



## ***The AEROBIC Newsletter***

**Nr 22**

By Mr Mireille GANZIN, President of the Technical Committee

FIG Office Lausanne (SUI), 10.03.2009

The FIG AER-TC wish to notify our Member Federations of the following amendments made to the COP in order to clarify some points.

### **Amendments:**

This Amended COP (version February 2009) will be available in the FIG Website for download from March 17, 2009.

“Balance turns elements” and “1/1 turn on free vertical split” have been upgraded by 0.1 point. New elements have been included in the last version of the COP.

- All Technical amendments will be valid from 2<sup>nd</sup> of March 2009.
- Only “Dress Code” amendment will be valid from 1<sup>st</sup> of May 2009.  
English grammar corrected in all of COP & Appendix 1. Please download.

### **Other amendments:**

**COP:**

- Page 26: Scoring- 2<sup>nd</sup> bullet... The score is therefore given in **three** decimals
- Pages 28 and 29: all paragraphs on musicality deductions from chair have been deleted,
- Page 31: scoring examples: new example with 1.9 difficulty coefficient
- Page 19: A178.2 PLIO PUSH UP ½ TWIST AIRBORNE COSSACK (OR PIKE OR STRADDLE ) ½ TWIST TO PUSH UP (add Straddle : title & shorthand)

**Appendix 2:**

- Page 3: reorganisation of the definitions
- Page 10: drawing for lack of amplitude has been deleted
- Page 28: FLAIR: The starting position must be from **FREE** front support on both hands (add FREE)
- Page 38: deduction for straddle position, (except Levers and **Planche**): add **Planche** in bracket

**Appendix 3:**

- Page 5, A18.1: PLIO PU 1/1 TWIST TO 1 ARM PU add **OR TO WENSON**
- Page 47: C 566 & C 567: correct place on the COP

### **IMPORTANT:**

**COP: Dress Code:** Page 16 of 32

- Men's Attire: **SEQUINS** for Men's Attire are not allowed (Incorrect Attire: -0.2).  
Valid from 1<sup>st</sup> of May 2009.

**Execution: Specific Errors for Execution:** Page 71 of 82

- All jumps landing in 1 or 2 feet, touching the floor with any body part (hand(s), knee(s)) other than feet or foot will be considered as a FALL: deduction of -0.5.

Page 82 of 82: Add

- For Illusion and turns to vertical split, the foot is off the floor in the vertical split position.  
Deduction of -0.5.



**Difficulty – Minimum Requirements:** Page 82 of 82

**Illusion Family:** Add bullet

- The elements must be performed without extra turn (90° or more).

**Elements in Vertical Split Position:** Add

- The foot of the supported leg in the vertical split position, must stay in contact with the floor.

**Reminder:** If in a free support illusion, the competitor touches his/her supporting foot or leg during the illusion, this will be considered as “Illusion”.

## New Elements – February 2009

Following New Elements have been approved by Aerobic Gymnastics TC

No	Submitted Elements Descriptions	Given value or comment from TC	Elt No	Shorthand
1	Wenson PU Explosive A-Frame	Variation of A185: Wenson Explosive A-Frame	A185	
2	Wenson PU Explosive A-Frame 1/2 turn to Wenson PU	Variation of A 188: Wenson Explosive A-Frame 1/2 turn to Wenson	A188	
3	High V Support from 1 Arm 1/2 Twist to split	<b>TC name:</b> 1 Arm High V-Support reverse cut 1/2 turn to split New element of 1.0 value <b>Family Name: High V-Support</b>	A250	
4	Split Jump 1 1/2 turn	<b>TC name:</b> 1/1 turn Split Jump 1/2 turn New element of 0.7 value <b>Family Name: Split Jump</b>	C667	

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