



Antibes (FRA), Sunday, 5<sup>th</sup> October 2014 **REVISED AG COMPETITION / 5<sup>th</sup> DECEMBER**

Dear Friends,

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

• **MARIA MINEVA PASSED AWAY ON 11<sup>TH</sup> OCTOBER 2014**



**Prof. Maria MINEVA**  
Vice President  
FIG AER TC

The FIG Aerobic Gymnastics Technical Committee is deeply saddened by the so sudden loss of our colleague and friend Maria Mineva.

During all these years, Maria has been more than a great colleague for all of us as well as for whole Aerobic Gymnastics family in the world. Maria was a dearest and very close friend from 20 years. For many of us, she was like a mother.

Her kindness, her excellent manners, her elegance, the affection and the love she gave, are the most important legacy in our hearts.

Forever and always, we never forget « our Mama Mineva ».

**COP AMENDMENT and CLARIFICATION**, which be valid from 1<sup>st</sup> January 2015:

• **DRESS CODE for AEROBIC GYMNASTICS 2015-2016:**

Due to the request from the Athletes in the athletes' Meeting in Cancun, long gymnastics trousers are allowed for MEN's ATTIRE provided that a neat and proper Athletic Appearance is kept.

• **APPENDIX AMENDMENT and CLARIFICATION**

After the analysis of the World Championships, some clarifications or amendments have been decided in order to improve the performance of the athletes.

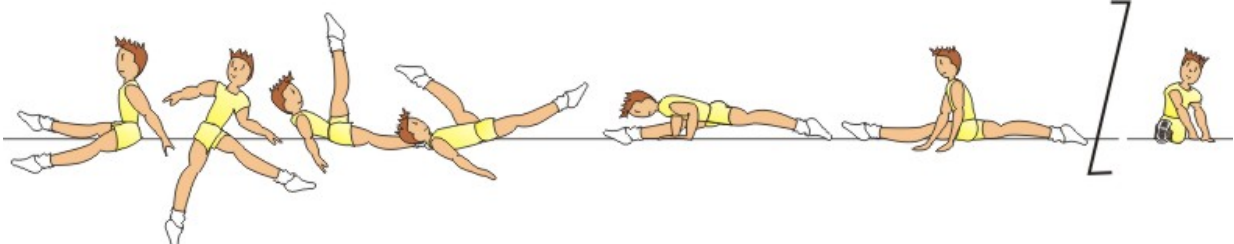
**DIFFICULTY**

**Group A**

**Clarification: <Elements ending in Sagittal Split position>**

- **Ending position:** Upright upper body facing towards the front leg with shoulders and hips square. Both hands must be at **each** side of the body on the floor before any other arm position. If both hands are on the floor on **one side of the body**, it will be considered as a **FALL**.

Example : Helicopter to split : → No value for Diff element and 0,5 point deduction in Execution

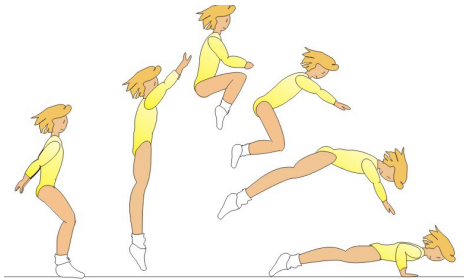




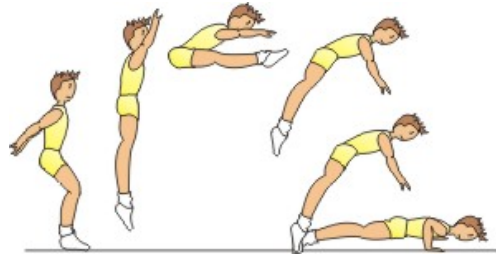
## Group C

### Minimum Requirements: ADD---<Jumps and leaps landing in PU position>

- Hands and feet must land **at the same time**.



At the same time : → Difficulty value



Not at the same time : → no Difficulty value

And 0,3 point deduction in Execution

### New Family: <Scissors Leap Family>

- All Scissors Leap elements are now a new separate family.

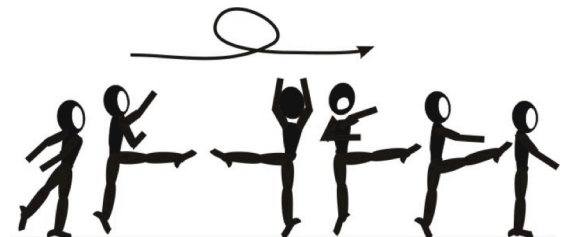
## Group D

### Minimum Requirements: ADD---<Illusion Family>

- The element must be performed **without HOPING**

### Clarification: <Turn with leg at Horizontal>:

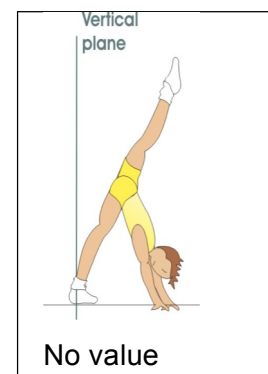
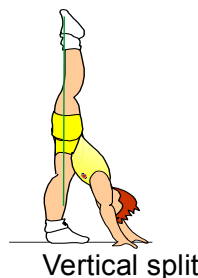
- The turn(s) must be performed with the heel of the free leg forward at horizontal throughout the rotation (support and free leg may be straight or bent). Not maintaining the heel in the horizontal position during the whole element will be considered as a regular Turn element.



### Reminder:

#### <Vertical Split position >

- In order to receive the value, the supporting leg must be in **Vertical line** (perpendicular) to the floor.



## EXECUTION

### Group A: ADD---<Specific Mistakes>

- “Wenson shape” not been shown immediately at the landing or leg not supported: - 0.2 point
- Both hands landing on the floor on one side of the body in Split ending position: - 0.5 point

### Group B: ADD---<Specific Mistakes>

- All Supports (Straddle, L, V) with turn not showing precise (clear) ending position: - 0.2 point



**Group D: ADD---<Specific Mistakes>**

- Slide or Hoping during Turn and Illusion: -0.2 point

**SPECIFIC MISTAKES FOR EXECUTION**

(Updated Oct.4 2014)

Specific Mistakes for Group A	0.1	0.2	0.3	0.5
Shoulder is not in line with the upper arm	0.1	0.2		
Direction of the elbow in lateral and hinge is incorrect		0.2		
In "Split ending position" both hands landing on one side of the body				0.5
"Wenson shape" not been shown immediately at the landing or leg not supported		0.2		
"Wenson shape" – Leg lower than upper triceps /not supported		0.2		
The hips are not lifted during the extension phase for leg circles and flairs		0.2		
Helicopter does not finish facing the same direction as the starting position	0.1	0.2		
In Helicopter, finishing with extended arm(s)		0.2		
In High V support elements, back not parallel to the floor		0.2		
Elements without airborne phase		0.2		
Any other body part(s) touching the floor			0.3	

Specific Mistakes for Group B	0.1	0.2	0.3	0.5
Hands not flat on the floor	0.1			
Incorrect Straddle, L, V Position		0.2		
Not to show the precise (clear) ending position		0.2		
Any body parts touching the floor				0.5
In horizontal support families the body/legs are not parallel to the floor	0.1		0.3	
The skill is not held for at least 2 seconds				0.5

Specific Mistakes for Group C	0.1	0.2	0.3
Knees not at the waist level in Tuck	0.1	0.2	0.3
Legs not parallel to the floor in Straddle, Pike, Cossack, Split families	0.1	0.2	0.3
Leading leg not parallel to the floor in Scissors Kick elements	0.1	0.2	0.3
In Split families legs less than 180°	0.1	0.2	0.3
"Wenson shape" not been shown immediately at the landing or leg not supported		0.2	
Legs and hand(s) are not landing to the floor at the same time.			0.3
Butterfly jump: body and legs under the horizontal	0.1		0.3

Specific Mistakes for Group D	0.1	0.2	0.3	0.5
Free foot touching the floor (each time)			0.3	
Leg position not horizontal		0.2		
Inability to complete the rotation in the vertical plane with the lifted leg (Illusion)		0.2		
Vertical split out of vertical line	0.1		0.3	
Loss of balance	0.1		0.3	
Lack of continuity (flow) in turns & illusion	0.1	0.2		
Slide or hopping during Illusion and turn		0.2		
Extra turn during the Illusion		0.2		
Incomplete rotation / turns	0.1	0.2	0.3	
Turn not on the ball of the foot		0.2		
One hand touching the floor finishing in free vertical split position			0.3	
For Illusion and turns to vertical split, the foot is off the floor in the vertical split				0.5

**ARTISTIC**

**Reminder for use of SCALE:**

**<Aerobic Content> and <Use of the Space>**

- If the routine shows less than 9 AMP Sequences (IM, IW) and less than 8 AMP Sequences (MP, TR, GR), apply maximum 1.5 point (Satisfactory) in the Scale.

**<Artistry>**

According to the definition of Artistry

- If the routine shows **1 FALL**, apply maximum 1.5 point (Satisfactory) in the Scale.
- If the routine shows **2 or more FALLS**, apply maximum 1.3 point (Poor) in the Scale.



## THE AEROBIC GYMNASTICS NEWSLETTER – N° 4 – October 2014

### ● AGE GROUP COMPETITION

**APPENDIX 5**, rules for AGE GROUP COMPETITION has been completed in order to precise the NUMBER of PARTICIPATION in each category.

Same principle as Senior will apply for Age Group as follows:

Senior	Competitions	Categories	QUALIFICATION	FINAL
	World Championships	IM, IW, MP, TR	2 per nation	Best 8
		GR, AD, AS	1 per nation	Best 8
World Cups / Int'l Competitions	IM, IW, MP, TR, GR	2 per nation	Best 8	

Age Group 1 & 2	Competitions	Categories	QUALIFICATION	FINAL
	World Age Group Competitions	IM, IW, MP, TR	2 per nation	Best 8
		GR	1 per nation	Best 8
International Competitions	IM, IW, MP, TR, GR	<b>OPTIONAL M.FEDERATIONS</b>	<b>Best 8 (2 per nations)</b>	

### AEROBIC GYMNASTICS FIG - WORLD AGE GROUP COMPETITIONS PROGRAMME 2013 – 2016

	National Development	Age Group 1	Age Group 2
<b>AGE</b>	9-11 in the year of the competition	12-14 in the year of the competition	15-17 in the year of the competition
<b>CATEGORIES</b>	Individuals (co-ed), MP, TR, GR	IW, IM, MP, TR, GR	IW, IM, MP, TR, GR
<b>COMPETITION PROGRAMME</b>		<ul style="list-style-type: none"> <li>• <b>INTERNATIONAL COMPETITIONS</b></li> <li>- IM, IW, MP, TR, GR QUALIFICATIONS: 2 units per country and per categories</li> <li>FINALS: the 8 best units in EACH CATEGORY</li> <li>• <b>WAGC</b></li> <li>- IM, IW, MP, TR QUALIFICATIONS: 2 units per country and per categories</li> <li>FINALS: the 8 best units in EACH CATEGORY</li> <li>- GR QUALIFICATION: 1 GR per country and per category</li> <li>FINAL: the 8 best GROUPS</li> </ul>	
<b>EXCEPTIONS</b>	No 1 arm push up No 1 arm support No 1 arm landing	No 1 arm push up No 1 arm support No 1 arm landing	No 1 arm landing
<b>MUSIC LENGTH</b>	1 minute 15 seconds (+/- 5sec)		
<b>DIFF ELEMENTS</b>	6 MAXIMUM	8 MAXIMUM	10 MAXIMUM
<b>ACROBATIC ELEMENTS</b>	2 elements from A1 to A3 (optional)	2 elements from A1 to A6 (optional)	2 elements from A1 to A7 (optional)
<b>COEFICIENT DIFF</b>	The total score will be divided by 2 points for all categories		
<b>COMPETITION SPACE</b>	7 X 7 : IND – MP – TR 10 X 10 : GR	7 X 7 : IM – IW – MP – TR 10 X 10 : GR	7 X 7 : IM – IW 10 X 10 : MP – TR – GR
<b>COMPULSORY ELEMENTS</b> (Must be performed without combination of 2 Difficulty elements)	4 A) PU B) Straddle Support C) Air Turn D) Split through	4 A) Wenson PU B) Straddle Support ½ turn C) Tuck Jump 1/1 turn D) Vertical Split	4 A) Helicopter to Split B) Straddle Support 1/1 turn C) Straddle Jump D) Full Turn to Vertical Split
<b>ELEMENTS ALLOWED VALUE</b>	0.1 – 0.4	0.1 – 0.6	0.2 – 0.7 (1 element 0.8 point optional)
<b>FLOOR ELEMENTS</b>	Maximum 4	Maximum 5	Maximum 5
<b>PUSH UP LANDING</b>	0	Maximum 1	Maximum 2
<b>SPLIT LANDING</b>	Maximum 1	Maximum 1	Maximum 2
<b>ELEMENT POOL</b>	1 element from each group		
<b>LIFTS</b>	0	1 (Optional)	1
<b>ATTIRE</b>	FIG Code of Points Optional tights are allowed Form fitting body shorts are allowed for both boys and girls.	FIG Code of Points	FIG Code of Points
<b>JUDGES' PANEL</b>	2-4 A-Jury, 2-4 E-Jury, 2-D-Jury, 2-L-Jury, 1-T-Jury, 1-CJP According to the FIG Judges rules, the FIG Technical Regulations, the Aerobic Gymnastics Code of Points.		



**AEROBIC GYMNASTICS FIG - WORLD AGE GROUP COMPETITIONS PROGRAMME 2013 - 2016**

## DEDUCTIONS

	<b>National Development</b>	<b>Age Group 1</b>	<b>Age Group 2</b>
<b>AGE</b>	<b>9-11 years old in the year of the competition</b>	<b>12-14 years old in the year of the competition</b>	<b>15-17 years old in the year of the competition</b>
<b>DIFFICULTY DEDUCTIONS (-1.0 EACH TIME)</b>	<ul style="list-style-type: none"> <li>▪ More than 6 elements</li> <li>▪ Compulsory elements: missing or in combination <b>with Difficulty element</b></li> <li>▪ Missing Group (not performed)</li> <li>▪ More than 4 floor elements</li> <li>▪ Element values higher than 0.4 pt</li> <li>▪ Elements in 1 arm support</li> <li>▪ Elements landing to PU / 1 arm PU</li> <li>▪ More than 1 element landing to split</li> <li>▪ Repetition of an element</li> </ul>	<ul style="list-style-type: none"> <li>▪ More than 8 elements</li> <li>▪ Compulsory elements: missing or in combination <b>with Difficulty element</b></li> <li>▪ Missing Group (not performed)</li> <li>▪ More than 5 floor elements</li> <li>▪ Element values higher than 0.6 pt</li> <li>▪ Elements in 1 arm support</li> <li>▪ Elements landing to 1 arm PU</li> <li>▪ More than 1 element landing to PU</li> <li>▪ More than 1 element landing to split</li> <li>▪ Repetition of an element</li> </ul>	<ul style="list-style-type: none"> <li>▪ More than 10 elements</li> <li>▪ Compulsory elements: missing or in combination <b>with Difficulty element</b></li> <li>▪ Missing Group (not performed)</li> <li>▪ More than 5 floor elements</li> <li>▪ More than 1 element of value 0,8 pt</li> <li>▪ Element valued 0.9 pt or higher</li> <li>▪ Elements landing to 1 arm PU</li> <li>▪ More than 2 element landing to PU</li> <li>▪ More than 2 element landing to split</li> <li>▪ Repetition of an element</li> </ul>
<b>CJP DEDUCTION (-0.5 EACH TIME)</b>	<ul style="list-style-type: none"> <li>▪ Performing Lift(s)</li> <li>▪ Performing Acrobatic elements (A4 to A7)</li> </ul>	<ul style="list-style-type: none"> <li>▪ More than 1 Lift</li> <li>▪ Performing Acrobatic elements (A7)</li> </ul>	<ul style="list-style-type: none"> <li>▪ More or less than 1 Lift</li> </ul>

● **FIG WORLD CUPS CALENDAR 2015**

- 27 Feb / 01 March: World Cup 2015 Cat. B, Cantanhede (POR)
- 4 April / 5 April: World Cup 2015 Cat. B, Tokyo (JPN)
- 02 May / 3 May: World Cup 2015 Cat. B, Borovets (BUL)

**Mireille GANZIN,**  
**AER TC President,**

**Tammy YAGI-KITAGAWA**  
**AER TC Secretary**