

AEROBIC GYMNASTICS FIG 2017-2020 RULES - SUMMARY GUIDE

DIFFICULTY GROUPS/FAMILIES	DIFFICULTY DEDUCTIONS - 1.0 @
<p><u>Group A – Dynamic Strength</u></p> <ol style="list-style-type: none"> 1. Push Up PU /Hinge/Lateral/Wenson 2. Explosive PU A Frame/Cut 3. Explosive Support High V/Reverse Cut 4. Leg Circle/Flair 5. Helicopter 	<p>10 DE for IW&IM – 9 DE for MP/TR/GR 1 Lift of Value required</p> <p>1 Element from at least 3 groups -(no max # Floor Elements)</p> <ul style="list-style-type: none"> Exceeding Max of 9/10 DE (- 1.0 per element) Less than 3 Element Groups (-1.0 per missing group) Repetition of Element/<i>Same Family</i> (-1.0 per element) Exceeding 3 DE (Group C) landing in PU and/or Splits Combination exceeding 3 elements (AE or DE-1.0 per elemt) <p>*Elements with a Fall or not meeting min. requirements or with unacceptable execution <u>will not receive value.</u></p> <p>All MP,TR,GP must perform same DE at same time or consecutively.</p> <p>MP&TR- perform 2 diff DE at same time- *No Elem Values, 1 Element counted in total #of 9 elements allowed.</p> <p>Group 1x only-if do 2 diff DE at same time- element of lowest value receives the value - *the 2nd time or more 2 Diff El performed at same time by Group=No Elem Value No Deduction 1ElementCounts</p> <p>MP&TR- DE performed by only 1or2 *No Recognition Not Counted</p>
<p><u>Group B – Static Strength</u></p> <ol style="list-style-type: none"> 1. Support Straddle/ L Support 2. V Support/High V Support 3. Horizontal Support Planche/ Wenson Support 	<p>Bonus: .1 Combination of 2 DE .2 Combination of 3 DE</p> <p>.1 Combination of Acro + DE .2 for 3 (1 Acro+ 2 DE)</p> <ul style="list-style-type: none"> Combined directly w/o stop, hesitation or transition 2 or 3 elements may be from same or different groups but <u>must be from different families</u> Combination of 2 Acro NOT ALLOWED=CJP Deduction-0.5 Each element must meet minimum requirements & <u>cannot be repeated</u> to receive the additional Bonus value MP/TR/GR must perform same combination of 2/3 elements at the same time <p><i>*Combinations not performed at the same time = No Value /No Bonus/ No Deduction /Elements Counted</i></p> <p>Exceeding 2 combinations of 2/3 elements =Value Given No Bonus No Deduction Elements Counted</p>
<p><u>Group C – Jumps & Leaps</u></p> <ol style="list-style-type: none"> 1. Vertical/Straight Jump Air Turn/Free Fall 2. Horizontal Jump Gainer 3. Bent Legs Jump Tuck/ Cossack (Wolf) 4. Pike Jump 5. Straddle Jump Straddle & Frontal Split 6. Split Jump/ Switch Leap 7. Scissor Leaps (Tour Jete) 8. Scissor Kick Jump 9. Off Axis Jump- Rotation 10. Butterfly 	<p>Scoring: Value is given only to the 1st 9/10 DE performed</p> <p><i>At Senior International events -.1&.2 DEs will not be considered as DE</i></p> <ul style="list-style-type: none"> All DE s and Combinations that have received a value will be added together and then: Total divided by 2 points for IW IM MP TR(Men) GR(Men) Total divided by 1.8 points for TR & GR (Women or Mixed) Total divided by 2 points for AD AS ND WA 1 & WA2 <p>Resulting D SCORE submitted is given to 3 decimal points</p> <p><i>2 D Judges agreed score is the final D Score; allowable deviation of-.3 (before dividing by 2 or 1.8)</i></p> <p>TOTAL SCORE = A Score+ E Score+ D Score+ CJP Score(Lift)</p> <p>All D Judge Deductions are recorded & submitted.</p> <p>All D Judge Deductions are added together; then total divided by 2 (given to 2 decimal points)</p> <p>*D Judge Deductions+ Line Judge + Chair JP deductions are deducted from Total Score to give FINAL SCORE</p>

<p>Group D – Balance & Flexibility</p> <ol style="list-style-type: none"> 1. Splits Frontal/Vertical 2. Turns & Turns Leg at Horizontal 	<p>Group D – Balance & Flexibility</p> <ol style="list-style-type: none"> 3. Balance Turn 4. Illusion 5. Kicks 										
<p>CHAIR OF JUDGES PANEL Prohibited Moves: .5 each time <i>Acrobatic Refer to Chapter 7.1 pg. 28</i> >Static Moves- Extreme Flexibility >Moves of Extreme Back Flexibility >Handstand held more than 2 secs >Dive Rolls with Twists >Salto less or more 360° w or w/o Twist >*Propelling during Collaboration* >Combination of Acrobatic Elements <i>AE may be used only 2x in whole routine w/o combination</i> <i>If MP/TR/GR do 2 different AE at same time, it counts as *1 Acro.</i></p> <p>Prohibited Lifts: .5 each time Height higher than 2 persons standing Direct Salto from propelling Entry of Lift with more than 1 Acro Elem</p>	<p>CHAIR OF JUDGES PANEL (CJP) DEDUCTIONS</p> <p>.5 - Lift missing or additional Lift (each time) -1 required .5 - Prohibited Lifts (each time) .5 - Prohibited Moves (.5 Combination of 2 Acro Elements) .5 - 3 or more Acro Elements in the routine (each time)</p> <p>.2 - Attire Incorrect (.3 Missing National Emblem) .2 - Presentation Fault/Theatrical .2 - Time Infraction +/- 1-2 sec .5 - Time Fault +/- 3 sec .5 - Interruption of performance for 2-10 seconds (each time) .5 - Failure to appear on Competition area within 20 sec. 2.0 - Stop of performance over 10 secs 2.0 – Theme unacceptable</p> <p>Warning – Prohibited Area/Bad Behaviour/Nat Tracksuit not worn/ Competition Attire not worn at Award Ceremony</p> <p>DQ - Serious Breach of FIG Statues, COP or Tech Regs Walkover – failure to appear within 60 secs of being called</p>										
<p>Lifts: 1 Standing Dynamic Lift Required <i>Lifts are considered Collaborations if not lifted on to the shoulders or not above the shoulders of standing person or if lifter is not standing (ICC2016)</i></p> <p>>Base must be standing at start of Lift >Must be lifted on to or above shoulder height/axis – bent arms/straight arms >May involve any combination of competitors >End/Exit position must be controlled >Must show different shapes and/or different levels before propelling (if included) the lifted person(s)</p>	<p>Criteria for Evaluation of the Lift Value Max 1.00</p> <table border="0"> <tr> <td>1 Entry of the Lift/ Levels of Lift onto or Above Shoulder Ht</td> <td>.1 .2</td> </tr> <tr> <td>2 Show Physical Capacities- Strength, Flexibility, Balance</td> <td>.1 .2</td> </tr> <tr> <td>3 Changing Different Levels with Different Shapes</td> <td>.1 .2</td> </tr> <tr> <td>4 Showing Dynamism – Speed, Rotation of Competitors</td> <td>.1 .2</td> </tr> <tr> <td>5 Showing Airborne Phase w or w/o 1/1 rotation</td> <td>.1 .2</td> </tr> </table> <p>Note: All Prohibited Moves cannot be performed in the Lift – A Lift with a Fall will receive “0” Value</p> <p>Propelling: defined as when a competitor is thrown by a partner into an airborne position with no contact with partner.</p> <p>A-1 Cartwheel is in standing position (from standing to standing in upright position)</p>	1 Entry of the Lift/ Levels of Lift onto or Above Shoulder Ht	.1 .2	2 Show Physical Capacities- Strength, Flexibility, Balance	.1 .2	3 Changing Different Levels with Different Shapes	.1 .2	4 Showing Dynamism – Speed, Rotation of Competitors	.1 .2	5 Showing Airborne Phase w or w/o 1/1 rotation	.1 .2
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