

# INTERNATIONAL FEDERATION OF GYMNASTICS

## The LETTER from RHYTHMIC GYMNASTICS

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### The LETTER from RHYTHMIC *No. 24*

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Urbino (ITA) / Moutier (SUI) 20/02/2006

#### LETTER No. 22: *Difficulties limited to 18*

As an answer to the various questions raised about the application of rigorous controls over the number of difficulties restricted to 18 in the composition of individual exercises, the TC would like to offer the following clarifications:

Concerning the strict application of paragraphs 1.1., 1.2, and 1.4 of Chapter 4, you must first follow the "Method for filling-out the Difficulty official forms", which is clearly explained in APPENDIX IV of the Code of Points (please refer to the French version, which is the official version). In particular, we wish to emphasize the following concerning Norms 1 and 4:

1. **Difficulties** must be entered in their boxes in the **order of their performance**.
4. The sequence of **all difficulties** must follow the performance order.

Therefore, Difficulty judges (D) must follow and verify all difficulties according to their performance order and add, if necessary, the difficulties missing on the form. The judge must then apply possible Difficulty penalties based on the overall difficulties performed.

#### Penalties:

1. If the exercise has more than 18 difficulties: 0.50 point. Only the first 18 difficulties performed will be evaluated.
2. If the exercise has fewer than 6 difficulties from the group of compulsory body movements: 0.50 point.
3. Groups of non-compulsory body movements: if such a group is represented by more than 2 difficulties: 0.50 point. Only the first 2 difficulties recorded by the judge will be evaluated.
4. Hoop: 0.50 point for unequal use of difficulties from the body movement groups. Only the first difficulties performed and in compliance with the norm will be evaluated.
5. Difficulties performed but not mentioned on the form: 0.50 point for incorrect form (Assistant Judge to be notified).
6. If during the exercise, a gymnast performs more than one « slow turn » during three successive difficulties: 0.50 point for incorrect composition (Assistant Judge to be notified).

Furthermore, it should be understood that any difficulty mentioned in the Code but performed with faulty technique cannot be taken into consideration or evaluated as a body movement element; the D judge will consider it as a non-valid difficulty (0.00 value), which will be further penalized by the E judges.



### Pivot with change of shapes

Further to several questions from coaches, the TC would like to clarify that each shape must be performed with a rotation of 360° at the minimum.

Since the pivot with a change of shapes is considered as a single pivot, the whole pivot loses its value, if one of the shapes does not include a full rotation (360°).

*Note : Concerning the English version of LETTER No 22, the last paragraph on the handling of the ball must be corrected. Please refer to the corrected Letter posted on the FIG site (the French version must always be considered as the official version).*

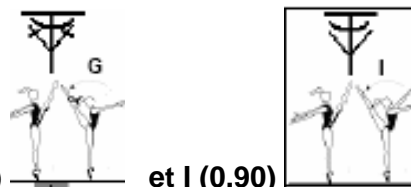
### The 18 difficulty limit: Group Exercises

By analogy, the strict limit of 18 difficulties, also stated in Chapter 4 of the Groups, must be observed. Difficulty judges must follow the same procedures as for individual exercises. The D forms must also comply with the stated procedures.

### Symbols and Execution faults: Clarifications concerning « loss of balance » and “involuntary traveling”

As stated in the minutes of the TC meeting in June 2005 in Moscow, the Symbol Brochure for the evaluation of Execution, compiled by the TC, has been made available to judges on the FIG Internet site section “Download” <http://bios.fig-gymnastics.com/down.htm>, in an effort to standardize the transcription of the various Execution faults. The following two remarks should be useful:

- Judges should remember that the category of various faults pertaining to the « Loss of balance » is not just for the “Balance” group of body movements, but is also applicable to all the other groups of body movements, whenever there is a loss of balance.
- In reality, involuntary traveling, which is used sometimes by gymnasts to « adjust » their position on the floor area, does not just occur during catches of throws, as described in mistakes pertaining to “Imprecise trajectories...”, but can also occur during movements without apparatus throws. In this case and regardless of the number of steps, the judge must apply the penalty for “Incomplete movement” (0.10 point) each time, as explained in the section on “Basic Technique of Body Movements”.



### Ex unit difficulties for Balance n° 43 G (0,70) et I (0,90)

The TC confirms that in both cases, the drawings illustrating these two difficulties in the Difficulty Tables of the Code are correct. In other words, the first movement fits both levels (G) and (I) with “front split **without help**”.



Consequently and according to the Code criteria, if the first movement is a « front split **with help** »,

the value of Difficulty No. 43 is respectively **F (0.60)**



and **H (0.80)**



### Technical Movements for Balance and Flexibility Difficulties: Clarifications

- **Active Rebounds, Ref. Paragraph 7.1.5, Page 66:** « High active rebounds » count as a technical movement. Their height must be calculated based on the height of the gymnast:
  - A rebound performed with a minimum height above the knee counts as **1 technical movement**.
  - A rebound lower than the height of the knee requires a series of rebounds to count as **2 technical movements**
- **Apparatus held in unstable balance, Ref. Paragraph 7.1.9, Page 66:** As indicated in this paragraph, to receive the value of **2 technical movements**, an unstable balance must *be held for a sufficient time*, so that the pause in the desired position is clearly obvious.
- **Non typical Elements:** As indicated in Chapter 3 – Apparatus, it is possible to perform some elements that are not typical of the apparatus, provided that these elements do not overwhelm the composition (for example, *wrap-around, spirals, rebounds of the rope; rolling, rotations, pushback or sliding of the clubs*, etc.). These movements may count as **1 technical movement**.  
*Note: Concerning mills performed with the rope, see the norms published in NEWSLETTER No. 20.*
- **Transmission :** The transmission of the apparatus from one hand to the other during a large and visible movement of the arms counts as **1 technical movement**.

### 'Rhythmic Steps: Clarifications

The following steps are considered as « rhythmic steps »:

1. All steps from classical ballet
2. All steps from folkloric dances
3. All rhythmic steps outlined in Physical Education manuals
4. Rhythmic steps performed on the spot or with traveling
5. Rhythmic steps in different directions and/or with rotations

All rhythmic steps must be strictly tied to music.

### Format of A and D Forms

The TC has created a single form for Artistry and Difficulty, which will be available to the federations on the FIG Internet site: <http://bios.fig-gymnastics.com/down.htm>

The form **must** be used in 2006 for the World Cup Final in November, but it is recommended also for other competitions. Unless stated otherwise, the Continental Unions may also decide to request the use of the new forms for their Continental Championships. (See forms, method for the filling-in and examples enclosed.)

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