

FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE

La LETTRE de la RYTHMIQUE



Rhythmic Newsletter

N° 26

July 2006

By Mrs. Egle ABRUZZINI, President of the Rhythmic Gymnastics Technical Committee

Urbino (ITA) / Moutier (SUI)

18/07/2006

CLARIFICATIONS AND ORIGINALITIES

CLARIFICATIONS

“Fouetté” pivots

To standardize the criteria for evaluating the “fouetté” pivots, the TC would like to clarify the following:




The “fouetté” pivot as specified in the Code is composed of 2 shapes (leg positions: leg in “passé” and leg at the horizontal or vice versa) performed between one heel support and the next one, regardless of the number of rotations. The Difficulty judge must follow the general principle for pivots (counting only the valid part) that applies to all other technical faults during “fouettés” (see Newsletter No. 20).

- If the gymnast makes a mistake during the first “fouetté” (e.g.: loss of balance with a small hop), the whole difficulty loses its value.
- If the gymnast makes a mistake during the 2nd “fouetté”, only the first part counts.
- Therefore what is performed after the mistake does not count; only what was performed before the mistake counts.




Pivot with change of shapes – symbol and evaluation.

Following many questions raised by coaches and judges, the TC RG would like to clarify the following:

- On the official forms, pivots with change of shapes have to be mentioned with one total symbol, or with the partial symbols in parenthesis; the value of the difficulty has to be indicated only once. For example : a triple pivot (1080°) with leg in “arabesque” passing

to front splits with help  G or ( ) G

- The gymnast is free to choose the way of passing from one shape to another. The only criterion to remember is that heel support interrupts the rotation
- If the gymnast makes a mistake during the 1st or the 2nd shape, the value of the pivot is 0 point.
- If a gymnast announces additional rotations to the basic rotations, but does not perform the additional rotations, the value of the base will count but there will be a penalty 0.20

for each missing rotation:  G - 0.20 = 0.50 or ( ) G - 0.20 = 0.50


Finishing a pivot

The gymnast can finish her rotations by raising the trunk and the leg, which will give more definition to the end of the element. There will be no Execution penalty.

Small throws and catches of small throws




If a small throw is directly connected with the catch, the 2 required criteria to obtain the value of

0.10 can be divided into 2 actions  = 0.10

The same criterion is valid for "allowing the apparatus to fall".

For example: Ball balanced on the foot with leg high; the ball is allowed to fall and is caught behind the back (1st criterion: apparatus left alone, without use of hands - 2nd criterion: catch

outside the visual field).  = 0.10

Limit of 18 difficulties in group exercises

To count, the difficulties in a group exercise have to be performed by all 5 gymnasts. Therefore, an individual difficulty performed by only 1 or 2 gymnasts for reasons of choreography (for example, elements of collaboration) is not part of the 18 difficulties and therefore there is no penalty.

Fault concerning synchronisation with music.

The TC would like to clarify the following concerning the absence of synchronization between the end of the music and the movements of the gymnast:

1. If the music ends during the execution of a Difficulty or an Artistry element, the difficulty or the artistic element will count, but there will be an Execution penalty for the absence of synchronization between the end of the music and the end of the gymnast's movements (0.30 and a possible deduction for incorrect duration of the exercise)
2. If the music ends before the execution of a Difficulty element or an Artistic element, the difficulty or the artistic element will not count and there will be in addition an Execution penalty for the absence of synchronization between the end of the music and the end of the gymnast's movements (0.30 and a possible deduction for incorrect duration of the exercise)

Execution technique for leaps

Once more the TC would like to clarify that the execution technique of the leaps in a « rocker » (2 successive forms/shapes) is not valid; the value of this leap is 0.00 (see [Newsletter No. 20](#)).

Walkover and rotation

The Code stipulates that a difficulty can be immediately followed by a walkover; this will be considered as one element and will increase the value of the difficulty by 0.20.

Similarly, under the same criteria, the rotation around the vertical axis of the body with free leg in different positions (not higher than the horizontal) is valid, if this rotation represents the impulse directly linked to the rotation difficulty and is necessary to the execution of the rotation difficulty, and if it is not in itself a difficulty (rotation of less than 360°). Example: Rotation of less than 360° in attitude as an impulse for the rotation (180°) in back scale flexibility.



The ex-unit difficulties of the Code are considered isolated difficulties.

As outlined in [Newsletter No. 22](#), ex unit pivots with change of shapes are no longer valid and are re-evaluated as "pivots with change of shapes", **new category of isolated pivots**.

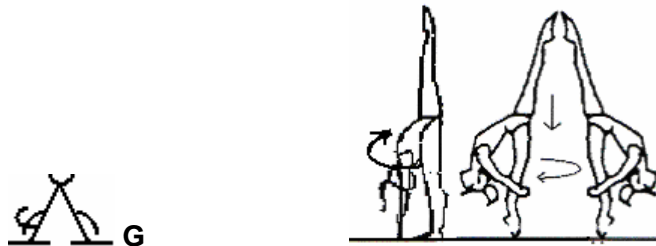
New unit difficulties are not accepted and cannot be considered as new elements.

ORIGINALITES



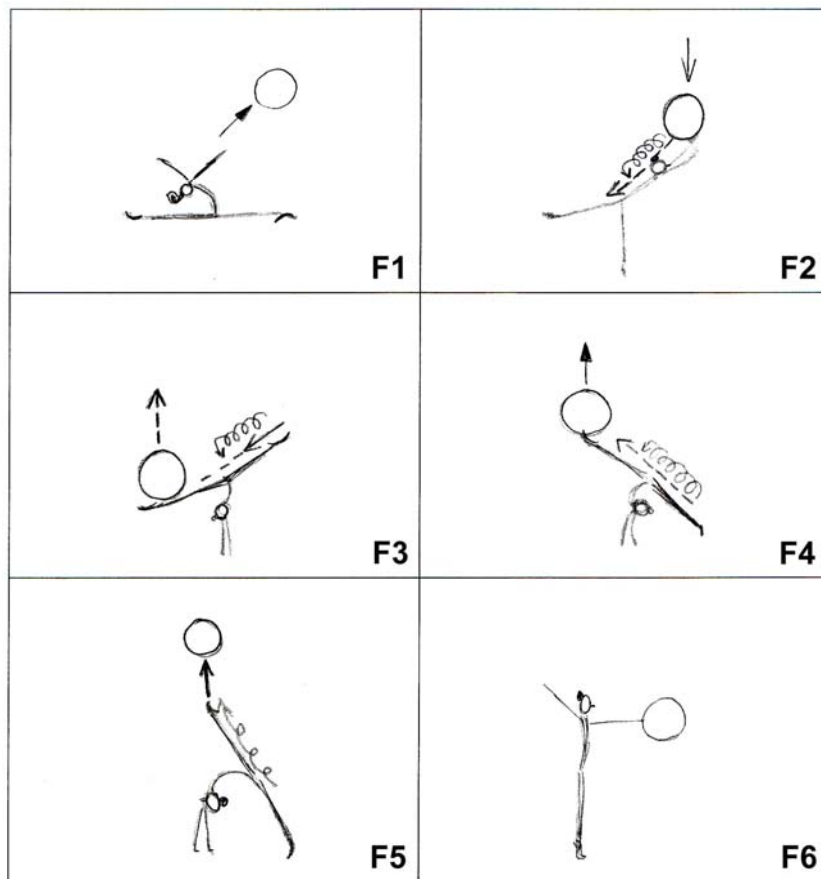
Aliya GARAEVA (AZE) – difficulty originality with a ball.

1. In a “penché” position: half-turn on the vertical axis of the body, which serves as an impulse for a rotation in back scale flexibility. **Value of the difficulty 0.70, originality 0.30**



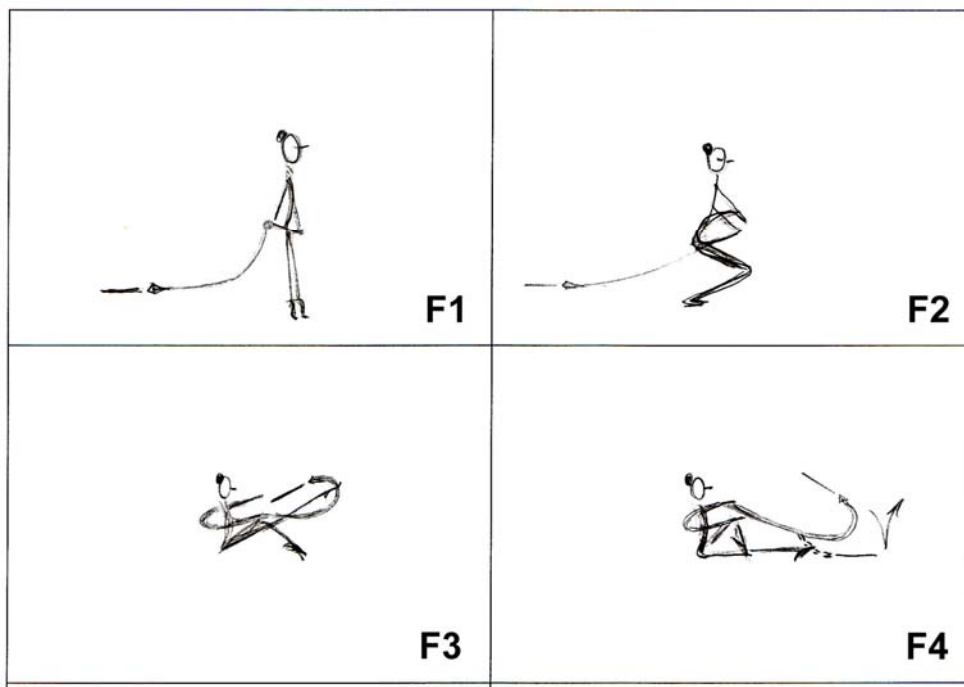
Filipa SIDEROVA (BUL) 2 originalities of body-apparatus relationship (hoop and ribbon)



1. Body-apparatus relationship with a hoop: throw of the hoop during a “jeté” leap and catch directly after a large roll over the body during a forward walkover ending with a throw of the apparatus with a leg. **Value of the originality : 0.20 (with risk)**

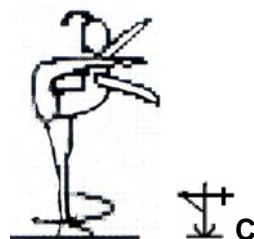




2. Body-apparatus relationship with ribbon: Ribbon held by 2 hands behind the back; gymnast passes the ribbon to the front, while moving down to a sitting position on the floor. On the floor, the gymnast retrieves the ribbon near the stick with her foot, bouncing the stick on the floor **Value of the originality 0.10**



The element mentioned below is considered as a **new element** and **not as an originality**: Flexibility difficulty in a ring position with a support of the foot over the shoulder, with a 180° or 360° “slow turn”. **Value of the difficulty** respectively, 0.30  **C** and 0.40  **D**



Egle Abruzzini

Egle Abruzzini,
President of the RG-TC