

Rhythmic Gymnastics

HELP DESK



This **Rhythmic Gymnastics Help Desk** is intended to clarify and give examples of the different rules in the FIG Rhythmic Gymnastics Code of Points.

The goal of the RG TC is to reduce different interpretations of the rules and therefore provide for more objective judges' work.

New clarifications and updates in this document will be added in boxes. Following editions will highlight only the new information with respect to the previous edition.

Note: This Help Desk is not exhaustive and could be adjusted depending on future criteria.

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Generalities

5.2.1: “Replacement apparatus around the floor area is authorized: 1 for individual gymnasts and a maximum of 2 for groups—for Clubs 2 and 4 respectively.”

- The gymnast may only use a replacement apparatus which has been placed prior to the start of the exercise.

Difficulty 1

1.4 Penalties by the D1 Judges:

0.1	0.2	0.3 or more
Incorrect body difficulty symbol		Incorrect addition of the total value of difficulties or the value of a difficulty

- In the case of an incorrect body difficulty symbol (0.1), but the body difficulty is correctly executed, the difficulty is valid, but the penalty is applied. “Incorrect”: part(s) of the symbol are not drawn correctly or missed:

- Example:

The gymnast performs () but writes (): D1=OK + Penalty=0.10 (incorrect symbol)

- If the symbol is entirely wrong, no Difficulty + penalty

- Example:

A gymnast declares  E but performs  E : This is a totally different difficulty in the table: D1=0.00 +Penalty=0.10 (incorrect symbol)

- If the symbol and value are entirely wrong, no Difficulty + penalty

- Example:

A gymnast declares  G but performs  E: This is a totally different difficulty in the table with a different value: D1=0.00 +Penalty 0.30 (incorrect value)

3.1.1: Jumps or Leaps: “**Basic Characteristics:** Shape fixed and well-defined;” Table #9-11

- The shape is not fixed or well-defined when the jump is performed with a ‘kip’ movement; the jump/ leap is not valid since there is a “major alteration of the **basic characteristics**” (1.2.4) specific to jumps/leaps



- When the stag position is not well-defined (i.e. the front leg opens before shape has been defined), the leap is not valid since there is an alteration to the basic characteristics.

4.1.1: Balances: “**Basic Characteristics:** must be performed on the toes or on one knee and have a well-defined and fixed shaped...”

- The shape is not well-defined and fixed when a swing is performed; the balance is not valid since there is a “major alteration of the **basic characteristics**” (1.2.4) of Balances.



- Multiple balances are composed of two balances; each balance must respect the basic characteristics above. Often, the second balance is performed as without a fixed shape. In this case, the multiple balance is not valid.

5.1.1 Pivots: “**Basic Characteristics:** Be performed on the toes, heel raised high”

- When the pivot is performed on the toes with the heel raised, but the heel is not raised high, the pivot difficulty is still valid with an Execution penalty: 0.1: incorrect segment.



- When a gymnast performs a multiple pivot, she must keep the heel raised during both minimum rotations of 360° +360° for the pivot to be valid.

5.1.2/5.1.7/ (Table #8 and #9): Pivots with support leg bending/ stretch progressively:

- The value of the pivot includes the **base value**
 - + **base value for each additional rotation**
 - + the **listed criteria** (bending/ stretch) applied once to the entire pivot.

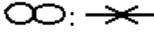
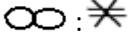
Example: Pivot 8H, performed 720°  

Value: base 360° leg horizontal - 0.30

+ additional rotation - 0.30

+ criteria "bending and return to stretch position" - 0.50 = **1.10**

DIFFICULTY 2

1. On the official form, the Base  (Handling) is valid only for the elements listed in the table under Handling (page 49).  Transmission of the apparatus under the leg during a pivot is not valid as Mastery since it is not part of this list. When a transmission is performed with large arm movement completing a large circumduction, the Mastery is Handling: large circumduction. (p.49).
2. 
 - criterion  is not valid (jump is already included in the symbol above)
3. 
 - criterion  is not valid (without the hands is already included in the symbol above)
4. Criteria  performed in a position on the floor
 - not valid for Body Difficulties which only exist on the floor.
5. Criteria 
 - not valid for the throw or catch of the apparatus by the hand with the arm stretched in front during jumps with back bend of the trunk (see examples on page 53).
6. "Folded rope"
 - rope folded in half only (not more).
7. Unstable Balance:
 - The rope (either fully stretched or folded in half) in the back during a pivot is in a position of Unstable Balance  (*the apparatus is held without the help of the hand(s) on a small surface of the body segment (neck, foot, back of the hand) **or with a difficult body-apparatus relationship, with risk of loss of the apparatus** (including the ball on the open hand during a pivot difficulty), page 49*). The base is not  because the rope is only held in back and not performing a rotation (see definition of  page 50). If the rope crosses, rather than being opened and in the fully stretched position on the back during a pivot for the Base , this is no longer Unstable and the difficulty will not

be valid due to the lack of Mastery.  The same case for the open, stretched rope hanging at once on multiple large segments of the body.

- The fully stretched open rope held on the neck during a pivot with ring/stretched with support is not in a position of Unstable Balance because the rope is squeezed between the neck and the raised arms; in this case, there is no “risk of loss.”
- The hoop, placed on the back during a pivot, which is suspended by the motion of the turn *without performing a rotation* is not considered a position of Unstable Balance because there is no “risk of loss.” In this movement the hoop can only slide down the back but will be stopped from falling to the floor by the free leg position during the pivot. It is not Rotation  because there is no rotation completed autonomously.

 ➤ Ball: The ball held on the palm during a rotation is only valid for pivots (Code p.49). There were many examples in the WC of the gymnast declaring unstable balance and holding ball on the palm for difficulties with rotation other than pivots (flexibility penche with rotation, certain waves, flexibility back scale with rotation, etc). For these cases, no Mastery =no difficulty.

 ➤ The ball is frequently held in the lap during Cossack pivot and in many cases the gymnast squeezes the ball by slightly bending forward (keeping the ball held between the legs and pelvis). The squeezed ball is not considered unstable.

- The two clubs may be placed on the neck but they must be resting without being held by the back of the head and shoulders (“squeezed”) in order to be considered as Unstable Balance.  One club held by another club on top of the wrist (small surface) is valid  *during an element of rotation* as unstable balance as there is a “risk of loss”.

- For the Base , the criteria  is not valid (in the Summary table for Mastery with and without throw, the Base  and  are in the same box, but criteria  is not valid for  because apparatus in an unstable position must be without hands). Criteria  is for the Base .

8.  “Echappe with catch” (p. 50).

- For a basic echappe performed on a difficulty, the release and catch must be performed during the difficulty. If additional rotations of the rope are performed during the difficulty, the catch may be immediately after (since the double rotation of the rope requires a long period of time).

9.  Bounces with Ball: “from the floor: single bounce with the hand above knee level, also series of small bounces; **Large** bounce from different part of the body” (p. 50).

- Two small bounces, frequently observed, do not fulfill either definition and are not valid.

10.  Large Figure Eights, Large Circumduction, (p. 50).

- A large circumduction of the arm holding the apparatus (large circle) is under the Base  and not written as Base . Rotation of apparatus is a rope folded in half/ hoop around the hand – series (minimum of 3); free hoop rotation performed on another part of the body without the hands (one is enough).

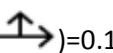
 11.  Large roll over the body: (p.49).

- Ball: The arms must be open to the side for the roll across two arms (Code p.49); many times the gymnast rolls the ball along the two arms held parallel in front of the body, which does not fit the definition (not valid as Mastery).
- Hoop: Large roll: often performed as a transmission from one hand to the other without completing an actual roll. Not valid as Mastery and Execution penalty =0.2 incomplete roll.

 12.  Catch:

- Hoop: during catches when the gymnast passes into the hoop without the hands, the hoop sometimes falls all the way to the floor, which is actually a drop. Not valid as Mastery (catch) and Execution penalty=0.3 loss.
 - Ball: Ball: Catch: often gymnasts declare catch directly with a roll () but in reality perform catch on the back of the hands () and only after perform the roll. It is necessary to declare only one or the other and to perform the element as defined in the Code (p.54).

 13.  : Series of small or medium circles of **both clubs** on the same plane and direction

- A series of small or medium circles with one club is not valid (see above)
- Circles performed in different directions:  ()=0.1

 14. Clubs: Base  : Criteria  (0.1 in 2.2.3. Summary Table) missing

 15. Clubs Base  :

- Criteria  (0.1 in 2.2.3. Summary Table) missing
- Criteria  (0.1 in 2.2.3. Summary Table) missing

 16. Criteria 

- Not valid when the gymnast performs chasse. Chasse is a preparation element for a jump and generally does not have the elevation of an actual jump.

 17. Criteria  Series and  change of plane/direction:

- Only valid when performed according to the definition (Code, p.52-53); frequently declared on the score form and not executed according to the definition.

➔ 18. Criteria:  Rhythmic steps:

- Definition of rhythmic steps in the Code of Points: “The rhythmic steps must be strictly related to the music and express a rhythm, and not only the regular timing (p.53). Not valid when performed like basic steps with regular timing (like walking).

➔ 19.  Risk

- Supplementary movements performed prior to the catch (steps, “steps” on the floor) cancel the Risk because the catch is not immediate in relation to the two basic rotations (see Risk, p. 58).
- Catch of the rope: often the rope touches the floor or does not maintain a clear form during the catch of the Risk, which cancels the Risk and Execution penalty 0.1= incorrect catch.

➔ 20.  Small throws (2 criteria at the minimum must be met to receive 0.1 point, p.50)

: Examples (clubs)

- $\leftrightarrow (\uparrow)(=)$ = 0, 1 (2 criteria=0.1)
- $\leftrightarrow (\uparrow)(\otimes=)$ = 0,1 (2 criteria needed for 0.1)
- $\leftrightarrow (\otimes=)(\uparrow)$ = 0, 1 (same as above)
- $\leftrightarrow (\top\uparrow)(\uparrow=)$ = 0, 2
- $\leftrightarrow (\top\uparrow)(\uparrow=\otimes)$ = 0, 2
- $\leftrightarrow (\top\uparrow\otimes)(\uparrow=\otimes)$ = 0, 3
- $\leftrightarrow (\wedge\circ\otimes)(\perp\uparrow=\otimes)$ = 0, 3
- $\leftrightarrow (\wedge)(\perp\circ\uparrow=\otimes)$ = 0, 3
- $\leftrightarrow (\wedge\circ\otimes\ominus)(\perp\uparrow=\otimes)$ = 0, 4
- $\leftrightarrow (\wedge\circ\otimes)(\perp\circ\uparrow=\otimes)$ = 0, 4
- $\leftrightarrow (\otimes)(=)$ = 0, 2 (with two clubs, 1 criteria minimum to receive 0.1, p.50)

➤ $\Leftrightarrow(T\textcircled{O}) = 0, 2$

➤ $\Leftrightarrow(T\textcircled{O})(=) = 0, 3$

Artistry

- ➔ 1. Artistry 2.7 & 2.8 (p. 61): these points of the Code must be more strictly respected.
- ➔ 2. Judges must penalize the consequence of large losses of apparatus on the *rhythm of each movement sequence, interruption in the logical connections of movements, unity* (and the impact on Formations in Group) correctly (p. 89, 90).
- ➔ 3. 3.2.4 **GROUP** : « Elements including a relationship between the gymnasts must be chosen according to the essential characteristics of Rhythmic Gymnastics, specifically—the handling of the apparatus/ the aesthetics of gymnastics » (p.81).
 - *The handling of the apparatus* : often the apparatus is immobile for more than 3 movements, because the apparatus is used to lift a gymnast. It is necessary to limit this type of collaboration (when a gymnast is lifted by her 4 partners and the apparatus remains static for more than 3 movements Execution penalty 0.3=static apparatus).

Group Exercises Difficulty 2

2.2. Collaboration Among the Gymnasts: Common Errors

Types of Collaboration	Symbols	Number of gymn.*	Value
<p>Without throw</p> <ul style="list-style-type: none"> • <i>Work by 5</i> • <i>Work in subgroups (couple, trio, 4+1.)</i> • <i>With supports on the apparatus and/or gymnasts</i> <p>COMMON ERROR: On the score form, C (with or without throw) is frequently written before or after CR, etc when actually the gymnasts are only preparing for CR,etc.</p> <p><u>Example of the official form:</u></p> <p><u>C ↗</u></p> <p><u>↗ CR1</u></p> <p>➤ The preparation for CR1, etc. is <u>part</u> of CR1 and not an <u>independent</u> Collaboration C (with or without throw). The C (with or without throw) which is only preparation is not valid as a Collaboration.</p>	C	5	0,10
<p>With throw</p> <ul style="list-style-type: none"> • <i>of one or more apparatus by the 5 gymnasts or by subgroups (couple, trio, 4+1)</i> • <i>also with “lifting” of one or several gymnasts or supports on the apparatus and/or gymnasts</i> <p>SEE ABOVE</p>	C ↗	1 or more	0,20
<p>Collaboration with multiple exchanges</p> <ul style="list-style-type: none"> • <i>Using different techniques</i> • <i>With or without throw</i> <p>COMMON ERROR: Not all 5 gymnasts participate in the collaboration with multiple exchanges</p> <p>➤ Each gymnast must send (throw, bounce, etc.) and receive an apparatus to be valid</p>	CC	5	0,30
<p>Large throw of 2 or more apparatus simultaneously by the same gymnast</p>	C ↗	1 or 2	0,30
<p>With throw (<i>of own apparatus</i>) + RISK with loss of visual contact with the apparatus during its flight</p> <ul style="list-style-type: none"> • <i>Under the flight, dynamic element of rotation with loss of visual control of the apparatus</i> • <i>With the help of the partner(s)/support/lifting or the apparatus</i> • <i>Immediate catch of the gymnast’s own apparatus or a partner’s apparatus</i> 	<p>↗CR1</p> <p>or 3</p>	<p>1 or 2</p> <p>3 or more</p>	<p>0,30</p> <p>0,40</p>

<p>With throw (<i>of own apparatus by one/two or more gymnasts</i>) + RISK with loss of visual contact with the apparatus during its flight + passing above, below or through one or several apparatus or partners during the flight of the apparatus</p> <ul style="list-style-type: none"> • <i>Under the flight, dynamic element of rotation with loss of visual control of the apparatus</i> • <i>With passing above or below or through one or several apparatus and/or partners (the passing can also be made with support of one or more partners and/or the apparatus of one or more partners)</i> • <i>Immediate catch of the gymnast's own apparatus or a partner's apparatus (or catch by a gymnast who is lifted by her partner(s))</i> 	<p>↗CRR1 or 3</p>	<p>1 or 2 3 or more</p>	<p>0,50 0,60</p>
<p>With throw (<i>of own apparatus by one/two or more gymnasts</i>) + RISK with loss of visual contact with the apparatus during its flight + passing through the apparatus in flight, apparatus held neither by the partner nor by the gymnast passing through</p> <ul style="list-style-type: none"> • <i>Passing through a partner's apparatus during the flight (apparatus held neither by the partner nor by the gymnast passing through) with dynamic element of rotation with loss of visual control</i> • <i>Immediate catch of the gymnast's own apparatus or a partner's apparatus</i> 	<p>↗CRRR1 or 3</p>	<p>1 or 2 3 or more</p>	<p>0,70 0,80</p>
<p>COMMON ERRORS FOR CR-CRR-CRRR</p> <ol style="list-style-type: none"> 1. The gymnast does not throw her own apparatus at the beginning of the collaboration 2. The gymnast does not catch her own apparatus or the apparatus of a partner at the end of the collaboration <p>➤ The gymnast must throw her own apparatus at the beginning of the collaboration and catch her own apparatus or the apparatus of her partner at the end of the collaboration to be valid</p>			
<p>* <i>N of gymnasts = number of gymnasts participating in the main action of the collaboration</i></p>			

- **Collaboration with Risk: Catch of the Apparatus:** Any involuntary catch with 2 hands by the majority of gymnasts (for all apparatus) will lower the value of the Collaboration with Risk by 0.1, following the general principle for Risk ^R (p, 58, Note 2).

ACCEPTED ORIGINALITIES

(Individual)

2009 World Championships: Mie, Japan

Individual: Chrystallini Trikomiti (CYP) Ball (*missing picture*)

$$\infty (\neq) = 0.1$$

$$\infty (\neq) = 0.4$$

2010 World Championships: Moscow, Russia

Individual: Anna Rizatdinova (UKR) Hoop

$$\infty (\neq \circ) = 0.30$$

$$\infty (\neq \circ) = 0.6$$

During attitude pivot the gymnast performs transmission of the hoop without hands on the back of the body by spinning it at the beginning by hand (hoop performs rotations around its axis)

