



Lausanne (SUI) 27th, February 2017

To: All Member Federations

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

1. COP AMENDMENT and CORRECTIONS:

After the Intercontinental Judges' Course held in POR (Dec. 2016), the COP was reviewed and now is available in the FIG Website with the version of January 2017. This updated version includes errata from the previous Newsletter (#9 of last cycle). Also, the main amendments and corrections are as follows (highlight in blue):

<COP>

Page / Place	Amendment and Corrections											
9/29	DEFINITION OF AEROBIC MOVEMENT PATTERNS	Routines should provide an adequate level of intensity.										
21/29	C. Difficulty requirements	<p>Mixed Pairs, Trios and Groups:</p> <ul style="list-style-type: none"> - If the competitors in MP or TR perform different family elements at the same time (MP &TR): <ul style="list-style-type: none"> o No value for the elements o One element will be counted in the total number of the elements allowed. - If only 1 competitor in MP or 1 or 2 competitor(s) in TR perform an element : <ul style="list-style-type: none"> o No recognition of the element o The element will not be counted in the total number of the elements allowed. 										
22/29	Combination of difficulty elements	<p>In case of the competitors perform :</p> <ul style="list-style-type: none"> • A COMBINATION OF ELEMENTS NOT AT THE SAME TIME <ul style="list-style-type: none"> → No value of elements, no additional value for combination → No deduction → Elements will be counted in the total number of the elements allowed. • MORE THAN 2 COMBINATIONS OF ELEMENTS AT THE SAME TIME : <ul style="list-style-type: none"> → The elements will receive the value if they meet the minimum requirements → No additional value for combination → No deduction → Elements will be counted in the total number of the elements allowed. 										
22/29	DIFFICULTY DEDUCTIONS (-1.0 pt / each time):	<table border="1"> <tr> <td>More than 9/10 difficulty elements</td> <td>- 1.0 per element</td> </tr> <tr> <td>More than 3 difficulty elements in landing to push up and/or to split position (Group C)</td> <td>- 1.0 per element</td> </tr> <tr> <td>Repetition of an element</td> <td>- 1.0 per element</td> </tr> <tr> <td>Combination of more than 3 elements (acro or difficulty elements)</td> <td>- 1.0 per element</td> </tr> <tr> <td>Less than 3 groups performed</td> <td>- 1.0 per missing group</td> </tr> </table>	More than 9/10 difficulty elements	- 1.0 per element	More than 3 difficulty elements in landing to push up and/or to split position (Group C)	- 1.0 per element	Repetition of an element	- 1.0 per element	Combination of more than 3 elements (acro or difficulty elements)	- 1.0 per element	Less than 3 groups performed	- 1.0 per missing group
More than 9/10 difficulty elements	- 1.0 per element											
More than 3 difficulty elements in landing to push up and/or to split position (Group C)	- 1.0 per element											
Repetition of an element	- 1.0 per element											
Combination of more than 3 elements (acro or difficulty elements)	- 1.0 per element											
Less than 3 groups performed	- 1.0 per missing group											
23/29	LIFT:	A lift with a fall will receive 0 value										
28/29	ACROBATIC ELEMENTS:	<p>A-1) Cartwheel in standing position (from standing to standing, in upright position.</p> <p>If MP, TR or GR perform 2 different Acrobatic Elements at the same time it will be counted as 1 Acrobatic element</p>										
28/29	PROHIBITED MOVES:	<p>P-5) Salto more or less than 360° with or without twist</p> <p>NB: PROPELLING DURING ANY "COLLABORATION" IS PROHIBITED</p>										



THE AEROBIC GYMNASTICS NEWSLETTER – N° 1 – February 2017

<Appendix 1>

Page / Place		Amendment and Corrections
15/27	AEROBIC CONTENT	The AMP sequence will receive A+ when it will be performed with quality and correct technique including at least 3 criteria of the complexity and variety (i.e. 3 basic steps, traveling with orientation change and asymmetric arms)
18/27	GENERAL CONTENT	In order to write a G ⁺ , the movement from the General Content has to be complex and give artistic advantage.

<Appendix 2>

Page / Place		Amendment and Corrections					
4/60	Examples of Deductions	General Errors			Small	Medium	Unacceptable
					0.1	0.3	0.5
		Incomplete rotation/turn	0.1	0.3		0.5	
22/60	Specific Mistakes from Group A	Specific Mistakes for Group A			0.1	0.3	0.5
		Hands and feet not leaving the floor at the same time (explosive elements)			0.3		
		Hands and feet not landing at the same time in elements ending in PU			0.3		
22/60	Minimum Requirements Group A	All elements in Group A landing in Split position, both hands must be on each side of the body on the floor.					
29/60	Specific Mistakes from Group B	Specific Mistakes for Group B			0.1	0.3	0.5
		Back not parallel to the Floor in High V Support			0.3		
		Touching the floor more than one time in group B			1.0		
29/60	Minimum Requirements Group B	FAMILIES		MINIMUM REQUIREMENT			
		High V support		Back parallel to the floor (2 seconds)			

<Appendix 5>

Age Group 2	
CATEGORIES	IW, IM, MP, TR, GR, AD (Aerobic Dance/6 competitors)

DEDUCTIONS

	National Development	Age Group 1	Age Group 2
DIFFICULTY DEDUCTIONS (-1.0 EACH TIME)	▪ Combination of elements	▪ More than 1 Combination of 2 / 3 elements	▪ Combination of 3 elements
CJP DEDUCTION (-0.5 EACH TIME)	▪ Performing OFF AXIS JUMPS	▪ Performing or OFF AXIS JUMPS	



2. Clarifications:

- Propelling definition:
Propelling: defined as when a competitor is thrown by a partner into an airborne position with no contact with partner.
- Lift:
 - ✓ A lift begins when the base(s) is in standing position and the top(s) is on shoulder or higher level, if the initial base(s) position is NOT in the standing.
 - ✓ Value for entry of the lift will be given according the complexity of the entry movement.
 - ✓ Static Pyramids as starting position of the Routine, will not be considered as lifts; they will be considered as movements from the General Content

NOT A LIFT
(no entry value)



⇒

Now A LIFT
(value start)



NOT A LIFT
(Starting position; Mount)



- Acrobatic Elements with support:
Acrobatic elements with support (with help from partners), will not be counted as acrobatic elements, and will not count as lifts regardless to the height of the movement. Will be counted as “Collaboration”. See example below:



- Combination of Acrobatic + Difficulty elements:
In order to combine acrobatic with difficulty elements, Acro elements must land in 2 feet at the same time, and this landing is the takeoff of the difficulty element, without any stop, hesitation or transition in between.
- Compulsory elements for Age Group:
All members of the MP, TR, GR must perform the same compulsory difficulty element at the same time (i.e. all 1/1 turn straddle support, or all members straddle support). If some members perform straddle support, and other members 1/1 turn straddle support, the element will receive 0 value, but no deduction for missing compulsory element.



THE AEROBIC GYMNASTICS NEWSLETTER – N° 1 – February 2017

- Elements in Aerobic Step:
Difficulty elements 0.1 and 0.2 value may be performed in Aerobic Step routines without any CJP deduction.

3. NEW ELEMENTS

TC would like to inform you with a new element in 2017.

No	Family Name	Name and Value	Shorthand
C426	Split Jump	Switch Split Leap 1/1 Turn. Value: 0.6	
C437	Split Jump	Switch Split Leap 1/1 Turn to split Value: 0.7	
D148	Turn	4/1 Turns Value: 0.8	
D159	Turn	4/1 Turns to vertical split Value: 0.9	
B200	Horizontal Support	Planche to Lifted Wenson Back to Planche Value: 1.0	Same as B200
B200	Horizontal Support	Planche to lifted Wenson Back to Straddle Planche Value: 1.0	Same as B200
B200	Horizontal Support	Straddle Planche to Lifted Wenson Back to Planche Value: 1.0	Same as B200
B210	Horizontal Support	Planche to Lifted Wenson Boths Sides Value: 1.0	Same as B210

4 CALENDAR 2017

- 7 – 9 April 18th Slovak Open 2017, Surany (SVK)
- 8 – 9 April 2nd Mediterranean Competition for juniors, Guadalajara (ESP)
- 22 – 23 April Suzuki World Cup, Tokyo (JPN)
- 25 -28 May 7th International Tournament Cantanhede
- 26 -28 May World Cup Cantanhede (POR)
- 3- 4 June The 12th Heathrow International 2017, Bracknell (GBR)
- 20 – 30 July 10th the World Games 2017 WROCLAW (POL)
- 30 July-2 Aug ANAC International Championship 2017

Sergio GARCIA
AER TC President,

Tammy YAGI-KITAGAWA
AER TC Vice-President