



## Lausanne (SUI) March 2018

To: All Member Federations

The FIG AER-TC after the analysis of the competitions of the year 2017, wish to notify our Member Federations of the following information.

### Judges, coaches and gymnasts education:

The FIG AER TC is working very hard, in order to help coaches, gymnasts and judges, in continuous education (on line, <https://www.fig-aerobic.com> ). Links:

**Execution:** If there are multiple errors, deduction will apply as follows (max. -0.5 per element);

Example; Wenson shape -0.3 + Bent leg -0.1 = Total deduction of -0.3

Wenson shape -0.3 + Touch -0.3 = Total deduction of -0.5

- Examples of general errors 
- Examples of specific errors
  - Group A 
  - Group B 
  - Group C 
  - Group D 
- Examples of full routines
  - Individual Men 
  - Individual Women 
  - Mixed Pair 
  - Trio 
  - Group 
  - Aerobic Dance 
  - Aerobic Step 

### Difficulty

- Examples of full routines
  - Individual Men 
  - Individual Women 
  - Mixed Pair 
  - Trio 
  - Group 



## THE AEROBIC GYMNASTICS NEWSLETTER – N° 3 – March 2018

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- Description of elements. Elements have been updated in the Interactive COP for the website [www.fig-aerobic.com](http://www.fig-aerobic.com), and now still in progress to add new drawing descriptions of the elements and methodology, as below example:

[http://www.fig-aerobic.com/A-101-PUSH-UP-2018\\_a1277.html](http://www.fig-aerobic.com/A-101-PUSH-UP-2018_a1277.html)

### Artistic

- Examples of full routines
  - Individual Men 
  - Individual Women 
  - Mixed Pair 
  - Trio 
  - Group 
  - Aerobic Dance 
  - Aerobic Step 

### EXAMPLES OF G+ / NO G+

#### Transitions / Collaborations & Partnerships

- Clarification of the movements from the General Content 

#### General Content – Reminder:

TC would like to remind that, in order to receive a G+, the movement(s) from the General Content has to be complex and give artistic advantage (App. 1 pg 18/27).

Therefore these movements must be well connected, showing fluency, having a high level of execution, being meaningful and enhance the routine, with the following characteristics:

- Complexity
- Variety
- Fluidity
- Creativity / uniqueness
- Dynamism
- Unpredictability
- Agility

These kinds of movements require coordination and physical capacity training.

Just performing one Acro element or Acro element + choreography jump, will not receive G+ automatically.

By adding movements consecutively (for example, cartwheel + roll + capoeira) does not receive G+ automatically either.

For collaborations and physical interactions, (MP, TR, GR, AD, AS) will apply the same principles



## Aerobic Step shorthand – Reminder

*Each letter is for 8-counts or a Set of Block*

Shorthand	When
<b>S+ or S</b>	All members are stepping
<b>A</b>	Choreography is mainly done on the surface
<b>G+ or G</b>	Transitions / Links, Collaboration or Lift (if included)
<b>F+ or F</b>	The steps are lifted to change formation (Evaluated under General Content; F+ = G+ and Space)

## Combination of 2 Acrobatic Elements – Clarification

Acrobatic Elements of A-1 to A-7 may only be used 2 times in a whole routine without combination (COP pg.28/29). Even the cartwheel is considered as an acrobatic element when is performed from standing to standing. It will be considered as a combination of 2 acrobatic elements when the gymnast is performing the cartwheel, regardless of the starting position + another acrobatic element as in not in the direction with the Aerobic Gymnastics discipline. Therefore a deduction will be applied by CJP (-0.5).

Example 1 

Example 2 

## Execution – Clarification:

Combinations of elements may receive a 0.1 deduction for lack of fluidity in the connection between each element.

## Difficulty – Clarification:

### HELICOPTER

All helicopters with half turn, minimum requirement: the ending position must be facing in the opposite direction as the starting position.



## ILLUSSION

When Illusion is performed with a deduction of 0.1 in execution for incomplete rotation, the element will receive the difficulty value provided the minimum requirements are met.

- Example (incomplete rotation -0.1) 

When Illusion is performed with a deduction of 0.3 in execution for incomplete rotation, the element will **NOT** receive the difficulty value.

- Example (incomplete rotation -0.3) 

## TURN WITH LEG AT HORIZONTAL – Reminder:

If the free leg is not at horizontal position during the turn, the element will NOT receive difficulty value, and execution deduction for specific mistakes apply (leg position not horizontal -0.3)

- Example 

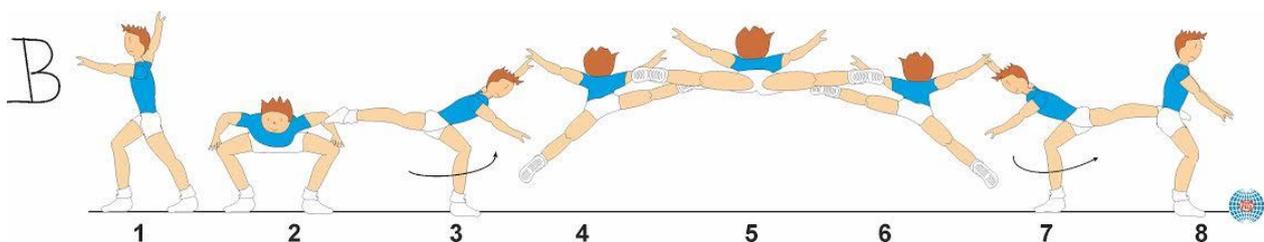
## Butterfly – Execution clarification:

Correct technique for the entry of the element must be with ½ turn on the floor before the take off.

During airborne phase, back arches slightly and both straight legs kick back in straddle position (alternately) passing above horizontal line.

Examples of deductions: 

Deduction	Reason
0.1	Uncontrolled arms/legs
0.3	Legs not passing above horizontal line
0.3	Body higher than horizontal line
0.5	Wrong technique
0.5	Not ½ turn before the take off





**LIFT CRITERIA**  **and EVALUATION GUIDELINE** 

**TOP: Lifted person**

**BASE: Lifting / supporting person**

Criteria		Explanations	0.1	0.2
1	Entry/Exit of the lift  Lifted Levels of the lifted partner in relation to the shoulder axis, above the shoulder level (bent/straight arms)	a) Top performing Acro, body inversion and/or rotation <b>ON</b> the partner(s) for Entry	X	
		b) Top performing Acro, body inversion and/or rotation for Exit	X	
		c) Top to shoulder level	X	
		d) Top higher than shoulder level with Base arm(s) straight		X
2	Showing physical capacities; strength, flexibility, balance	a) Top shows physical capacities (1 criteria each time in the same movement) ( flex) ( strength)	X	
3	Changing different levels	a) Top changes the level with or without different shapes	X	
		b) Top transfers to another Base to shoulder level or higher (valued only 2 times)	X	
4	Showing dynamism (speed, rotation) of the competitor(s)	a) Rotation (minimum 3/4 or more) of the Top without airborne phase	X	
		b) Rotation of the Top around the body of the Base	X	
5	Showing Airborne phase with or without 1/1 rotation (any axis) <u>Clarification:</u> <i>* Only in the Lift: 3/4 rotation (salto) is allowed to be performed. Will not be considered as a prohibited move.</i>	a) Top in airborne clearly above Base head without 1/1 rotation (if under Base head, no value)	X	
		b) Top in airborne under Base head with 1/1 rotation	X	
		c) Top in airborne clearly above Base head with 1/1 rotation		X
		<i>Top showing different forms in the airborne phase, with same propelling action performed in consecutive repetitions (maximum 2 times will be valued).</i>		



## THE AEROBIC GYMNASTICS NEWSLETTER – N° 3 – March 2018

### DIFFICULTY DOCUMENTS:

TC has decided that the submissions of Difficulty Documents are basically abolished (discontinued).

In case of necessity of the Documents, it will be announced in advance to the concerned competition.

### NEW ELEMENTS:

TC would like to inform you with new elements in 2018.

No	Family Name	Name and Value	Shorthand
A366	Helicopter	Helicopter to Lifted Wenson both side Value: 0.6 <a href="#">LINK</a>	
A375	Helicopter	Helicopter 1/2 turn Value: 0.5 <a href="#">LINK</a>	
A376	Helicopter	Helicopter 1/2 turn to Wenson Value: 0.6 <a href="#">LINK</a>	
A367	Helicopter	Helicopter 1/2 turn to lifted Wenson Value: 0.7 <a href="#">LINK</a>	
A316	Leg circle	Flair 1/2 turn to Split Value: 0.6 <a href="#">LINK</a>	
C588	Butterfly	Butterfly 1/1 twist to PU Value: 0.8 <a href="#">LINK</a>	

### CALENDAR 2018:

ID	DATE	TITLE	CITY	
15725	13-15 april 18	19th Slovak Aerobic Open	NOVE ZAMKY (SVK)	
15415	21-22 april 18	29th FIG Suzuki World Cup Cat. B	TOKYO (JPN)	
15597	12-13 may 18	The 13th Heathrow International Club Competition	BRACKNELL BERKSHIRE (GBR)	
15544	25-27 may 18	8th FIG Aerobic Gymnastics World Age Group Competitions	GUIMARAES (POR)	
15414	01-03 june 18	15th FIG Aerobic Gymnastics World Championships	GUIMARAES (POR)	
15731	12-14 july 18	South American Championship 2018	LIMA (PER)	
15732	13-14 july 18	Copa Peru 2018	LIMA (PER)	
15517	29 july-1 august 18	ANAC International Championship 2018	PHOENIX (USA)	
15663	12-14 sept. 18	African Championships 2018	BRAZZAVILLE (CGO)	
15795	26-27 oct. 18	9th Plovdiv Cup Aerobic Open	PLOVDIV (BUL)	
15542	27-28 oct. 18	Plovdiv FIG World Cup 2018	PLOVDIV (BUL)	

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**THE AEROBIC GYMNASTICS NEWSLETTER – N° 3 – March 2018**

***AER TC President***

***AER TC Vice-President***