

Northern Ireland Creative Movement & Aerobic Championships

# OPEN COMPETITION

## 2017

Lagan Valley LeisurePlex  
Saturday 11th March 2016 at 9.30am.  
Sunday 12th March 2016 at 10.00am.



NICMAC Committee, Fitness Northern Ireland,  
Offices D+E, 171 York Road, Belfast, BT15 3HB  
Email: [fitnessni@aol.com](mailto:fitnessni@aol.com): [www.fitnessni.org](http://www.fitnessni.org)

Fitness Northern Ireland is a governing body recognised by Sport Northern Ireland  
Company Reg No: NI28745 Charity Reg No: XR16124

Fitness Northern Ireland is an Equal Opportunities Organization



# ENTRY FORM – Open Competition

Please ensure entry form is completed in full.

PLEASE PHOTOCOPY YOUR ENTRY FOR YOUR REFERENCE.

NB If you have more than one entry, please photocopy each entry form:

Title of Entry: \_\_\_\_\_ Producers Name: \_\_\_\_\_

(Not to include name of Club/Dance Company or Producer)

## CATEGORY

Primary

Primary +

Junior

Intermediate

Senior

### **Please tick:**

Exercise

Hip Hop

Creative Movement

Dance

*Please ensure you have entered the correct category*

Pairs

Teams

Total Number in Team

Girls

Boys

**Please Note:** For the purposes of arranging changing facilities, please indicate above the number of males, if any, will be participating in your entry

Contact Name: \_\_\_\_\_ Club/Dance Co. Name: \_\_\_\_\_

Address: \_\_\_\_\_ Confirm if CLUB their own CP Officer & Policy

\_\_\_\_\_ Postcode \_\_\_\_\_

Contact Tel No: am  pm  mobile \_\_\_\_\_

Email address \_\_\_\_\_

I do hereby acknowledge that, \_\_\_\_\_ (name of club/school) has written parent/guardian permission for their child to perform at the Northern Ireland Creative Movement & Aerobic Championships, participate in any media coverage and be part of a DVD organised by Fitness Northern Ireland.

I understand that Fitness Northern Ireland, its servants, agents and employees are not under any liability whatsoever in respect of personal injury, loss or damage, however caused, while attending the Northern Ireland Creative Movement & Aerobic Championships event.

\_\_\_\_\_  
(Producers Signature)

Date \_\_\_\_\_

## PAYMENT DETAILS

- Paying by Cheque – Cheques should be made payable to Fitness Northern Ireland

I have enclosed a cheque for the sum of: £ \_\_\_\_\_

- Paying by CREDIT CARD (*6% charge will be added to all credit card transactions*)

**Please tick:** VISA  MASTERCARD

Card Number: \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Cardholders Name: \_\_\_\_\_ Cardholders Signature: \_\_\_\_\_

Please send entry form with appropriate fee to:

NICMAC 2017, Fitness Northern Ireland, 171 York Road, Belfast, BT15 3HB, to arrive no later than 30th November 2016. **Please note closing date.**

## RULES – **Open Competition** (Saturday 11th & Sunday 12th March 2017)

PLEASE READ THESE RULES CAREFULLY AS WE ARE CONSTANTLY UP-DATING RULES AND REGULATIONS

### Entrance Fees

Pairs £25.00

Teams £50.00

Teams to consist of minimum 6 and maximum 20

All fees are non-refundable

### Categories

Fitness and Exercise Section,  
Hip Hop Section,  
Creative Movement Section &  
Dance Section.

Male/female entries will be accepted in all categories and in all sections.

### Age groups

Primary P1 – P3 \*(Saturday 11th)\*

Junior Yr 8 – Yr 10 (Sunday 12th)

Primary Plus P4 – P7 \*(Saturday 11th)\*

Intermediate Yr 11 – Yr 14 (Sunday 12th)

Senior 18 years & over (Sunday 13th)

Age as on day of competition. NB. If absolutely necessary, one younger member may perform in an older age group eg: Junior child can compete in the Intermediate category.

An older member must not perform in a younger category as this will result in the entry/team/pairs being disqualified

## **Music**

Please bring a music CD FOR EACH ENTRY with you on the day of the competition (*to be handed to the Musical Director prior to performance*). A back-up music CD is also compulsory on the day of competition.

Music must be of a non-offensive nature

Duration

- Fitness and Exercise Section – maximum 2 minutes
- Hip Hop Section – maximum 2 minutes
- Creative Movement Section – maximum 3 minutes
- Dance Section – maximum 3 minutes

Timing will be calculated from beginning to end of music. There will be a penalty of 0.5 of a mark in the music section for every second of music or movement over the specified time.

## **Adjudicators**

It must be understood that each adjudicator has his/her own manner of marking and that marks given in different sections are not strictly comparable. Communication with the adjudicators before, during or after the competition is prohibited. The adjudicators' decision is final and no further correspondence will be entered into.

## **Child Protection**

Fitness Northern Ireland operates a Child Protection Policy, please refer to the Child protection policy on our website. The taking of photographs and Videos of participants is permitted however we would advise that only photographs and videos of those within your own club should be shared on Social media. No negative comments about other schools or clubs should be posted on Social Media. If these are found it may jeopardise your clubs chance of being allowed to enter in the future. These measures are for the safety and protection of all children participating in the Championships and your co-operation is greatly appreciated.

The area behind the adjudicators is restricted to NICMAC personnel only and no one is permitted beyond this point.

## **Performance area**

The floor space working area is approximately 15 m wide and 15 m long.

Giving directional coaching is not permitted.

## **Changing Rooms**

Only producers and competitors will be allowed in the changing area.

# What the judges are looking for:

Adjudicators will be looking for safety, suitability of routine for the competitors, technique, precision, teamwork, use of music, originality, enjoyment and the exercise or movement content in each section.

Any apparatus used must be of a safe nature and must not include School/Dance Co or Producers' name. Any items discarded during performance must not hamper or obstruct competitors' performance area.

## Fitness and Exercise Section

### Compulsory

Exercise – The following compulsory moves must be included and each performed consecutively to the required standard.

*4 jumping jacks <i>must be performed with the heels down, knees soft and feet no further than hip width apart.</i>	10
* 4 high leg kicks <i>must be performed with control (not forced), straight leg and leg no higher than hip level.</i>	10
* 4 abdominal curls <i>must be performed at an appropriate pace with the music, only the upper back should lift off the floor and a gap between the chin &amp; chest should be maintained throughout.</i>	10
* 4 press ups <i>must be performed at an appropriate pace with the music and appropriate to performer's ability. Body should maintain a straight line and hands placed slightly wider than shoulders ensuring right angle at the elbows when lowered.</i>	10

### Ability and Content

Fitness of competitor(s) in the executive of Exercises	10
Level of difficulty	10
Safety of exercises	10
Use of floor, directional changes	10

### Music

Suitability and speed to match ability of performer <i>(music to be appropriate for age group and speed to be between 135 – 150 bpm)</i>	10
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### Artistic Impression

General appearance of competitors	10
- Proper fitness trainers must be worn	
- Jewellery should not be worn	
<i>(Marks will be deducted)</i>	

TOTAL MARKS 100

*In the event of a tie, marks in the Ability and Content section will decide the placings.*

*If there is still no clear winner the competitors will be asked to re-perform.*

## Hip Hop Section

### Compulsory

No compulsory elements.

An energetic routine using safe, creative choreography to produce an original performance.

### Ability and Content

Originality	20
Quality of movement performed	10
Use of floor/directional changes	10
Execution of Hip Hop movements	10
Safety of routine	10

### Musical Interpretation

10

### Artistic Impression

General appearance of competitors	10
Choreography	10
Overall performance	10

TOTAL MARKS 100

*In the event of a tie, marks in the Ability and Content section will decide the placings.*

*If there is still no clear winner the competitors will be asked to re-perform.*

## Creative Movement Section

### Compulsory

A creative movement performance using Lyrical/Ballet/Contemporary choreography

### Ability and Content

Quality of movement – showing use of time, weight, flow and precision	10
Use of floor/directional changes	10
Execution of Creative Movement	10
Suitability of content for Creative Movement section ie; no Fitness or Hip Hop elements	10
Originality – consideration given to creativity and how innovative the routine is	10

### Technique

Skill in performing with fluidity, proficiency and alignment	10
Safety of routine – ALL LIFTS MUST BE FULLY SUPPORTED AND CONTROLLED	

### Musical Interpretation

How well the theme of selected music is portrayed	10
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### Artistic Impression

General appearance of competitors	10
Choreography – identifying movement to the selected music theme	10
Overall performance – a clearly defined display of enjoyment and team unity in performing together	10

TOTAL MARKS 100

*In the event of a tie, marks in the Ability and Content section will decide the placings.*

*If there is still no clear winner the competitors will be asked to re-perform.*

## Dance Section

### Compulsory

A dance performance using recognised steps from already established dance forms – Jazz, Jive, Latin etc

### Ability and Content

Quality of movement performed showing use of time, weight, flow and versatility	10
Use of floor/directional changes	10
Execution of Dance movements	10
Suitability of content for dance section ie. no Fitness or Hip Hop elements	10
Originality ( <i>no copied routines from DVD etc</i> )	10

### Technique

Skill in performing Dance moves – with fluidity, proficiency and alignment	10
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### Musical Interpretation

Mood and rhythm	10
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### Artistic Impression

General appearance of competitors	10
Choreography – identifying the performance to the selected music theme.	10
Consideration given to some degree of individuality.	
Overall performance – a clearly defined display of enjoyment and team unity in performing together.	10

TOTAL MARKS 100

*In the event of a tie, marks in the Ability and Content section will decide the placings.*

*If there is still no clear winner the competitors will be asked to re-perform.*