

2025 National Competition Rules & Guidelines



Timeline of JUMP JAM Registrations and Events

Event List	Location / Venue	Event Dates 2025
Video Entries Close 5pm	Online Entry	10th September 2025
Qualifying Categories Due Out	Emailed direct/then Website	16th September 2025
Payment Due for Qualified Teams		19th September 2025
Ticket Sales	Via Trybooking.com	3rd October 2025
South Island Regional Competition	Christchurch – TBC	1st November 2025
North Island Regional Competition	Tauranga – Bethlehem College	8th November 2025
National Winners Announced	Phoned or Live	8th November 2025

Open to all JUMP JAM Licensed Schools

JUMP JAM licensed Schools may compete using any one JUMP JAM song/routine that its school has licensed. **Objective:** To allow students from all JUMP JAM licensed schools to participate and experience competition, confidence, team building, fun, fitness and leadership opportunities.

2025 Entry requirements:

There are two ways to enter Challenge Nationals: **1/** Schools will film their team(s) and upload the video file via Google Doc's, then submit an online entry form with the video link by **5pm**, 10th September. Film the team performing the original JUMP JAM choreography. No changes or costumes are required at video entry. If your school qualifies for the JUMP JAM Competitions, they will be invited to compete in their region, North or South Island. Top point scorers from the North and South Island categories will be compared and an overall National winner will be awarded.

2/ Schools/teams may also get invited to compete at Challenge Nationals in either the Strictly National, All Star, Advanced or Xtreme categories directly from the 2025 Strictly Regional competition should they score enough points. If invited, registration forms are required by **5pm**, 10th September.

JUMP JAM Challenge is a competition for schools that wish to add their interpretation on Brett's Choreography with new moves, transitions plus adding costumes to enhance their theatrical performance and boost their confidence on stage. Strictly Nationals will be for invited schools from the 2025 Strictly Regional competitions to compete without costumes or choreography changes exactly as they did in their local competition.

Team Entry Fee & Numbers

- **Entry fee per student** for National Challenge Competitions is **\$45 in 2025 per student** includes a Nationals Tee Shirt (GST inclusive). Note: Only 2 coach/assistants will receive free entry for the JUMP JAM Challenge competition per category (2 per team). Should your team have more than 2 coaches, please purchase a ticket for the others to watch.
- **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**.
- **Video Submission Entry Fee** of \$25 per team. Which will cover the judging category qualifications. Invoices will be automatically generated via registration form and will be for payment by the 19th September 2025.

The JUMP JAM Championships Entry Form will be available from **Friday 1st August 2025**.
at <https://www.jumpjam.co.nz/national-entry-form/>



Categories For 2025

- Year 1-4 All Star, All Boys All Star, Year 5-6 & 7-8 All Star, Advanced & Xtreme.
- Strictly Year 1-4 and 5-8 Nationals (Invite only from Local Strictly Competitions)
- A minimum score needs to be achieved for teams to qualify for a category.

Once qualified for the National Challenge Competition, you will be assigned a division All Star, Advanced or Xtreme within your year category based on your scores. Below are the percentages of changes at the live competition you can alter.

- **Yr 1-4 & 5-8 Strictly** teams are not permitted any choreography changes or to wear costumes.
- **All Star & Advanced** teams are permitted up to a **maximum of 33%** choreography changes and permitted costumes.
- **Xtreme** teams are permitted up to a **maximum of 40%** choreography changes and permitted costumes.
- We have the right to combine two categories or not run a category at the Regional Live Competitions if entry numbers are minimal.

In relation to choreography changes, please consider that this is an **aerobics** competition. All choreography changes should be kept aerobics exercise based and themed to the style of the song. We don't want excessive Dance, Gymnastic, Tumbling, Cheer or Hip Hop moves. All movements must be deemed safe for competitors and audience. **Individuals performing unsupported gymnastic moves (All Walkovers, Back Handsprings, Aerial Cartwheels and Round offs) may incur a 1-point penalty per move.** If in doubt or for further clarification please email competitions@jumpjam.co.nz

Parent/Coach Team at Live National Competitions (November):

Minimum number in team 8 – 20. No cost to enter competition. Ticket entry required to enter auditorium. Using the same song as the team, but with no choreography changes. Wear a costume if you want. Best performance at the live event, will receive a new License/Kit for their school. Judged throughout both North and South Island competitions. We recommend using your vocals to add to your performance with facials etc. Talk to the parents and other teachers and register by the 10th September 2025.

General JUMP JAM Challenge Competition Rules and Guidelines

Team Entry

- **Team size – minimum 10 students, maximum 25 students**
 - Any number of teams can be entered for Challenge competitions; **Team size – minimum 10 students, maximum 25 students.** Students can compete **up** a Year category. E.g. a year 4 can enter a year 5-6 category, etc (this could help with numbers). Students cannot dance **down** a level. E.g., a year 8 cannot enter a year 5-6 category.
 - If schools want to enter more than 1 team in the same category, they must be all different students in each team doing different routines.
 - If schools qualify more than 1 team, and you wish to use the same students from one team for another team in a different category. **A maximum of 3 students in total can perform again, in a second team.** Students can dance up an age level, and a category, but not dance down an age level or category. E.g. A yr. 4 student can dance up in a yr. 5-6 category, but a year 5-6 Xtreme student cannot also compete in an 5-6 All Star team. If in doubt, please contact us.
- The online entry form automatically creates a GST invoice, which is emailed directly upon submission to the address you load. Please use this as your payment invoice. If you are entering more than one team and would like only one invoice. Please email linda@jumpjam.co.nz and request one invoice for X number of entries.
- You will be automatically emailed details of your registration. Please read this if payment is late, we may be unable to change details. We will send a full confirmation once payment is received. If you have not received a confirmation, check at your end if payment has been made or phone our office 021 275 7997.

Click this link - [Google Drive Uploading Instructions & Guidelines for filming](#)

Music & Coach Cueing

- Choose one original JUMP JAM song in its original length from any JUMP JAM Resource Kit, which your school has licensed. If you are unsure if your routine is licensed to the school, please contact linda@jumpjam.co.nz to confirm.
- If you have trouble finding the music only CD, please contact linda@jumpjam.co.nz before filming your routine.
- NO coach/parent or students should be prompting/cueing at the competition. Penalty point may occur

Awards & Prizes

- National qualifiers will compete to win team trophies between 1st – 3rd together with 1st – 3rd medals for each student in the team.
- There will be a participation certificate for all students, 4th place down.
- **Certificates in Presentation** Certificates are awarded to teams whose overall presentation is deemed convincing and confident.
- **Certificates in Technical Execution** Certificates are awarded to teams who display correct technique.
- **Certificates in Creativity** Certificates are awarded to teams whose choreography changes are creative and connect with the music.
- **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 – Brett Fairweather, plus a selected panel chosen by Brett Fairweather. Judge's decision will be final and no correspondence will be entered into.
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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, etc.

- [Posture and Clarity of Movement](#)
- [Range of Motion](#)
- [Energy of Movement](#)
- [Sharpness of Movement](#)
- [Examples of what the judges are looking for](#)
- [Timing Choreography Changes For Advance and Xtreme](#)

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 to separately film the faces for performance, the feet for foot work technique & the torso and arms also for technique. Let the students assess themselves (judge, using the marking schedule below).

- Link for [Scoring for Presentation and Technical Execution: Strictly, All Star, Advanced & Xtreme](#)
- Link for [Scoring for Creativity: All Star & Advanced & Xtreme: Creative Additions & Patterns/Formations](#)
- Link for [Scoring for Creativity: Xtreme, Interaction, Levels & Rhythm](#)
- Link for [Scoring for Costumes & Props: All Star, Advanced & Xtreme](#)

PLEASE NOTE: 33% All Star & Advanced or 40% Xtreme. There is a limit on how much choreography you can change!

This rule is to ensure the routines are clearly recognisable JUMP JAM based fitness routines.

It's VITAL you check the original video and compare your changes. Time your changes with a stopwatch. If for example your chosen JUMP JAM song is 4mins or 240 secs and you are competing in the advanced 33% category, then you can change 79 secs. 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 and stay within your required limit.

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	

All Star & Advanced Creativity Scoring

Pattern & Formations Shapes (e.g., circle, v shape)	10
Creative additions to original choreography	10
Total	20

Xtreme Creativity Scoring

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

Costumes

Links with theme of routine	3
Original Creative Concept	1
Attention to detail	6
Total	10

Head Judge Bonus Points Award at Nationals Only

Difficulty of routine chosen to perform – Performed with Excellent Technical Execution	Up to 3 points
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Deductions

Inappropriate behaviour by whole team/member(s) or person(s) associated to the team.	Up to 5 points
Choreography Changes over 33% or 40% depending on category	Up to 5 points
Students competing down a year level. E.g., A year 5-6 team with 10 members and 2 are year 7	Up to 5 points
Any part of the costume dropped/left visible 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!