

Changes to Code of Points from FIG Newsletter October 2014

DRESS CODE for AEROBIC GYMNASTICS 2015-2016:

Due to the request from the Athletes in the athletes' Meeting in Cancun, long gymnasticstrousers are allowed for MEN's ATTIRE provided that a neat and proper Athletic Appearance is kept.

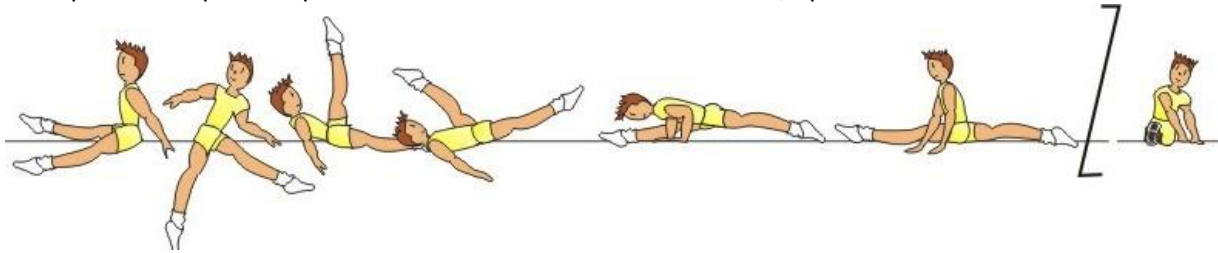
DIFFICULTY

Group A

Clarification: Elements ending in Sagittal Split position

Ending position: Upright upper body facing towards the front leg with shoulders and hips square. **Both hands must be at each side of the body on the floor before any another arm position.** If both hands are on the floor on **one side of the body**, it will be considered as a **FALL**.

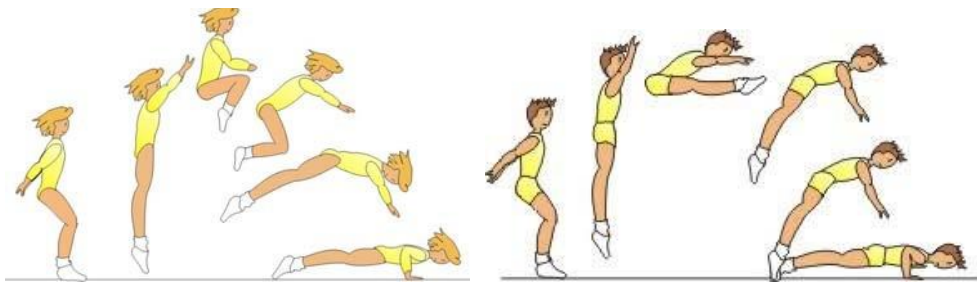
Example : Helicopter to split : → No value for Diff element and 0,5 point deduction in Execution



Group C

Minimum Requirements: ADD---Jumps and leaps landing in PU position

Hands and feet must land at the same time.



At the same time : → Difficulty value Not at the same time : → no Difficulty value

And 0,3 point deduction in Execution

New Family: <Scissors Leap Family>

All Scissors Leap elements are now a new separate family.

Group D

Minimum Requirements: ADD---Illusion Family

The element must be performed **without HOPING**

Clarification: <Turn with leg at Horizontal>:

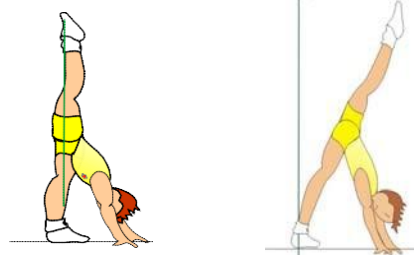
The turn(s) must be performed with the heel of the free leg forward (support and free leg may be straight or bent). Not maintaining the heel in the horizontal position considered as a regular Turn element.



Reminder:

Vertical Split position

In order to receive the value, the supporting leg must be in **Vertical line** (perpendicular) to the floor.



No value

EXECUTION

Group A: ADD---Specific Mistakes

“Wenson shape” not been shown immediately at the landing or leg not supported: - 0.2 point

Both hands landing on the floor on one side of the body in Split ending position: - 0.5 point

Group B: ADD---Specific Mistakes

All Supports (Straddle, L, V) with turn not showing precise (clear) ending position: - 0.2 point

Group D: ADD---Specific Mistakes

Slide or Hoping during Turn and Illusion: -0.2 point

SPECIFIC MISTAKES FOR EXECUTION

(Updated Oct.4 2014)

Specific Mistakes for Group A	0.1	0.2	0.3	0.5
Shoulder is not in line with the upper arm	0.1	0.2		
Direction of the elbow in lateral and hinge is incorrect		0.2		
In “Split ending position” both hands landing on one side of the body				0.5
“Wenson shape” not been shown immediately at the landing or leg not supported		0.2		
“Wenson shape” – Leg lower than upper triceps /not supported		0.2		
The hips are not lifted during the extension phase for leg circles and flairs		0.2		
Helicopter does not finish facing the same direction as the starting position	0.1	0.2		
In Helicopter, finishing with extended arm(s)		0.2		
In High V support elements, back not parallel to the floor		0.2		
Elements without airborne phase		0.2		
Any other body part(s) touching the floor			0.3	

Specific Mistakes for Group B	0.1	0.2	0.3	0.5
Hands not flat on the floor	0.1			
Incorrect Straddle, L, V Position		0.2		
Not to show the precise (clear) ending position		0.2		
Any body parts touching the floor				0.5
In horizontal support families the body/legs are not parallel to the floor	0.1		0.3	
The skill is not held for at least 2 seconds				0.5

Specific Mistakes for Group C	0.1	0.2	0.3
Knees not at the waist level in Tuck	0.1	0.2	0.3
Legs not parallel to the floor in Straddle, Pike, Cossack, Split families	0.1	0.2	0.3
Leading leg not parallel to the floor in Scissors Kick elements	0.1	0.2	0.3
In Split families legs less than 180°	0.1	0.2	0.3
“Wenson shape” not been shown immediately at the landing or leg not supported		0.2	
Legs and hand(s) are not landing to the floor at the same time.			0.3
Butterfly jump: body and legs under the horizontal	0.1		0.3

Specific Mistakes for Group D	0.1	0.2	0.3	0.5
Free foot touching the floor (each time)			0.3	
Leg position not horizontal		0.2		
Inability to complete the rotation in the vertical plane with the lifted leg (Illusion)		0.2		
Vertical split out of vertical line	0.1		0.3	
Loss of balance	0.1		0.3	
Lack of continuity (flow) in turns & Illusion	0.1	0.2		
Slide or hopping during Illusion and turn		0.2		
Extra turn during the Illusion		0.2		
Incomplete rotation / turns	0.1	0.2	0.3	
Turn not on the ball of the foot		0.2		
One hand touching the floor finishing in free vertical split position			0.3	
For Illusion and turns to vertical split, the foot is off the floor in the vertical split				0.5

ARTISTIC

Reminder for use of SCALE:

Aerobic Content and Use of the Space

If the routine shows less than 9 AMP Sequences (IM, IW) and less than 8 AMP Sequences (MP, TR, GR), **apply maximum 1.5 point** (Satisfactory) in the Scale.

Artistry

According to the definition of Artistry

If the routine shows **1 FALL**, apply maximum 1.5 point (Satisfactory) in the Scale.

If the routine shows **2 or more FALLS**, apply maximum 1.3 point (Poor) in the Scale.

AEROBIC GYMNASTICS FIG - WORLD AGE GROUP COMPETITIONS PROGRAMME 2013 – 2016

	National Development	Age Group 1	Age Group 2
AGE CATEGORIES	9-11 in the year of the competition Individuals (co-ed), MP, TR, GR	12-14 in the year of the competition IW, IM, MP, TR, GR	15-17 in the year of the competition IW, IM, MP, TR, GR
COMPETITION PROGRAMME	INTERNATIONAL COMPETITIONS - IM, IW, MP, TR, GR QUALIFICATIONS: 2 units per country and per categories FINALS: the 8 best units in EACH CATEGORY WAGC IM, IW, MP, TR QUALIFICATIONS: 2 units per country and per categories FINALS: the 8 best units in EACH CATEGORY GR QUALIFICATION: 1 GR per country and per category FINAL: the 8 best GROUPS		
EXCEPTIONS	No 1 arm push up No 1 arm support No 1 armlanding	No 1 arm push up No 1 arm support No 1 arm landing	No 1 armlanding
MUSIC LENGTH	1 minute 15 seconds (+/- 5sec)		1 minute 30sec. (+/- 5sec)
DIFF ELEMENTS	6 MAXIMUM	8 MAXIMUM	10 MAXIMUM
ACROBATIC ELEMENTS	2 elements from A1 to A3 (optional)	2 elements from A1 to A6 (optional)	2 elements from A1 to A7 (optional)
COEFFICIENT DIFF	The total score will be divided by 2 points for all categories		
COMPETITION SPACE	7 X 7: IND – MP – TR 10 X 10: GR	7 X 7: IM – IW – MP – TR 10 X 10: GR	7 X 7: IM – IW 10 X 10: MP – TR – GR
COMPULSORY ELEMENTS (Must be performed without combination of 2 Difficulty elements)	4 PU Straddle Support Air Turn Split through	4 Wenson PU Straddle Support ½ turn Tuck Jump 1/1 turn Vertical Split	4 Helicopter to Split Straddle Support 1/1 turn Straddle Jump Full Turn to Vertical Split
ELEMENTS ALLOWED VALUE	0.1 – 0.4	0.1 – 0.6	0.2 – 0.7 (1 element 0.8 point optional)
FLOOR ELEMENTS	Maximum 4	Maximum 5	Maximum 5
PUSH UP LANDING	0	Maximum 1	Maximum 2
SPLIT LANDING	Maximum 1	Maximum 1	Maximum 2
ELEMENT POOL	1 element from each group		
LIFTS	0	1 (Optional)	1
ATTIRE	FIG Code of Points Optional tights are allowed Form fitting body shorts are allowed for both boys and girls.	FIG Code of Points	FIG Code of Points
JUDGES' PANEL	2-4 A-Jury, 2-4 E-Jury, 2-D-Jury, 2-L-Jury, 1-T-Jury, 1-CJP According to the FIG Judges rules, the FIG Technical Regulations, the Aerobic Gymnastics Code of Points.		

AEROBIC GYMNASTICS FIG - WORLD AGE GROUP COMPETITIONS PROGRAMME 2013 - 2016

DEDUCTIONS

	National Development	Age Group 1	Age Group 2
AGE	9-11 years old in the year of the competition	12-14 years old in the year of the competition	15-17 years old in the year of the competition
DIFFICULTY DEDUCTIONS (-1.0 EACH TIME)	<p>More than 6 elements Compulsory elements: missing or in combination with Difficulty element Missing Group (not performed) More than 4 floor elements Element values higher than 0.4 pt Elements in 1 arm support Elements landing to PU / 1 arm PU More than 1 element landing to split Repetition of an element</p>	<p>More than 8 elements Compulsory elements: missing or in combination with Difficulty element Missing Group (not performed) More than 5 floor elements Element values higher than 0.6 pt Elements in 1 arm support Elements landing to 1 arm PU More than 1 element landing to PU More than 1 element landing to split Repetition of an element</p>	<p>More than 10 elements Compulsory elements: missing or in combination with Difficulty element Missing Group (not performed) More than 5 floor elements More than 1 element of value 0,8 pt Element valued 0.9 pt or higher Elements landing to 1 arm PU More than 2 element landing to PU More than 2 element landing to split Repetition of an element</p>
CJP DEDUCTION (-0.5 EACH TIME)	<p>Performing Lift(s) Performing Acrobatic elements (A4 to A7)</p>	<p>More than 1 Lift Performing Acrobatic elements (A7)</p>	<p>More or less than 1 Lift</p>