



2026/27 Competition Rules & Regulations
for the
**New Zealand Schools Hip Hop
Competition (NSHHC)**

www.HipHopInSchools.co.nz

Changes from previous versions are highlighted in yellow

CONTENTS

Part 1 - General Information	3
1.1 New Zealand Competitive Aerobics Federation (NZCAF)	3
1.2 Hip Hop Unite	3
1.3 Event Organisers	3
1.4 Event Dates and Venues	3
PART 2 - CATEGORIES	4
2.1 Category Overview	4
2.2 Entry Restrictions	5
PART 3 - EVENTS	6
3.1 Regional Events	6
3.2 Event Format	7
3.3 Performance Area	8
3.4 Performance Music	8
3.5 False Start / Interruption	9
3.6 Performance Attire	9
Part 4 - Entry Protocols	10
4.1 Membership	10
4.2 Affiliation and Representation	10
4.3 Entry requirements	11
4.4 Withdrawals	11
4.5 Crew substitutions	12
4.6 Medical Attention	12
4.7 Code of Conduct	12
PART 5 - SCORING AND JUDGING	15
5.1 The Judging Panel	15
5.2 Scoring and Ranking	15
PART 6 - Judging Criteria	16
6.1 Technique and Complexity	16
6.2 Music Expression and Interpretation	16
6.3 Variety and Creativity	16
6.4 Formations and Visual Image	16
6.5 Team Performance and Presentation	17
6.6 Acceptable and Unacceptable Moves	17
6.7 Acceptable choreography and visual image	17

Part 1 - General Information

These guidelines are designed to assist you when entering a sanctioned NSHHC competition. These Guidelines supersede any other Rules and Guidelines.

If at any time you are not sure about anything, please contact any of the event organisers or committee members listed on the website <https://hiphopinschools.co.nz/>). Your query will be directed to the relevant person for answering and if appropriate a written response provided.

1.1 New Zealand Competitive Aerobics Federation (NZCAF)

NZCAF is the parent federation which supports and operates the National Schools Hip Hop Championships (NSHHC). The role of NZCAF is to develop and promote resources and events within New Zealand which encourage participation, develop sportsmanship values, mastery, positive wellbeing and healthy lifestyles within our young people.

1.2 Hip Hop Unite

NZCAF is an official member of Hip Hop Unite (<https://www.hiphopunite.com/>)

1.3 Event Organisers

Each event organiser is appointed by the NZCAF Executive committee, and must adhere to the rules and guidance of the executive.

Event organisers are financially separate from NZCAF.

1.4 Event Dates and Venues

An event calendar for the year's events will be made available at the beginning of term 1, and published on the website <https://hiphopinschools.co.nz/>

Competition venues are chosen based on several factors; availability, stage size, capacity, and cost.

The established NSHHC season falls from July/August through September. Dates are set by considering availability of suitable venues, officials and event organisers.

PART 2 - CATEGORIES

2.1 Category Overview

Section	Division	Crew Size	Age Division	Performance time
Mini Crew	Same School	2-4 dancers	Primary/Intermediate	1:30 (+/- 5s)
			Secondary	1:30 (+/- 5s)
	Open		Cadet	1:30 (+/- 5s)
			Junior	1:30 (+/- 5s)
Small Crew	Same School	5-10 dancers	Primary/Intermediate	1:30 (+/- 5s)
			Secondary	2:00 (+/- 5s)
	Future Champions		Cadet	2:00 (+/- 5s)
			Junior	2:00 (+/- 5s)
	Open		Cadet	2:00 (+/- 5s)
			Junior	2:00 (+/- 5s)
Mega Crew	Same School	11-25 dancers	Primary/Intermediate	2:30 (+/- 5s)
			Secondary	2:30 (+/- 5s)
Open	10-25 dancers	Cadet	2:30 (+/- 5s)	
		Junior	2:30 (+/- 5s)	

2.1.1 Divisions

- Same School
 - All dancers within the crew attend the same school, or
 - All dancers within the crew attend a recognised brother/sister school.
- Future Champions
 - A crew is representing a studio, or
 - Dancers within the crew attend different schools, and
 - Less than 50% of your crew competed at the finals of an NSHHC Open (or Hip Hop Unite) division at the previous NSHHC National Championships, or
 - Less than 50% of your crew competed in the finals of a Worlds Selection category at the most recent Hip Hop Unite New Zealand Nationals.
- Open
 - A crew is representing a studio, or
 - Dancers within the crew attend different schools, or
 - A Same School Crew who wishes to compete against non Same School crews.

2.1.2 Age divisions

Primary/Intermediate	All dancers are school year 4-8
Secondary	The majority of dancers are school year 9-13
Cadet	All dancers are aged 7-13
Junior	All dancers are aged 12-18
Adult	One or more dancers are aged 19 or over

Note: Cadet and Junior age Divisions are based on the age the competitor will become during the competition year.

2.2 Entry Restrictions

2.1.2 Dancers competing in multiple categories

Dancers may enter multiple divisions per event. But, they may only enter in one crew per Age Division. In other words, a dancer can not compete against themselves in the same category.

2.2.2 Crews competing in multiple divisions

Crews may only enter one Division.

Crews who compete in the Open division can not compete in both the Open and Same School division, even if they meet the Same School criteria.

PART 3 - EVENTS

3.1 Regional Events

3.1.1 Qualifying Regions

Each qualifying region has an annual competition which serves as a qualifier for the annual National championships.

Southland	Queenstown lakes district, Gore south
Otago	Gore north to Timaru
Christchurch	Timaru north
Wellington	New Plymouth south, including Central North Island
Online	Available to dancers who are more than 3 hrs drive from a regional event

If you are unsure about which region to enter under, contact details are available on the website (<https://hiphopinschools.co.nz/>)

3.1.2 Competitions

Regional Competitions (July/August)

- Christchurch Schools Competition
- Otago/Southland Schools Competition
- Wellington Schools Competition

National Championships (September)

3.1.3 Competing outside your region

If you need to compete outside your region, you must contact the Technical Committee for approval. The Technical Committee will notify the regional organiser.

Competitors from outside of the region are not able to win a Regional title.

3.1.4 Qualifying for National Events

To be eligible to compete at the National event, you will have placed as follows, in the final of your regional event:

- 1-5 crews in your category: top 3 to compete at National event
- 6-9 crews in your category: top 4 to compete at National event
- 10+ crews in your category: top 5 to compete at National event

The numbers stated above are the minimum that will be allowed to go to the National event. The Regional Head Judge has the ability to allow more to go through to the National event if the ability level is deemed appropriate.

Qualification for National Events is tied to the crew and its members who competed at the qualification event.

3.1.5 Reconsideration of Selection

Where a crew is not selected to attend the National event, a request for reconsideration may be lodged with the National Head Judge.

This must be lodged in writing (to the National Head Judge) and received no later than 1 week following the Regional event. The National Head Judge's decision is final once made, and no further correspondence will be entered into.

3.2 Event Format

3.2.1 Rounds of Competition

- Preliminary (Elimination round) * all competitors/crews
- Heats: remaining competitors/crews
- Finals: top 5 competitors/crews

For Future Champions and Open categories, when there are 5 or fewer entries, the Head Judge may elect to run 'straight finals'.

Where a heats round has been held, a maximum of 5 in each category will go forward to the finals.

When there are 12 or more entries in a category, the Head Judge may elect to run a preliminary round.

3.2.2 Competition Order

The order will be randomly drawn by the event organiser and you will be given the order prior to the competition. Finals order may be shuffled depending on the tabulation system used by the organiser.

3.2.3 Performance Times

The timetable run order will be arranged to allow the time between competitors routines and rounds of competition. This is to ensure safety, but also efficient event management and operations.

The amount of time allowed will depend on the size of competition, and what allowances can be made to benefit the majority of competitors.

When entering multiple categories, competitors and choreographers must be aware that this may limit the time between routines.

3.2.4 Requests for changes

In general, requests for changes to performance order of competitors or categories will not be considered.

Event Organisers may accommodate requests in extenuating circumstances, but this is at the discretion of the Event Organiser and Event Head Judge. Requests must be received in writing no less than two weeks prior to the event.

3.2.5 Announcement of results and finalists

Between rounds of competition in an event, the names of those moving forward to the next round will be released.

No rankings or scores are released between rounds.

Rankings for will be released to the website after the conclusion of the event for Heats and Finals rounds only. Rankings for Preliminary rounds will not be released. Due to operational reasons this may take up to 10 working days.

3.3 Performance Area

An area of 9 x 9 metres square will be marked on the floor.

In some venues the performance area may have to be altered. Dancers will be given this information as soon as possible.

Mega Crews may use the entire visible stage.

3.3.1 *Staying on stage*

In all sections, all crew members are required to dance throughout the entire routine and must remain on stage.

3.3.2 *Entering and Leaving the Stage*

After a crew is introduced, they are to enter the performance area and promptly assume their starting position. The crews may **briefly** greet or acknowledge the audience prior to assuming their starting position and thank or acknowledge the audience before promptly exiting.

3.4 Performance Music

3.4.1 *Music length*

Timing will begin with the first audible sound and will end with the last audible sound (this would include a cueing beep if used).

Music length is allowed 5 seconds either side for the time limit. e.g 1:25-1:35, 1:55-2:05 and 2:25-2:35

The responsibility rests solely with the choreographer and the crew to verify the length of their music meets the performance time requirements of their category, prior to the competition.

3.4.2 *Acceptable content*

Music containing bad language will not be accepted.

3.4.3 *Penalties*

Failure to meet these requirements and/or the requirements of the category will result in the judging panel penalising the routine.

- A minor error would result in Judges dropping the routine 1 ranking.
Examples of minor errors:
 - Track length is +/- 5 seconds from the category requirements
 - Music contains bad language.

- A major error would result in the crew not being allowed to progress to the final round.
Examples of major errors:
 - Track length is +/- 6 seconds from the category requirements

The application of these penalties are at the discretion of the event Head Judge and the Head Judges decision is final.

3.5 False Start / Interruption

A false start is defined as:

1. A technical problem prevents the commencement of a performance after the crew has entered the stage
2. A technical problem prevents the continuation of a performance once it has started

A routine that is not started, interrupted, and not completed, due to the fault of the crew, is not considered a false start/interruption. This would include, but is not limited to; leaving the performance area before the routine is completed, falling from a pair or crew starting position. If not a false start/interruption, the crews will be disqualified.

A false start/interruption is when the circumstances causing it are not within the crew's control. This would include, but is not limited to, damage to the facility, failure of equipment or foreign objects on the stage. The decision as to whether the false start/interruption will be acceptable will be at the sole discretion of the Head Judge.

If it is deemed to be a false start/interruption, then the crews will have the option of performing again. This may be immediately or at the end of the category, and is at the discretion of the Head Judge.

3.6 Performance Attire

Closed-toe footwear is mandatory. Footwear must be clean, and have a non-marking sole.

Costumes and make up must be age appropriate and suitable for a school competition environment.

Masks may not be worn.

Make Up is permitted, however full face paint or theatrical face painting is discouraged.

Body oils or body paint which may transfer to the performance floor are strictly prohibited.

Costumes should be well constructed, and stay secure during performance.

Clothing must not be used as props or removed during the performance. Clothing may be incorporated into choreography, as long as it remains in the control of the dancer e.g. not thrown or dropped.

3.6.1 Unacceptable performance attire or use of attire

If a crew's performance attire, or use of attire, is identified as inappropriate during heats, the choreographer will be informed by the Head Judge following heats. The crew will be required to alter the attire, or use of attire, prior to any further performances.

3.6.2 Props

Props are not to be used. This includes but is not limited to chairs, whistles, balls, chains, etc.

Part 4 - Entry Protocols

4.1 Membership

Competitors wishing to enter NSHHC events must be current financial members of the parent federation (NZCAF).

Regional event entry fees include a membership levy, which is passed to the parent federation by event organisers.

Choreographers and managers who train crews entering into NSHHC events must also be current financial members of the parent federation.

4.2 Affiliation and Representation

Dancers entering into the Same School categories at NSHHC events

- must currently be attending a New Zealand school
- represent their school, and do so at the discretion of the school's leadership team.
- may be affiliated with independent studios

4.2.1 Studios affiliation

Studios that enter competitors into NSHHC events are not affiliated with NZCAF as an organisation, and are financially and operationally independent. Studios and their choreographers must not represent the Studio as belonging to, representatives of, or officials of NSHHC or NZCAF.

4.2.2 School Requirements

All schools whose students compete at NSHHC events must be registered by completing the stipulated registration forms.

School registration requires a registered contact who is a current employee of the school. Note: This is required even if the school does not directly manage registrations. This contact may be used by event organisers or committee members to escalate any concerns or queries relating to a competitors entries or conduct.

School based choreographers and managers are required to be financial members of the parent federation.. Where the individual is a registered teacher, the membership fee will be waived.

4.2.3 Studio requirements

Studios wishing to enter competitors must

- be registered by completing the stipulated registration forms.
- have notified the school of any student affiliated with their studio, who they intend to enter into NSHHC events.

Studios may not prevent a competitor or crew from participating in an NSHHC event. For example, if a crew or dancer(s) leaves their studio..

Schools may choose to stipulate specific policies or processes that students at studios, and/or studios training their students, must adhere to. This arrangement is independent of NSHHC. Event organisers and committees will support and follow the guidance and direction of schools in relation to these policies and processes when necessary.

4.3 Entry requirements

4.3.1 Entry forms

All entries to NSHHC must be made through the official entry forms. These will be made available on the website during term 1 of the NZ school year.

It is the requirement of the individual submitting the entry form to check that the entry and competitor(s) meet the relevant category requirements e.g. competitor age/year group, or crew size.

Entries found to be incorrect may be adjusted by the Event Organiser or Head Judge at any time, including during the event.

4.3.2 Cut off dates

Each event will operate with cut-off dates for entries, music, skill lists, waivers, and payments.

For example;

- Payments are due 14 days after the entry is submitted
- Entries close 4 weeks prior to the event
- Submissions (Music, skills lists, waivers, and profile forms) close 3 weeks prior to the event

Note, the timing may be adjusted due to operational requirements for a specific event.

These dates will be published on the website.

4.3.3 Late entry

Late entries will only be accepted if the event has capacity, and organisational requirements allow. Late entries are accepted at the discretion of the event organiser.

Where a late registration is accepted;

- A late fee of \$5 per competitor, per entry, will be applied for all registrations received after the published cutoff date.
- Payment will be due within 2 days of registration.

4.3.4 Late submissions (Music, skills lists, waivers and profile forms)

A late fee of \$5 per item will be charged for submissions (Music or skills list) that are not received by the specified cutoff date.

4.3.5 Submission changes (Music and skills lists)

Submitted music or skills lists may be changed by contacting the event organiser up to 7 days before the event.

A change fee of \$5 per item may be applied. This is at the discretion of the event organiser.

4.3.6 Late payments

A 10% late fee will be applied when payment is not received by the event's specified cut-off date.

4.3.7 No pay no play

All payments and applicable late fees must be received prior to the event taking place.

Failure to do so may result in competitors being unable to participate. This is at the discretion of the Event Organiser.

4.4 Withdrawals

Withdrawals after entries have closed will not be refunded, and any outstanding fees will still be payable.

Compassionate consideration will be given to withdrawals due to illness. A medical certificate may be requested.

4.4.1 Refunds

Any Refunds will be processed within 10 working days after the conclusion of the event.

4.5 Crew substitutions

4.5.1 Regional Events

For circumstances beyond the control of the dancers(s), substitutions may be made prior to the heats round. Any substitutions must be notified to the event organiser in writing, with the name of the dancers involved.

Substitutions are not permitted between heats and finals.

If a crew member becomes unwell between heats and finals, or is otherwise unable to perform, the event organiser must be informed prior to the finals performance. The crew will only be able to compete if it still meets the relevant category size requirements.

4.5.2 National Events

Where a crew has qualified for the national competition, changes or substitutions to entries must be approved by the National Event Organiser.

You cannot change more than 50% of a crew.

Examples

- A crew of two can not substitute or drop any crew members.
- A crew of four can substitute one crew member.
- A crew of four can not substitute or drop two or more crew members.
- A crew of three can substitute one crew member, remaining a crew of three.
- A crew of three can drop one crew member, becoming a crew of two.

The size of the crew can not be increased between regionals and nationals.

Requests must be submitted in writing and approved prior to the cut-off for entries.

4.6 Medical Attention

A medical professional or official will be on-site in the event of injury or illness. It is the responsibility of the dancers, choreographer or crew administrator to report a dancer's injury or illness to the event organiser(s).

If at any time prior to or during competition a dancer is ill, injured, or his/her physical condition is at risk by competing, he/she may be declared ineligible to compete or disqualified from competing further. The competition organiser(s) reserves the right to withdraw any crews who appear to have such serious injury or medical condition.

Any medical condition that may put the crews or others at risk, must be brought to the attention of the event organiser as soon as possible.

The Head Judge reserves the right to request the submission of a physician's written authorisation for a dancer to compete.

The Head Judge reserves the right to limit a crew's performance if they deem that a medical condition is present that poses a risk to the safety of the crew or others.

Medical apparatus such as casts or plastic or metal joint braces must not be worn during competition.

4.7 Code of Conduct

All individuals participating in NSHHC events and activities agree to abide by the event code of conduct. This includes, but is not limited to, competitors, choreographers, teachers in charge, studios, their staff and supporters.

Event and federation officials have absolute discretion regarding the implementation, regulation and enforcement of the code of conduct.

A breach of the code of conduct may result in entry for an individual or group being removed, and/or restrictions placed on the individual or group's ability to attend future events.

4.7.1 Sportsmanship and inclusion

The Code of Conduct serves as a foundational guide; however, it cannot detail every potential situation.

Dancers, choreographers, supporters, and administrators are required to behave in a manner that upholds sportsmanship and promotes inclusion. This extends to all forms of communication and conduct, encompassing in-person behaviour, written correspondence, social media activity, and group agreements like studio/school policies and contracts.

Any actions by a dancer, choreographer, school, or studio representative that is deemed to negatively affect an individual or restrict participation will be deemed a violation of this code. Such a violation may lead to the individual or group being barred from future involvement in activities.

4.7.2 The NSHHC Code of Conduct

Be a positive role model for the competition and dancers

- Ensure all those attending the event have a positive experience.

Maintain a high standard of integrity

- Operate within the rules of the competition and in the spirit of fair competition, while encouraging your dancers to do the same.
- Be honest throughout the course of the competition, including in all dealings with choreographers and competition officials

Respect the outcomes of competition

- Treat the decisions of officials with respect and courtesy, raising any questions or protests through the official channels after the conclusion of the event.
- Show humility and sportsmanship.
- Choreographers should actively discourage unsportsmanlike behaviour by any participant, including dancers, choreographers, parents and other spectators. Schools and studios are responsible for the conduct of their dancers, parents/carers of dancers, choreographers, and supporters.

Be professional

In all interactions with others;

- Display high standards in your language and manner, showing courtesy, respect, honesty, dignity, and professionalism to all involved within the sphere of dance – this includes dancers, choreographers, officials, administrators, parents, and spectators.
- Care for and treat with respect all the equipment and facilities used during the course of the competition

Respect the rights, dignity and worth of every individual

- Treat everyone equally regardless of sex, disability, ethnic origin, or religion. Respect the talent, development stage, and goals of each dancer in order to reach their full potential.

Protect dancers safety

- Contribute to a safe environment and a culture that is accepting and respectful of individual differences and free from all forms of harassment.
- Place the welfare and safety of the dancers above all else, and display empathy and act with care towards all dancers who may be sick or injured.
- Any physical contact with dancers should be appropriate to the situation and necessary for the dancer's skill development.
- Be alert to any forms of abuse directed towards dancers and/or event attendees, and raise it to the attention of event officials immediately.

Safety, in the context of this code of conduct, includes physical and emotional safety and wellbeing, which may be affected by actions conducted in a physical sense as well as through written and electronic means (including social media).

Support a safe, well-managed event

- Work with administrators and officials to support a safe, managed, and successful event.
- Follow the directions of officials and administrators, taking action immediately when asked to do so by any officials or administrators.

PART 5 - SCORING AND JUDGING

5.1 The Judging Panel

5.1.1 Panel configuration

There are two panel configurations which can be used including:

1. A five judge panel (4 x hip hop judges and 1 x Head Judge) OR
2. A three judge panel (2 x hip hop judges and 1 x Head Judge)

Head Judge

The Head Judge will oversee the judging panel and is the highest technical authority at a Competition. The Head Judge does not submit a score but is responsible for ensuring consistent and fair application of the Technical Regulations by the judging panel and overseeing the correct implementation of the judging systems and the tabulation of results.

Hip Hop Judge

The Hip hop Judge will apply a score for each crew, after considering the hip hop criteria in comparison to all other routines. The ranking of a routine will be derived from a score out of 10.

5.1.2 Panel members

Judging panels are configured with the aim of inclusivity, diversity, fairness and transparency in line with the mission and ethos of NSHHC and NZCAF.

Panels are assembled from individuals who are representative of our communities and those entering our events. For example; trained dance teachers, experienced dancers and choreographers who have experience in Hip Hop, as well as other performance and competition formats.

5.2 Scoring and Ranking

The goal of the ranking system is to determine the winner by the majority of placings given by the judging panel, rather than the addition of scores.

For example using a 7 judge panel:

- Crew A: 4 judges have 1st place / 3 judges have 2nd place
- Crew B: 3 judges have 1st place / 4 judges have 2nd place
- Crew A is the winner

The tabulation system will find the crew with the most first places then the most second and third etc, to determine the final ranking.

5.2.1 Application of Scores and Ranks

The total ranks applied by all judges for each crew, will determine the placing of the crews for the competition. The crew with the best ranking will be determined the winner.

In the case of a tie the lead hip hop judges' ranking will determine the outcome.

PART 6 - Judging Criteria

All movement must be appropriate too, and reflective of the various, Hip Hop styles and 'moves'

The Choreography should display different styles with respect to all of the following criteria:

- Technique and complexity
- Music Expression and Interpretation
- Variety and Creativity
- Formations and Visual Image
- Team Performance and Presentation

Please keep in mind that the choreography should relate to the criteria and that each criteria is as important as the other. 'Choreography is only as good as its technique, expression and performance.

6.1 Technique and Complexity

- High level of technical ability and quality in all Hip Hop styles and movements
- Precise, purposeful placement and control of all movements and body parts
- Ease of movement
- Each style should be executed correctly with a high level of technique and in the original manner that the style was intended. It is advised to avoid styles that cannot be executed well by all crew members
- Demonstrates body control and coordination, using multiple body parts together to execute Hip Hop movement styles with clarity.
- Use of complex/difficult moves and styles specific to the various hip hop styles
- Ensuring movements and styles chosen are safe and executed well so as not to risk injury to any crew member

6.2 Music Expression and Interpretation

- Demonstrates strong musical interpretation through movement choices, stylistic execution and interpretation
- Demonstrates expressive qualities that reflect the recognised stylistic foundations of Hip Hop.
- Music should align with and support the stylistic qualities of the Hip Hop styles used.
- Music and movements should be inseparable
- Shows consistent accuracy in matching movements to musical beats and accents.
- Use of the natural music structure and phrasing such as highs, lows, rhythms, counter tempos, and lyrics/text

6.3 Variety and Creativity

- Demonstrates creative, full-body movement with unexpected and original choreographic choices
- Use of a variety of different Hip Hop styles and movements
- Unpredictable original transitions when changing positions of crew members to create formations and a visual image
- Transitions from one style to another should be creative and flow as part of the choreography
- Unpredictable and creative changes in the vertical levels
- Variety in the use of the whole body

6.4 Formations and Visual Image

- Uses all crew members to create a clear and engaging visual image
- Clear intention in the use of directions, formations, and floor space.
- Uses vertical levels to enhance overall visual interest and crew cohesion.
- Tricks should flow naturally within the choreography, avoiding obvious setup or reset moments.
- Tricks should serve a choreographic purpose, not be included solely for show.

6.5 Team Performance and Presentation

- All dancers show the same level of precision in their execution.
- The choreography is delivered with excellence from start to finish.
- Dynamic energy and intensity throughout performance
- Ability to generate excitement, enthusiasm, and a mood appropriate to Hip Hop stylistic requirements.
- Interactive choreography with crew members
- Demonstrates accurate timing and synchronisation with other dancers.
- The routine should primarily showcase cohesive crew work, with minimal reliance on solo performances.
- Costumes should have a cohesive appearance consistent with Hip Hop/street style.

6.6 Acceptable and Unacceptable Moves

Important: All moves and especially 'tricks', should be executed perfectly, without any danger/risk of injury to any crew member. If in doubt of acceptance, consult the Head Judge prior to commencement of the preliminary round.

6.6.1 Acceptable Moves

- ✓ Aerial moves
- ✓ Lifts anywhere in the routine (with attention to the safety of the dancers)
- ✓ Unlimited supports (standing or in a 'floor' position)
- ✓ Self propulsion

6.6.2 Unacceptable moves

- ✗ Assisted propulsions
- ✗ Head or neck spins or rolls
- ✗ Any movement that risks injury to a crew member

6.7 Acceptable choreography and visual image

All choreography, and visual elements presented in the competition must be suitable for a school environment. Performances should avoid content, gestures, or themes that could be considered inappropriate, offensive, or inconsistent with the values and expectations of a school setting.

If a crew's choreography or performance is identified as unacceptable during heats, the choreographer will be informed by the Head Judge following heats. The crew will be required to alter their choreography prior to any further performances.