



# **2009 Hip Hop Manual**

*Please read General Manual before this  
manual*

# HIP HOP & FUNK – GROUP EVENT

## Competition Categories

Open Senior:	16 Years and over in the year of competition.
Junior A:	14 –17 years in the year of competition
Junior B	11 –13 years in the year of competition

## Team Size

Teams are to consist of 5-8 members male, female or mixed gender.

## Attire

Attire should be reflective of Funk and Hip Hop style.

## Performance area

The competition performance area is will be clearly defined. It will be marked with tape of a contrasting colour to a 10m x 10m square, which is inclusive of the safety surround. Performance outside of this area will not incur a penalty.

## Music

Routines should be 2 minutes long. A grace period of 5 seconds will be allowed either way to allow for variations on equipment speed, resulting in a minimum of 1:55 min and maximum of 2:05 min. Timing begins with the first audible sound and ends with the last audible sound. Routines outside of these time restrictions will incur a deduction.

Teams are required to supply their own music. It can be either one song or a mix. Music should be on CD only.

## False/Late Starts & Grandstanding

Once your team name is called you are to briefly acknowledge the audience before promptly assuming your starting position. Following your performance you may briefly thank the audience and exit the stage.

Excessive posing (more than 1minute), performance of an element before the music has started or after the music is finished will not be permitted and teams who breach this rule will receive a penalty.

A team who fails to appear on stage and strike a starting position within 20 seconds of being called will receive a deduction from the Control Judge.

A false start occurs at the opening of the routine when circumstances are beyond the teams control prevent them from continuing their performance (eg: wrong tape, tape put in the wrong way). The team will be permitted to restart if it is deemed an acceptable false start.

## Judging

The judging panel consists of GymSports News Zealand Aerobic Gymnastics judges and accredited dance teachers as well as a control judge to oversee the proceedings. Each judge will assess the performance out of a possible maximum of 30 points each for Technical and Artistic and 40 points for

Dance Content. The scores are added together and divided by 10, the final score being a maximum of 10.00. There will be judges judging three different aspects of your performance:

Technical	30
Artistic	30
Dance Content	40

If there is a tie the highest artistic score will determine the winner.

### **Technical Criteria (30 points)**

#### Alignment (10)

Judges will consider the correct technique and safety of chosen movements. Unsatisfactory execution includes but is not limited to jamming/locking of joints, excessive or rapid hyperflexion/hyperextension, uncontrolled ballistic movements, poor landing technique, excessive knee torque and unsupported excessive spinal flexion/rotation.

#### Precision (10)

This is determined by the control, alignment and precise placement of joints and limbs (arm lines, legs & footwork, clear isolations of head & body). The competitor's posture and speed of movement will also be considered.

#### Synchronisation (10)

All team members need to be of an equal level of ability and execution between all members. All movements should be synchronised and solo performances within the routine should be avoided

### **Artistic Criteria (30 points)**

#### Funk/Hip Hop Choreography (10)

In the scoring of choreography judges will consider the creativity of the routine taking into account the avoidance of repetition through choosing a wide range of hip hop & funk movements as well as the variety in arm lines, leg and footwork. As well as unpredictable sequencing the creative use of transitions and linking. The overall use of space including the stage and all levels (floor and air). Use of formations, space and stage relative to all members to create a variety for formations and patterns. There will be deductions for any unacceptable movements.

#### Music Interpretation (10)

The judges will watch for a routine that is well integrated with the music – the two should be inseparable! If a theme is chosen the music and routine should both reflect it. The ability of the competitors to stay in time with the music will also be taken into consideration as will the use of highs, lows any rhythm changes phrasings and vocals.

#### Showmanship (10)

The judges want to see you having fun. They will consider the ability of your team to confidently interact with the audience and judges to generate excitement throughout the performance. Your attire should suit the theme chosen and present the culture of funk and hip hop style and remain in tact throughout the performance. No props are permitted. Hats, caps, jewellery and other forms of theatrical attire are acceptable although may be subject to approval before heats.

### **Dance Criteria (40 points)**

#### Appropriate Hip Hop & Funk content (10)

The choreography should involve as much hip-hop and funk content as possible. All movements should reflect the styles of the dance form, as should the music. The ability to create an atmosphere through the routine content will also be taken into consideration.

#### Intensity (10)

Intensity is the amount of physical exertion from the beginning to end of the routine. You should select movements which utilize multiple muscle groups simultaneously. Speed of movement as well as use of short & long levers, vertical and horizontal movements (floor and air) and the overall movement of the body is considered.

#### Complexity (Difficulty) (10)

Difficulty is judged on the use of leg and footwork reflective of Hip-hop and Funk style in conjunction with complex arm lines and opposing planes.

### Performance (10)

Judges want to see a high standard in all areas of the performance.

#### **TIPS TO HELP YOU ACHIEVE A HIGH SCORE**

**Formations:** To achieve a high artistic score and dance score make sure your routine has a minimum of 5 formation changes.

**Style:** Make sure your routine is reflective of Hip Hop & Funk and not Jazz or Ballet.

**Props:** The use of PROPS IS NOT PERMITTED. Props include but are not limited to chairs, stools & bikes (of any description). The use of props will result in major deductions if not disqualification.

#### **UNACCEPTABLE MOVES**

This category is all about enjoyment and style so Gymnastic & Break dancing movements are unacceptable. Team lifts and acrobatic movements where members lift or propel one or more members off the floor are also deemed unacceptable. Any variations of these movements will not be acceptable.

