



LAUSANNE (SUI), January 2022

RHYTHMIC GYMNASTICS CODE OF POINTS 2022-2024

The FIG Rhythmic Technical Committee takes this opportunity to provide an explanation on some points of the new competition rules to the worldwide rhythmic gymnastics' community.

The main goal of the Code of Points 2022-2024 is to achieve a balance between all components of the RG score: Difficulties (body elements and apparatus elements), Artistry, Execution with focus on Artistry and Technical Execution.

The FIG Rhythmic Technical Committee asks judges and coaches to take note of this fact and to read the Newsletter, which will address clarifications and reminders for both judges and coaches for accurate understanding of the Code of Points in preparation for the competitions in new Olympic cycle.

The FIG Rhythmic Technical Committee members thanks the Continental Unions for the webinars hosted in the Fall of 2021 with the TC members as a "preview" to the new Code of Points. The questions received from the continents, as well as feedback provided by the National Federations following the World Championships 2021, have helped inform the final version of the Code of Points and this Newsletter.

Coaches and judges around the world are reminded that the evaluation of RG exercises is new in 2022 and that evaluations made prior to the certification of judges who have followed instruction and passed an examination may not be accurate.

With our sincere appreciation for the work of the rhythmic discipline and a fresh look forward,

FIG RG Technical Committee



QUESTIONS AND ANSWERS

INDIVIDUAL EXERCISES

GENERALITIES

1. What is the penalty for non-conforming apparatus?

No Penalty. No gymnast is authorized to compete with unapproved apparatus (#8.1.2).

2. Penalty by Line Judge: #3 (Table #14) "if a gymnast finishes the exercise outside the official floor area = 0.30." Does the Line Judge also take the Penalty for gymnast leaving the official floor area?

Example: Gymnast drops the apparatus and it rolls out of the floor area. Gymnast leaves the floor area to retrieve and music stops before she comes back in the floor area. What is the Penalty taken by the Line Judge here?

The Penalties are:

- 0.30 point for the apparatus leaving the official floor area
- 0.30 point for the gymnast leaving the official floor area
- 0.30 point for the gymnast finishing the exercise outside the official floor area

3. Initial apparatus lost outside carpet and returns, replacement apparatus taken, initial apparatus voluntarily removed. What should be the Penalty?

Penalty: 0.30 point for the apparatus leaving the official floor area (no penalty for initial apparatus voluntarily removed).

4. Initial apparatus lost outside carpet and returns, replacement apparatus taken, replacement apparatus voluntarily removed and a gymnast uses her own apparatus again. What should be the Penalty ?

Penalty:

- 0.30 point for the apparatus leaving the official floor are
- 0.50 point if a gymnast uses her own apparatus again after using replacement apparatus placed around the official floor area.

5. How should the judges proceed if the gymnast stops the exercise due to an injury or another reason. Is it possible to use the same principle as for stopping due to a broken apparatus ?

If a gymnast stops her exercise due to an injury or unforeseen circumstance during the performance, the exercise will be evaluated as per stopping the exercise due to a broken apparatus (#9.6-9.7).



6. **Penalty taken by the Responsible Judge: #5 (Table #14) "For excessive delays in routine preparation which delay the competition." There is no paragraph explaining how this delay is measured. Could you please provide guidelines?**

This penalty refers to # 8.3.2 *Unusable apparatus* : Prior to the start of her exercise, if a gymnast determines her apparatus is unusable (**Example:** knots in the Ribbon) and she attempts to untie the knot or decides to take a replacement apparatus that delays the competition (**pause longer than the Timetable allowed for a smooth competition**).

Penalty: 0.50 point for excessive routine preparation which delay the competition.

7. **Could you please specify: can the basis of the leotard be bodily (flesh colored) lucre?**

No, it cannot (see #10.1).

8. **Leotards (#10.1): "Pelvic/ crotch area should be covered with material and a small lace area for connection/decoration is tolerated." Could you please specify if the requirement is coloured fabric (not skin-coloured), how much is permitted, and where?**

A correct gymnastics leotard must be in non-transparent material; therefore, leotards that have some parts in lace will have to be lined (from the trunk to the chest). The pelvic/crotch area (with or without a skirt) should be covered with non-transparent material up to the hip bones and a small lace or transparent area for connection/decoration is tolerated. "Non-transparent" refers to material that is skin-color and "see-through" and it also includes material which is similarly skin-coloured even without "transparency."

9. **Is it possible to have applications on costumes which hang down: the semblance of a "scarf", decorative applique on the shoulders, puff sleeves?**



Decorative appliques or details on the leotard (as above) are allowed: Decorative details should not jeopardize the safety of the gymnast (example: chains, hanging decorative elements, raised sleeves or neck lines which could catch on the gymnast's face, ears, hair or the floor, etc).



10. General question about a tattoo - is it allowed ? and if so, does it need to be covered?

There is no penalty in the rules for the presence of a tattoo or requirements to cover it. However, in RG is not encouraged to have a tattoo on the body of gymnast.

11. There is no mention of words in music anywhere in the CoP. Does it mean that any exercise (even all 4) can have a music with words?

All norms for MUSIC are covered in chapter "Artistry": number of exercises with words is unlimited.



DIFFICULTY OF BODY (DB)

1. Can Passe Balance be on flat foot?

No, it is not possible.

2. For “Fouetté” Balance, one Fundamental or non-Fundamental apparatus technical elements is required at any phase of the Balance to validate the DB, which may not be a repetition according to #3.9.1; as long as this requirement is met, is it possible to perform additional apparatus elements during this Balance?

Yes, it is possible.

3. Gymnast performs: Fouetté Balance: 1st shape with bounce of the Ball in front, second shape no handling, third shape with roll of the Ball behind the back and after performs Pivot with same roll as in Fouetté Balance: will be second DB-Pivot valid?

No, the DB Pivot will not be valid due to a repetition of handling.

4. If a gymnast throws a Hoop with her leg on the first illusion, illusion under the throw, catches at the entrance to the 3rd illusion: if a gymnast makes a step between every illusion, then these are counted as 3 separate DB value 0,2 points each, and if there are 9 elements in the performance with the higher value then these elements are not counted in DB? However, if a gymnast does 3 illusions forward with no steps, then DB is counted as 1 element of 0,6 points?

Yes, the above is correct except that the value of the DB 3 illusions forward without steps is 0.40.

5. Is it required for a Fouetté Pivot to end in the plie position?

It is possible but not necessary for the very last rotation in a **Fouetté** Pivot to finish in plie if there are no more Fouetté rotations after.

6. Fouetté Pivot with hop: If there is a hop between the rotating shape and the open position, does the rotating shape count?

Example: 360° - open - 360° - open - 360° - HOP - open. Is this 0.2 or 0.3?

Yes, rotation shape is counted. The next shape after hop is not counted.
Value 0.30, Fouetté Pivot in passé.

7. Will the Rotation Difficulty be valid if it is executed in the low releve position (#12.1)?

If releve is not high there will be an Execution Penalty but that has no influence on the value of the Difficulty.



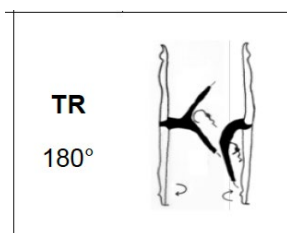
8. How will the Fouetté Pivot with leg stretched at the horizontal be judged? 0 points if a leg is lower than 90 degrees? Or the penalty only?

This Pivot will be evaluated according general rules for Difficulty #2.3 (see deviations).

9. Rotations #32 (Rotation in a split with help without interruption, bent forward) and #33 (Rotation in a split with help without interruption, bent backward).
Do we need to change the apparatus element during every 2 rotations in split?

#12.12 During every two rotations in a split with help without interruption bent forward (#33) and during every two rotations in a split with help without interruption bent backward (#34), one Fundamental technical element or Non-Fundamental apparatus element is required.

10. If a gymnast performs 360° degree in «Trubnikova» Pivot instead 180°, will it be a Combined Difficulty, or we add only 0,20 for additional 180° degree?



It is not combined: in order for 360° to be valid the same shape of 180 must be presented in the additional 180° degrees.

11. Jump “Butterfly” is defined with a minimum required amount of rotation from take-off to landing. Is rotation still required?

Yes, it is. “Butterfly” Jump: The free leg passes through a position close to horizontal; the take-off leg passes through horizontal. During the flight, the trunk is in a position close to horizontal or below horizontal. A minimum required amount of rotation from take-off to landing 180° (#8.12).

12. One can use only the series of Turning Split Leaps, or it is possible to use in a series Turning Split Leaps also with the back bend of the trunk?

It is possible to use a series with any variations of Turning Split Leaps.

13. Two identical Jumps in a series. Is it possible to perform the 1st Jump in the series with the throw, 2nd Jump under the flight of apparatus?

No, it is not possible. See #4.2.4: *If an isolated **DB** is performed under the flight, it is not possible to perform another **DB** of any value with that throw and/or catch, regardless of the possible presence of a **DA** element on the throw and/or catch.*



- 14. Isolated DB under the flight: If the gymnast executes one DB under the flight + one DB during throw/ catch, which DB will be evaluated?**

One DB under the flight will be evaluated (the first in performance order).

If an isolated DB is performed under the flight, it is not possible to perform another DB of any value with that throw and/ or catch.

- 15. Is it possible to use one DB under a high throw + one DB under a Boomerang (Ribbon only) or to use isolated DBs under several flights?**

Isolated DB “under the flight” is a type of handling; therefore, it may be performed one time regardless of the type of throw/Boomerang.

- 16. Can a gymnast perform 3 Jete Jumps this way: Throw, then 1st Jump under the flight, catch on 2nd Jump and 3rd Jump with any apparatus handling?**

No, it is not possible. See #4.2.4: *If an isolated **DB** is performed under the flight, it is not possible to perform another **DB** of any value with that throw and/or catch, regardless of the possible presence of a **DA** element on the throw and/or catch.*

In the case of a series, the second jump not being evaluated, the third just becomes a repetition (because the series is no longer valid).

- 17. Regarding #3.3 : two elements from each specific Fundamental apparatus technical groups: Should the judge check that these two elements are different (e.g. two different long rolls of the Hoop, two different figure eights, two different mills)?**

Specific Fundamental apparatus Technical elements can be the same or different to fulfill these requirements. However, if these specific Fundamental apparatus Technical elements are performed during a DB, remember #3.9.1 « Identical apparatus element. »

- 18. A gymnast bounces a Ball on the DB. Is it mandatory to bounce and catch the Ball on the DB or bouncing the Ball is enough? Same with the throw: is it allowed to make a small throw on the jump and catch it after the jump.**

Bouncing the Ball is enough, same principle for small throw (see #3.4).

- 19. Apparatus technical elements with two actions #3.4: Is there only one of the two actions is needed to validate DB?**

Examples: small throw of the apparatus during Leap, catch after the Leap ;

Echappé of the Ribbon during the Balance, catch after. Does this principle still exist?

Yes, one of the two actions is needed to validate DB (see #3.4).



- 20. Passing into the Hoop with the whole body and Passing out of the Hoop by the whole body are two different types of handling?**

Yes, they are different (different directions : in-out and out-in).

- 21. Specifically, on one series of Fouettés, could a gymnast pass the Hoop through her arms and trunk on the first two rotations and then remove it during the next two rotations?**

Yes, it is possible because they are different.

- 22. Will a “Transmission without the help of the hands with at least two different body parts (not the hands)” be valid if a gymnast passes an apparatus from the neck to a bent arm (an elbow)? Alternatively, for example, passing a hoop behind the back from an elbow to an elbow?**

Yes, those transmissions will be valid.

- 23. Is a Penche Balance with straight leg + Penche Balance with bent leg valid as a Combined Difficulty?**

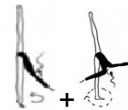
See #2.5.11: The Penche Balance with straight leg + Penche Balance with bent leg is valid as a Combined Difficulty if performed without change of support leg, heel support, plie or extra step between Difficulties and with both DB and the connection in releve.

- 24. Is it possible to use Balance Back Split, without help, trunk horizontal + Balance Back Split, Ring, without help, trunk horizontal as Combined Difficulty?**

Yes, it is possible if they meet the requirements of #2.5.11.

- 25. Is it possible to combine Penche Pivot + Penche Rotation on flat foot, with 2 different**

apparatus work and all requirements for these DB?



No, it is not possible. Please see #12.4: *A Difficulty performed with the first 360° rotation arriving at releve is evaluated a Pivot as long as an 360° base rotation is completed; if, at any point, the heel touches the floor, no further rotations are counted from that point.*



26. Is it possible to perform this: 3 Jete in series $\underline{\circ} \quad \underline{\circ} \quad \underline{\circ} + \text{P}$ (last Jete+Pivot as a Combined Difficulty)?

No, it is not possible. #2.2.5 indicates that « *it is possible to perform 2 or more identical (same shape) Jump/Leaps or Pivots in **series**.* » This means that in a series each of the DB performed must be identical : in this example, the first two jumps are turning split leaps but the third DB is not identical : it is Combined jump + pivot. Furthermore, according to #2.5.9, « *a DB used in a combined DB may not be repeated as DB in isolation or in another combined DB; a repetition of a DB will not be valid* » In this example, the turning leap that is used in a Combined DB is repeated in isolation. Therefore, this type of Combination of DB is not possible.

27. Combined Difficulty Balance + Balance. Is it possible to perform: High throw, then first Balance under the flight of apparatus, catch on the second Balance?

No, it is not possible: #4.2.4 must be respected.

28. Is it possible to use as Combined Difficulty Italian Fouetté Balance + Italian Fouetté Balance?

No, it is not possible. Balance Fouetté may be performed as the **first part** of a Combined Difficulty one time (#10.9 Exception).

29. Is it possible to use as Combined Difficulty Italian Fouetté Balance as the first shape + Illusion backwards?

Yes, it is possible if they meet the requirements of #2.5.12

30. Is it possible to use Attitude Pivot + Arabesque Pivot as Combined Difficulty?



Yes, it is possible if they meet the requirements of #2.5.14


31. We connect a Fouetté Pivot with a Passe rotation and a Fouetté Pivot leg forward - is it a Combined Difficulty or a one isolated rotation.

2 or more identical or different Fouetté shapes connected with heel support are counted as one Difficulty (#12.9) This is one isolated Pivot Fouetté.



- 32. Rotation Difficulty Fouetté may be performed as part of Combined Difficulty, if after the Fouetté Pivot, the connection with another Pivot will be executed in relevé without heel support or plie. Are these Combined Difficulties valid?**



 + relevé +  = valid

- 33. Fouetté Balance: This Difficulty may be performed as the first part of a Combined Difficulty, if after the Fouetté Balance, the connection with another Balance is executed in relevé without heel support or plie. Are these Combined Difficulties valid?**

They will be valid if they meet the requirements of #2.5.11

 + relevé +  = valid



- 34. Rotation Difficulty Illusion may be performed as part of Combined Difficulty if the Illusion itself and the connection with another Pivot is executed in releve without heel support or plie. Are these Combined Difficulties valid?**

 on relevé + relevé +  = valid

 on releve + relevé +  on relevé = valid (#2.5.12)

- 35. Is it necessary to perform only one apparatus handling in a Combined Difficulty?**

Each of the 2 DB of Combined Body Difficulties must be performed with one Fundamental and/or Non-Fundamental apparatus element (#2.5.4).



- 36. Each of the 2 DB of Combined Body Difficulties must be performed with one Fundamental and/or Non-Fundamental apparatus element. Is it possible to perform identical apparatus work during both DB of Combined Difficulty?**

No, it is not possible. In this case, the basic rule applies: "DB with identical apparatus elements will not be valid; the first DB with the apparatus element (In performance order) will be evaluated (#3.9.1).

- 37. Are there any rules for the connection between two DB in a Combined Difficulty? For example: a gymnast executes a Combined Difficulty with 2 balances, but has "swing" of body/leg during transition while still keeping it on releve without hops: is this type of connection tolerate?**

As long as the written requirements for the connection are respected (#2.5.10, 2.5.11, 2.5.12, 2.5.13, 2.5.14), and this movement does not contradict those requirements, it is possible.

- 38. Full Body Wave (#2.7): Do the two waves have to be different?**

The text does not state the two waves must be different; therefore, the full body waves can be different or the same (unless they are counted within the highest 9 or 7 DB from the DB tables which cannot be repeated identically).

- 39. It is possible to make a wave under the throw?**

Yes, it is possible (see #2.7.3: the apparatus in flight is in motion).

- 40. May we count as wave the following movements:**

- a. **Full wave on a position on the floor, gymnast on the chest?** Like break dance as wave yes, if all body segments participate
- b. **Wave movement down from the hand stand into the chest on the floor?** Yes, if all body segments participate
- c. **Full backward wave from the position on the chest into position on the knees (fish flop)?** Yes, if all body segments participate
- d. **Full backward wave from the position on the back into position on the knees (Fish flop)?** Neither is full body wave because the legs cannot fully execute their role in the wave

- 41. If a wave is performed on the floor, will this be a criterion for "Position on the floor"**

Position on the floor is only valid with waves if the full body is on the floor during this movement.



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Spiral turn on one leg (“Tonneau”) is a partial wave (#12.15) and therefore does not fulfill “full body wave.”

43. Waves: Technical Execution: when do we apply the penalty “Incomplete (insufficient) movement or lack of amplitude in the shape of waves 0.10”?

Insufficient participation of one or several segments in the “chain” and/or insufficient amplitude in the movement: Wave is valid, Execution Penalty 0.10.

44. Is it possible to do a full wave during Dance Steps?

Yes, it is possible during the dance steps, if conforms to the nature of the music.

45. An element is not counted when catching a Ball or grasping with fingers, mistake 0.10?

Yes, paragraph # 3.7.5.1 Ball cannot be squeezed or grasped. This is not considered an unstable balance.

46. For the Juniors, required DB with the non-dominant hand: please explain how the element must be performed.

The entire apparatus element must be performed in the non-dominant hand (meaning, transmission is not valid for this requirement nor long roll which is not entirely performed in the same hand.

47. If both DB in a Combined Difficulty are performed in a valid way with the non-dominant hand, can both apparatus elements fulfill the requirement?

Yes, it is possible.



DYNAMIC ELEMENTS WITH ROTATION (R)

- 1. Can we repeat the same pré-acrobatic group in R and in Dance Steps Combination (S)?**

The Dance Steps Combination (S) will not be valid with pre-acrobatic element performed during S (#4.4. Artistry)

- 2. Can we use Illusion DB once in R and once again in DA?**

If an identical illusion is performed twice in the exercise, one time in R and one time in DA:

- The DB judge will not validate the second illusion DB
- The DA will register a DA element with illusion DB as one of the 9 DB criterion; she is not concerned with the repetition of an identical DB
- The pre-acrobatic element like illusion (Group #13) can be repeated one time in R and one time in DA.

- 3. Is an illusion with hand support a pre-acrobatic element?**

Yes, it is (pre-acrobatic group #13).

- 4. Passe Jump with a rotation and «Scissors» /Vertical Jump with straight legs and with turn (Blinchik) - do they belong to one vertical rotation group or to different groups?**

Yes, these are one rotation group (group #1).

- 5. Is it possible to use the following combination in R: throw of the apparatus, Attitude Pivot, illusion DB, catch of the apparatus? And get 0,10 for the DB for the Attitude Pivot and for the illusion DB?**

Not, it is not possible. R not valid. DB with rotation 360° or more with a value of 0.20 or more may be used a maximum of one time in each R and will be valid as an element of rotation and DB. The DB with rotation 360° or more with a value of 0.20 or more may be performed during the throw or catch of the apparatus.

- 6. Risk with series of three identical DB with rotation: throw on the 1st illusion, step, the 2nd illusion under the flight, 2 steps and catch during the 3rd illusion : is this R valid ?**

A series is defined by « uninterrupted » rotations.

For illusions performed with intermediary steps: one step between each illusion is permitted; two steps is an interruption.

Therefore, in this example, only 1 rotation is performed under the flight before the interruption: the R is not valid.

If two base rotations are performed under the flight but the series is interrupted, the R will be valid and the criterion "series" will not be valid.



- 7. Will there be criteria “without the help of the hands” when a gymnast performs catching a Club in one hand in which there is already a Club?**

No, criterion “without the help of the hands” is not valid (see #5.13).

- 8. Is it possible to perform the Risk in such a combination: the illusion with a hand support roll, then illusion DB?**

Yes, it is possible. If a gymnast will catch the apparatus during illusion DB, the first ‘illusion with hand support’ is a pre-acrobatic element (group 13), and the illusion DB is DB.

- 9. Can the element “Chainne” be counted for a “series” in Risk?**

No. A series of three or more of identical, uninterrupted pre-acrobatic rotations should be around the frontal or sagittal axis (#4.3.2), illusions under the flight.

- 10. The definition of rotation is determined from the first starting position. So, if gymnasts start standing and sit during a vertical rotation, is this counted as a standing rotation?**

See 3rd group of Vertical rotations - Seated (#4.3.6): “ Trunk upright; the rotation may start standing or seated but always ends in a position on the floor.” Starting standing and ending seated is a change of level.

- 11. If the gymnast performs R with high throw in the jump from “Dive Leap” and performs under the apparatus the roll of this pre-acrobatic + two more rolls, will she receive + 0.20 points for three identical pre-acrobatic elements under the apparatus?**

No. For series she needs 3 identical uninterrupted pre-acrobatic elements

- 12. It is not allowed to perform DB without rotation in R, it means R not valid or there will be Penalty?**

No Penalty, R with DB without rotation is not valid. (See #4.9).

- 13. Is it possible to perform Chainee (vertical rotation group 2) and DB Passe Pivot 360° (DB rotation group) in different R?**

Yes, it is possible. These are different types of body rotations (#4.3)

- 14. Is it possible to perform during 1 R two Body Difficulties (one – valued 0.20 and more, second – valued 0.10 as rotation)?**

Yes, it is possible.

Example: Turning Stag Leap with ring (value 0.40) + Vertical Jump with bent leg (Passe) with turn (value 0.10) + Seated Vertical rotation

R3+0.10+0.10



15. May we repeat the same DB with rotation valued 0.10 two times in a row, in 1 R?

Yes, as rotations (#4.3.4; 4.3.7)

Example: Passe Pivot 360° + Passe Pivot 360° with intermediary step between each

16. Is it possible to use in R Turning Leaps in series as 3 Stag Turning Leaps, or 3 Stag Turning Leaps with ring or with back bend of trunk, etc.?

Yes, any form of Turning Leap is possible.

17. Is it possible to perform any jump which includes a 360° rotation in a series of jumps/leaps in R?

A series (#4.8.4.1) is any form of Turning Leap (jumps #42-46). Any jump with 360° rotation can be performed in R either on the throw or the catch as a DB with rotation value 0.20 or more as long as there is 360° (measured from take-off to landing). A jump/leap performed with 180° would not be a valid rotational element in R.

18. Is it possible perform in an exercise one R as a series of Turning Leaps and one R as a series of Illusions ?

Yes, a series only of Turning Leaps and/ or Illusions may each be used in one R in the exercise, executed according to # 4.8.4.1.

19. Can a gymnast perform 3 Jete Jumps plus seated lateral roll and catch after seated lateral and be counted as R4?

No, the exception for series of 3 identical DB with rotation is to catch after 3rd DB.

20. Can the gymnasts use for series in R Illusion with bent leg (not DB)? With the same criteria for series +0.20?

Yes, if these rotations will be under the flight as a series of three identical, uninterrupted pre-acrobatic rotations (#4.6, #4.8.4.1)

21. Can the gymnasts throw the apparatus on first walkover forward, second walkover under the flight, catch on third walkover? And get the same criteria for series +0.20?

No. There must be 3 identical walkovers under the flight (#4.6)



- 22. A) Three Backward Illusions without intermediate steps: throw, 2 Backwards Illusions under the flight, catch on 3rd Backward Illusion. What is the value of R, and what is the value of DB?**

$$R3+series+DB=0.30+0.20+0.10=0.60$$

1 DB, value 0.70 (0.30+0.20+0.20).

- B) Throw, three forward Illusions without intermediate steps under the flight, catch immediately after the third illusion. What is the value of R, and what is the value of DB?**

$$R3+series=0.30+0.20=0.50$$

1 DB, value 0.40 (0.20+0.10+0.10)

23.

	<p>Q: Is it possible to perform illusions in the same way? The table in #4.8.4.1 only shows turning leaps.</p>
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Yes, it is possible. Please see the text of #4.8.4.1 which explains this. The table includes « etc » which means that the table has some examples but does not capture all possibilities.

- 24. When a gymnast performs jete jump followed by 2 Chaines, is level criterion valid since she was in the air for the jump?**

The COP indicates two levels: 1. flight/standing and 2. Floor (see #4.6) so this example is not change of level.

- 25. During an R element with a throw in cascade/asymmetric, is it required for both Clubs to be a « high throw ? »**

The throw which is connected to the minimum 2 base rotations must be a high throw at the minimum.

- 26. How is it possible to catch the Rope in R ?**

It is possible to catch Rope in R: open with one end in each hand without support on any part of the body, or mixed catch, or tied catch; but catching only 1 end, R is not valid (see JR Annex RGI #4.2.2.1).



DIFFICULTY OF APPARATUS

1. If there are 2 bases in the DA then 1 criterion is enough?

2 Apparatus Bases (only when 1 of the 2 bases is “catch from a high throw”) + minimum 1 criterion which is executed during both Bases (see #5.4).

2. DA with 2 bases: one of two bases must be “catch from high throw.” Does it mean that it’s possible to combine DA only with “catch from high throw”?

Yes: When the DA consists of 2 apparatus Bases (one of which must be “catch from a high throw”): the value of the highest Base + an additional 0.10 for the second Base determines the **DA** value.

When the DA is performed with 2 apparatus Bases (neither Base is “catch from a high throw”) and 2 criteria: the Base which is executed with 2 criteria will be valid; if both Bases are executed with 2 criteria, the highest Base will determine the value.

3. If the “high throw” is executed correctly for the DB or DA elements, but during catch the gymnast lost the apparatus, Will the DB or DA performed during throw be valid?

Yes, specifically with “high throw” and “catch from high throw” (see #3.5)

4. Is the criterion “outside the vision field” valid for the Boomerang throw with Ribbon on a jeté an tournant (throwing back)?

Yes, if the arm throwing the Ribbon is past the vertical line at the moment of the throw.

5. Balance with spiral of the Ribbon: hand with a stick behind the back, but the pattern is on the side - is the criteria “outside the visual field” valid?

Yes, it is. See #5.7.3: *The position of the arm which executes the apparatus element(s) according to the above zones determines the criterion “outside the visual field.”* In this example, the hand holds the stick behind the back so the position of arm executing the apparatus element in behind the back (in the zone of outside the visual field). If the arm was on the side, even if the pattern was behind, this would not be outside visual field.

6. Vertical rotations on DA are not limited and can be repeated, which means that it is possible to perform Chainee in DA twice?

Yes, it is possible.



- 7. Can the value of an element be reduced if throw is not high during the DA with “throw” and the DA with the base “catch?” What will be counted: the throw or the catch?**

If the throw is not high this DA will be evaluated as base “small throw” with all ensuing consequences: for the Base “Small throw/catch”: the minimum 2 criteria must both be on the throw or both on the catch (not one on the throw and one on the catch). See #5.5.1.

- 8. There is a small throw for DA. This is a throw-catch. Is it possible to do 1 criterion on the throw and 1 criterion on the catch to be valid/ accepted? For example, there is a small throw from behind the back and a catch under the leg, or you need 2 criteria during the throw or 2 on the catch.?**

For the Base “Small throw/catch:” the minimum 2 criteria must both be on the throw or both on the catch (not one on the throw and one on the catch). See #5.5.1.

- 9. If the mill is performed overhead is the criterion for DA “outside the visual field” valid?**

No, this criterion is valid only if the arms are past the vertical position (directly overhead is not past the vertical line).

- 10. Does DA with 9 DBs count in performance order, regardless of the value of difficulty ?**

Yes, in performance order 9 DBs for SR and in performance order 7 BDs for JR.

- 11. In the exercise a gymnast may perform 3 pre-acrobatic elements in DA and before the DB. In case a pre-acrobatic is used before DB (walkover in back-scale balance) and that is already 4th pre-acrobatic element - what happens? Is DB canceled?**

The DB is valid because the rotation before is not part of the DB definition or value.

For DA: the first three pre-acrobatic elements in performance order are considered for the criterion « rotation » whether or not a DA is performed (see #5.8.6).

- 12. The gymnast rethrows the Ribbon at the end of R such that the Ribbon stretches out flat across the ground. Is R valid?**

R is not valid. At the end of R stick of the Ribbon must be caught after throw (see #4.2.2.3)

- 13. Can the gymnasts use the same type of mills in two different DAs? Example: the gymnast performs mills behind her back once during a Balance for DA and then does the same style of mills while doing a body wave for a second DA?**

For DA: Yes



- 14. Can two different Ball rolls in a row be done while lying down? Example : a gymnast does one roll from her feet to her hands (out of vision) while lying on her stomach, could she then do another roll from her hands to her feet?**

Yes, it is possible because the DA are not identical.

- 15. How many of the four mandatory small circles in mills should be out of the visual field, in order for the criterion to be counted?**

For one complete mill (min. 4 circles) it would be necessary for a minimum of 2 of the 4 circles to be performed « outside the visual field » with the understanding that 4 circles all can be « outside the visual field. »

- 16. “Illusion” is a DB with value 0.20 point - not a pre-acrobatic element. Is it correct?**

Yes, it is a DB.

- 17. Can a gymnast use “Illusion” in DA as non-acrobatic element (illusion in DA as criterion “DB”), and she can perform 3 pre-acrobatics in DA?**

Yes, she can.

- 18. Table of pre-acrobatic elements (#4.3.2.). Rotation #13 with raised leg (like illusion but not DB) – is it a pre-acrobatic rotation?**

Yes.

If we use it for limited 3 DA with pre-acrobatic, we can use only 2 others?

Yes, it is counted as one pre-acrobatic elements and two others from different groups are possible.

- 19. There must be 2 Figure-8 in the Ball routine, should they be different?**

If performed in DB, they cannot be identical; otherwise, it is choice of the gymnast and can be repeated.

- 20. If there is a second base throw after the mills, should the second Club rotate at the moment of the throw?**

In order to “combine” bases, a “catch from a large throw” must be one of the two bases. This example will not be “combined” so the performance is the choice of the gymnast.



21. To clarify: Hoop: can a gymnast perform a roll on the hands in a forward roll, and the same roll on a forward walkover?

Yes; the rotational element is different so this is not an identical repetition.

22. Will the following positions be valid for criterion “position on the floor”?



All these examples do not meet the criterion for “Position on the floor”.

Position on the floor – “Apparatus elements performed while lying down in a position on the floor from the **beginning to the end** of the element: the **full trunk must be lying flat on the floor** regardless if it is facing up or down or on the side (#5.9.3)

23. How to evaluate DA? For what mistakes will the DA not be counted?

According #5.8:

DA elements will not be valid in the following cases:

- A Base or criteria not performed according to its definition
- Loss of apparatus during a **DA** element
- More than **9 DA** with “**DB**” criteria of **0.10** and higher, evaluated in performance order
- More than **3 DA** with pre-acrobatic elements as “rotation” criteria, evaluated in performance order
- The Pre-acrobatic element from the same group performed in more than **1 DA**
- Loss of balance with support on one or both hands or on the apparatus
- Total loss of balance with fall of the gymnast while executing **DA**
- Performed during any phase of **R**



24. It possible to perform different vertical rotations from the same group of vertical rotations in different DA? (jump/skip/hop with turn with different positions of the legs) with different base and criteria?

Yes, in DA the limit is only in the use of pre-acrobatic elements.

25. Is it possible to perform (repeat) an identical base and criteria during different vertical rotations? Example: large roll of the Ball arm-back-arm with chaineé and then the same large roll with rotation on the knees 360°?

Yes, it is possible.

26. Is it possible to perform (repeat) in DA an identical base and identical criteria during different DB? Example: large roll of the Ball arm-back-arm with Italian Fouetté (value 0.50) and then the same large roll with Passe Pivot 360° (value 0.10)?

Yes, it is possible, both DA will be valid because the DB (for DB criterion) is not identical DB: second DB will not be valid with identical repetition of handling.


27. In a Combined Difficulty a gymnast performs 2 DA, 1 on each DB. Judges of subgroup DB1-DB2 evaluate Combined Difficulty as 1 DB.

Yes, if all requirements are met.

Judges of subgroup DA1-DA2 evaluate criteria DB as 1 or 2 Difficulties out of 9 limited DA elements with DB?

In Combined Difficulty criteria DB are evaluated two times (one time for each of 2 bases).

28. Criteria for DA (5.9.3): What does last point exactly mean? And compared to second point what is the difference?

	<p>Rotation:</p> <ul style="list-style-type: none"> • minimum 360° • this criterion is not valid for DB which include a rotation • DB may not be used as an element of rotation
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DB with rotation will not be “validated” as element of rotation (only validated as “DB”)

29. During a large roll half of the Hoop or Ball is outside visual field and the other half is not, can it be claimed “outside visual field?”

Yes, because the Hoop passes through a valid zone “outside the visual field” during the roll described.



- 30. Hoop and Ball: Large roll on two parts: if a gymnast does a large roll across the arms in front and another roll across the arms behind her head, are both rolls valid? They are the same base?**

Yes, same base (large roll) but not identical, so both are valid

- 31. Hoop: Large roll covers one arm, then rotation on the neck, then immediately into roll on the second arm. Is it 2 bases – Large roll + rotation (on the neck, during body rotation 360°)?**

No, this is not Large roll because it is interrupted (see #3.6 explanations).

Large roll: A minimum of two large segments of the body must be passed over: from the right hand to the left hand over the body.

- 32. Ball: Large roll covers one arm, then unstable balance on the neck, then Ball immediately goes into roll on the second arm. Is it 2 bases – Large roll + unstable balance (out of vision, during body rotation 360°)?**

No, this is not Large roll. because it is interrupted (see 3.6.1 explanations).

Large roll: A minimum of two large segments of the body must be passed over: from the right hand to the left hand over the body.

- 33. If the Hoop rotating around its axis and at the same time rolling over two arms and back, is it possible to get 2 bases ‘Large roll’ + “rotation around the axis” (0.40+0.10)?**

These are 2 bases: “rotation around axis” and “sliding” (because the Hoop is not performing a true roll; for sliding, two parts is possible but not required); only the highest base performed with two criteria will be evaluated (see #5.6.3).

- 34. Free rotation of the Hoop on open palm, and then immediately small throw/ rebound from open palm – is it possible to give 2 bases “rotation around axis” + “small throw” (value 0.30+0.10)?**

See #5.11: This Base can only be performed in DA without the hands, which includes the open palm which is considered the hand; additionally, 2 Bases are only validated together when one is catch from a high throw. This example would be validated according to #5.6.3 if performed with two criteria.

- 35. How to evaluate throw of the Hoop around its axis, if gymnast performs it less than 2 heights? Do we have criteria “around axis” for small throw? Evaluate as small throw (value 0.20)?**

Any throw with less than the required height is evaluated as small throw.

- 36. Catch into a Large roll: how to evaluate this base?**

After high throw - need 1 criterion - value 0.40+0.10



- 37. High throw of 1 Club with 2 criteria, (value 0.20) then under the flight is a Large roll of the second Club outside the visual field during body rotation (value 0.30). Are these 2 different DA or 2 bases?**

These are two independent DA.

- 38. High throw of 1 Club (no criteria), during the flight – walkover backwards, one Club is on unstable balance on foot (base – unstable balance, criteria: outside the visual field, body rotation). Is it only 1 DA with unstable balance value 0.20 or 2 bases in 1 DA with value $0.20+0.10=0.30$?**

This is only 1 DA value 0.20 (unstable balance as a base)

- 39. Transmission of the stick of Ribbon around the foot, outside of visual field in Kb Pivot. Is it DA?**

No, this Base is not in the DA table (see #5.14). It is handling for DB (see #3.7.4).

- 40. Hoop: is it possible to perform a small throw as a second base on the second DA? After any other base or after high throw only?**

Only together with a “catch from a high throw” in order to use a second base (see #5.4)

- 41. How will the judge evaluate an attempt of a DA element in order to know how to count a maximum 20 in performance order?**

#5.2. Requirements: Minimum 1, Maximum 20 DA elements will be evaluated in chronological order (regardless of the technical execution of the DA). Additional DA elements will not be evaluated (No Penalty). When a judge identifies a valid Base (regardless of the execution) and identifies two criteria (even if they are not performed by definition or they are performed with technical fault(s), the element is considered a DA.

- 42. Please clarify how to count the max 20 DA (junior: 15) #5.2. says that max 20 DA are evaluated in chronological order. If a gymnast performs 23 DA and, the first 3 are with loss of apparatus: can the next 20 be evaluated? Or 20 in performance order regardless of valid or not?**

The first 20 in performance order regardless of whether they are valid or not (See #5.2).



ARTISTRY

- 1. A gymnast loses the apparatus during Dance Steps. Artistry judge removes 0.5 for the fact that there is no dance link. Does the E judge remove 0.7-1.0 for the loss?**

Yes, the Steps are not valid (#4.4) and the Execution judge takes the penalty for the loss depending on the severity.

- 2. What is the penalty for the Dance Steps being less than 8 seconds? The rules say “for the absence of each Dance Steps it is 0.50.”**

Penalty is 0.50



GROUP DIFFICULTY

1. **It is possible to perform 1 Combined Difficulty in Group discipline. If gymnasts perform 2 Combined Difficulties, then the second Difficulty is counted as 2 isolated difficulties or it is not counted at all?**

No more than 1 Combined Body Difficulty may be performed in an exercise (# 2.8.7):

- Only 1 Combined Body Difficulty will be evaluated
- Additional Combined DB will be evaluated as isolated DB (No Penalty)



Yes, it is possible if there is not criteria on the throw. This will be one Collaboration.

3. **Is it possible to perform CC on a raised gymnast (lifted gymnast, Balls rolled over her)?**

Yes, it is possible as long as the definition for CC is met.

4. **Can you perform identical pre-acrobatic rotations on DE and R?**

No, it is not possible; repeated rotation in chronological order will not be counted (see #5.4.6).

5. **Can we repeat the same pre-acrobatic group in R and CR?**

Yes, it is possible : these two components are judged by different subgroups of judges and the text does not prohibit this.



The Collaboration will not be valid. Throw of multiple apparatus must be performed in *opposite directions*: each apparatus is thrown in a direction 180° opposite from the other.

7. **Can a series in CR be performed by 1 gymnast (i.e., only CR1) or can be performed in CR2 and CR3 as well? How many gymnasts should do the series?**

A series can be performed by 1, 2 or 3 gymnasts. The series must be performed by all gymnasts performing the main action (see #6.5.11).



8. Is it possible to “walkover” a gymnast in CR who is laying on the floor?

Yes, it is possible to pass over the “center” of a gymnast who is lying on the floor (see #6.5.11) as an “obstacle.”

9. CL Collaboration - is it possible for a gymnast to participate by means of the apparatus (not to hold a gymnast, but to roll a Ball to her)?

As long as she is involved in the Lift/support of a gymnast in some way (see #6.9.4.1), she may also roll a Ball as part of her participation.

10. How are Illusions counted (Body Difficulty Element value 0.20)?

They are counted in the minimum 4, maximum 6 DB.

11. Please explain how to measure double the height of 5 gymnasts in DE, especially if not all 5 gymnasts perform of same height?

If all gymnasts do not throw to the same height, the lowest height would be determinative.

12. Can we still use DB elements with 0.10 value with rotation (Jumps, Passe Pivot in DE as a criterion for Rotation, not for BD)?

Not, it is not possible. #4.4: The criterion “rotation” is not valid for **DB** which include a rotation.

13. Please, explain, how to count DB which are performed during DE:

DB are counted only as DB; it is possible to perform them together with the DE for choreographic purposes and in the DE, they have no additional value because there is no longer the criterion “DB” in DE.

Example DE: “large throw” on turning leap, catch apparatus lying on the floor.

Value:

DB: 0.40 (1 DB)

DE: 0.20 (DE base) + 0.20 criterion “large throw” + 0.10 criterion “position on the floor” = 0.50

14. If there is a DB which is intended to be performed simultaneously (i.e., the only Jump) but, because of a technical fault, one gymnast is a bit late and another gymnast too early etc.: should the penalty 0.30 be applied

This penalty is applied as a fault of the organization of the Difficulties (#2.2.6.3); it is **not** applied as a consequence of technical fault(s) (i.e., loss, lack of synchronization, etc.).



- 15. It is written in the COP that if an apparatus technical element is performed identically during two DB, the second DB in performance order is not valid. What if DB is performed under the throw, how is defined different apparatus technical element?**

Isolated DB “under the flight” is a type of handling; therefore, it may be performed only one time in each exercise regardless of the type of throw/Boomerang.

Series of Jumps/Leaps: includes throw of the apparatus during the first DB, second DB under the flight, and catch during the third DB. If the apparatus is lost during the third DB in the series, neither the DB under the flight nor on the catch are valid. Only first DB performed during throw of the apparatus is valid. This series is possible in addition to an isolated DB performed one time under the flight.

- 16. «An identical repetition of the same criteria cannot be performed and repetition of the same criterias are not evaluated (No Penalty). The exchange may still be valid.»**

What is considered as an identical repetition of criteria in exchange? Example: throw of the Ribbon behind the back without hands (with leg) during cartwheel and then the same throw but with walkover forward.

This is not considered identical because the second throw is with a different rotation.

- 17. For Ribbon: the stick (not the fabric) must be caught to be R valid in Individual exercises (#4.2.2.3; #4.9) and Groups (#5.2.4.3; #5.10). Is it correct?**

Yes, it is.

- 18. How should the judge evaluate R for 3+2 exercise: should the gymnasts perform the same criteria with each of the apparatus?**

Yes, it is necessary for Difficulty elements in the first sub-group (DB, DE, R) to follow the same principle as explained for DE #4.3.3, which is that:

- identical criteria, performed with each apparatus (i.e.: 3 Ribbons are caught identically “outside the visual field” and 2 Balls catch identically “without the help of the hands”)
- the same number of criteria for each type of apparatus must be performed on the throw and/or the catch

R elements should follow this same principle above as it relates to the number and type of criteria performed.



- 19. Is there any limit for performing vertical rotations and DB rotations during Collaborations, for example can chaineé be used many times?**

No, there is no limit for performing vertical rotations and DB rotations. There is limit for pre-acrobatic elements. Each group of pre-acrobatic elements. May be used one time in CR, either isolated, in a series, or repeated within one CR in any order (# 6.5.7.). Pre-acrobatic elements may be used in CC; the same pre-acrobatic element group may be used one time in CC and one time in CR.

- 20. Criteria for CR has to be performed by the gymnast performing the main action?**

Always the gymnast performing the main action (#6.5.10.2)

- 21. Three or more apparatus thrown in the same or opposite directions: may be thrown in a joined construction as long as there is a minimum of 3 apparatus. If three or more apparatus are thrown to different directions, but not exactly opposite or in the same direction, is this valid?**

Yes: 3 or more apparatus can be thrown in any direction(s) (see #6.6.1.2).

- 22. Do both gymnasts performing the main action need to perform also identically multiple throws without help of the hands? Or it's possible to perform the criteria identically but one gymnast performs it with one apparatus and the other gymnast performs it in multiple throw?**

If the gymnast performing the throw of multiple apparatus executes criteria, this criteria is valid for the Collaboration; if a second gymnast performs the main action, throwing only 1 apparatus, it is not necessary for her to perform the same criteria or any criteria (as throwing 2 or more apparatus is very different than throwing one apparatus).

- 23. Criteria in CR Collaborations: if a gymnast is travelling under the knee level it's not enough to validate +0.10 for criteria passing over? For example, with Balls, a gymnast is below knee level and the Ball is not moving freely, thus +0.10 can't be awarded?**

Yes, it is correct.

- 24. How many steps are tolerated in CL?**

It's not measured by steps, but no more than 4 seconds (see #6.9.3)

- 25. If 2 gymnasts are performing a series in CR2, is it given once or per gymnast?**

It is given once per Collaboration (see #6.5.11).



26. Can Boomerang be used as an apparatus obstacle for CR?

Yes, it is possible, as it's not considered as a throw.

27. In a Collaboration of CR2, can 1 gymnast do criteria under the flight and the other do criteria outside visual and no hands during catch in rotation and both are valid?

Both are performing the main action so they must do the same criteria (see #6.5.10.2).

28. For a throw of two apparatus: can one apparatus be “long” and the other be “high?”

Yes, this is possible.



ARTISTRY and EXECUTION

1. Can Boomerang be used in Dance Steps?

Yes, it is possible, as it's not considered as a throw (it can be used in RGI during Dance Steps).

2. Penalty for Formations in Artistic is taken how many times if in an exercise it has occurred more than 2 times? Example: Maintain the same formation for more than 2 Difficulties is taken several times?

This is a one-time penalty.

3. How are all the penalties under the "basic technique" are applied for Group?

They are applied as described under #6, given each time, regardless of the number of gymnasts.

4. Penalties, specified in bold letters are given for each gymnast in Group? Example: **Body segment incorrectly held during a body movement.**

Yes, the bold letters indicate a penalty for each gymnast; "*Body segment incorrectly held during a body movement* » is not in bold letters so this penalty is taken each time the fault occurs, regardless of the number of gymnasts.

5. Two gymnasts lose apparatus during DE with 2 steps each. Is the total penalty 1,40?

Yes, it is.