

RG Workshop – November 27<sup>th</sup>, 2016

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Key points covered at the workshop

### **Difficulties**

-Fouette Balance cannot be done on flat foot.

- Fouette Balance needs to have 3 shapes (there is a discrepancy between the definition given on pg. 38 9.1.12 and the chart difficulty #21 explanation. It will be corrected in Errata

- In the difficulty column, if a box is divided into parts and lists difficulties in each part – difficulties are considered different. If a box is not divided, however lists more than one difficulty; those difficulties are considered the same shape and cannot be repeated - example: ( pg. 21 difficulty # 23)

### **Fundamental Apparatus Technical Groups**

- Fundamental movements are allowed as connections between the movements to meet a criteria of a minimum of 1 Fundamental movement in a routine.

- For non-dominant hand criteria during Rhythmic Steps, as long as a movement is initiated by the non-dominant hand the requirement is valid

- It is possible to perform 2 non-dominant hand fundamental movements during 1 difficulty ( balance, etc)

### **Dance Steps**

- It is not encouraged to include AD during steps due to possible interruption and possible break of the steps which will result in cancelling the rhythmic steps

- Clarification was given with regards to using Body Difficulties in DER with rotation with a value of more than 0.10

Example: Jumps/Leaps and Rotations of 180° and more during the throw and/or catch these rotations count for the number of rotations in R and as BD. Please refer to-pg. 26. 5.3.1)

### **Apparatus Difficulty**

- If a gymnast performs AD during a catch perfectly, however waits for the apparatus in this case AD will be given and the gymnast will be deducted by execution judges for waiting under the apparatus.

### **DER**

- If interruption happens during DER (long wait for the apparatus, steps) – a gymnast will receive credit for criteria performed before interruption as long as the apparatus is caught. Any criteria performed after the interruption will not be counted.

### **COP Videos**

2017-2020 CoP Rhythmic Gymnastics - Apparatus difficulty and Dance <https://www.youtube.com/watch?v=h4d4NBKfYaM>

2017-2020 CoP Rhythmic Gymnastics - Rotations and Mixed difficulties <https://www.youtube.com/watch?v=47-9yVXrKJA>

2017-2020 CoP Rhythmic Gymnastics - Dynamic Elements with Rotation <https://www.youtube.com/watch?v=TXFtknglfb4>

### **Questions addressed at the workshop to be answered at a later time**

- Case: Gymnast performs 10 difficulties but only one of the 10 is a pivot and the pivot difficulty has the lowest value of all difficulties performed. According to COP the 9 highest difficulty will be counted (the lowest value is cancelled) -pg.14 2.1.3.

Deduction of 0.3 for more than 9 difficulties is applied

Q: Should in this case additional penalty of 0.3 be given for a missing difficulty from each body group since the pivot is being canceled as the difficulty with the lowest value?