

FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE

The RHYTHMIC Newsletter



The RHYTHMIC NEWSLETTER

No. 25

June 2006

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

Urbino (ITA) / Moutier (SUI)

May 3, 2006

INTRODUCTION

The norms set forth in the RG Newsletter No. 25 will come into effect on January 1, 2007.

At the conclusion of the first year of the 2005-2008 cycle, the TC is introducing **a new text** and a new format for the APPARATUS and MASTERY chapters. This new approach will simplify the work of the judges, gymnasts, and coaches in the two fundamental areas of RG, particularly in the ARTISTIC Part:

- **An objective and simple evaluation without giving up the freedom of creativity**
- **Apparatus characterization through the specialization of body movement work**

NEW TEXT of the Code of Points INDIVIDUAL EXERCISES

The new version of Paragraph 2.4 « MASTERY (shared by all apparatus)», of the Code of Points was redrafted according to the following criteria:

- All throws (large, medium and small) in the various parts of the Code have all been grouped together in the recent RG Newsletters.
- All notes were also grouped together.
- The texts clarified through various memos are now all complete.
- We have decided to rewrite the paragraphs in their entirety to make it possible for you to replace the paragraphs of the 2005 Code with the new 2007 texts.
- New parts are underscored by a double underline, to allow you to locate the changes immediately.
- The only new important point in Paragraph 2.4 is **the greater importance of the difficulties from the Compulsory Body Movement Group (GCO)**.

NEW TEXTS FOR THE 2007 CODE

2.4. CRITERIA FOR MASTERY (shared by all apparatus)













All elements with throws -- including small tosses ("échappés") of the ribbon -- and the push back, which are found in the tables of the code showing the "Use of various apparatus" with CAP, must be evaluated by using only the MASTERY criteria shared by all apparatus.

2.4.1. Large Throws, Rethrows/Rebounds, and Push back

The height of a large throw must be about double the height of the gymnast measured from her head. Only the height of the **ribbon's** boomerang throw can be less, since the boomerang throw on the floor must be evaluated according to the criteria for *small/medium* throws.












For each of the criteria formulated below: **0.10** point










- Without help of hands 
- Outside the visual field 
- During an element with rotation on the vertical or horizontal axis of the body (for example, pivot, illusion, « chaînés », etc) 
- During a jump/leap 
- Below the leg(s) 
- Passing through the apparatus and throw immediately 
- Throw with rotation of the apparatus (**hoop**: with rotation around its diameter; **clubs**: very fast rotations) 
- Throw from a position on the floor (also valid for « support on the knee ») 
- Re-throw (throw and, without catch, re-throw immediately) or push back : 0.10 for each 
- Asymmetric throw (**clubs**) 
- Throw of the open **rope** held by one end or in the middle  

2.4.2. **Small or medium** throws (including boomerang throws on the floor and tosses/"échappés" of the **ribbon**), rethrows and push back

The values specified in MASTERY for large throws must be decreased by 0.10. For example, at the minimum two of the following criteria (or the same criterion performed twice, in succession – Example, throw in rapid succession / in cascade) must be performed to receive 0.10 point.










- Without help of hands 
- Outside the visual field 
- During an element with rotation on the vertical or horizontal axis of the body (for example, pivot, illusion, « chaînés », etc) 
- During a jump/leap 
- Below the leg(s) 
- Passing directly through the apparatus and re-throw immediately 
- Throw of the apparatus with rotation (**hoop**: rotation around its diameter; **clubs**: very fast rotations; **ribbon**: toss with rotation of the stick of the ribbon) 
- Throw from a position on the floor (also valid for «support on the knee ») 
- Re-throw (for example, throw and, without catch, re-throw immediately) or push back 

2.4.3. Catch of **large** throws (including boomerang throws of the ribbon), rethrows and push back, and catch of an apparatus balanced on one part of the body: 0.10 point each time

- Without the help of hands 
- Outside the visual field 
- During an element with rotation on the vertical or horizontal axis of the body (for example, pivot, illusion, « chaînés », etc.) 
- During a jump/leap 
- Below the leg(s) 
- Catch passing at the same time (with at least 2 parts of the body) through the apparatus 
- Catch in a position on the floor (also valid for « support on the knee »)
- Catch directly during a roll 
- Catch on the back of the hand(s) (**ball**) 
- Mixed catch (hand and another part of the body) 

2.4.4. Catch of **small** or **medium** throws (including tosses/"échappés" of the **ribbon**), re-throws and push back

The values specified in MASTERY for catches of large throws must be decreased by 0.10 point. For example, to obtain 0.10 point, at least two of the following criteria must be used:

- Without the help of the hand(s) 
- Outside the visual field 
- During an element with rotation on the vertical or horizontal axis of the body (for example, pivot, illusion, "chaînés", etc.) 
- During a jump/leap 
- Below the leg (s) 
- Catch passing at the same time (with at least 2 parts of the body) through the apparatus. 
- Catch in a position on the floor (also valid for « support on the knee ») 
- Catch directly during a roll 
- Catch on the back of the hand(s) (**ball**) 

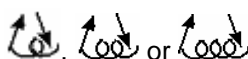


Notes valid for all THROWS and CATCHES listed above in Paragraphs 2.4.1. - 2.4.4.

1. In all cases of throws/catches of 2 apparatus, the value of the criterion or of the combination of criteria must be increased by + 0.10 point.
2. The value of large throws/catches performed during a difficulty (represented by the letter A) from the Compulsory Body Movement Group (GCO) of the apparatus utilized (hoop: from the 4 GCO) is increased by + 0.10 point.
3. The value of small and medium throws/catches during a difficulty from the GCO (A) is calculated according to the same norm as the other criteria. For example, to achieve 0.10 point requires at the minimum "A" + 1 other criterion.
4. In all cases, the GCO difficulty (A) combined with several criteria and performed during the same throw/catch, counts only once.
5. Concerning jumps/leaps, the criterion « during an element of rotation » is only valid for jumps/leaps with a rotation of 180° and 360° (the half-turn of 180° is only valid for jumps/leaps with a rotation of the whole body).

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

One **element or a combination** of 2 dynamic elements or more without difficulty, passing on the floor, all with rotations of the body or walkover/cartwheels (rotation on the vertical or horizontal axis of the body).



- 0.10 point for catch during the 1st element with rotation or immediately at the end
 - 0.20 point for catch during the 2nd element with rotation or immediately at the end
 - 0.30 point for catch during the 3rd element or more with rotation or immediately at the end
- + 0.10 or + 0.20 point or more, depending on the difficulty of the catch, if any**

Notes :

1. Any catch facilitating the control of the apparatus cancels the value of the element (see Apparatus Chapter).
2. If one or more elements (all with rotations) are difficulties, add an A value plus an additional 0.10 point to the value.
3. If 2 apparatus are used, the value 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 or more elements, with rotation or immediately at the end

2.4.6. **Large throw and catch during or immediately at the end of**

A series of **dynamic difficulties** (3 or more), all with rotations, without passing on the floor:

- 0.20 at the minimum for the throw (large throw during a difficulty with rotation)
- 0.20 at the minimum for the catch (catch of a large throw during a difficulty with rotation).
- 0.10 for an intermediary difficulty or difficulties with rotation.

Total: 0.50 point at the minimum

The new version of the Introduction to Chapter 3 "APPARATUS" of the Code of Points, **valid for all individual exercises and for groups (excluding the GCO)** was drafted according to the following criteria:

The criteria for « Apparatus CAPs » of the 2005 Code have been completed, since they were taken from the examples cited in that Code.

As a result, all elements used as examples in the Tables of the 2005 Codes of Points to illustrate the use of apparatus with CAP must be evaluated according to the general criteria for the Use of Apparatus (without throws) with CAP, with the exception of throws/push back and tosses/"échappés" of the ribbon, which are now part of MASTERY.



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The ATTACHMENTS to NEWSLETTER No. 25 contain a summary table for each apparatus. These tables show how the basic technical elements of each apparatus (start value: 0.00 point) and the most typical elements of each apparatus (preferential value: 0.10 point) can in principle be connected to the list of general criteria. Originality always has room for possible new combinations of criteria or brings along new criteria, which must be approved according to the norms defined in the Code. **These tables are an integral part of the Chapter "Apparatus" 2007.**

The List of GENERAL CRITERIA and the tables specific to the apparatus (ATTACHMENTS) must be used by the coaches and gymnasts as calculation tools **AFTER** they have freely created their apparatus elements.

To arrive at the final value of the element, the coach and subsequently the judge must identify the basic technical element, its start value, and the criterion or combination of criteria, which obviously form the created element.

There are two important factors in **Chapter 3, APPARATUS**:

1. Again the greater importance of the difficulties from the Compulsory Body Movement Group (GCO)
2. Full freedom to compose the CAP elements
3. The CAP calculation based on the attached tables may at times arrive at element values that are different from those given in the 2005 Code.

TEXT FOR THE 2007 CODE

3. APPARATUS

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

- Each « **basic** technical element » of the apparatus (see details on the Attachments) has a 0.00 pt value
- The technical element the **most typical** of the apparatus, usually one or 2 elements depending on the type of apparatus (see Attachments), has a value of 0.10 point.
- In the following cases, their value increases each time by 0.10 point (or more):
 - If the technical element of the apparatus is coordinated with a body movement difficulty of the GCO (hoop: the 4 GCO)
 - If it is coordinated with a body movement element of total body wave
 - If it is coordinated with a series of rhythmic steps (more than 3 steps)
 - If it is coordinated with a body movement with rotation/walkover/cartwheel
 - If it is performed without the help of hands (or on the open hand(s) or on the fingers)
 - If it is performed outside the visual field (this criterion is never applied to the « Handling » group of each apparatus).
 - If it is performed in a series (3 at the minimum), aside from skips/hops into the rope/hoop and rotations of the hoop around the hand or on the floor, for which the series is the actual basis (0.00)
 - If it is performed in a position on the floor and this element includes a brief loss of contact with the hands (for example, rolls, rebounds, handlings without the hands, tosses/"échappés" of the rope, etc.)
 - For each additional passing through the apparatus or in the rope folded in 2, during the flight time of the same jump/leap
 - If it is performed with a change of planes or a change in the direction of the apparatus or of the gymnast
 - If it is performed with total passing (the whole body) above the apparatus
 - If the CAP is performed and repeated during two or three difficulties followed by jumps/leaps or pivots, the value of the element is increased by 0.20 for each consecutive difficulty. If the jump/leap is coordinated with a toss ("échappé") of one end of the rope: (0.30) each time
 - Passing the apparatus below one or two legs during the flight of a jump/leap (all apparatus) or passing the apparatus without the help of the hand (hoop and rope: see ATTACHMENTS).

NEW TEXT FOR THE CODE OF POINTS



GROUP EXERCISES

Paragraph 2.4. "COLLABORATION AMONG THE GYMNASTS » of the 2005 Code of Points has been revised according to the following criteria :

- The examples in the 2005 Code have been replaced with criteria that give more freedom to coaches.
- All examples in Paragraph 2.4 of the 2005 Code of Points must now be evaluated according to the criteria of **Paragraph 2.4, Version 2007**.
- The value calculation, based on the following criteria, may at times change the value of well-known elements of collaboration.

TEXT FOR THE 2007 CODE

2.4. COLLABORATION AMONG THE GYMNASTS

Definition of collaboration: A group of gymnasts who are partly or totally in contact with one another, either directly or through the apparatus, and who are moving into different directions in formations or in other types of traveling patterns.

All the examples of the Code of Points must be evaluated according to the following general criteria:

Types de Collaboration	No. of gymn.*	Value
Without throw	5	0.10
With throw	1 or more	0.20
With throw + risk of losing visual contact with the apparatus during its flight	1 or 2	0.30
	3 or more	0.40
With throw + risk of losing visual contact with the apparatus during its flight + passing above, below, or through 1 or several apparatus or partners during the flight	1 or 2	0.50
	3 or more	0.60
With throw + high risk while passing through the apparatus during its flight	1 or 2	0.70
	3 or more	0.80

* No. of gymn. = Number of gymnasts involved in the main part of the collaboration routine


Paragraph 2.5 "MASTERY" of the Code of Points 2005 (common to all apparatus) has been revised according to the same criteria as those in the MASTERY paragraph of individual exercises. As we know, Groups Exercises have no Compulsory Body Movement Groups (GCO).


NEW TEXT FOR CODE 2007

2.5. MASTERY

2.5.1. Exchange with a throw during a body movement or difficulty with rotation

⇒ Element with rotation of the body or walkover/cartwheel during the flight of the apparatus and catch immediately :

 = 0,10











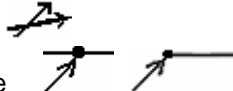

⇒ Difficulty with rotation of the body or walkover/cartwheel during the flight of the apparatus and catch immediately:  A = 0,20

2.5.2. Large throws, rethrows and push back

The height of a large throw must be about double the height of the gymnast measured from her head. Only the height a boomerang throw of the **ribbon** can be less, since a boomerang throw on the floor must be evaluated according to the criteria for *small/medium* throws.











For each of the following criteria: **0.10** point






- Without help of hands  or with the help of another apparatus 
- Outside the visual field 
- During an element with rotation on the vertical or horizontal axis of the body (for example, pivot, illusion, « chaînés », etc.) 
- During a jump/leap 
- Below the leg(s) 
- Passing directly through the apparatus and throw immediately 
- Throw with rotation of the apparatus (**hoop**: rotation around its diameter; **clubs**: very fast rotations) 
- Throw from a position on the floor (also valid for « support on the knee ») 
- Re-throw (throw and, without catch, throw again immediately) or push back : 0,10 for each 
- Asymmetric throw with the same or different apparatus 
- Throw of the open **rope** held at the end or in the middle 

2.5.3. Small or medium throws (including boomerang throw on the floor and toss (“échappé”) of the ruban), rethrows and push back

The MASTERY values established for large throws must be decreased by 0.10. For example, to obtain 0.10 point, at the minimum two of the following criteria must be fulfilled (or the same criterion twice, in succession; for example, throws “in cascade” must be performed to obtain 0.10 point).

- Without help of hands  or with the help of another apparatus 
- Outside the visual field 
- During an element with rotation on the vertical or horizontal axis of the body (for example, pivot, illusion, « chaînés ». etc.) 
- During a jump/leap 
- Below the leg(s) 
- Passing directly through the apparatus and throw immediately 
- Throw the apparatus in a rotation (**hoop** : rotation around its diameter; **clubs**: very fast rotations; **ribbon**: toss (“échappé”) with rotation of the stick 
- Throw from a position on the floor (also valid for « support on the knee ») 
- Rethrow (for example, throw and without catch, throw again immediately) or push back 








2.5.4. Catches from large throws (including boomerang throws of the ribbon), rethrows, and push back and catch of an apparatus balanced on one part of the body: 0.10 point each time

- With help of hands 
- Outside the visual field 
- During an element with rotation on the vertical or horizontal axis of the body (for example, pivot, illusion, « chaînés », etc.) 












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- During a jump/leap 
- Below the leg(s) 
- Catch while passing through the apparatus (minimum 2 parts of the body) 
- Catch in a position on the floor (also valid for « support on the knee ») 
- Immediate catch with roll 
- Catch on the back of the hand(s) (**ball**) 
- Mixed catch (hand and another part of the body) 

2.5.5. Catch from **small** and **medium** throws (including tosses/"échappés" of the **ribbon**), re-throws and push back

MASTERY values established for catches from large throws must be decreased by 0.10. For example, to obtain 0.10 point, a minimum of two of the following criteria must be fulfilled:

- Without help of hands 
- Outside the visual field 
- During an element with rotation on the vertical or horizontal axis of the body (for example, pivot, illusion, « chaînés", etc.) 
- During a jump/leap 
- Below the legs 
- Catch while passing (minimum with 2 parts of the body) through the apparatus 
- Catch in a position on the floor (also valid for "support on the knee") 
- Direct catch during a roll 
- Catch on the back of the hand(s) (**ball**) 

Notes valid for all THROWS and CATCHES mentioned above in paragraphs 2.4.1. to 2.4.4. :

1. *In all cases of throws/catches of 2 apparatus, the value of the criteria or of the combination of criteria must be increased by +0.10 point. In Group exercises, when 2 apparatus are thrown, they can be the same or different apparatus.*
2. *The value of large throws/catches during a difficulty represented by the letter **A**, increases by + 0.10 point.*
3. *The value of small/medium throws/catches during a difficulty (A) is calculated according to the same norm as for the other criteria. For example, to achieve 0.10 point requires at the minimum "A" + 1 other criterion.*
4. *In all cases, difficulty A, combined with several criteria and performed during the same throw/catch, counts only once.*
5. *Concerning jumps/leaps, the criterion "during an element of rotation" is only valid for rotations of 180° and 360° (the half-turn of 180° is only valid for jumps/leaps with rotation of the whole body).*



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

An **element or a combination** of 2 or more **dynamic** elements without difficulties passing on the floor, all with rotations of the body and/or walkovers/cartwheels (rotation on the vertical or horizontal axis of the body):



- 0.10 point for catch during the 1st element with rotation or immediately at the end
- 0.20 point for catch during the 2nd element with rotation or immediately at the end
- 0.30 point for catch during the 3rd element or more with rotation or immediately at the end
- + 0.10 or + 0.20 point or more, according to the difficulty of the catch, if any.

Notes :

1. Any catch facilitating the control of the apparatus cancels the value of the element (see Apparatus Chapter)
2. If one or more elements (all with rotations) contain difficulties, add a value A plus an additional 0.10 point to the value.
3. If 2 apparatus are used, the value 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 or more with rotation or immediately at the end

2.5.7. **Large** throw and catch during or immediately at the end :

A series of **dynamic difficulties** (3 or more), all with rotations, without passing on the floor:

- 0.20 minimum for the throw (large throw during a difficulty with rotation)
- 0.20 minimum for the catch (catch of a large throw during a difficulty with rotation)
- 0.10 for an intermediary difficulty or intermediary difficulties with rotation



Total 0.50 point at the minimum

CLARIFICATIONS AND CHANGES

Misc. Items concerning A (Artistry)

1. **Background music**, in lieu of musical accompaniment, has no value. There will be a **1.00 point** penalty (a 0.50 penalty is applied when a major portion of the musical accompaniment is not synchronized with the exercise).
2. "DIVING LEAP" is the term used to designate a well know-jump in RG; as a general rule, it is performed frequently to pass through an apparatus or in other situations. This type of leap is characterized by a lack of height, which is not a required; it is moving directly towards the floor – the trunk of the gymnast is bent forward – and is immediately followed by a roll. The "diving leap" together with the roll forms a total element and is considered as an acrobatic element and not as a difficulty.

Misc. Items concerning D (Difficulty)

1. Jump/leap difficulties « with ring at an angle of more than 180° » are no longer valid for the following reasons. Their values are then the same as those of the jumps/leaps with ring.
 - a. Almost all gymnasts perform this jump/leap with the foot higher than the head, but the angle is not greater than 180°.
 - b. It is very difficult for the judges to evaluate this angle, and therefore the assessment of this difficulty varies a lot.
 - c. As a result, there are major differences between the judges' scores
2. The balance element with the ankle supported on the shoulder has already been performed by several gymnasts. This element belongs to the category of balance elements with ring without help; its value is:
 - 0.40 (D) – ankle freely supported on the shoulder, without help of hands or the apparatus  D
 - 0.30 (C) – ankle supported on the shoulder, with the help of the hand(s) or the apparatus  C



Egle Abruzzini,
President of the RG-TC