAM # 13. A good tip is to initially get them to sing the entire song aloud as a way of practicing facial expressions and the emotions behind them.

Vocalising is an effective way of displaying passionate presentation and keeping audience involved. Tip; be loud, clear and be heard over the music. Not just mime the words. Aim to harmonize voices (not scream)

Singing = Have the whole team sing any part of the song. As a guide sing up to 7 lines/sentences of the song max.

Calls = Are vocal samples relating to the song/theme. It's often one or two words or sounds from the song. Choose 7 and aim for original.

Chants = An original sentence you have created that sends a message to the audience. Most often it is the school name. Examples are "A.V.O.N.H.E.A.D Avonhead" chanted by Avonhead School or "We are here to entertain you" or "JUMP JAM Rocks" aim for 2-3 chants and go for original.

Team moves with **Synchronicity** Your team moves as one and in **time with the music**. Think detail from head to toe. E.g. all head movements should be choreographed. Hands should be all either a blade, fist, star or in character. Feet should all be pointed or flexed. Use video analysis to see whom in the team looks different and why? Check everyone knows their spacing and stays in shape. The judge's eye should not be drawn away unintentionally.

Energy of movement and exercise value: Using current choreography we expect each team member to be powerfully executing the movements within the given range of the original routine. Judges ask "could that move be executed with more energy?" Power is defined as strength times speed. Your team should look like they are out of breath when they come off stage (like they have been sprinting for 3-4 minutes). JUMP JAM is a fitness exercise programme so please remember that. Please execute each movement to its full range of motion. e.g. if the song says "get on up then down" aim to reach to full extension upwards and then dynamically squat all the way down. Show a contrast. In simple language, think BIG! Extend from fingers to toes.



Clarity of movement: an example is when students finish the move by bringing their feet tightly together and/or placing their hand/fist back on their hip or wherever their start/finish position is e.g. star jumps. Every movement when broken down frame by frame has a start and end position (use video analysis). **Sharpness of movement** is at the end range of motion with each move; hold a sharp pause for a split second to emphasis razor sharpness of movement. Some of the best examples of this 'sharp' technique are seen on YouTube in the World Hip Hop or Cheerleading Championships.

In the event of a tie, the team with the highest **PRESENTATION** score will be the winner. If there is still a tie then an equal placing shall be awarded.

Creativity of Moves

Patterns, formations, & levels	10
Interaction – teamwork and use of rhythm	10
Creative additions to original choreography	10
Total	30

Costumes

Links with theme of routine	5
Attention to detail	5
Total	10

Creativity of Moves

Patterns/Formations & Levels 10 points: Think shapes-triangles, diagonals, diamonds, lines, circles, stars, snakes, waves, peel offs etc. Think what pattern you can create that paints a picture, *tying the pattern shape/formation into the theme of the song will score very highly*. Think contrast of students moving in/out, forward/back, open/close (like a flower), cannon/domino effects. Try not to have an excessive amount of shapes...choose just a few. Remember we are after a variety and we want to see both components here. Repeating a pattern over and over doesn't necessarily gain more points.

With **levels** think airborne/ tip toes/ standing/ bending/ squatting/ crouching/ crawling/ kneeling /lying. Using the original choreography, you can simply change the look of a move by the level/height it is performed at. Within your team you may wish to have one-line standing, one-line squatting and one-line kneeling. Aim for two obvious level changes to gain full points.

Interaction & Teamwork 5 points: This specifically relates to how the team members interact with each other and the relationships formed. Within the JUMP JAM choreography of your chosen routine, try and select at least one or two sequence(s) where you can really show your team is interacting with each other. Aim to physically touch/join and create a unique shape as much as possible. Relate it to the theme of your routine. E.g. in Greased Lightning JJ#15 team members could create a car shape. It will be the quality of your changes to this piece that will score you the higher mark.

Use of Rhythm, 5 points: With *rhythm*, use the original choreography and just change the rhythm. E.g. current rhythm could be 1,2,3,4 perhaps you can change it to 1, 2, 3 & 4. This is where counts 3 & 4 are quick stepped or syncopated and therefore punctuated or highlighted. Visually this means either speeding up moves or slowing down moves within the same time count. This is an easy and very effective way to be creative without having to create new moves. Listening to the music in depth can give clues to the natural rhythms within the song.

Creative Additions to Original Choreography – linking with original theme 10 points: These can be completely new movements. *They will score highly when linked to the theme of the song/routine*. The better movement additions (in my opinion) are ones that flow from the original choreography, that are an extension of the original choreography. If anything, it improves rather than distracts, or is unrelated to it. When I judge this category, I have commented to myself "why didn't I think of that!"

PLEASE NOTE: Re Choreography Changes Greater Than 25%., 33%, 50% depending on category qualified. This rule is to ensure the routines are clearly recognisable JUMP JAM based fitness routines. The competition is not designed for professional choreographers to dazzle us with what they can achieve. There are other school competitions that allow for this. All movements must be deemed safe for competitors. The use of safety mats will not be permitted. E.g. Gymnastic tumbles etc.

- If in doubt click this link to view a copy of the video showing what is a choreography change. [How to Time Choreography Changes](#)

It's VITAL you check the original video and compare your changes. Time them with a stop watch. Allow up to 20% to give you a buffer. Remember extended pattern changes are counted. E.g. let's say if your team faces each other for 30secs. The transition into this change to choreography will be counted as with the transition out. The smartest way to make changes is **only change small blocks at a time**. E.g. change 2-4cts of an 8ct pattern. Or when making changes see how many elements you can incorporate within the change to get max points. E.g. let's say you have created a 16ct pattern that has 1/ a level change 2/ a rhythm change, 3/ creates a shape relating to your theme or leaves a pathway trail e.g. conga line 4/ gets the students interacting with each other. While it may not be possible to get all those elements across my point is to maximize your marks while not completely changing the original choreography to stay within your required limit.

Costumes

Links with Theme of Routine 5 points: If your team walked onstage, could we guess what JUMP JAM routine it is, or by the end of the routine did it become obvious? If your song doesn't have an obvious theme, could your costume lend itself to one?

Please note, these venues do not allow **Glitter, String Feathers or Sequins** (except dot sequin material) in any area of the venue.

Attention to Detail 5 points given here to teams that put lots of clever thought into the finer detail in the costume. Think head to toe.

NOTE 1: Be careful choosing costumes that make it difficult for the sync, clarity & energy judge to easily define movements. E.g. choosing a tent type costume or a tassel type costume from head to toe may make it difficult for clarity of movement to be judged.

NOTE 2: Be careful in choosing excessive face paint/makeup, or anything making it difficult for the presentation judge to mark smiling and facial expressions e.g. a mask, hats covering or shadowing the face. On the other hand, it is important to high light the eyes, eyebrows and lips. Stage lighting will drain colour from the face.



NOTE 3: Use of highly patterned fabrics may effectively 'blind' the judges. E.g. when using busy patterns and stripes. As the stage is lit, the use of 'Bling' or light reflective resources will really make your costume 'pop' e.g. sequins, jewellery (\$2 shop and Spotlight is a great start!), glitter paint, etc.

NOTE 4: Keep in mind costumes should respectably cover the student, be non-revealing and age appropriate e.g. tights or hot pants must be worn under leotards.

Finally; The purpose of costumes is to let the students dress up (fancy dress) and have boosted confidence to enhance their theatrical performance.

Deductions

Inappropriate behaviour by whole team/member(s) or person(s) associated to the team.	Up to 5 points
Choreography Changes over 25% 33% or 50% depending on section	Up to 5 points
Incorrect year level balance or students competing down a year level. E.g. A year 1-4 team with 10 members and 6 are year 4	Up to 5 points
Any part of the costume dropped on stage	0.1 points per item

In the past teams, have been strong in some areas and not received any points in other areas. e.g. forgot to add vocal chants. **Aim to score maximum points in each subsection.** Literally, tick each box!