



LAUSANNE (SUI), December 4th, 2022 - Update January 2023

To: All Member Federations

The FIG AER-TC wishes to notify our Member Federations of the following information.

< INFORMATION >

From TC analysis, Aerobic Gymnastics' image have become much better with this new Code of Points. We can see more the nature of the sport with the AMP Block, the routines are less performed on the floor and correct technique of Aerobic movements with rebound are showing. Music is also becoming more audible (but still some with excessive use of extra rhythmical base and extra sound effects, with higher volume than the original version and the melody in editing) and hopefully with these changes, Aerobic Gymnastics will attract the audience. In addition, the Execution of elements have improved significantly. TC would like to thank all the gymnasts and coaches for their great effort taken to improve the image of our sport.

< Judging >

The FIG AER-TC feels that the judges have absorbed and starting to digest the new CoP. But we are still concerned with the judges who are not using wider range to differentiate the routines or not applying the CoP both in Execution and Artistry. For Artistry, please refer to the reference range of scores again in the CoP, page 31.

< STS Study Platform >

The STS Study Platform is available for all the brevet judges. The AER-TC are working to upload more information to help judges. Therefore, the TC highly recommends the use of STS study program.

Website: <https://stsstudy.com/>

Username: FIG Judges' ID #

Password: Online Exam password

Select: AER

The FIG is now offering the STS Study subscription available to national judges, coaches, athletes, fans, media, or anyone interested in furthering their knowledge of the Code of Points and the judging process. Please refer to FIG Official Communication (September 17, 2022) for more details of subscription.

< CoP Corrections >

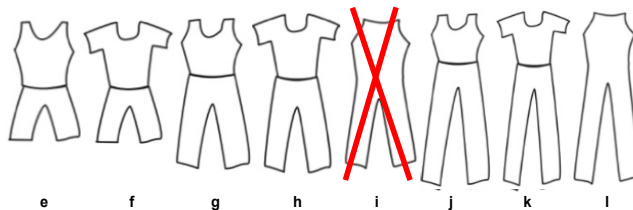
Please make some corrections to the published CoP 2022-2024 (published June 14, 2022) as follows:

Attire (Dress Code): page 19 Delete:

< Men's Attire >

Example for MEN

Delete example "i"



Chapter 5 (Judging) DIFFICULTY: 5.2.B Criteria: page 29 Correction

< Combination of Difficulty/Acrobatic Elements Evaluation >

Category	Evaluation	Example (D=Difficulty, A=Acro)
MP/TR/GR	+ 0.1	D + D / A + D / D + A
	Receive Value and counted for the Difficulty elements but No additional value and No Deduction will apply	D + A + D / A + D + A / A + D + D / D + D + A / D + D + D

MP/TR/GR: Can NOT combine 3 elements.

If combined, No additional value and **Difficulty deduction of -0.5 will apply** (as in 5.2.D. Deduction list).



Appendix 4 DIFFICULTY ELEMENTS DESCRIPTION: page 80 Delete

< Group A: Family 2 >

Base Name of L-Support and Straddle Support are **“SUPPORT”**

These elements are in the same Base Name. Therefore, if L-support (A202 – A206) and Straddle support (A212 – A237) elements are both included in a routine, it will be a repetition of the same Base Named elements and deduction will apply.

Family 2 Static Strength Base Name: L SUPPORT

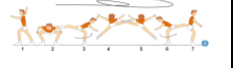
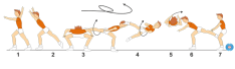

Family 2 Static Strength Base Name: STRADDLE SUPPORT

Appendix 4 DIFFICULTY ELEMENTS DESCRIPTION: page 89 Correction

< Group B: Family 4; BUTTERFLY >

B435, B437, B439: 1st bullet


1. With a 1/2 circular swing rotation of the upper body turn on the floor before one foot take off.

No.	Value	BUTTERFLY		
B 435	0.5	<ol style="list-style-type: none"> With a 1/2 circular swing rotation of the upper body on the floor before one-foot take off. Kick the free leg straight and backward to lift the body upward with slight arch on the back. While airborne, legs flies open in straddle with body in horizontal position. Landing in one foot. 		<u>B</u>
B 437	0.7	<ol style="list-style-type: none"> With a 1/2 circular swing rotation of the upper body on the floor before one-foot take off Kick the free leg straight and to swing diagonally backward to lift the body upward with slight arch on the back. While airborne, legs flies open in straddle and body rotates to perform a full twist (360°) in horizontal position. Landing in one foot. 		<u>ε</u> <u>B</u>
B 439	0.9	<ol style="list-style-type: none"> With a 1/2 circular swing rotation of the upper body on the floor before one-foot take off Kick the free leg straight and to swing diagonally backward to lift the body upward with slight arch on the back. While airborne, legs flies open in straddle and body rotates to perform a full twist (720°) in horizontal position. Landing in one foot. 		<u>εε</u> <u>B</u>

< Group C: Family 8; ILLUSION >

C824: 3rd bullet

3. One hand(s) touches the floor, besides the supporting foot. The lifted leg comes down to the starting.

No.	Value	ILLUSION		
C 824	0.4	<ol style="list-style-type: none"> From standing, step forward and free leg is lifted upward to initiate a 360°vertical rotation. Simultaneously the body rotates and turns 360° on the supporting leg. One hand touches the floor, beside the supporting foot. The lifted leg comes down to the starting. Standing with feet together. 		↓

< Clarifications & Reminder >

The FIG AER-TC would like to Clarify below matters:

Attire (Dress Code): page 19

B. COMPETITION ATTIRE: (-0.2 each time for different criteria)

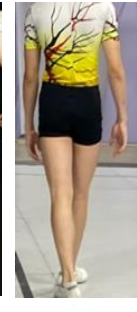
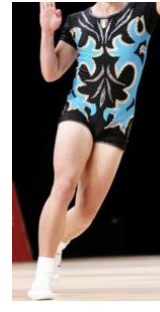
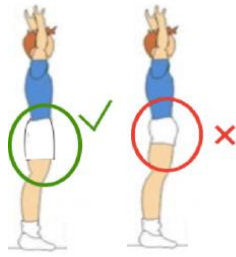
< Men's Attire >

- Men must wear 2 pieces (short or long pants and a form fitting top) or a full-length unitard. Shorts/pants/trousers must not be skin-tight.
- Short pants must cover 1/3 of the thigh length from hip joint.

Example:

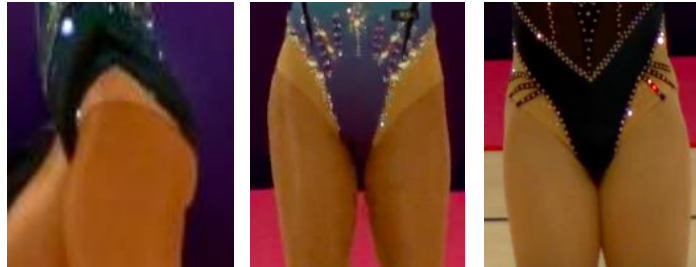
If Men's attire is 1 piece and skin-tight: CJP deduction is -0.2 (one criteria).

If Men's attire is 2 pieces and too short: CJP deduction is -0.4 (two different criteria).



< Skin Color >

Use of Skin color material (with or without any decoration) around the pelvic area are not recommended as it will appear nudity on TV.

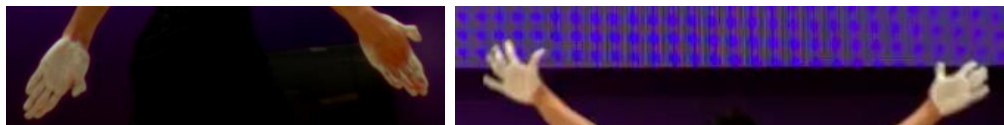


< National Emblem >

The minimum overall area for the National identification must be 30 sq.cm (FIG Rules for Competition Clothing and Advertising 2022, page 7, Art. 5)

< Magnesium >

The use of magnesium or any other product leaving marks on the competition floor is strongly not recommended.



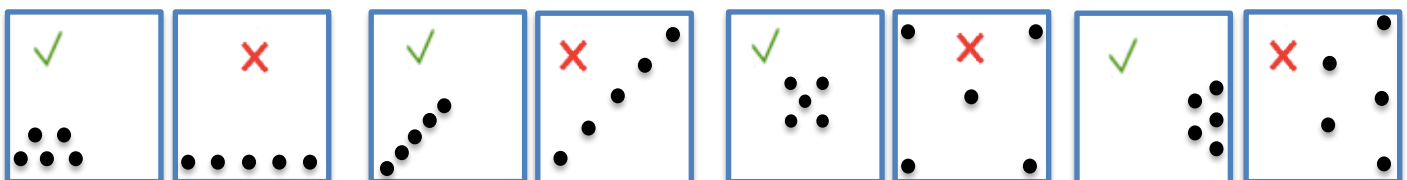
Chapter 5 (Judging/Evaluation) ARTISTRY: 5.4.D: page 34

< 2. Aerobic Content: 2.2 Quality – Variety >

AMP BLOCK

To be recognized as an AMP Block, all gymnasts must do the same basic steps with correct rebound technique at the same time as a unit close to each other. Using different direction (orientation/rotation) and arm/leg (asymmetry/symmetry) movements are allowed but must perform the same basic steps.

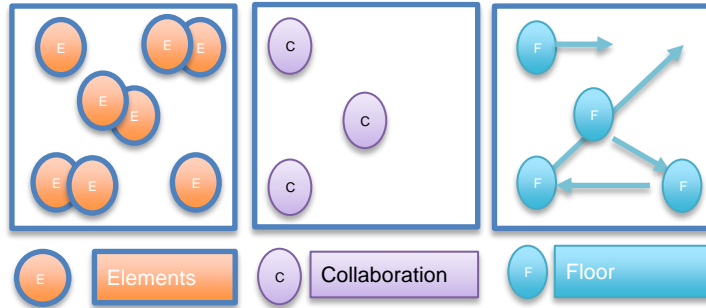
For MP/TR/GR; AMP Block must be performed close to each other (short distance) as a unit.





< 3. General Content: 3.2 Space >

The distribution of the different components of the routine must be equal and balanced in the space. This is not only for AMP sequences but also includes collaborations, floor movements and elements placements.



< 5. Artistic Performance: 5.1 Presentation / Quality of the movements >

The routine with a fall and/or a touch: If the gymnast has a fall/touch in the routine, the Artistic performance will not be Excellent, however, it will also not be immediately Poor either. This must be evaluated how much a fall/touch have affected or ruined the whole routine. It can be very low (possible to be in Poor) if the fall was dramatic and affected/ruined the whole impression of the routine. Or it can go down just the next level if there was a fall, but the gymnast was able to recover so that the art of the routine was not affected too much.

Part 5: Aerobic Dance: page 56 & 59

< AMP in Dance Style >

“AD is a group choreography of 8 competitors, utilizing the Aerobic movements in Dance Style. With respect of the specificity of Aerobic Gymnastics, AMP Sequences should be performed more freely.”

The intention of starting the Aerobic Dance category in our discipline was to give more freedom with respecting the specificity of our discipline. This means that MAIN part of the routine (except for the 2nd Style) should give the image of Aerobic Gymnastics in Dance Style. Therefore, the routine should **Not be “Dance Routine” in Dance Style!** It should be “Aerobic Gymnastics” in Dance Style.

< 2nd Style >

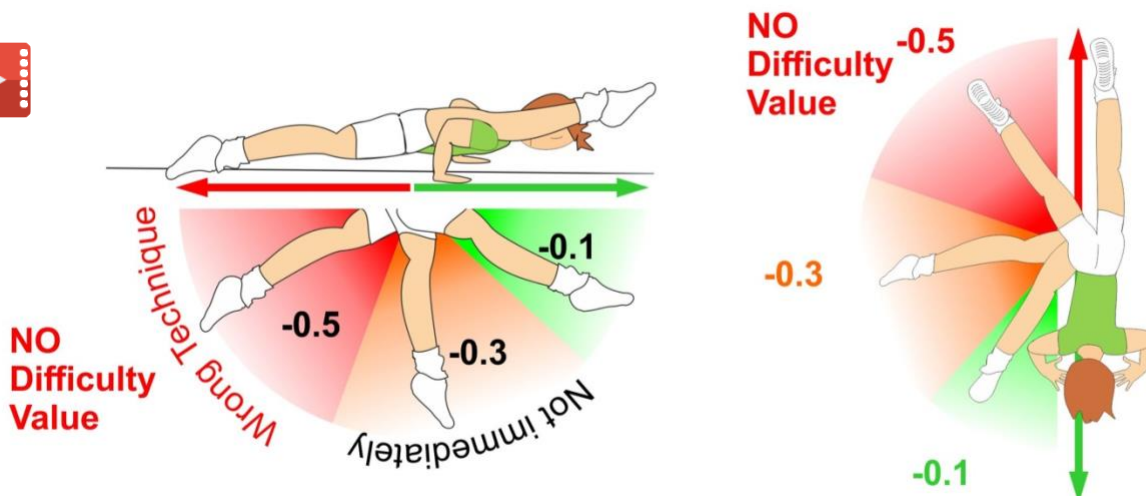
The 2nd Style can be performed with different movements between the members. However, all competitors must be unified as a team.

Difficulty Elements

< Elements ending in Wenson Position >

If the leg will not go immediately to the Wenson position; Execution General Error (-0.1 or -0.3).

If end in Push Up position and then move a leg to the Wenson position, it is a wrong technique (-0.5) in Execution and therefore 0 value in Difficulty. This applies to all the elements ending in Wenson position.

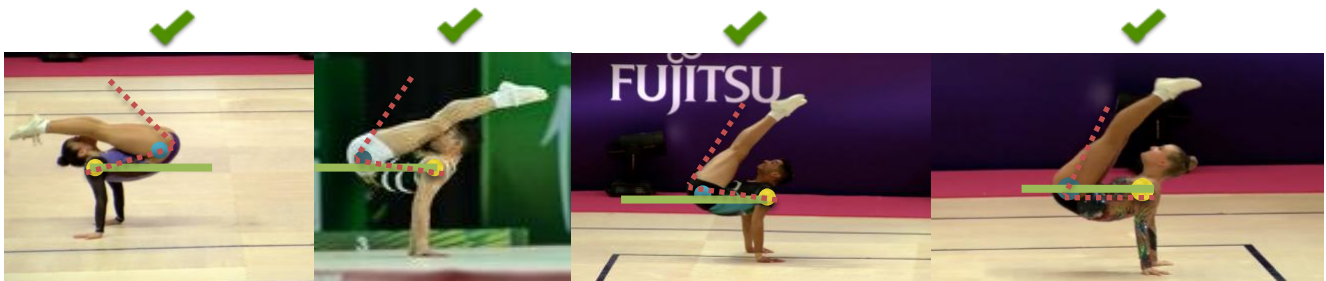
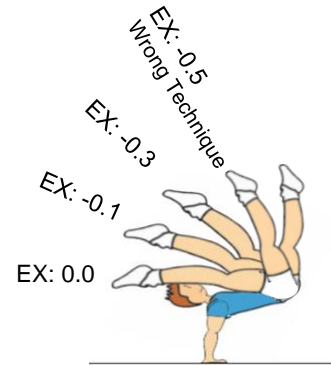
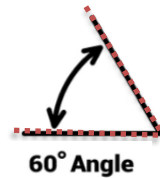
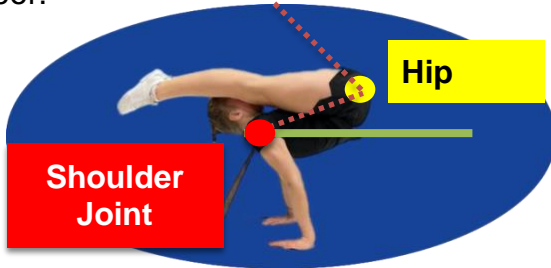




< Explosive High-V: “High-V position” >

Showing the High-V position is a minimum requirement in all elements of Explosive High-V (CoP pg 46).

“High-V position”: the body is supported by both arms with only the hands in contact with the floor. The body is flexed in Pike Form (feet together and angle of the trunk and the legs are 60° maximum) with the hip joint at least at the shoulder joint level or higher. Perfect execution is with legs parallel to the floor.

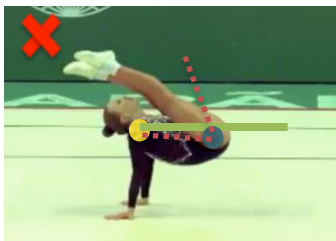


DIF: OK
EX: 0,0

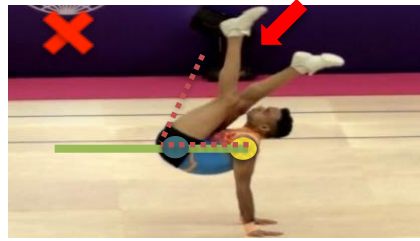
DIF: OK
EX: -0.1
Legs not parallel

DIF: OK
EX: -0.3
Legs not parallel

DIF: OK
EX: -0.3
Legs not parallel



DIF: NO - Not High-V position
EXE: -0.3 + -0.1
(Hip joint lower than shoulder joint + feet apart)



DIF: NO - Not High-V position
EXE: -0.3 + -0.5
(Hip joint lower than shoulder joint + incorrect Pike position)



DIF: NO - Not High-V position
EXE: 0.5 + 0.1
(Angle more than 60° + feet apart)

< Helicopter >

Helicopter performed with arms/hands holding the legs is a large error -0,5. Therefore, zero value in difficulty evaluation. Pag 51 CoP

< Illusion >

IF an athlete attempts to perform a Free Double/Triple Illusion but some of the Illusion is performed with hand (not free) therefore it will be considered as a touch and the value in difficulty will be zero.



< Butterfly >

If body exceed 45° above or under the horizontal: Execution -0.5 (minimum requirement)



If no 1/2 circular swing rotation of the upper body on the floor is not performed: Execution -0.5 (wrong technique)

< Video Clips from the Newsletter #2 >

Please click below icon of the video.

ARTISTRY








< General Content >

General Content		
The General Content in this CoP evaluates the criteria of use of Space/Traveling/Formation/Fluidity together with Transitions/Links/Partnerships/Collaborations. To evaluate the General Content, we must have consideration of the space and the movements as a whole, as a unit (performed in the same period of the time).		

DIFFICULTY


< Off Axis Jump >

Basic “Off Axis Jump” is a jump with two distinct rotations are performed (½ rotation-180° in the horizontal plane and ½ twist-180° of the body along the longitudinal axis) simultaneously in a Tuck position.

Elem. #	Name	Shorthand	Link
B447	Off Axis Jump 1 ½ Twist		
B448	Off Axis Jump 2/1 Twist		
B449	Off Axis Jump 1 ½ Twist to PU		
B450	Off Axis Jump 2/1 Twist to PU		No clip available yet


< Turn >

If ending is not with feet together: Execution -0.1 or -0.3


Elem. #	Link
C 702, C704, C706, C715, C717, C719	

< Illusion >

If ending in lunge back or feet apart: Execution -0.1 or -0.3

Elem. #	Link
C 824, C826, C828, C835, C837, C839	

< Acrobatic Elements >

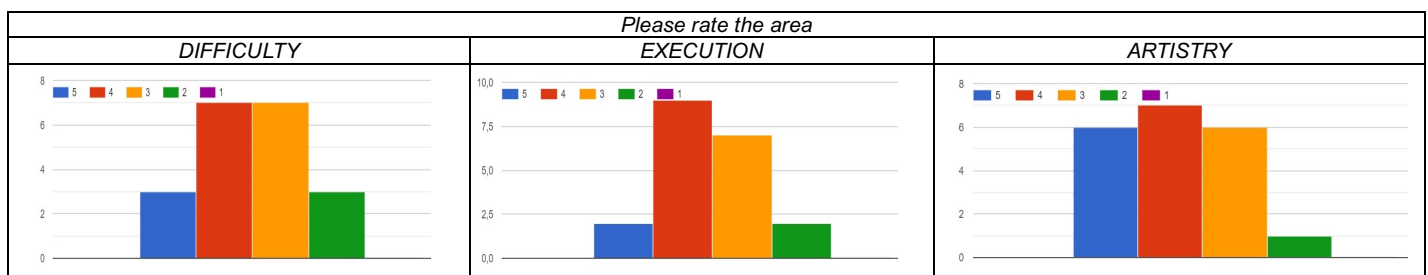
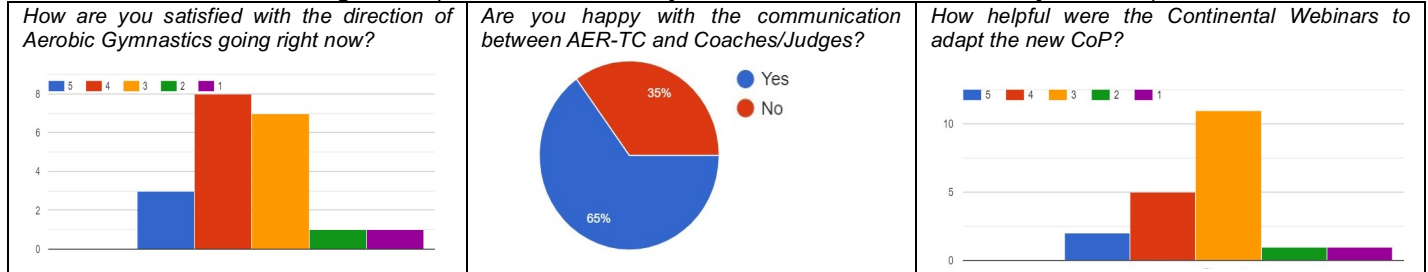
VARIATION OF ACROBATIC ELEMENTS	Link
<p>The Acrobatic Elements are listed in the CoP page 26/126 (head spring and neck spring are not in the list).</p> <p>The Acrobatic Elements must pass through the vertical plane in the movement. If the movement does not pass through the vertical plane, it is not considered as an Acrobatic Element.</p> <p>< Definition: Variation of Acrobatic Elements > The Acrobatic Elements have 3 phases (entry – main – exit). If a variation includes 2 phases (entry + main, OR main + exit) of the listed Acrobatic Elements, then it will be considered as a variation of the Acrobatic Element.</p>	



< TC Round table >

Here you can find the analyze from the World championship 2022 TC round table survey. The TC thanks to everyone for the participation and feedbacks. Your opinions will be taken in consideration.

Rating Scale (5=Excellent, 4=Very Good, 3=Good, 2=Satisfactory, 1=Poor)



< FIG World Age Group Competition & FIG World Championships 2024 >

The AER-TC appreciates the Gymnastics Federation of Italy to host the 11th FIG WAGC (September 20-22) and the 18th FIG WCH (September 27-29) in Pesaro, ITA in 2024. We look forward to seeing many of you at this event.

< Competition Calendar > as of November 18, 2022

ID	YEAR	DATES	TITLE	CITY
17138	2022	Oct. 8 – 9	13 th Plovdiv Cup Aerobics Open	Plovdiv (BUL)
17227		Oct. 26 – 29	2022 Senior Pan American Championships	Cucuta (COL)
17228		Oct. 26 – 29	2022 Club Pan American Cup	Cucuta (COL)
17237		Oct. 26 – 29	2022 Junior and Age Group Pan American Championships	Cucuta (COL)
17249		Dec. 3 – 4	16 th Klaipeda Open	Klaipeda (LTU)
17258		Dec. 4 – 8	Pharaoh's Cup 2022	Cairo (EGY)
17222	2023	March 22 - 26	11 th Cantanhede International Open Competition	Cantanhede (POR)
17177		March 24 - 26	8 th Cantanhede FIG World Cup 2023	Cantanhede (POR)
17266		April 21 - 23	Czech Aerobic Open 2023	Prague (CZE)
17176		Apr. 22 - 23	Suzuki World Cup 2023	Tokyo (JPN)
17307		Oct. 13 - 15	FIG World Cup 2023 RomGym Trophy	Bucharest (ROU)
16911		Nov. 17 - 19	13 th Senior European Championships	Antalya (TUR)
17272	2024	Nov. 17 - 19	13 th Junior European Championships	Antalya (TUR)
17310		Sept. 20 - 22	11 th FIG Aerobic Gymnastics World Age Group Copetitions.	Pesaro (ITA)
17309		Sept. 27 - 29	18 th FIG Aerobic Gymnastics World Championships	Pesaro (ITA)

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