



## GENERALITIES

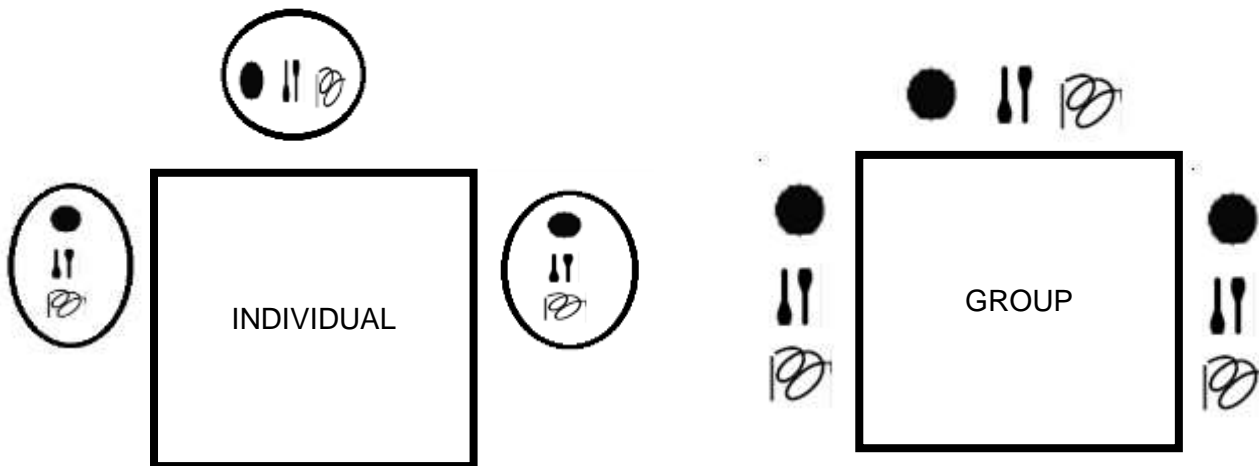
### 1.5.4.

- **Penalty** by the Difficulty (D) Judge: 0.50 point if music with voice and words is used but the coach does not specify on **D** form which exercise uses music with voice and words

➤ Official Form. Use of music with voice and words: ✓ →

Example : identifying only music with words on the official form

**4.2.1. Replacement apparatus around the floor area is authorized** (according to the apparatus program for Individual and Group each year)



- A gymnast may use the maximum number of replacement apparatus placed around the floor area with all applicable penalties (ex: three hoops are placed by the Organizing Committee according to the picture above: the gymnast may use all three if needed in one exercise)

## INDIVIDUAL


### 1.1.7.

- A Body Difficulty is valid if executed:
  - With a minimum 1 Fundamental Technical element specific to each apparatus and/or one element from the Other Technical apparatus groups during:
    - The isolated difficulty
  - For Rotations (Pivots): the declared apparatus technical element can be performed during any part of the rotations
- During every three “Fouettés” in a Multiple rotation, one different Fundamental technical element or element from the Other Technical apparatus groups is required
  - One different Fundamental technical element or Other Technical apparatus group can be performed at any point during each set of three rotations (same for illusions)



## 1.1.10. Pre-acrobatic Element

Walkovers and rolls are pre-acrobatic elements; pre-acrobatic elements are the elements with body rotation which can be added to Body Difficulties under the condition that these elements must end in the corresponding Difficulty or must begin immediately at the end of the Difficulty without any interruption...

- Example:  (turning split leap followed by seated lateral rotation)
  - This type of rotation is not a pre-acrobatic element
  - This type of execution between the difficulty and rotation cannot be performed without any interruption. This additional rotation is not valid.

## 1.2 Dance Steps Combinations

The actual dance steps must have variety in the levels, directions, speed and modalities of movement according to the tempo, rhythm, musical character and accents  
Dance Steps will not be valid with:

- fall of the gymnast or loss of the apparatus
- missing a minimum 1 Fundamental apparatus element
- less than 8 seconds of dance
- the entire combination performed on the floor (only partially is possible).


**Note:** small technical **faults** (one fault or more) of 0.10 point are penalized by the E Judges and the Dance Steps Combination is valid.

## 1.3. Fundamental and Other Apparatus Technical Groups

- Writing the official form:

- Each apparatus element (Fundamental and Other) written for Body Difficulty
- Only Fundamental apparatus elements written for Dance Steps Combinations
- Fundamental apparatus elements used as connecting elements or not performed on Body Difficulty, Dance Steps Combination, **DER** or Mastery, are not declared

- Evaluation of 50%

- Prior to the start of the exercise, the judge counts how many Fundamental apparatus elements are declared in relation to the total number of apparatus elements (those used on Body Difficulty, Dance Steps Combinations, Mastery and DER)
- DER are counted as throw – “Other Apparatus Technical Groups”
- During the evaluation, the judge cancels those Fundamental elements not performed according to their definition in Table 1.3.1 **Example:** the gymnast declares  Hoop (series of 3 rotations around the hand) and performs only 2 rotations. This Fundamental apparatus element does not count towards 50% because not performed according to the definition (minimum 3 rotations on the hand)
- In case of a small execution mistake on the Fundamental Apparatus element, the Fundamental apparatus elements counts towards the 50% and the E penalty taken. For a serious execution mistakes, as with Body Difficulty, the apparatus element will not be valid towards the 50%.
- In case the body difficulty is not executed in a valid way (**Example:** rotation with less than 360°, balance without a fixed position, etc.) but the Fundamental element is



executed correctly, the Fundamental apparatus element may be counted towards 50%

### 1.3.1



Passing through the Rope with a Jump/Leap rope turning forward, backward, or to the side

- Valid only with jump/leap-see above (passing through with whole or part of the body)



Rope held in 2 hands

- **Figure 8:** with ample movement of the trunk
- **Sail:** with ample movement of the trunk
- **Large circle:** only ample movement of the arms



**Ball:** the action of bounce must take place during the difficulty (not the catch of the bounce during the difficulty); it is not necessary to catch the same bounce during the difficulty

**Catch of the Ball with one hand** ↓

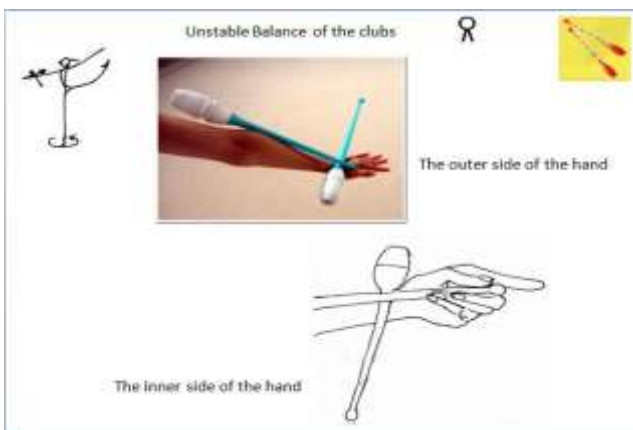
- This symbol indicates a catch from a medium/large throw (not for use with small throw or "thrust" with ball)

### 1.3.2



**Unstable Balance**

- **Rope:** open or folded in half balanced behind the back (not squeezed) during body movements with rotation or difficulty with rotation are considered different unstable balance positions
- **Clubs**



The clubs held in an unstable position on the outer or inner side of the hand is considered the SAME position.

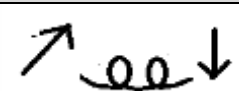
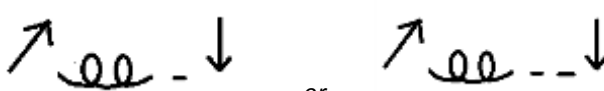

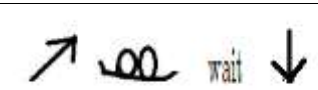
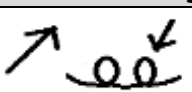

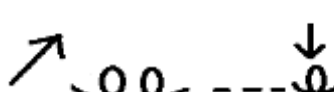

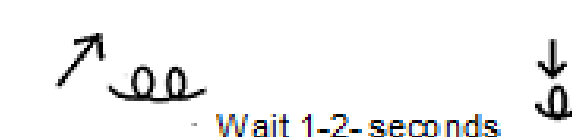
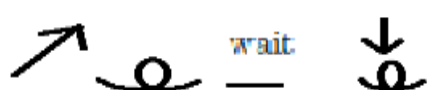
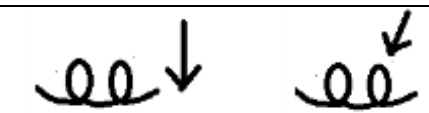
In order to have different unstable positions with one club held by the other on the inner/outer side of the hand, it is necessary to change the arm position (up, down, side)

### 1.4. Dynamic Elements with Rotation and throw

- **Catch** of the apparatus **during or at the end of the rotation(s)**. In case of a technical fault 0.10 during the catch (incorrect catch, 1-2 steps etc.), the DER is valid and **E** penalty is applied.

- For faults of 0.10 during the catch (one fault or more), DER is valid and E penalty; for the loss of one end of the Rope on the floor, the DER is not valid (loss of apparatus). For single technical faults of 0.30 or more (loss, imprecise trajectory with 3 or more steps, wrapping with interruption, and hoop sliding onto the arm), the DER is not valid and E penalty.



| <i>Catch at the end of the rotations</i>   |  |
|--|--|
|                               | Ok   |
|                               | Ok (1 - 2 steps)                           |
|                               | No (3 steps or more)                       |
| <br>Wait 1-2 seconds          | OK   |
| <i>Catch during of the rotations</i>   |  |
|                              | Ok   |
|                             | OK (1-2 steps)<br>(Cancel last rotation)   |
|                             | No (3 steps or chassée )                   |
|                             | OK (Cancel last rotation)                  |
|                             | Ok (Cancel last rotation)                  |
|                             | No (interruption between 2 base rotations) |
| <br>catches after the music | NO   |



1.4.5.

- During throw or catch of the apparatus in DER it is possible to use Body Difficulty with Rotation (Jumps/Leaps and Rotations of 180 degrees and more) of a value **more than 0.10 point** with taking them into consideration during the calculation of total number of rotations in DER. This Body Difficulty must be declared
  - It is possible to perform a series of 2-3 jumps/leaps with rotation with throw during the jump and catch during a jump counted as Body Difficulties only.
  - It is possible to perform a body difficulty without rotation during the throw of the DER as long as the rotations begin immediately after the difficulty without intermediate steps.
  - It is possible to perform a body difficulty without rotation during the catch as long as it is performed according to the definition of DER in 1.4.
- *Writing the official form when turning leap is used as one of the rotations:*

| <i>DER: Body difficulty during the throw</i> | <i>Body difficulty during the catch</i> |
|--|---|
|  |   |
|  |   |
|  |   |
|  |   |

In the examples above, the throw is counted one time (« Other » group) in the calculation of 50%

- *In case the turning leaps is not declared as body difficulties, the body difficulties will be valid but there will be a penalty of 0.30 for a difficulty performed but not declared*



**1.4.4. Summary Table of Additional Criteria**

|  |   |
|--|---|
|  | <p>Re-throw/re-bound</p> <p>The re-throw is part of the initial throw for the <math>R^{\uparrow}</math></p> <p>Criteria performed during the « re-throw » must be declared on the form before the symbol of re-throw <math>\downarrow</math>. Criteria after the re-throw is not valid.</p> <p>Example : <math>R^{\uparrow} 2 \otimes \neq \downarrow = 0.50</math>: re-throw outside the visual field without the hands (OK)</p> <p>Example : <math>R^{\uparrow} 2 \otimes \downarrow \neq = 0.50 \rightarrow 0.40</math>: re-throw outside the visual field, and then a catch without hands</p> |
|  | <p>Asymmetric throw of 2 Clubs</p> <p>Example : <math>\uparrow \rightarrow R^{\uparrow} 2 = 0.30</math></p> <p>Example : <math>\nearrow \uparrow \rightarrow R^{\uparrow} 2 = 0.40 \rightarrow 0.30</math></p>  |

**1.8.1** If the symbol\* is written incorrectly or a Body Difficulty is repeated, , or Apparatus Technical element performed identically during Body Difficulties, the Difficulty is not counted (**no penalty**)

\*Some examples for a symbol written incorrectly when the Difficulty is not valid (no penalty):

- Declare:  $\otimes \rightarrow T^{\circ}$  Perform:  $\text{WWT}^{\circ}$  (incorrect symbol for apparatus handling)
- Declare:  $T^{\circ}$  Perform:  $\text{WWT}^{\circ}$  (no apparatus handling declared)
- Declare:  $\rightarrow$  Perform :  $\rightarrow$  (incorrect symbol of body difficulty)

**1.9.1.2:** The following criteria can be added to the base of jumps (№ 9, 10): passing with bent legs in split - 0.10 ( $\text{Z}$ ); passing with straight legs in split - 0.20 ( $\text{Z}$ ) independent of the start phase or final position of the jump.



**GROUP**

**1. DIFFICULTY (D)** of the Group exercise consists of...

The note referenced in #1.1.7 (Individual program) requires “a minimum of 1 Fundamental Technical element specific to each apparatus and/or an element from the Other Technical apparatus groups during the isolated Difficulty...” This note applies per 1.1. to Difficulties without exchange

**1.1.2.1. Examples for writing and calculating Exchange**

|        |   |
|--------|---|
| E 0.00 | Without criteria  |
|        |   |
| E 0.10 | With one criteria (Body Movement as criteria is possible on the throw or on the catch)  |
|        |   |
| E 0.00 | The same or different criteria is valid only when performed by 5 gymnasts during the throw or catch   |
|        |   |
| E 0.10 | 5 gymnasts perform different criteria   |
|        |   |
| E 0.20 | With two criteria (5 gymnasts perform a body movement, plus criteria of distance)   |
|        |   |
| E 0.30 | With three criteria (5 gymnasts perform criteria on the throw and catch, plus criteria of distance)   |
|        |   |
| E 0.40 | 5 gymnasts throw with different criteria, 5 gymnasts perform different rotations under the flight and during the catch (not consecutively), plus criteria of distance (see 1.1.2.7) |
|        |   |
| E 0.10 | Successive exchange with one criteria (the numbers indicate how many gymnasts are involved in each succession)  |
|        |   |
| E 0.20 | Successive exchange with two criteria (5 gymnast perform criteria on the throw, plus criteria of distance)  |
|        |   |



1.1.2.6 If one or several apparatus fall or collide during the exchange, the exchange is no longer valid. **If two or more gymnasts catch the apparatus with a major alteration of the basic technique, the Exchange is not valid (a fault of more than 0.10).**

| Examples |   |  |
|----------|---|--|
|          | <b>OK</b><br>Only 1 gymnast with a major alteration to the basic technique (imprecise trajectory with catch after 3 steps : -0.30)  |  |
|          | <b>OK</b><br>Two gymnasts with small technical fault (imprecise trajectory with catch after 2 steps : -0.10 x 2 gymnasts)   |  |
|          | <b>OK</b><br>Only 1 gymnast with a major alteration to the basic technique (imprecise trajectory with catch after 3 steps : -0.30 ) and 1 gymnast with a technical fault of -0.10 |  |
|          | <b>NO</b><br>Two gymnasts with a major alteration to the basic technique (imprecise trajectory with catch after 3 steps : -0.30 x 2 gymnasts)                                     |  |





## 1.4: Evaluation Examples

|   |  |
|---|--|
| CR/ CRR/ CRRR -- ↓  | <i>Ok (1 - 2 steps, regardless of the number of gymnasts)</i>  |
| CR/ CRR/ CRRR -- - ↓  | <i>No (more than 2 steps)</i>  |
| CR/ CRR/ CRRR Wait 1-2 seconds ↓  | <i>OK</i>  |
| CR/ CRR/ CRRR Wait more than 2 seconds ↓  | <i>NO</i>  |
| CR/ CRR/ CRRR ↻ ↗   | <i>No (if the apparatus is thrown to the partner <u>after</u> she completes her rotation; the apparatus must be in flight during the rotation)</i> |
| <b>All Collaborations</b>   | <i>No (loss of the apparatus)</i>  |
| <b>All Collaborations</b>   | <i>No (Loss of balance during the Collaboration with support on the hand(s) or apparatus or fall )</i>   |
| <b>All Collaborations</b>   | <i>No (Visible immobility more than 4 seconds of one or several gymnasts or apparatus )</i>  |
| <b>All Collaborations</b>   | <i>No (one or several gymnasts are without apparatus for more than 4 seconds)</i>  |
| <b>All Collaborations</b>   | <i>No ( Major alteration of the choreography in collaboration as a consequence of execution mistakes of several gymnasts )</i>                     |
| In case the number of gymnasts or type of Collaboration is different than the number declared on the form, the Collaboration is not valid |  |



## 1.4.5. Criteria and Value of Elements with Collaboration among the gymnasts

### **CRR - CRR3**

Throw of own apparatus by one or several gymnasts and catch of own or a partner apparatus after:

- A dynamic element with body rotation under the flight of the apparatus with loss of visual control of the apparatus
- With passing **above, below or through** one or several apparatus and/or partners
- Or, passing **above, below or through** with support of one or more partners and/or the apparatus of one or more partners

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February 23, 2015

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February 23, 2015