

2025 Rules & Guidelines



The Strictly JUMP JAM Competition for 2025 will be a local event throughout NZ. Draft dates and venues are listed below for each area. Dates, Costs and Venues will be confirmed by 14th March 2025.



26 th July Hamilton (Boys High School)	17 th August Dunedin (Kaikorai Valley College)
27 th July Tauranga (Otumoetai College)	21 st August Masterton (Wairarapa College)
2 nd August Blenheim (Marlborough Girls' College)	23 rd August Palmerston North Boys High
3 rd August Nelson (Boys College)	24 th August Napier (William Colenso)
9 th August Christchurch (Cashmere High)	30 th August Auckland (Westlake Girls High)
16 th August Invercargill (James Hargest)	
Registrations open 21st May and close on the 18th June 2025 at 5pm.	
High scoring teams, will get invited to compete at our Strictly National Final or a Challenge Nationals category competition in Christchurch 1 st November or Tauranga 8 th 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. Two categories Strictly Freshman and Strictly Open. T-Shirts provided, no costume, no choreography changes, just strictly the Jump Jam routine.

Categories

- **Strictly Freshman Year 1-4;** that have never competed previously at any JUMP JAM competition. However, any student that competed in the previous JUMP JAM competitions that were year 1, 2 or 3 can compete again in this Strictly Freshman. Teams in this category can consist of students **between Year 1 and Year 4**.
- **Strictly Freshman Year 5-8;** Students that have never competed previously at any JUMP JAM competition. Teams in this category can consist of any students **between Year 5 and Year 8**. This means that **teams can be mixed between these year levels, or they can be made up of one-year level only**, e.g.: Year 6 students only. If there are enough entries from year 7-8 teams, we will split this category into year 5-6 & a 7-8. For 2025 we are allowing a maximum of 20% of the team can have competed before, however they must be placed in the back-row wings/sides.
- **Strictly Open Year 5-8;** Students that have competed previously at any JUMP JAM competition. However, Freshman students can compete in this category if you need for numbers. Teams in this category can consist of any students **between Year 5 and Year 8**. This means that **teams can be mixed between these year levels, or they can be made up of one-year level only**, e.g.: Year 6 students only. If there are enough entries from year 7-8 teams, we will split this category into year 5-6 & a 7-8

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. A student can dance up a year level, for any reason in any category. They cannot dance down a year level.

The Strictly JUMP JAM Local Entry Form will be available from 21st May and close on the 18th June 2025 at 5pm.
www.jumpjam.co.nz/strictly25/

General Information

The competitions will be run mostly with teams on stage weeknights from 6-9pm approx, Saturday or Sunday from 12 -7pm approx (except Auckland and Christchurch – 9am – 9pm potentially). Once entries are received, a timetable will be sent asap.

Number of Students/Teams You May Enter

Any number of teams can be entered from your school. **Team size – minimum 10 students, maximum 25 students.**



Minimum Entries Required for Event To Go Ahead

The competition will be run in each location, subject to a **minimum number of teams entering**. Spread the word to ensure the local event goes ahead. We reserve the right to cancel or reschedule the event if necessary. If we do not have enough entries in a category, we have the right to combine two categories or not run this category. Or if too many, split into age groups or possibly sub categories.

Team Entry Fee

- **Entry fee** for this competition will be **\$38 per team member and includes an original JUMP JAM T shirt** (please note, this fee is for the first three largest teams entered). The cost for the 4th or 5th + teams from the same school will be discounted to \$28 per team member, based on the smallest team sizes.
- Coaches can order a JUMP JAM Tee Shirt for themselves with the team entry at \$28 each.
- **Payment by Direct Credit** to 03 0181 0191378 00 please use your "school name & which region" as reference **One payment per school**. You can pay for multiple teams with the one deposit.

Choreography Changes

- Teams are **not** permitted any choreography or formation changes. Choose a formation that allows all team members to be seen and stay in this formation. Tip: 3 lines of students across gives depth, and space team members only half metre apart. In doubt or for further clarification, please email competitions@jumpjam.co.nz. Strictly perform the exact JUMP JAM routine, learnt from the JUMP JAM video resource kit. In doubt, video your team and compare the original JUMP JAM Video against the students video.

Costumes

- No make-up, props or costumes for any **Strictly** category. Matching hair ties or hair ribbons are permitted **only**. If you want, you can coordinate the teams' shorts/tights and shoes or bare feet.
- 2025 Strictly Freshman will be given a **Royal Blue** JUMP JAM Tee Shirt, once the coach signs in at the green room, on the day of the competition. This is to be worn on stage by all team members. This has been included as part of the entry fee for students to keep after the event. No other costuming is permitted.
- For the **Open** category, a different coloured JUMP JAM Tee Shirt for 2025 will be supplied. This has been included as part of the entry fee for students to keep after the event. No other costuming is permitted. The colour will be confirmed once all details and payment have been received.

Music

- Choose a JUMP JAM song in its original length from any JUMP JAM Resource Kit, which your school has licensed. We will supply all the music at the live competition.

Staging

- Venues to be confirmed. Allow the stage size to be approx. **6m** deep x **7m** wide (Except Dunedin 5m deep by 7m wide). Entry will be from the audience seating space to either front of stage or side stage, depending on the venue. If the routine moves forward/back, we recommend 2 rows of students for the Dunedin venue.

Awards & Prizes

- Teams will compete to win a 1st - 3rd place Trophy per category and Certificates for each student placing 1st, 2nd or 3rd.
- There will be a participation certificate for all students, 4th place down.
- **Certificates In Presentation** Certificates are awarded to teams whose overall presentation excels
- **Certificates In Technical Execution** Certificates are awarded to teams who display correct technique.
- **Certificates In Sportsmanship** Certificates are awarded for kindness, courteousness, politeness and support to other teams and volunteer staff, tidiness of area where your team is, listening and following directions. This applies to team members, coaches and supporters.

Frequently Asked Questions

1. **What is your best piece of advice?** Read and **re-read the scoring criteria**. Get the students to read the rules too. Also use the video camera in rehearsals from day one. Especially read the rules regarding **Vocal** part of presentation - calls/chants, singing.
2. **If some of my students competed last year in Strictly or Challenge, can they compete in Strictly Freshman this year.**
 - In a Year 1-4 Strictly category, any student in 2024 that were year 1, 2 or 3 can compete again in this Strictly Freshman.
 - In the Year 5-8 Strictly Freshman category, A Maximum of **20% of the team can have competed previously**. However, they must be placed in the back-row wings/sides. Examples: In a team of 10, up to 2 previously competed students can compete, in a team of 15, up to 3 previously competed students can compete and must be placed in the back-row wings/sides.
3. **What is the cost to watch for supporters?** Note: Different venues have different prices. Approximate cost will start from Babies aged 0-1 are free, Toddlers aged 1-5 from \$7.50, Children aged 6-15 from \$14.50, Adults aged 16+ from \$18.50, Family passes will be available too. All ticket costs and booking fees will be confirmed once entries close.
4. **What time will the competitions start?** Masterton competition we aim to start at 6pm – 9pm, All other competitions, we aim to start competitions at 12pm - 6pm approximately. This is just a guideline, until entries close and we schedule the teams into the competition.
5. **Can a team of All Boys enter?** Yes absolutely, in fact All Boys teams have won previously. If we have 3 or more teams, we will run an All-Boys category.
6. **If a team member pulls out, can I get a refund?** If we are advised the **number of students pulling out before 10am, 26th June**, then YES. After this date/time there will be **NO** refunds. The coach will still receive the ordered tee shirt for this student.
7. **Once we compete in the Strictly competition, where can we go from here? Can we enter any other competition?** Yes, the next step up would be to enter the Challenge by 10th September 2025 by submitting a video. Unless invited directly at your Strictly Local competition to compete at Strictly National Finals or a Challenge category (1st November in Christchurch or 8th November in Tauranga)



Strictly Competition Scoring

Presentation 50% of Score

Convincing & confident performance	10	
Attitude with facial expressions & character acting	10	
Vocal calls/chants, singing	10	
Total	30	

Bonus Points Award

Spine tingling performance creating that 'Magic'	Up to 3 points
--	----------------

Demonstrate a **Confident and Convincing performance** (No mistakes...very well-rehearsed and convincing actors, especially if the routine has a theme). We will be looking for the team (ALL members from back row to the front) that is, "owning the routine". Not just the most confident leader in the centre front. Are they all eyeballing the judges and audience or are their eyes down?

Attitude is the appropriate emotion in each specific routine. Smiling and having Fun is generally a good start in presentation. Some routines are party songs, others display power-energy, being cool, even scary, how about animated, comic, serious, culturally appropriate, and themed to the music & dance era of the time and anything from the lyrics that adds to it you can interpret. While attitude is obviously important, attitude should be positive. Show a sense of humour within your attitude to enhance your fun score. Using **facial expressions and character acting** will enhance your performance. If you select a song like "I Like To Move It" animal type expressions will add value to your scoring. Utilise the theme of the chosen song with your face as much as you can. For example, if the song is from a movie become that character e.g., act like "Sharpay" from High School Musical "I Want It All" JUMP JAM # 13. A good tip is to initially get them to sing the entire song aloud as a way of practicing facial expressions and the emotions behind them.

Vocalising is an effective way of displaying passionate presentation and keeping audience involved. **Tip** be loud and clear and be heard over the music. Not just mime the words

Singing = Have the whole team sing any part of the song. As a guide sing up to 50% of the song max.

Calls = Are vocal samples relating to the song/theme. It's often one or two words or sounds from the song. Aim for 8 different calls minimum.

Chants = An original sentence you have created that sends a message to the audience. Most often it is the school name. Examples are "P.I.N.E.H.I.L.L Pinehill" chanted by Pinehill School or "We are here to entertain you" or "JUMP JAM Rocks". Aim for 4 different chants.

Technical Execution 50% of Score

Team moves with synchronicity & in time with the music	10	
Energy of movement and exercise value	10	
Clarity & Sharpness of movement	10	
Total	30	

Bonus Points Award

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

(This reflects some routines are technically easier to perform. E.g., difficulty of Moves and complexity of choreography)

Team moves with **Synchronicity** Your team moves as one and in time with the music. Think detail from head to toe. E.g., all head movements should be choreographed. Hands should be all either a blade, fist, star or in character. Feet should all be pointed or flexed. Use video analysis to see whom in the team looks different and why? Check everyone knows their spacing and stays in shape. The judge's eye should not be drawn away unintentionally.

Energy of movement and exercise value: Using current choreography we expect each team member to be powerfully executing the movements within the given range of the original routine. Judges ask "could that move be executed with more energy?" Power is defined as strength x speed. Your team should be physically exhausted when they come off stage (like they have been sprinting for 3-4 minutes). JUMP JAM is a fitness exercise programme so please remember that. Please execute each movement to its full range of motion. e.g., if the song says "get on up then down" aim to reach to full extension upwards and then dynamically squat all the way down. Show a contrast. In simple language, think BIG! Extend from fingers to toes.

Clarity of movement: an example is when students finish the move by bringing their feet tightly together and/or placing their hand/fist back on their hip or wherever their start/finish position is e.g., star jumps. Every movement when broken down frame by frame has a start and end position (use video analysis). **Sharpness of movement** is at the end range of motion with each move; hold a sharp pause for a split second to emphasis razor sharpness of movement. Some of the best examples of this 'sharp' technique are seen on YouTube in the World Hip Hop or Cheerleading Championships.

In the event of a tie, the team with the highest PRESENTATION score will be the winner. If there is still a tie, then an equal placing shall be awarded.

Note: Judges decision is final, no correspondence will be entered.

Video Examples To Assist With Training & Rule Clarification

[Posture & Clarity Of Movement](#) , [Range Of Motion](#) , [Energy Of Movement](#) , [Sharpness Of Movement](#) , [Training Tips Workshop](#)