



The **LETTER** from **RHYTHMIC**

The LETTER from RHYTHMIC

N°28

January 2007

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Urbino (ITA) / Moutier (SUI)

01/01/2007

MODALITY FOR THE COMPLETION OF FORMS

Further to many questions from coaches and judges, the FIG/RG/TC has decided to reproduce below a few paragraphs from the new edition of the Code, concerning the procedure for completing the forms for Artistry and Difficulty. Examples of completed forms and an updated list of the Artistry symbols are also available on the FIG site, where the new 2007 Code and the present Letter are also posted.

Introduction

1. The 2007 edition of the RG Code of Points is not a new code but rather a new layout of the 2005 version.
2. The contents of the RG Letters previously sent to the Federations have been included in the 2007 version but without all the details, since the Code of Points is not an RG Manual. For more specific information, please refer to the various RG Letters.
3. The RG-TC has found some inconsistencies between the RG Letters and the Code. We underscore that in case of discrepancy, the Code of Points must be considered as the official document.
4. The main innovation in the 2007 version of the Code of Points concerns the organization of the Artistry Chapter, about which we would like to point out the following :
 - a) There are no significant changes in the principles: generally, what was featured in the 2005 version also appears in the 2007 edition; likewise, what was not featured in the 2005 edition is not included in the 2007 edition either.
 - b) The examples of CAPs (Special Artistic Characteristics) have been eliminated. We decided to mention only the principles, in order to allow for greater freedom and creativity and to provide more possibilities for adapting the exercise to the music and the temperament of the gymnast.
 - c) Once the composition of the exercise has been set, the apparatus tables provide a tool to determine the value of the CAP combinations in the exercise.
 - d) The impossibility to evaluate an entire CAP or part of it may indicate the use of a criterion that is not defined and therefore insignificant, or the presence of an originality to be submitted to the Committee according to the required procedure.
 - e) The result of this new methodology is generally an increase of the values of the CAPs, which is to the advantage of the gymnast. As a result she will be able to focus more on expressivity and on a perfect execution.
5. To simplify the understanding of the use of the 2007 Code of Points, the RG TC felt it advisable to add some instructions for completing the forms for Artistry and Difficulty (for individual gymnasts and groups as well).

We have emphasized below a few major points of the 2007 edition, which affect directly the procedure for the completion of the forms.

3. APPARATUS

GENERAL CRITERIA for the handling of apparatus (without throws) with CAP
(...)

Notes valid for all apparatus:



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1. Are considered as « rhythmic steps »:

- All classical ballet steps
- All steps from folkloric dances
- All rhythmic steps listed in Physical Education manuals
- Rhythmic steps performed on the spot or while traveling
- Rhythmic steps in different directions and/or with rotations

All rhythmic steps must be entirely tied to the music.

2. Sequence of « rhythmic steps »

- The « typical handling of the apparatus » is not limited to the « Handling » group only, but is also open to all the technical movements of each apparatus.
- The sequence of rhythmic steps may be combined with other uses of the apparatus (CAP). For example :
 - Sequence coordinated with a handling of the apparatus without the hand(s) (0.10+0.10) or
 - Sequence coordinated with a series of rotations of the hoop around the hand (0.00 + 0.10).

3. An unstable handling of the apparatus is considered as a handling without the hand(s) and has the following symbols:

4. This symbol indicates a change of plane in the movements of the apparatus:

5. This symbol indicates that the apparatus moves forward and backward:

6. This symbol indicates a backward direction of the apparatus movements:

7. « Partial passing »

« Passing through the apparatus » can be total (passing of the whole body) or partial (passing at the minimum **two** segments of the body; **one** segment could be an arm, a leg, or the head-trunk).

8. « Handling without the hands »

During the handling without the hands (any kind of technical movement), the apparatus must perform a **autonomous** technical movement, which is initiated

- through the impulse from another part of the body ;
- through an initial impulse from the hand(s), but thereafter the apparatus must complete an entire autonomous movement (without the hands).




Simply holding or catching the apparatus without the hands is not equivalent to « handling without hands ». After being held without the hands, the apparatus must « usually » complete a autonomous movement. The apparatus balanced in an unstable position (on a part of the body) is the only exception to this rule; this element remains valid as a technical movement with handling without hands.

9. The rule is to **avoid cumulating CAPs or criteria**, which means that the value of a CAP or of a criterion cannot be awarded twice.

10. Proper Execution of Mastery/CAPs

To be valid, the elements of Mastery and Handling of the apparatus (CAP) must be performed without technical faults in the handling of the apparatus. Judge A will only invalidate elements poorly performed.

However, in the case of throws and catches with Mastery, a distinction must be made between the following two situations, where possible faults could occur.

On the official form:   +  = 0.20 + 0.10

- The gymnast loses the apparatus (no contact); the throw has no value either. Judge A: 0.00 + 0.00.
- The gymnast catches the apparatus incorrectly (contact with the apparatus); the throw part still counts. Judge A: 0.20 + 0.00.



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11. Series: Calculation method

The norms of the 2005 Code were improved in the 2007 edition to provide more freedom of choice and creativity for elements with "handling of the apparatus", selected from the Special Artistic Characteristics (CAP) applied to basic technical elements. With this in mind, a distinction should be made between two types of elements:

- **If the basic element is already a series, the applied CAPs should characterize the entire series but be counted only once** (except for the rotations of the Hoop around a part of the body, for which the criterion « without hands » will be + 0.10 for each rotation).

For example: With the Ball, ($\sqrt{\neq}$) **A: all three** bounces must be performed « without hands ». Value: 0.00 (base line = series) + 0.10 (without hands) + 0.20 (A) = 0.30. **Difficulty A** must be linked to the **three bounces**, since the series is considered the basis (likewise, the value of a body movement element of total wave linked to the basis will be calculated in the same way).

- **If the basis is a simple technical element, the applied CAPs must define two or three of the basic elements performed in a series but will count only once** [with the exception of the Rope and the Hoop for which the criterion of « additional passing into the apparatus during the same jump/leap » counts for each successive jumps/leaps of the GCO (+ 0.10 each time)].

For example: With the Ball, ($\text{roll} \rightarrow 3 \otimes$) $\underline{\Sigma}$: **Two or three** of the rolls must be performed « outside the visual field ». Value: 0.10 (basis) + 0.10 (series) + 0.10 (outside the visual field) + 20 (Wave) = 0.50.

A total wave can be freely linked to one or several rolls, since the series is composed of three basic elements (the same criterion applies to the GCO A difficulty).

12. Small or medium throws: Calculation method

- In principle, there should be 2 (or more) throw criteria and/or 2 (or more) catch criteria :
 - ($\text{throw} \rightarrow \text{catch} \rightarrow \text{catch}$) ($\text{throw} \downarrow \text{catch}$) = $(0.10+0.10+0.10 - 0.10) + (0.10+0.10 - 0.10) = 0.30$
 - ($\text{throw} \rightarrow \text{catch}$) (catch) = $(0.10+0.10 - 0.10) + (0.10 - 0.10) = 0.10$
- Special case: one single throw criterion directly linked to one single catch criterion :
 - (catch) (catch) = $((0.10)+(0.10) - 0.10) = 0.10$

7. MODALITY FOR THE COMPLETION OF THE ARTISTRY FORMS – INDIVIDUAL EXERCISES

7.1 Modality for the Completion of the Form for Artistry in Individual Exercises

7.1.1 The CAP element must be entered on the left-hand column of the form.

7.1.2 The CAP element or CAP combination must be written in parenthesis and any difficulty outside, on the right of the parenthesis, with the letter A.

Examples:

Clubs: throw one club outside the visual field during a **Compulsory Body Movement Group**

(GCO) Difficulty (\otimes) **A = 0.30 point.**

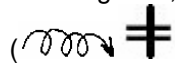
Hoop: throw with rotation of the hoop, without hands, outside the visual field during a **GCO** difficulty

with rotation of the body ($\text{hoop} \rightarrow \neq \otimes$) **A = 0.60 point.**



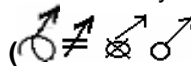
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Ball: large roll, without hands, outside the visual field during a **GCO** difficulty

 **A** = (0.10 + 0.10 + 0.10 + 0.20) = **0.50 point**.

7.1.3 If there is space in the same box, the elements performed in rapid succession must be listed on the same line.

7.1.4 It is possible to give the value of each component of the composition, but in any case, the final addition is necessary. Example:

Hoop:  **A** = (0.10 + 0.10 + 0.10 + 0.10 + 0.20) = **0.60 point**.

Based on the principles of the 2005 Code which have not changed, it is imperative to specify the following:

7.1.5 For the series of **Compulsory Body Movement Group (GCO)** difficulties, the various criteria usually count only once [see also Note No.11 under "GENERAL CRITERIA for the handling of apparatus (without throws) with CAP"].


For example:


Rope 2005:

- One jump/leap A passing into the rope, backward = 0.20; 2 jumps/leaps A = 0.30; 3 jumps/leaps A = 0.40.

Rope 2007:

- One jump/leap A passing into the rope, backward = 0.20 for A + 0.10 for passing into the rope + 0.10 for backward direction = 0.40
- 2 jumps/leaps A = 0.40 for the 2 jumps/leaps + 0.10 for passing into the rope + 0.10 for backward direction = 0.60.
- 3 jumps/leaps A = 0.60 for the 3 jumps/leaps + 0.10 for passing into the rope + 0.10 for backward direction = 0.80.



 **A** (0.10 + 0.20 + 0.10) = **0.40**




 **AA** (0.10 + 0.20 + 0.20 + 0.10) = **0.60**





 **AAA** (0.10 + 0.20 + 0.20 + 0.20 + 0.10) = **0.80**

Special case: The CAP criterion « Additional passing into the apparatus (double or triple passing in the rope/hoop) during the same jump/leap » counts **for each** of the GCO successive jumps/leaps).

Example :

 **A** = 0.10 (base) + 0.20 (A) + 0.10 () = 0.40

 **AA** = 0.10 (base) + 0.40 (AA) + 0.20 ( ) = 0.70

 **AAA** = 0.10 (base) + 0.60 (AAA) + 0.30 (  ) = 1.00

7.1.6 According to the criteria of the 2005 Code, herewith respected, the value of the difficulties for elements with "Use of the apparatus" CAPs does not change, regardless of their dynamic or static characteristics.

For example:

- Ribbon and Hoop: For CAPs with **GCO** pivot difficulty: the essence of a pivot is the rotation; therefore the value of the difficulty does not change and remains 0.20.
- Clubs and Hoop: For CAPs with **GCO** balance difficulty, the value of the difficulty is 0.20, even if the balance is on the knee (on the floor).



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- Rope, Ball, and Hoop: For CAPs with **GCO** difficulty of jumps/leaps or flexibility/waves, the value of the difficulty remains 0.20, even if there is a rotation of the body and/or a position on the floor.

Therefore for all apparatus, the value of the CPA of “**rotation of the body**” (+ 0.10) and “**a position on the floor**” (+ 0.10) only applies to elements performed during a difficulty from a **Non-Compulsory Body Movement Group (GCNO)** or during any other **body element**.

Concerning the **Hoop**, which uses the four **GCOs**, the value of these two criteria can only be added to apparatus elements performed during a **body element**. See “Interesting Practical Examples” below.

- 7.1.7 With regard to “Mastery”, the criteria (Code 2005) are different. For example, concerning throws and catches the situation changes if a body movement difficulty is performed with a rotation or on the floor. As specified in Mastery, 0.10 point must be added for each artistic characteristic.

7.1.8. Interesting Practical Examples

Symbols	Descriptions and Remarks	Value
AAA	3 « jeté » leaps with a turn passing into the rope, backward (0.10 + 0.10 + 0.20 + 0.20 + 0.20). The rotation of the body does not change the value of this element with GCO difficulties.	0.80
	Large roll of the ball over the open arms during a pivot (GCNO) difficulty on the knee. In this case, the rotation and the position on the floor count .	0.30
A	Pushing with the hands, 360° rotation on the stomach, arms and legs high up (Flexibility No. 31 D), and ball in unstable position on the heels. Neither the rotation nor the position on the floor applies to this element with GCO difficulty.	0.30
A	Snakes of the ribbon during a GCO pivot difficulty. The rotation is not applicable.	0.30
3	Series of spirals of the ribbon during « chaîné » steps : 0.10+0.20+0.10	0.40
A	Handling of each club without help of the hands (Example : free rotations on the open hand) during a GCO balance difficulty on the knee.	0.40
	Toss of the end of the rope during a GCNO difficulty of fouetté pivot, and catch the end of the rope behind the back before the end of the pivot. Both CAPs apply to the toss, only if they are clearly linked to the catch of the end of the rope .	0.30
	Small/medium throw of the apparatus outside the visual field from a position on the floor and catch in a different position on the floor, without the help of the hands.	0.20
	Small/medium throw of the apparatus outside the visual field from a position on the floor and catch on the floor without changing position (in this case, the catch on the floor has no value and should not appear on the official form).	0.10
	Two successive small/medium throws with rapid rotations of the clubs (one club at a time, alternatively). In this example, the same criterion is performed twice in succession for a value of 0.10 point. Valid for 2 clubs or any other 2 identical or different apparatus (for Groups).	0,10
	Three successive medium throws : with two rapid rotations of each club, followed by a push-back of the club with the hand. Valid for 2 clubs or any other 2 identical or different apparatus (for Groups). Note: , There is only one symbol and only one fixed value for the series of varied small throws : 0.20 (See Errata of the 2007 Code, below).	0.20



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	A large or medium throw « in double cascade » (2 consecutive throws with simultaneous flight of the 2 clubs) : 0.10 (double cascade) + 0.10 (2 nd apparatus).	0.20
	A large or medium throw « in triple cascade » (3 consecutive throws with simultaneously flight of the 2 clubs) during a balance difficulty : 0.20 (triple cascade) + 0.10 (2 nd apparatus) + 0.20 (A)	0.50
	Throw of the open rope held in the middle during a jump/leap difficulty. Great height is not required.	0.40
	Push-back of the ball with the knee.	0.10
	A series of bounces of the ball with change of rhythm is considered as a change of planes/directions	0.10
	Ball balanced on one foot with leg high up, then letting the ball drop and catching it behind the back. Regarding this type of catch, the apparatus CAP (initial position) and the Mastery catch (« let the ball slide/drop ») can be entered either in the same box or separately in two consecutive boxes, in correlation with the box (or boxes) in column D.	0.20
	Asymmetric throw of two clubs during a rotation : 0.10 (asymmetric throw) + 0.10 (rotation) + 0.10 (throw of the second apparatus)	0.30
	Boomerang throw of the ribbon towards the floor during « chaîné » steps and immediate catch in a position on the floor. The single criterion of throw is exceptionally added to the single criterion of catch to achieve 0.10 point.	0.10
	With a part of the body, aside from hands, immediate catch (« blocking ») at the very moment of the passive bounce of the ball thrown beforehand, ...	0.10
	(...) in a position on the floor.	0.20
	Two successive snakes in an ascending and descending movement (or vice versa).	0.20
	Series of mills describing two half-circles.	0.40
	Passing the arm in the pattern formed by the ribbon (3 medium circles), stick moving back and forth	0.10
	Passing the arm in the pattern formed by the ribbon (3 medium circles) with small throw of the stick	0.10
	Spirals with stick moving back and forth	0.20
	Spirals with small throw of the stick	0.20

10. MODALITY FOR THE COMPLETION OF THE DIFFICULTY FORMS – INDIVIDUAL EXERCISES


10.1. Modality for the Completion of the Form for **Difficulty in Individual Exercises**

10.1.1. The difficulty must be entered in the right-hand column of the form.

10.1.2. Every difficulty performed during the exercise must be entered in a single box according to the execution order. In addition, the difficulty should match the Artistry elements (performed with or without difficulty) entered in the box on the same line.



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- 10.1.3. Each component of a series of equal jumps/leaps or pivots must be entered in its proper box. It is not necessary to use a check in column D.
- 10.1.4. Multiple "fouetté" pivot: it is enough to write the basic symbol and follow it with the letter of the value of each component. Example:  **AACA = 0.60.**

5. MODALITY FOR THE COMPLETION OF THE ARTISTRY FORMS– GROUP EXERCISES

5.1. Modality for the completion of the form for **Artistry in Group Exercises**

- 5.1.1. The CAP element must be entered in the left-hand column of the form.
- 5.1.2. The CAP element or CAP combination must be written in parenthesis and the eventual difficulty outside to the right of the parenthesis with a letter **A** (see « Modality » in Part II, Chapter 3 of *Individual Exercises*).
- 5.1.3. Regarding different elements performed by sub-groups, each element must be preceded by a figure indicating the number of gymnasts included in the sub-group. The same information needs to be included to indicate how many gymnasts perform the "risk" element.
- 5.1.4. All « Artistry » elements performed during an exchange difficulty must be entered in the box reserved for « exchanges ».

Concerning the principles of the 2005 Code which have not changed, it is imperative to specify the following:

- 5.1.5. For the series of difficulties from the Compulsory Body Movement Group (GCO), the various criteria usually count only once [see also Note No. 11 of the "General Criteria for the handling of apparatus (without throws) with CAP" in Part II, Individual Exercises, Chapter 3, Apparatus].

For example:

Rope 2005:

- One jump/leap **A** passing into the rope, backward = 0.20; 2 jumps/leaps **A** = 0.30, 3 jumps/leaps **A** = 0.40

Rope 2007:

- One jump/leap **A** passing into the rope, backward = 0.20 for **A** + 0.10 for passing into the rope + 0.10 for backward direction = 0.40 ; 2 jumps/leaps **A** = 0.40 for the 2 jumps/leaps + 0.10 for passing into the rope + 0.10 for backward direction = 0.60; 3 jumps/leaps **A** = 0.60 for the 3 jumps/leaps + 0.10 for passing into the rope + 0.10 for backward direction = 0.80

$$\left(\begin{array}{c} \leftarrow \\ \leftarrow \end{array} \right) \mathbf{A} \quad (0.10 + 0.20 + 0.10) = 0.40$$

$$\left(\begin{array}{c} \leftarrow \\ \leftarrow \end{array} \right) \mathbf{AA} \quad (0.10 + 0.20 + 0.20 + 0.10) = 0.60$$

$$\left(\begin{array}{c} \leftarrow \\ \leftarrow \end{array} \right) \mathbf{AAA} \quad (0.10 + 0.20 + 0.20 + 0.20 + 0.10) = 0.80$$

Special Case: The CAP criterion for « additional passing into the apparatus (double or triple passing into the rope/hoop) during the same jump/leap » applied to successive difficulty jumps/leaps counts each time.

Example:

$$\left(\begin{array}{c} \leftarrow \\ \leftarrow \end{array} \right) \left(\textcircled{\text{O}} \right) \mathbf{A} = 0.10 \text{ (basis)} + 0.20 \text{ (A)} + 0.10 \left(\textcircled{\text{O}} \right) = 0.40$$

$$\left(\begin{array}{c} \leftarrow \\ \leftarrow \end{array} \right) \left(\textcircled{\text{O}} \right) \mathbf{AA} = 0.10 \text{ (basis)} + 0.40 \text{ (AA)} + 0.20 \left(\textcircled{\text{O}} \textcircled{\text{O}} \right) = 0.70$$

$$\left(\begin{array}{c} \leftarrow \\ \leftarrow \end{array} \right) \left(\textcircled{\text{O}} \right) \mathbf{AAA} = 0.10 \text{ (basis)} + 0.60 \text{ (AAA)} + 0.30 \left(\textcircled{\text{O}} \textcircled{\text{O}} \textcircled{\text{O}} \right) = 1.00$$




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
- 5.1.6. According to the criteria of the 2005 Code, herewith respected, the value for the CAP difficulties does not change, regardless of their dynamic or static characteristics. Therefore, for all apparatus, the value of the artistic characteristics of the "rotation of the body" (+ 0.10) and the "position on the floor" (+ 0.10) only applies to apparatus elements performed during a body movement element.
- 5.1.7. With regard to "Mastery", the criteria (Code 2005) are different. For example, for throws and catches, the situation changes if there is a body movement difficulty with rotation or on the floor. In "Mastery", the specified 0.10 must be added for each artistic characteristic as well as for exchanges with throws.
- 5.1.8 Concerning the criteria for group collaboration, the "loss of visual contact" during the flight of the apparatus always refers to the apparatus to be caught; the apparatus may belong to the gymnast who performs the catch or may belong to another partner.

5. MODALITY FOR THE COMPLETION OF THE DIFFICULTY FORMS – GROUP EXERCISES

5.1. Modality for the Completion of the Form for Difficulty in Group Exercises

- 5.1.1. The difficulty must be entered in the right-hand column of the form.
- 5.1.2. Every difficulty performed during the exercise must be entered in a single box according to the execution order. In addition, the difficulty should match the Artistry elements (performed with or without difficulty) entered in the same line box of the Artistry column.
- 5.1.3. Each component of a series of equal jumps/leaps or pivots must be entered in its proper box. It is not necessary to use brackets in column D.
- 5.1.4. Multiple "fouetté" pivot, it is enough to write the basic symbol and follow it with the letter of the value of each component. Example:  **AACA = 0.60.**
- 5.1.5. The exchange must be entered in the same box, even if it counts for more than one difficulty.
- 5.1.6. On the same line in the "Value" box, an **E**, the value of the exchange and the number of difficulties counted must be written clearly.
- 5.1.7. Because it is difficult to enter different types of exchanges among gymnasts in a single box, they can be listed on two different levels joined with a bracket.
- 5.1.8. Regarding different difficulties performed by sub-groups as well as mixed difficulties, each difficulty must be preceded by a number indicating the number of gymnasts included in the sub-group.

ERRATA – CODE OF POINTS, EDITION 2007

- Artistry – « Mastery » : Add the following missing criterion under Paragraph 2.4.2 of Individual Exercises and Paragraph 2.5.3 of Group Exercises:
 - **Series of small throws** (Ball and Clubs) varied in their modality, directions, amplitude, with various types of catches or without catches:  **3** . Value: 0.20 for the ball and for one club at a time, alternatively. Two clubs at a time: 0.30 (+ 0.10 for the second apparatus).
- In Artistry (Individual Exercises and Group Exercises), correct the following :
 - « Notes valid for all THROWS and CATCHES » -- Under #1, the value increase is + 0.10 (and not 0.20):
 1. *In case of throws/catches of 2 apparatus, the value of the criterion or of the combination of criteria must be increased by + 0.10 point.*



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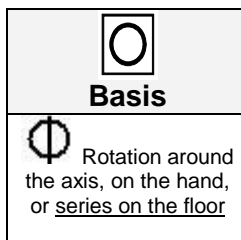
➤ Paragraphs 2.4.5 (Individual Exercises) and 2.5.6. (Group Exercises) -- Correction of the values (- 0.10) :

2.4.5./2.5.6. **Large** throw and catch during or immediately at the end of: ...

Note 3 : If 2 apparatus are used, the values will be respectively:

- 0.20 for catch during the 1st element with rotation or immediately at the end
- 0.30 for catch during the 2nd element with rotation or immediately at the end
- 0.40 for catch during the 3rd element with rotation or immediately at the end

- Correct the following in the CAP Tables for the handling of apparatus :
 - Hoop : Add the word « series » as basis for the rotation around the axis on the floor :









- Modality for the completion of the forms for Individual and Group Exercises; Please refer to the entire chapters, which were corrected as indicated in the current Newsletter.
- 3. Apparatus, General Criteria : Add Notes No. 11 and 12 as they appear on page 3 of the current Newsletter.
- Corrections in the List of Artistry Symbols (list attached and also available on the FIG Website).

NEW DIFFICULTIES APPROVED BY THE FIG/RG/TC

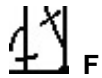
The following difficulties are considered as new difficulties, but not as originalities :

Balance starting with front splits, with or without help, followed by a ½ turn of the trunk without leg movement, with or without help (directly passing through 2 opposite positions) :

 E	Start in front splits with help + ½ turn of the trunk with help
 G	Start in front splits with help + ½ turn of the trunk without help
 F	Start in front splits without help + ½ turn of the trunk with help
 H	Start in front splits without help + ½ turn of the trunk without help
 G	Start in front splits with help + ½ turn of the trunk with help, with slow turn (180°)
 H	Start in front splits without help + ½ turn of the trunk with help, with slow turn (180°)



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Flexibility N° 22 (F) performed in reversed order

Egle Abruzzini,
President of the RG-TC