

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.

IN THIS EDITION:

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Reminder

DIFFICULTY 1

Generalities

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DIFFICULTY 2

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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

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.

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.

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).
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 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 \bigcirc because there is no rotation completed autonomously.
- 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.
- For the Base , the criteria \neq is not valid (in the Summary table for Mastery with and without throw, the Base  and  are in the same box, but criteria \neq is not valid for  because apparatus in an unstable position must be without hands). Criteria \neq is for the Base .


8.  **Echappe with catch** “(page 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 “(page 50).

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

10.  **Large Figure Eights, Large Circumduction,** (page 50).

- A large circumduction of the arm holding the apparatus (large circle) is under the Base  and not written as Base \bigcirc . 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).