

TRIPLE-A FITNESS & AEROBICS **Open Dance/Hip-Hop & Step**

Rules and Guidelines

“INTERNATIONAL GRAND FINALS” ~ 8
September 3-5, 2004



For more information contact the
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WWW.TRIPLE-A.NET

TRIPLE-A FITNESS & AEROBICS

Triple-A Fitness & Aerobics is an international, cutting edge, health and fitness organization which produces Education, Certification, Conventions, Expos, Health Fairs, Seminars/Workshops, SportAerobic Dance, and SportFitness Competitions; including the Mr. & Ms. Legacy Fitness Crown Championships.

Triple-A Fitness & Aerobics' SportAerobic and SportFitness programs are founded on the principles that all such events must foster and support:

1. "Aerobic Dance Exercise," as defined by IDEA, the Health and Fitness Source; and as such, the majority of its participants would come from that medium utilizing the skills developed through Aerobic Dance Exercise Training (rather than gymnastics, or any other competitive sporting activity).
2. A program where the majority of the participants' skills can be taught, developed and enhanced in an environment that is easily accessible and allows for the safe practice and execution of any required move or exercise (i.e. your gym or health club group exercise room).
3. A significant reduction in the current, "extremely prohibitive cost" of SportAerobic & Fitness participation; by strictly adhering to the guidelines as outlined in items 1 and 2 above.
4. Greater attraction for participation by offering incentives and rewards such as monetary scholarships, costs reimbursements and other prizes that will specifically enhance continued participation.

List of Triple-A Fitness & Aerobics Areas of Competition

| | |
|---|--|
| SportAerobics | Mr. Legacy Fitness Championship |
| STEP Challenge Competition | Ms. Legacy Fitness Championship |
| Hip-Hop/Jazz Dance Challenge | Mr. Physique Championship |
| "Follow-The-Leader" Divisions (in all above) | Ms. Figure Championship |
| Junior Fitness Championship | Master Fitness Championship |

Note: To receive Rules & Guidelines for the events listed above contact the headquarters.

Awards and Prizes

Triple-A Fitness & Aerobics intends to award the following prizes, however we reserve the right to modify or omit any prize listed or offered:

1. Ribbons, Medals, Cups and/or Trophies.
2. Cash Prizes and/or Scholarships in the form of future participation vouchers.

Notice: The number of participants strictly determines all prizes. This includes all monetary awards as well. So, cash prize can range up to \$500.00. The greater the participation, the greater the value of the prize packages. Triple-A Fitness & Aerobics additionally reserves the right to award any and all monetary prizes in the form of continued participation scholarships. i.e. free registration to your next competition or awarding a free hotel stay at your next event.

Registration, Fees, and Payments

All "International Grand Finals" participants must be members of Triple-A Fitness & Aerobics on or before the first day of the Grand Finals Event. Membership is annual, expiring one year after registration of membership. These funds provide the means to support the substantial administrative and event costs, as well as all cash prizes or scholarships. Individual membership dues are: **\$35 per adult / \$25 renewal and \$25 for juniors.**

Athlete registration for International Grand Finals must be postmarked no later than two (2) weeks prior to the start of the event, unless special arrangements have been made with the Grand Finals Event Committee. The cost of participation is ***\$80 per athlete, for the first category, \$20 for each additional category.** The cost for all juniors to participate is

***\$50 each, \$20 for each additional category. (For Juniors competing in Adult categories, Adult Membership and event fees apply.)** Since the majority of these fees will be rolled over into cash prizes, scholarships and other awards, the only acceptable forms of **payment will be cash or cashier's check/money order.** *[Personal checks will be accepted if they are received two (2) weeks prior to the start of the event. This arrangement must be made in advance and can be done by contacting the Triple-A Fitness & Aerobics Headquarters. All returned checks will be subject to an additional bank and handling fee of \$20.]* **Special Rates Apply For Competition Teams Of Four Or More Participants.*

General Eligibility

Anyone wishing to compete in the Triple-A Fitness & Aerobics "International Grand Finals" is eligible to participate provided you adhere to the following guidelines: ***To compete in the Triple-A Fitness & Aerobics, "International Grand Finals", you must have (1) successfully competed at a "District Finals Event", (2) successfully competed & qualified in your country's Triple-A Fitness & Aerobics National Championship, or (3) been granted eligibility by means of written invitation from the Triple-A Fitness & Aerobics Event Committee. If you have not received a notice of qualification contact the headquarters.***

Competitive Categories

The following list describes the categories of participation in the Triple-A Fitness & Aerobics, International Grand Finals:

| Adult Open Divisions | Junior Divisions (Ages 8-20) | Adult Novice (2 years or less in any event) | Master's Division (Age 40 Plus) |
|---------------------------------|---|--|--|
| 1. Singles-Men | 1. Singles (Boys and Girls) | 1. Singles-Men | 1. Singles-Men |
| 2. Singles-Women | 2. Duos & Trios | 2. Singles-Women | 2. Singles-Women |
| 3. Duos (not gender specific) | 3. Quads Plus (4 or more) | | |
| 4. Trios (not gender specific) | | | |
| 5. Quads Plus | | | |

If there are fewer than five (5) entries or participants in any given category, the Triple-A Fitness & Aerobics Event Committee reserves the right to combine categories.

The maximum age for participation in the junior categories is twenty (20) years of age. The junior division consists of three styles, Sport-Dance Aerobic, Sport-Dance Hip-Hop and Sport-Fitness (tumbling movements allowed). Note: All junior athletes may compete in the event/division of their choice, however all events in the junior division will be tallied as one category during the International Grand Finals.

Rules & Guidelines Preamble

All movements shall be held to the safety standards established by the general, professional fitness community. Triple-A Fitness & Aerobics believes that as new ideas are introduced, our Rules and Guidelines should develop proportionately. To this end, we will consistently and continually seek out, listen to, consider, all input from our participants. **Your opinion matters!**

Both Adults and Juniors please note: Any participant attempting to execute a high degree of difficulty may damage their performance scores by attempting movements they are not prepared to execute effectively. Be sure to choose movements within your skill range.

Hip-Hop & Step Rules and Guidelines

Performance Area

The performance area will be a minimum of 24 feet by 24 feet square. The floor type will be determined just prior to the event.

Time Requirements

Each routine must be no shorter than 90 seconds (1:30 minutes) and no longer than 120 seconds (2:00 minutes).

Judging Criteria

The judging panel shall consist of no less than five (5) judges. The judges shall critique each routine in the following areas:

- | | |
|---|---|
| A. General Overall Skill (impression) | H. Musical Interpretation |
| B. General Overall Strength (as executed) | I. Costume |
| C. General Flexibility (as executed) | J. Audience Participation |
| D. General Overall Balance (as executed) | K. Compulsory Movements |
| E. Difficulty (level of intensity) | L. Synchronicity (full team, quads, trios & duos) |
| F. Aerobic Choreography | |
| G. Creativity | |

Explanation of Judging Criteria / Primary Skills Categories

A) General Overall Skill

Your general overall skill score is based on the judges' impression of your total routine, when completed. This portion of your total score reflects a good balance of strength and flexibility along with your aerobic merit and performance skills. The best word to describe what the judges are looking for here is "*balance*". *Here is a question to ask yourself: Does my routine demonstrate equality in all the areas listed in the Judging Criteria? Remember we are not looking for hyper-strength or hyper-flexibility, just an even demonstration of these things along with the rest of your routine. (10 points)*

B) General Overall Strength (as executed)

Here the judges simply want to see that you are equal to the task of performing the chosen strength skill elements in your routine. Again, while not looking for hyper-strength, an above average but balanced, demonstration of strength would serve you well. Additionally, the judges would like to see any demonstrated strength balanced throughout the entire body (upper, medial and lower). This can be accomplished by selecting a variety of moves from the Optional/Additional Moves categories. Push-ups showcase upper body strength, while abdominal exercises and some balance moves showcase medial body strength, and jumps, jumping jacks and leaps can generally showcase lower body strength. (4 points)

C) General Overall Flexibility (as executed)

See section "B" above and apply to this category as well. (4 points)

D) General Overall Balance (as demonstrated)

In this area the judges are looking for the athlete's ability to maintain static and demonstrate dynamic body control through balancing. They will be watching for strength demonstrated through the core (center) stability of the body. This can be demonstrated by supporting one's entire body weight on any extremity *other* than by standing on both feet: Presses, planches, stork presses, scales, etc. (see additional movements). (4 points)

E) Difficulty (Level of Intensity)

The judges are looking for overall power in dynamic execution. This category is judged on how well you attend your work (routine) and how confident you are in the execution of each move. Are the push-ups aggressive, strong and dynamic or are they slow, to the point of an appearance of resting? Are the movements high and powerful in impact or is there a larger portion of low impact slower or walking movements? Is there an over-abundance of holding positions, slow transitions or posing and standing still? Be sure that your routine is packed with dynamic excitement and the selected skill movements are challenging and entertaining. Judges want to see powerful movements that "Rebound"! (8 points)

F) Aerobic Content and Choreography

SportAerobics a performance sport that is defined clearly by its name: "Sport", meaning it is not a "show" and "Aerobic which means that all routines must be significantly aerobic in nature. Therefore, the judges will be awarding higher scores to those routines that have stronger aerobic content and are not overly showy or gymnastic in content. (8 points)

G) **Creativity**

Here the judges will be awarding points for a wide variety of things; style of movement, type of movement, and “athletic character”. Who are you as an athlete? What message you send as an athlete/performer? Why should the judges care to choose you over the others? Be fresh, new exciting and unique. **(5 points)**

H) **Musical Interpretation**

Does the athlete(s) work (creativity, costuming, etc.) reflect the spirit and nature of the song or music? If the song or piece of music expresses happiness, that should be portrayed. However, if the song or piece of music is passionate or determined, a big cheesy smile during the entire routine may not be the ticket. **(3 points)**

I) **Costume**

There are no regulations when it comes to costuming, however, all costumes should be aerobic in nature and can suggest a character or promote a theme. The judges are looking for a balance of performance and athleticism. Thusly, hair, costume, make-up and shoes should not distract from the athlete’s work. If the judges are focusing on your costume, shoes, hair, etc., they are more likely to miss the elements for which you want to receive points. Stay away from loose fitting clothing and jewelry. **(2 points)**

J) **Audience Participation**

This is a performance sport. If the audience is bored by what you are doing, the judges may be bored as well. A winning performance is one that engages the entire audience and makes them a part of the experience. **(2 points)**

Explanation of Judging Criteria / Compulsory Movements Category

K) **Compulsory Movements (Mandatory Moves)**

Compulsory Movements are required moves that you must execute. THESE MOVEMENTS ARE OBLIGATORY (MANDATORY) for your routine. *However, to receive points for any Compulsory Moves, they must be executed consecutively and in some cases stationary as outlined below, and they must be declared in advance.* **(50 points)**

The movements are:

Four (4) Alternating “Straight-Leg” Kicks (*Consecutive and Stationary*)

Four (4) Jumping Jacks (*Consecutive/Stationary or Traveling w/Maximum of 2 Directional Changes*)

Four (4) Push-Ups (both hands and at least one foot on floor) (*Consecutive/Traveling w/Feet Only Permitted*)

Four (4) Abdominal Curls (sit-ups and oblique twist are prohibited) (*Consecutive and Stationary*)

Four (4) Identical Traveling 8-Count Combinations (*Consecutive & continually moving for a total of 32 counts*)

Explanation of Traveling 8-Count Combination

The Traveling 8-Count Combination was developed in order to show that an athlete has the ability to perform basic or advanced aerobic combinations in a right and a left direction, and with a right and left lead. Additionally it is used to showcase the ability to perform combinations on both the right and left sides of the body, in much the same way you might demonstrate both sides of your body’s flexibility, by doing a right and left sagittal (side) split. There are four sections to this movement. Each section must demonstrate 8 counts of aerobic choreography, and repeat itself in mirror image. (Once on the right, once on the left, once on the right, and once on the left again for the total of 32 counts.) This choreography can move in any pattern on the stage, but it must travel. *The Traveling 8 Count Combination need not be preceded by jumping jacks*

Explanation of Judging Criteria / Synchronicity

L) **Synchronicity (Duos, Trios, Quads, Full Teams)**

Synchronicity works like this: Unless otherwise choreographed into the routine, both or all members of the Duos, Trios, and Teams should execute each move precisely and at the exact same time. The points awarded in this category are enough to make a difference between a *Gold Medal* and a *Forth Place* finish. **(5 Points)**

Scoring

The greatest challenge for Triple-A Fitness & Aerobics was in developing Rules and Guidelines and a system of scoring that would enable athletes with different skills and skill levels to compete together fairly. Understanding this system will be the key to your success. Please read everything carefully, and by all means, contact the headquarters if you have any questions. All athletes are being judged and given scores under two different areas of performance (plus synchronicity if applicable). They are: *Primary Skills and Compulsory Movements*.

Each individual routine can earn up to a **maximum of 100 points total**; and each duo, trio or team routine can earn up to a **maximum of 105 points total** (the additional 5 points for synchronicity). Each athlete starts out with a base score of **50 points** from the “Primary Skills” categories. You must count these 50 points into your overall point total. This would constitute a perfect score in that category. Points would then be deducted by the judges for mistakes in this area. Next, each athlete is scored for the movements listed in the “Compulsory Movements” category. Full points are awarded for all compulsory movements, even if poorly executed, however **deductions may be subtracted from the primary skills categories.** **NO POINTS WILL BE AWARDED FOR INCOMPLETE REQUIRED MOVEMENTS. EXAMPLE: 4 JUMPING JACKS ARE REQUIRED. IF ONLY 3 ARE COMPLETED THEN THE ROUTINE WILL RECEIVE A “0” FOR JUMPING JACKS.** All Compulsory Movements for which you wish to receive points, must be declared before the start of competition on the “Declaration of Intended Compulsory Movements” form, which will be provided for you at registration.

How it All Works

Each individual athlete will be scored in the following categories at the following point rates (Duos, Trios, Quads & Teams will be judged in the exact same way, except that a perfect score is 105 points due to the additional 5 points available for synchronicity):

| <u>Primary Categories</u> | <u>Maximum Points</u> |
|---|-----------------------|
| A. General Overall Skill (impression) | 10.00 |
| B. General Overall Strength (as executed) | 4.00 |
| C. General Flexibility (as executed) | 4.00 |
| D. General Overall Balance (as executed) | 4.00 |
| E. Difficulty (level of intensity) | 8.00 |
| F. Aerobic Content & Choreography | 8.00 |
| G. Creativity | 5.00 |
| H. Musical Interpretation | 3.00 |
| I. Costume | 2.00 |
| J. Audience Participation | 2.00 |
| Maximum Primary Category Points | 50.00 |

| <u>Compulsory Movements Category</u> | <u>Maximum Points</u> |
|---|-----------------------|
| K. Compulsory Movements: | |
| (4) Straight Leg Kicks | 10.00 |
| (4) Jumping Jacks | 10.00 |
| (4) Push-Ups | 10.00 |
| (4) Abdominal Curls | 10.00 |
| (4) Traveling 8-count | 10.00 |
| Maximum Compulsory Movement Points | 50.00 |

Synchronicity

| | |
|-------------------------|---|
| L. <u>Synchronicity</u> | 5.00 (points possible for duos, trios, quads & teams) |
|-------------------------|---|

Deductions, Penalties and Tabulations

Judges will deduct points for infractions committed by each athlete, in accordance with the guidelines established by the Triple-A Fitness & Aerobics Event Committee:

| <u>Penalty</u> | <u>Point Deduction</u> |
|--|------------------------|
| 1. Music Too Long or Too Short | -10.00 |
| 2. Any Performance Distraction (e.g. costume, hair, shoes, etc.) (each infraction) | -5.00 |
| 3. Out of Bounds (each infraction) | -5.00 |
| 4. Unsafe Movement (each infraction) | -5.00 |

All judges' scores will be averaged to determine the final score. The Triple-A Fitness & Aerobics Event Committee reserves the right to drop high and/or low scores if they believe it will counter-balance any biases brought on by the judges, the athletes or the International Grand Finals Staff.

Each athlete or team of athletes will be required to submit three (3) copies of the "Declaration of Intended Movements" which will be provided for you at the event. These sheets will be used to assist the judging panel in the tallying and tabulation of each routine's executed and non-executed moves.

Special Notice:

Always check the revision date that appears at the bottom right-hand corner on all Triple-A Fitness & Aerobics Rules and Guidelines to be sure you have the most recently produced version. If you are unsure if the copy you have is the most recent, please contact the event headquarters for verification.

Amendments

- 1. New for 2003, One (1) Cartwheel will be allowed as a transitional move in all routines. No extra or special points will be awarded for this move. The move will be judged on its execution and artistic value. Any points awarded or deducted will be in or come from those judging criteria areas.**
- 2. The Triple-A Fitness & Aerobics reserves the right to modify all preceding rules, guidelines and information outlined above, at anytime without advanced notice.**

Thank you for being a part of the Triple-A Fitness & Aerobics SportAerobic, competition. We hope your experience, as a part of this family is a rewarding one.

Sincerely,

THE TRIPLE-A FITNESS & AEROBICS, EVENT STAFF

ATHLETE'S ROUTINE PLANNING SHEET

(Use this form to as a guideline for planning total points for your routine. Do not submit this sheet.)

| <u>COMPULSORY MOVEMENTS</u> | <u>POINTS</u> | <u>SEQUENCE</u> |
|--------------------------------------|---------------|--------------------|
| STRAIGHT LEG KICKS (4) | 10.00 | _____ |
| JUMPING JACKS (4) | 10.00 | _____ |
| PUSH-UPS (4) | 10.00 | _____ |
| ABDOMINAL CURLS (4) | 10.00 | _____ |
| TRAVELING 8 COUNT (4) | 10.00 | _____ |
| Compulsory Movements Subtotal | | _____ |
| <u>PRIMARY CATEGORIES</u> | | Up to 50.00 |
| <hr/> | | |
| GRAND TOTAL POSSIBLE | | _____ |

Routine Notes: