

# PIROUETTE!



# THE RHYTHMIC GYMNASTICS NEWSLETTER – N° 01 March, updated June, November 2018 and June 2019

LAUSANNE (SUI), June 2019

# 2018 Code of Points

# **Questions and Answers**

# **Generalities**

- 1. A gymnast loses 1 club out of the floor area. She takes a replacement club, removes her own club and takes the second club (so as to use the same clubs in the pair). What is the penalty? 0.30 + 0.30 (two different, separate times).
- 2. What to do in this case: in a Group exercise with clubs, two different gymnasts lose one club each outside the floor area, crossing same or different lines? 0.30 +0.30
- 3. One gymnast loses both her clubs at the same time but each club crosses a different line: who takes the penalty? Only one time -0.30 (#3.2, page 8), and the SJ will confirm which line judge will deduct the penalty.
- 4. Is it possible for a gymnast to wear a leotard and additionally "socks" or decorative legwarmers? No because the leotard must be all in one piece.
- 5. Individual exercise: Is there a penalty if a BD group is present but not counted in the highest 9? No penalty for "missing Body Group" (ex: rotation) if a pivot is present in the exercise even if it's not counted within the highest 9.
- 6. During the exercise with the hoop a gymnast loses the apparatus out of carpet and takes the replacement apparatus to continue the exercise. In the second part of the exercise the gymnast again loses the hoop which crosses the boundary. She did not recover the hoop which she lost nor did she take the second replacement apparatus but took her own hoop which she lost out of the floor area the first time. What is the penalty by the Line and Coordinator judges? First loss: 0.30 for apparatus crossing the boundary of the floor area (line); second loss: 0.30 for apparatus crossing the boundary (line), 0.30 for gymnast crossing the boundary (line), and 0.50 for use of an unauthorized replacement apparatus (Coordinator).
- 7. If an individual gymnast becomes injured or unable to continue for unforeseen reason and cannot complete her exercise, how should the judge proceed? Each subgroup of judges D and E will give their score up to the moment she stopped, including all relevant penalties.

- 8. If an apparatus is lost and leaves the floor area, the gymnast takes the replacement apparatus, and then the apparatus returns and stays inside the floor area, is there a penalty for the apparatus which returned by itself and stays on the floor? 0.30 for loss outside the floor area and 0.50 for an unauthorized use of replacement apparatus (original apparatus still in the floor area).
- 9. What is the Apparatus Program for Juniors for 2019-2020? See Code of Points p. 81! Individuals: Rope, Ball, Clubs, Ribbon; Group: 1st exercise: 5 Hoops; 2nd exercise: 5 Ribbons.

# D1-D2

- 1. How can the judges understand the difference between a 10° deviation (0.10) and 11° (0.30)? The angles are just a guideline. Judges will learn to think in terms of small, medium and large deductions.
- 2. For the ring position during a BD: can the foot touch any part of the head? YES.
- 3. What will be the technical penalty for a split leap with ring if there is a small deviation in the split and a small deviation in the ring positions? Technical fault: -0.10 (for small deviation of the split) and -0.10 (for small deviation in the ring) See #2.3.1, page 16 the BD is valid with a Technical Execution penalty "for each incorrect body position."
- 4. Split Leap with ring: A gymnast medium deviation in the ring position (0.30) and front leg medium deviation in the split (0.30). Is it 0.60? Yes, Technical faults are 0.30+0.30; BD is valid with medium deviations.
- 5. In addition to the incorrect body positions (split or ring, etc.), if the gymnast performs the leap with a kip movement, does the Technical Execution judge deduct for the incorrect shape with deviations and also kip movement? YES, the judge will deduct for "incorrect shape with (small, medium, large) deviation" (for each body position that is relevant #2.3.1) and "shape with (small, medium, large) kip movement."
- 6. What are the D values and technical faults for these jump executed in this way:

D: 0.30	D: 0.50	D: 0.50
TF: -0.50	TF: -0.30	TF: -0.10
5000	6000	6000

- 7. Further to the above example: if a gymnast performs —— later in the exercise, is this jump valid? No, this is a repetition of the first leap above so it is not valid and cannot be part of the highest 9.
- 8. If a gymnast performs a leap with an "incorrect landing: visible arched back during the final phase of landing," and because of this, her front leg lands heavily, should the technical execution judge penalize 0.30 (arched landing) + 0.10 (heavy landing)? Most often a jump with an "incorrect landing: visible arched back during the final phase of the landing" also has a heavy landing with the front leg; therefore, only one landing penalty should be taken for each jump: if arched back during the final phase -0.30; if only a heavy landing (no arched back during the final phase) -0.10.
- 9. Difficulty jump #20. Split leap, or with ring or with back bend of the trunk, or take-off and landing on the same leg (Zaripova). Should a gymnast also demonstrate "split" and "ring" in "Zaripova"? Yes, both these criterias are required.
- 10. If a Balance Difficulty is performed with a small or medium deviation in the shape, is this position still considered "well-defined" for the balance to be valid? Yes, see #2.3.1. A shape with a small or medium deviation in the shape is recognizable and can be validated with technical fault(s).
- 11. For Balance Difficulty: is a Balance Difficulty valid if the gymnast does not execute a stop position? #9.1.2: "If the shape is well-defined and the apparatus element is executed correctly(예: 형태가 보이는 동안에 볼의 바운스와 함께 도움이 없는 사이드 스플릿) but the stop position is insufficient, the balance is valid with a technical execution penalty (-0.30 "shape not held for a minimum 1 second" page 54).
- 12. For these balances: and : if the trunk is between both those 2 shapes, is this a deviation in the shape? No: for balance #8 the trunk is "horizontal or below"; therefore, anywhere horizontal or below is valid without a deviation.
- 13. For Balance #23, is it necessary to have a stop position in the first shape? No, it is a Dynamic Balance, which do not need stop positions in any phase of the balance (#9.1.2, C).
- 14. If a gymnast performs with a stop position in a dynamic Balance, any penalty deducted?

  No penalty.
- 15. If a gymnast performs a Balance with a stop position and correct apparatus handling and after puts her hand down as support, is the BD valid? No: if the loss of balance with support happens while she remains in any phase of the Balance position, not valid (see #2.2.3).
- 16. Regarding #10.1.2: "Rotation will be evaluated according to the number of rotations performed. In case of an interruption (hop), only the value of the rotations already performed prior to the interruption will be valid." Are any rotation(s) valid after the hop(s) without travelling and hop(s) with travelling? -0.1 hop(s) without travelling: Yes, valid; -0.3 hop(s) with traveling: not valid.

- 17. During a rotation pivot a gymnast supports on the heel during a part of the rotation when performed in relevé, difficulty valid? According to 10.1.2 Rotation will be evaluated according to the number of rotations performed. If only one rotation less than base rotation is performed with interruption, difficulty not valid. In case of an interruption in other rotations after first base rotation, only the value of the rotations already performed prior to the interruption will be valid.
- 18. During a Rotation difficulty, the shape must be achieved before the end of the minimum basic rotation (#10.1.7): does this mean the base rotation is valid with a deviation in the shape? YES, as long as the shape can be identified before the final position is achieved.

However, in this rotation , the shape can only be identified once the final position has been achieved.

NOTE: a deviation in the shape is <u>different</u> than the preparation phase of the rotation.

- 19. For sit is it necessary for arms to touch leg? No it's not necessary for arm to touch, Split is required and backbend of the trunk below horizontal.
- 20. During a pivot penché with ring, the first rotation has a small deviation in the ring position, the second rotation has no deviation, and the third rotation has a medium deviation in the ring position: what is the technical fault? -0.30 for medium deviation, taken one time for the same body position during one BD.
- 21. If the ball is placed in the back during a ring pivot with support, is it necessary for any part of the leg to touch the head? YES; for BD which require contact between the head and leg, her leg must touch any part of her head, including her hairstyle ("bun").
- 22. Page 22. Note: "An apparatus element can only validate one BD even if there are 2 actions of the apparatus element." Could you please clarify if this is correct: The same bounce of the ball (bounce and catch after this bounce) cannot be used in two connected balances for example, bounce on the first balance and catch on the second balance? Correct.
- 23. If a gymnast has a small knot in the ribbon, will a BD be valid with this knot? Not valid because this is a technical fault of -0.30 (see BD #2.2.3, Dance Steps #4.4, AD #6.2.3)
- 24. Dance Steps: are the pre-acrobatic elements listed in 5.4.1 plus illusion the only elements not authorized in the Dance Steps (would other rotational elements **not listed** be authorized during the Steps in the steps?) Those listed is #5.4.1 and #5.4.2 are not authorized during dance steps and any modifications in performance to the pre-acrobatics listed are also not authorized.
- 25. During Dance Steps Combination (S), a gymnast changes the modality 2 times but no change of the level, rhythm, or direction. Is this dance step combination valid? No because missing 1 variety (4.1.3).

- 26. A gymnast performs a Dance Steps Combination, fulfilling all requirements for 8 seconds; after this, she still continues the Dance but loses the apparatus. Are the Steps valid? YES, if she first completes all requirements, it is valid.
- 27. If a gymnast performs bounce of the ball under the leg during jeté jump from right hand to left hand and after during a balance she has a front bounce, are they considered different? Yes, different.
- 28. If a gymnast performs a Fouetté Balance with a hop during some phase of the balance, is the Balance valid? What is the technical fault? Yes, valid: see COP #2.2.3, page 14: only for those points listed in #2.2.3 will the BD not be valid; the TF is page #54, Basic Technique: "loss of balance additional movement without travelling" (-0.10) or "loss of balance: additional movement with travelling" (-0.30). In either case, these are faults of body technique not of apparatus so the BD is still valid.
- 29. During a fouetté balance, a gymnast performs one of the balance components while rotating: is this valid? NO.
- 30. If a gymnast holds the ball against the forearm during a BD and the apparatus should be "unstable", is this valid? Yes, valid: see COP #2.2.3, page 14: only for those points listed in #2.2.3 will the BD not be valid; the ball "grasped against the forearm" is a technical fault with the apparatus of -0.10 (p. 56) so it is valid (in cases with a TF of apparatus of -0.30 or more is the BD not valid).
- 31. If a gymnast completes 360° base rotation for a Rotation BD with correct apparatus handling and valid shape and then loses the axis, is this BD still valid with technical fault of -0.30? Yes, valid if the base rotation is correctly completed with apparatus handling, TF for loss of axis. If the loss of the axis is before the end of the base rotation, not valid because not performed according to basic characteristics.
- 32. Will Body Difficulty or Dance Steps Combinations be valid with any knot in the ribbon? Must it be removed?
  - BD or S with any knot in the ribbon will not be valid because a technical fault with the apparatus 0.30 or more (#2.2.3, p.15). It is necessary to remove the knot or take the replacement apparatus for any remaining D elements to be evaluated.
- 33. If a gymnast performs a Balance with the correct shape and valid apparatus handling which is held for less than 1 second (not "twenty-one") is this valid? VALID with technical fault of -0.30 (#9.1.2).
- 34. 선수가 <u>밸런스 난도를 하는 동안 선수의 손이나 팔로 지지하는 다리를 잡을 수 있는가(예.</u> <del>퐁쉐 ; 측면 경사) ?</del> 선수는 지지하는 다리를 터치할 수는 있지만 지지하는 다리 자체를 잡고서 <u>밸런스 지지로 사용하지 않는다.</u>

# **ATTENTION:**

2 BD with non-dominant hand for JR!
Repetition of identical handling on two BD
Invalid handling (i.e. tapping of the hoop on the floor)
Dance Steps that are not complete 8 seconds (final second(s) are preparation for the next D element)

#### D3-D4

- 1. If the gymnast intentionally catches the hoop on the wrist or forearm, is this still valid for "direct catch in rotation" even though it is no longer valid for "no hands"? YES. Valid as direct catch in rotation (intentional catch on arm) but NOT additional 0.10 for "without the help of the hands". Catch on another part (like elbow) can be also "without the help of the hands". No Technical Fault for incorrect catch when the judge can identify it is intended as part of the choreography (has a smooth connection which follows into the next movement).
- 2. How many steps are tolerated as the gymnast exits a chainné or cartwheel or walkover to catch the apparatus before the penalty for "imprecise trajectory" is applied? From chainné: a gymnast must open her leg from the turning position-this step is tolerated. If the gymnast performs this tolerated step to go out of the chainné or pre-acrobatic element it's accepted but if it's performed in order to save her apparatus from falling it will be considered as imprecise trajectory.
- If the gymnast has choreographed steps or stylized body movement under the flight of the apparatus during AD, the penalty for imprecise trajectory would not apply, correct? CORRECT
- 4. If the gymnast catches the apparatus during the last rotation of R ex: illusion or cartwheel or roll, but this catch is not outside the visual field, is it still valid for the number of R rotations and any possible other criteria like change of axis or rethrow (even though it is no longer possible for the "direct catch in rotation"?) YES
- 5. In AD for the throw of the apparatus on the horizontal plane: must this also be "more than two heights of the gymnast"? Only to be valid as an AD 0.30 of a large throw
- 6. If a gymnast loses one end of the rope with an interruption during catch, is the R counted? YES (according to R definition).
- 7. During the catch of the ribbon in R, if a part of ribbon not the stick is caught, is the R counted? Yes (according to R definition).
- 8. If the gymnast performs the basic requirements for R but the gymnast falls in order to catch the apparatus, is the R valid? Yes (according to R definition).
- 9. If a gymnast has a small knot in the ribbon, will R be valid with this knot? Valid (see #5.1.2 and #5.1.4).
- 10. Regarding the height of the throw of the apparatus for AD: if the gymnast throws the ribbon fully stretched outward (but not upwards), is this a medium throw? Yes.
- 11. The below Non-Fundamental roll elements for example clubs/ribbon are valid for 0.30 AD only if performed on a minimum 2 large body segments according to 6.3.2, correct? YES, for a value of 0.30.
  - a. Rolls of 1 or 2 Clubs over a minimum of 2 large body segments
  - b. Roll of the Ribbon stick over a minimum of 2 large body segments

#### Note:

- Rolls of 1 or 2 clubs on the part of the body or on the floor will be valid for AD 0.20.
- Roll of the ribbon stick on the part of the body will be valid for AD 0.20.
- 12. If an AD element has two bases, how does the judge determine the value? The value of the highest base correctly performed.
- 13. Can a gymnast receive 2 ADs (AD throw and catch of this AD) if executed correctly? Yes, they have different bases but must also be different criteria.
- 14. Will AD be valid with small knot in the ribbon?
  - AD with small knot in the ribbon will not be valid, because a technical fault with the apparatus 0.30 (#6.2.3, p.28). Major alteration of the basic technique of the apparatus (technical fault of 0.30 or more). It is necessary to remove the knot or take the replacement apparatus for any remaining D elements to be evaluated.
- 15. A gymnast performs penché balance with rotation of the hoop on the upper foot (without hands, without visual field), then small throw of the hoop without hands and without visual field maintaining this balance. Is there one or two AD? This is one AD: one "particularly difficult synchronization between apparatus and body."
- 16. For AD: if there is a Base and criteria correctly executed, is an AD valid? AD must be according to the complete definition (#6.1) not a partial definition.
- 17. Sometimes AD elements are 'interesting" or "innovative" but do not have two criteria (or two bases with one criteria), can such elements be valid because they fulfill most of the definition? NO, to be valid AD must fulfill the complete definition (#6.1).
- 18. If a gymnast attempts to perform a large roll but the ball does not actually roll over two large segments, is this a technical fault or the AD is not valid? Both: the AD is not valid because the definition of the Base (roll over 2 large segments) is not met; there is a technical fault of 0.10 depending on the error (incomplete roll or roll with bounce).
- 19. Can you explain the difference between "roll" and "sliding?": ROLL: rotation motion around an axis; SLIDING: movement with a falling action from top to bottom
- 20. Please clarify: is a cartwheel on one hand the same as the same cartwheel on two hands (i.e, a repetition) or are these different? SAME (repetition) #5.4.2 lists differences:

Walkovers and cartwheels are considered different:

- forward or backward or sideways
- on the forearms, on the chest or the back
- with and without switch of the legs
- starting and landing positions: on the floor or standing
- 21. Definition of Boomerang: "Boomerang": release of the ribbon (the end of the ribbon is held) in the air or on the floor and catch: an element which only includes a pull back of the ribbon (without the release) does not meet the definition of Boomerang.

#### 22. For AD, clarification:

- Medium throw  $\mathcal{I} = 1$  AD possible (0.20)
- Catch from Medium throw ↓: 1 AD possible (0.20)
- 2 different technical groups (#3.4)
- Small throw/catch → = 1 AD possible (not 2 AD for the same small throw and catch
- because 1 technical group)
- 23. 회전을 하는 신체난도 동안 수구난도를 입증하는데 필요한 2개의 기준 "신체난도" 와 "회전"? 이것이 가능 한가? 아니오: 원칙적으로 코드북은 두 번의 가치를 받기 위해서 하나의 요소( 또는 경우에 따라, 하나의 동작)에 대해 값을 제공하지 않는다. 그러므로 두 기준 모두 동일한 단일 요소에서 나올 수 없다. 두 번째 기준 또는 추가 기준이 필요하다.
- 24. 포에테 발란스에서 신체난도 기준을 사용하여 두개의 다른 수구난도를 수행할 수 있는가? 아니오; 위 참조; 동일한 신체난도는 두개의 다른 수구난도를 승인할 수 없다.
- 25. 리본을 연기하는 동안 선수는 회전 중에 유효한 수구난도 잡기를 수행하고, 즉시 이 회전에서 스파이럴을 수행한다. 수구난도 "잡기"는 물론 기초 "스파이럴"로 수구난도를 부여하는것이 가능 한가? 아니오; 위 참조; 동일한 요소(회전, 이 경우에)는 두 개의 다른 수구난도로 승인할 수 없다.
- 26. 만약 자유로운 리본(잡지 않음)이 신체 주위에서 패턴을 수행하는 경우(기초 : 핸들링) 리본 스틱의 압착 위치가 리본으로 수구난도에 허용될 수 있는가? 아니오, 그것은 수구난도의 정의를 충족하지 못하기 때문에 할 수 없다.
- 27. 신체난도가 수구난도로 간주되는 밸런스 동안 팔을 따라 <u>후프의 크게 굴리기</u>가 시야 바깥쪽으로 <mark>확장되었는가? 이 요소는 유효한 기초와 두 가지 유효한 기준 (신체난도 및 외부 시각 필드)을 가지고 있는가?</mark> 규칙적인 기초와 정확히 수행 되어진 기준을 가진 모든 수구 조작이 수구난도로서 유효한 것은 아니다. 수구난도는 반드시 완전한 정의에 따라야 한다(#6.1)

TC는 이러한 굴리기의 유형을 후프의 기초 작업의 일부로 간주하며, 기술적으로 수구와 신체 간의 동시성이 어렵거나 회전하는 신체난도보다 더 안정적인 균형 상태에서 수구난도가 되기 위해 혁신적이지 않다.

그러나 TC는 신체난도 동안 <u>볼의</u> 큰 <u>굴리기가</u> 기술적으로 더 어렵고 정의에 따라 실행 될때 수구난도로 간주할 수 있다.

- 28. **리본에서 기초"부메랑"이 있는 수구난도에 대해 회전의 기준을 고려할 수 있는 경우는?** 회전은 반드시 리본의 놓아주기 또는 당기기 후에 스틱의 잡기가 있어야 하지만 놓아준 리본의 비행 아래 있어서는 안된다.
- 29. "부메랑"을 위해 리본을 놓아준 다음, 던지기 준비로 다시 발로 돌아왔을 때, 기초"부메랑"을 승인할 수 있는가? 아니오, "부메랑"은 손이나 몸의 다른 부분에 의해 스틱의 놓아줌과 회수(잡기)를 필요로 하기 때문이다. 만약 잡기가 없다면, 이것은 다음 던지기만을 위한 준비다.
- 30. 던지거나 "에샤페"할 때 리본의 끝을 쥐고 하는 것이 수구난도 기초로 유효 한가?
- a) 던지기의 어떤 유형(소형, 큰 중형), 수구는 반드시 자유로운 비행에서도; 수구난도의 기초로서 던지기의 어떤 유형 동안 리본의 끝을 잡고 있는 것은 가능하지 않다.

- b) "에샤페"는 비행 중 스틱의 회전에 의해 정의된다, 작은 또는 중간 높이; 만약 "에샤페"가 리본의 끝을 잡고 수행되었더라도 "에샤페"와 수구난도에 대한 정의가 충족되면 수구난도는 유효하다.
- c) 기초와 수구난도의 정의가 충족될 경우 리본의 끝을 잡고있는 "수구조작" (3.4) 요소의 수행도 가능하다.

#### **ATTENTION:**

Apparatus Base (for BD and AD) not performed according to its definition

### 1.5 Base Rotations in DER

AD: BASE THROWS (small, medium, large)			
AD + one or more steps* + catch	Not valid: TF -0.30 or more (*clearly imprecise trajectory: steps performed to save the apparatus from falling)		
AD + loss of apparatus	Not valid: TF -0.50 or more (loss)		
AD: BASE CATCH			
One or more steps + AD	Valid		

# **Artistic Execution**

- 1. If a gymnast has insufficient use of the body segments throughout the entire exercise but does perform 2 partial or full body waves (as the only visible use of the segments), what is the penalty? 0.10 insufficient use of the body segments.
- 2. Is it possible that she uses the segments actively and the face participates (no penalty) but she does not actually perform 2 "waves" of any kind, penalty 0.20? YES, the penalty of 0.20 is applied because of absence of a minimum 2 different body waves (partial or full).
- 3. If a gymnast has only 1 wave, is the penalty of 0.20 applied? Yes.
- 4. For the Fundamental requirement catch of the ball with one hand: if the gymnast catches in one hand and then immediately supports with a second, is this valid for the Fundamental requirement (with a technical fault)? Yes.
- 5. What if there is an absence of harmony between the music and movement at the end of the exercise where the gymnast clear finishes before the music has ended: is this also the same penalty of 0.50? YES
- 6. What if there is clearly a dynamic change in the music that the gymnast does not respect with a change in her movements? There must be at least one identifiable dynamic change in the exercise; otherwise there is a penalty of 0.30.
- 7. 만약에 선수(또는 그룹)가 리본에 매듭을 가지고 있는 경우, 아이디어, 연결, 리듬에 대한 예술적 요소에서 예술실행 감점은 무엇인가? 예술적 실행 심판은

기술적 결함이 구성 아이디어에 미치는 영향과 선수의 연결을 수행하고 리듬과의 관계를 유지하는 능력을 평가한다. 모든 수행은 중단의 있음/없음 또는 심각성에 따라 다르다. 작은 매듭은 예술적 구성요소에 부정적인 영향을 미치지 않을 수 있지만, 매듭의 결과로 인해 연기의 순간이나 일부를 실행할 수 없는 경우, 심판은 코드북에 설명된 감점표를 따르고, 심판 과정 중에 설명된다.

# **Technical Execution**

- 1. In which case is the penalty for "walking in the handstand position" (-0.30) taken?
  - Walking in the handstand position: visible change support from one hand to another with steps, minimum 2
- 2. Can you clarify when "steps" taken under the flight will be penalized as the technical fault "imprecise trajectory and catch in flight with 1 (or 2 or more) steps"?
  - If the steps are performed to avoid the loss of apparatus due to a throw that flies in an unintended trajectory (example: too far forward, the opposite direction, etc), these are penalized
  - If the steps are intentionally choreographed (have some character of movement), these are not penalized
- 3. When the gymnast is waiting to catch the apparatus with visibly bent elbows, is this a penalty for "incorrect segment?" YES. Please see #6 Technical Execution: incorrect segment: Body segment incorrectly held during a body movement (each time), including the incorrect foot and/or knee position, bent elbow, raised shoulders, etc.
- 4. What are the penalties for the following situation: a gymnast throws the apparatus with an imprecise trajectory, runs for 3 steps but loses the apparatus? It would be a loss based on the number of steps taken in her attempt to catch it (1.00).
- 5. If a gymnast throws with an imprecise trajectory, runs for 3 steps but loses the apparatus and falls in trying to catch it, what is the penalty? 1.00 (see above) plus total loss of balance with fall (0.70) = 1.7.
- 6. 매듭이 리본에 묶여 있을 때 연기를 어떻게 판단하는지 설명해 주시겠습니까? 세 가지 상황이 있다.
  - 작은 매듭이 형성되고 연기의 중단 없이 스스로 풀림 TE 감점: 0.30 매듭으로
  - 매듭이 형성되고, 선수가 연기를 멈추고 매듭을 푼 다음 연기를 계속 함 TE 감점: 0.50 매듭으로
  - 매듭이 묶인, 선수는 자신의 수구를 사용할 수 없다고 판단하고 대체 수구를 사용 TE 감점: 0.70 사용할 수 없는 수구로

# **GROUP**

#### D1-D2:

- 1. Max 9 BD/ED: Are extra Difficulties allowed in Groups? In Requirements for Difficulty #1.7, the table lists the minimum number of BD and ED (4 and 4), with a total of 9 maximum, one by choice. ED and BD are counted in their performance order (page 66, #7.1) and no more than 5 total ED or BD would be counted. If a Group performed more than 5, those ED or BD would not be evaluated and the composition would be at risk of increased Artistic penalties for the Unity of the composition and for possible technical faults.
- If a group exercise has 6 BD and 6 ED, there is no penalty; but should the judges validate the <u>first</u> difficulties, or the <u>best</u> difficulties? For the first 5 in "their performance order" (#7.1), regardless if they are valid or not.
- 3. If a group exercise has 7 BD and 2 ED, is there is a penalty for less than 4 ED performed? Yes, there is an overall penalty for less than 4 ED performed -0.30 (#7.1) and only maximum 5 BD in order of performance can be evaluated.
- 4. Can a Group perform 9 BD + 0 ED, with 0.30 penalty for less than 4 ED? The maximum number of Difficulties is 9, with a minimum of 4 BD and 4 ED (and one by choice). Even if the Group performs 0 ED with a penalty of -0.30 for less than 4 ED, it is not possible to exceed 5 BD per the principle of #1.7.
- 5. If BD is executed in rapid succession in subgroups, will it be penalized? #2.1.3 specifies a minimum of 3 BD, 1 from each body group, that may not be performed in subgroups. However, the performance in rapid succession can be performed in different formations. For the other 1 or 2 BD, subgroups are possible as long as there are the minimum three according to #2.1.3.
- 6. If one of the Group gymnasts does not hold the balance for a minimum 1 second, is the BD valid? Same principle as Individual: BD valid and technical fault of -0.30.
- 7. Regarding #2.2.2: "Only Exchanges by large throws (no boomerang) of the apparatus between the gymnasts are valid as ED. Large throws are determined by the required height or a distance of 6m between the gymnasts." What if the 5 gymnasts throw with distance 6m and low height, but 2 gymnasts in one subgroup have less than 6m. Is this valid? NO.
- 8. Regarding the criteria for 6m: "Distance: 6 meters between each and every gymnast performing an exchange in the throw and/or during the catch (when it is intended as part of the choreography) valid one time per **ED**." (#2.2.6.3). Please clarify the intention of #2.2.6.3: 6m must be between those gymnasts exchanging with each other.
- 9. During an exchange, the gymnasts throw on a Balance Difficulty for 0.10, but the position is not held for one second: is the criteria of BD valid? According to the principle of BD, if the shape is recognizable, the BD (criteria) is valid and the technical fault is 0.30.
- 10. In case of ED with an imprecise trajectory penalty for 0.3 or 0.5, is the ED valid? Yes (see #2.2.5 p.60).

- 11. In the Group Exercise with 6 clubs and 2 hoops, is it possible to exchange only with clubs? Yes, as long as the requirements for ED are respected.
- 12. Regarding #2.2.4: if a Group performs a Body Difficulty and then the same BD as criteria during an Exchange Difficulty, is this a repetition and therefore not valid? It is not a repetition; the BD (0.10) in the Exchange is only a criteria and can be performed another time in the exercise as a BD.
- 13. In a Group exercise with 5 ribbons: if a gymnast has a knot during the ED, is the ED valid? YES. See #2.2.5, p. 60 which lists the "serious technical faults" and would invalidate an ED; a knot is not included there and the ED may be valid if the other requirements for ED are met.
- 14. For Exchange Difficulties: the criteria rotation 0: must this be 180° or 360°? This criteria is always 360° unless specifically noted as 180 in the Code of Points.
- 15. 교환 중에 받기가 앞구르기로 실행될 경우 "바닥의 위치"기준을 "회전"의 기준과 다른 가능한 기준에 추가할 수 있는가? #2.2.6.3 참조: 바닥의 위치는 "선수가 반드시 이미 바닥에 있고, 바닥을 향해 움직이지 않아야 한다"라면, 잡기로 유효하다.

#### D3-D4

- 1. The minimum 2 transmissions for CC are for each gymnast or the by the Group? It's not by each gymnast but the whole group must be in collaboration during the minimum 2 different transmissions.
- 2. In CC: one transmission is with throw, and second is with a roll. Is it a valid CC? YES if only medium and small throw.
- 3. A Group performed 2 minimum transmissions during a Collaboration (rebound, roll, etc) but at the end of the collaboration one gymnast performed a large throw to her partner. Is this valid for CC? NO
- 4. Concerning #6.2.2:" All 5 gymnasts must be in a relationship either directly and/or by means of the apparatus." *Example:* If 3 gymnasts are performing CRR, and the other 2 gymnasts are performing a different collaboration with each other independent from the CRR, this total Collaboration is not valid since not all 5 participate in one Collaboration, even though they are in subgroups: what is the intention of "different collaboration"?
  - "Different" means two different, separate collaborations happening at the same time in sub-groups, which will only be valid with some kind of link between the "different" sub-groups, in which case the lowest value performed will be valid.
  - It is possible to perform a single Collaboration (Ex: CRR2), split into two 2 sub-groups (without a link) with the same identical type of movement (rotation, passing, etc.) who together fulfill the definition of the main Collaboration. Example: Click here
- 5. One gymnast performs CR outside the visual field, without hands, and the second gymnast performs a rotation but the apparatus thrown to her was after the rotation. Is this valid as

CR, CR2 or not valid? Only register what is seen and executed according to the definition: in this case it would evaluated as a CR.

- 6. Throw under the leg of two or more apparatus at the same time in different directions during a jump or element of rotation: is this valid for outside the visual field? YES.
- 7. When passing over the apparatus, the apparatus may not be simply lying on the floor but must be raised at least to the knee level. Is this requirement valid for apparatus that is moving along the floor? Not required for apparatus moving along the floor
- 8. What if the apparatus is lying on the floor, is the collaboration valid? Not valid
- 9. A question about this note in #6.3, Table of Collaboration: Note: a minimum of 3 clubs must be thrown or a minimum 1 club (2 clubs locked) + 1 additional apparatus must be thrown: is this note about 2 clubs locked only about clubs or for other "locked" apparatus like two ropes? Only for two locked clubs there must be the 2 locked clubs and another (because the locked clubs is like one apparatus).
- 10. Please clarify if CR and CRR can be with "medium or large throw" as is specified for CRRR in #6.4. Yes, these Collaborations follow the same principle as Individual R (cannot be small throw).
- 11. Further to the above, if a CR or CRR has a small throw, is this valid? NO.
- 12. 공동 작업 CC동안 6미터의 수평 던지기를 사용할 수 있는가 ? #6.3 참조 : CC는 작거나 중간 던지기로 수행될 수 있다. 만약 수평 던지기가 작거나 중간 높이인 경우(던지기의 높이에 대해서는 #6.4 참조), 유효 할 수 있다. 거리가 공동 작업에서 던지기의 높이를 정의하는데 사용되지 않는다. 6미터의 거리는 교환에서 큰 던지기의 높이를 정의하기 위해서 사용 된다.
- 13. 이러한 유형의 공동작업에서 던지기에 필요한 높이는 : CC, CR, CRR? 작거나 중간 그리고 큰 던지기들의 높이의 자격요건은 #3.4에 정의되어 있다. 높이는 수구의 출발 지점으로부터 평가된다.
  - a) #6.3 참조
    - a. CC: small or medium
    - b. C7: medium or large
  - b) #6.4 참조 : 공동 작업의 이 그룹은 중간 또는 큰 던지기로 CRRR에 대해 표시된 것과 동일한 던지기 요구 사항을 따른다.
    - b. CR, CRR: medium or large
- 14. 공동작업 난이도가 매듭과 함께 유효한가 ? #6.5 참조. 심각한 결함을 나열하고 공동 작업을 무효화 할 수 있다; 매듭이 거기에 포함되지 않으며 만약 공동 작업에 대한 다른 요구 사항이 충족될 경우 그 공동 작업은 유효할 수 있다.

#### **Artistic Execution**

- 1. Is it correct that there is no penalty for missing a type of collective work? Previously we had in the penalty table: "For missing one or more types of collective work". Does this mean that each composition does not need to have minimum 1 of each type of collective work? It needs to have balance between different types of collective work. Or does it mean that we use the penalty for "one type overwhelms...", also in the case that one type is missing? There is not a penalty for missing one, just a direction for balance. When one type is used in the majority of the exercise, this penalty for "one type overwhelms..." is applied.
- 2. What if there is a "potpourri" or a mix of several different pieces of music and there is no clear "idea" about how these different pieces go together for one guiding idea, what is the penalty in Unity? See #4.1.1e, valid for Individual and Groups: « Changes in the character in the music should be reflected by changes in the character of the movements; these changes should be harmoniously combined." If the changes in character do not respect point e, the corresponding Unity/Character penalty is taken according to the degree of fault in the Table.
- 3. During the exercise at any point, if one or more gymnast is without apparatus for more than 4 seconds, is there are penalty of 0.30? YES: #5 "At the beginning or <u>during</u> the exercise, one or several gymnasts are without apparatus for more than 4 seconds" (0.30).
- 4. If the gymnasts are out of synchronization, is this also a penalty of "rhythm?": this will be also a penalty for "rhythm" only if the loss of synchronization results in one or several gymnasts visibly losing the rhythm/accents.

#### **Technical Execution**

1. All penalties for individual gymnasts, under "basic technique" are applied for Group? They are applied as described under #6, given each time, regardless of the number of gymnasts at fault (overall penalty).

0.10

Incomplete movement or lack of amplitude in the shape of jumps, balances and rotations

Travelling without throw: adjusting the body position

0.10	0.30	0.50 or more
Loss of balance: additional movement without travelling	Loss of balance: additional movement with travelling	Loss of balance with support on one or both hands or on the apparatus
		Total loss of balance with fall: 0.70

- 2. For loss of apparatus it is clear that judges take only ONE penalty for the whole group, for the largest loss. The same is not written for imprecise trajectory or incorrect shape. With these faults, several gymnasts may be at fault, with different severity. Should judges apply the same principle as for loss of apparatus? YES because these are overall penalties, taken one time regardless of the number of gymnasts, so the penalty for the most severe fault is taken.
- 3. Leap difficulty: One gymnast has incorrect shape more than 20 degrees (0,5), another gymnast has incorrect shape 15 degrees (0,3). Is the total penalty for this leap difficulty 0,5 or 0,8? No, only 0.50.
- 4. Exchange: Two gymnasts lose apparatus with 3 steps each. Total penalty 1,0. Yes.
- 5. Exchange: One gymnast loses apparatus with 3 steps (1,0), another throw has incorrect trajectory but the gymnast catches after 3 steps (0,5). Total penalty 1,0 or 1,5? Yes 1.50, these are different mistakes with different penalties.
- 6. When two apparatus are lost in the same element, but successively, do we penalize only one time? Example: Two catches in CRR2 performed in rapid succession. For each loss because they are not at the same time.
- 7. When two apparatus are lost in different elements, but one loss is a consequence of the other loss, do we penalize only one time? Each time because they are not lost at the same time.

# **IMPORTANT REMINDERS FOR JUDGES AND COACHES**

- 1. If a gymnast passes through the hoop (when passing through is performed as a base or a criteria of the catch), but the hoop must be caught or "stopped" in some way by a part of the body; if the hoop passes directly to the floor, this is a drop and the element is not valid. Example
- 2. AD elements performed when more than 1m of the end of the ribbon stays on the floor is not valid (technical fault 0.30). <a href="Example"><u>Example</u></a>
- 3. For AD elements with small throw and catch of one or two clubs performed with the criterion "position on the floor": all components of the definition are required according to #6.1, which includes base(s) and criteria but also a requirement to be "particularly difficult"/ "interesting or innovative": does not meet all components of AD definition: <a href="Example">Example</a>

#### ROPE

# **COMPONENTS OF THE DEFINITION: SEE COP #6 APPARATUS DIFFICULTY**

BASES: See #6.3

# Requirement:

#6.1: Minimum 1 Base and minimum 2 criteria or minimum 2 Bases and 1 criterion The base must be performed according to its definition to be valid (#6.2.3)

<u>Example</u> 1: no valid base (not clear enough to be transmission, not visible enough to be sliding) Example 2: base incomplete (rotation of the rope incomplete)

CRITERIA: See #6.4

#### Requirement

#6.1: Minimum 1 Base and minimum 2 criteria or minimum 2 Bases and 1 criterion.

The criteria must be performed according to its definition to be valid (#6.2.3)

<u>Example 1:</u> criteria rotation and outside visual field not sufficient enough for AD; if the rotation of the Rope were really performed under the leg, this would be AD

# **Requirement:**

- A particularly technically difficult synchronization between apparatus and body consisting of a minimum 1 Base and 2 criteria or 2 Bases and 1 criterion
- An interesting or innovative use of the apparatus (not performed on regular basis as standard apparatus movements for RG) consisting of a minimum of 1 Base + a minimum of 2 criteria or 1 Bases and 1 criterion

Fundamental apparatus movements for RG: the correct base of jumps/skips with rope with good variety: this work should be the base of a rhythmic rope routine (but not AD)

Example 1

Example 2

Example 3.

Example 4

Example 5

- Basic synchronization between apparatus and body (neither technically difficulty nor innovative): not AD <u>Example 1</u>
- Lack of synchronization between body and apparatus during the Base and criteria (timing of the criteria not synchronized with the Base, not valid execution for AD):

Example 1 (wrapping before rotation; during rotation only held/squeezed)

AD elements which fulfill the complete definition and requirements to be valid:

Example 1

Example 2, Example 3 (unwrapping)

Example 4 First balance: rotation: AD; second balance valid handling passing through but not AD.

Apparatus handling (*unstable balance*) is valid for the BD but not AD Example 5