



Newsletter from RHYTHMIC

Nr. 30

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FIG Office Moutier (SUI), November 1st, 2007

1. SENIOR GROUP EXERCICES : ORIGINALITIES approved according to Paragraph 2.6, Artistry - Groups

1.1. BRAZIL (BRA)

3 hoops/4 clubs, collaboration without throw (C) – Originality (0.10)

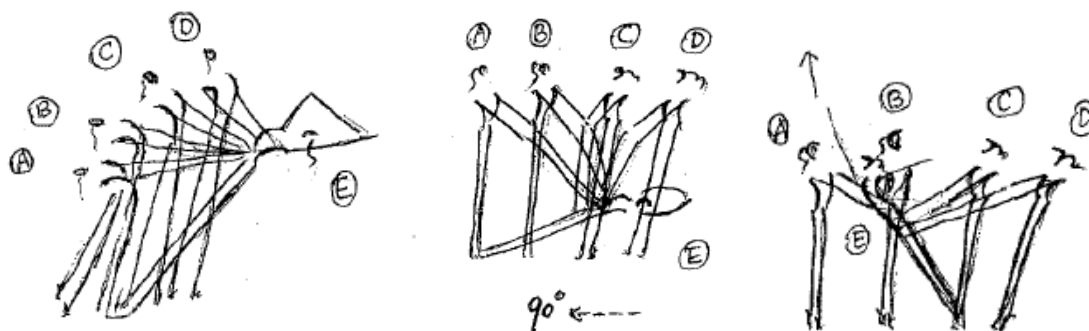
4 gymnasts grouped side by side. The fifth gymnast « slides » over the other gymnasts' backs in side splits.



1.2. CHINA (CHN)

5 ropes, collaboration without throw (C) – Originality (0.10)

Start position of the 5 gymnasts: 4 gymnasts hold the 5th gymnast with their ropes folded in three and passed around her waist. The 4 gymnasts open their ropes with both hands; gymnast E lets herself fall down on the ropes and be turned around 90°. Gymnasts A, B, C and D then use their ropes to pull up gymnast E into a new position, at which point she throws and catches her rope with one hand.



1.3 CHINA (CHN)

5 ropes, collaboration without throw (C) – Originality (0.10)

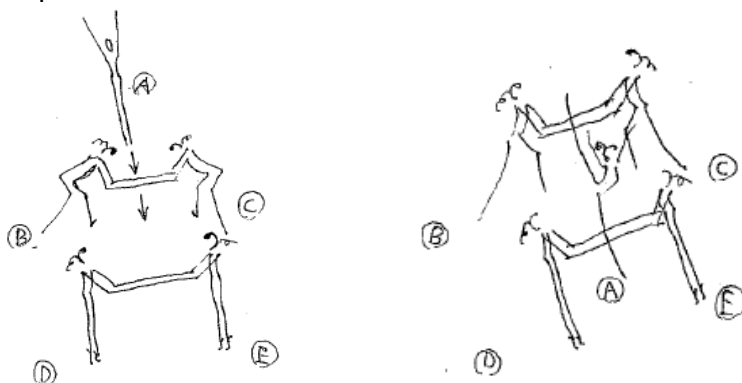
Start position of the 5 gymnasts: 4 gymnasts place their ropes on the floor in such a way as to form the Chinese letter 井, which signifies « Well ». While throwing her rope, the 5th gymnast jumps in the middle of this letter and catches her rope in flight as she performs a 360° turn on her knees, ending with her trunk bent over one leg stretched front. The finishing position of the 5 gymnasts represents the fan of a « peacock tail ».



1.4 CHINA (CHN)

5 ropes, collaboration with throw (C) – Originality (0.20)

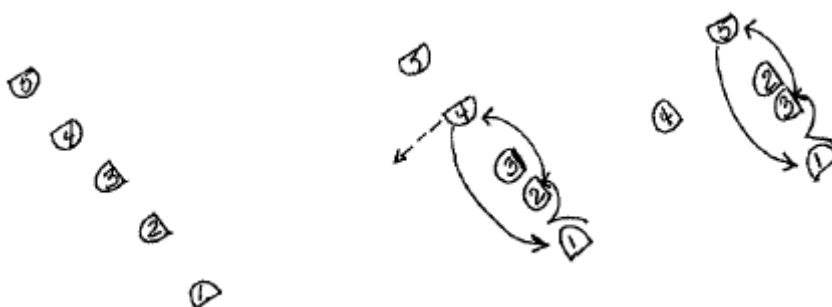
4 gymnasts in two groups hold their ropes folded in two. The 5th gymnast throws and catches her rope during a split leap. Her legs then drop directly above the ropes, and she finishes on the floor with splits over the ropes.



1.5 CUBA (CUB)

3 hoops/4 clubs, collaboration without throw (C) – Originality (0.10)

Start position: All gymnasts are lined up diagonally (gymnasts 2 and 3 with clubs, the other three with hoops). Gymnast 1 bounces her hoop on the floor, while gymnast 2 performs a side roll over gymnast 3. The hoop then bounces on the stomach of gymnast 2 and is caught by gymnast 4. The same sequence is successively performed between gymnasts 1 and 5, with a club exchange between them.

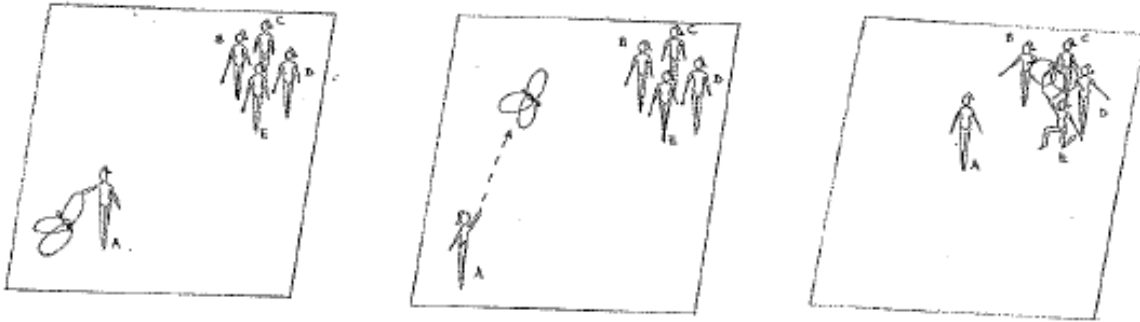




1.6 ITALY (ITA)

3 hoops/4 clubs, collaboration without throw (C ↗) – Originality (0.20)

Gymnast A throws on the transversal plane three hoops held together with a club. Gymnasts B, C, D and E catch each an apparatus, without disrupting the interlocking.

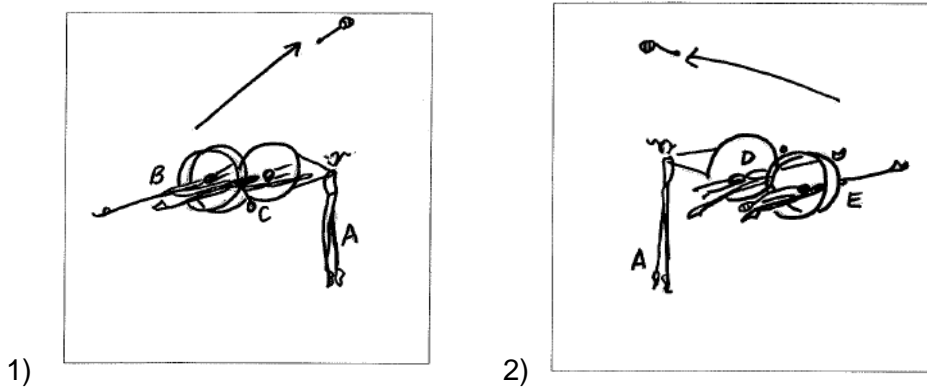


1.7 JAPAN (JPN)

3 hoops/4 clubs, collaboration with throw and risk (↖ RR3) – Originality (0.30)

1) Gymnast A rotates with 3 hoops, joined by 1 club. Gymnast B and gymnast C simultaneously jump into the hoops, while gymnast B at the same time throws a club, jumps and rolls forward to catch the club.

2) Gymnast D and gymnast E jump into the hoops at the same time, while gymnast D at the same time throws a club, jumps and rolls forward to catch the club.



1.8 JAPAN (JAP)

5 ropes, collaboration without throw (C) – Originality (0.10)

1) Gymnast A, B, C and D are sitting in a formation with their legs crossed.

2) Gymnast E leans on this foundation, while gymnast A, B, C and D will turn their legs in such a manner as to rotate the body of gymnast E.

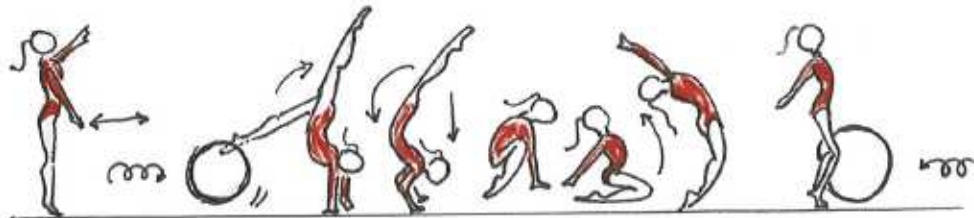




2. INDIVIDUAL EXERCISES : ORIGINALITIES approved according to Paragraph 2.5, Artistry – Individua;

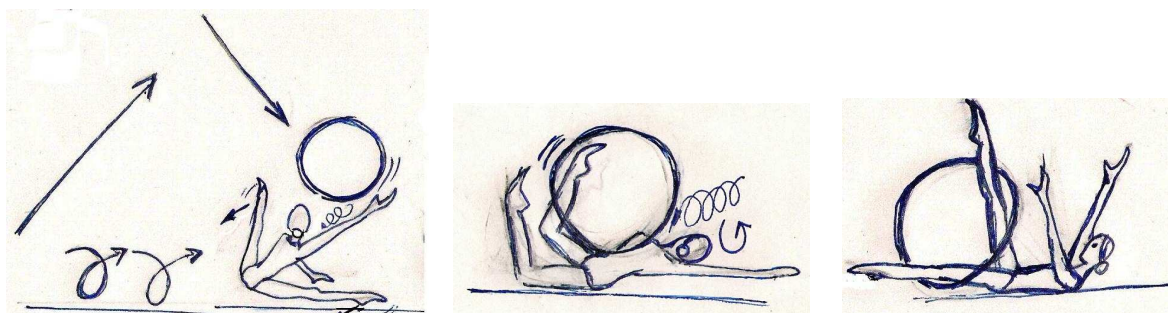
2.1. Argentina (ARG), SOSA Anahi: Hoop, new gymnast-apparatus relationship - Originality (0.10)

Roll of the hoop with return, support on hands, legs up, wave movement, land on the knees, passing directly on the tips of toes; at the end catch the hoop between the legs.



2.2. Finland (FIN), RINGINEN Maria: Hoop, new gymnast-apparatus relationship – Originality (0.10)

Large throw. After two rolls, the gymnast catches the hoop with a roll over her arm and her back, and ends by blocking the hoop with her legs after a rotation of the body on the floor.



3. INDIVIDUAL EXERCISES : DIFFICULTIES approved according to the existing criteria (not original elements)

3.1. Balance difficulty, on the knee with “penché” sideways :

E : 0.5.

3.2. Balance difficulty, progressively bending the support leg during a slow turn:

H : 0.80.

3.3 Stag leap difficulty with back bend of the trunk and stretched leg change :

E

3.4 Cossack pivot difficulty with trunk bent forward over the free leg stretched:

D (360°)

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