



THE AEROBIC GYMNASTICS NEWSLETTER – N° 5, Cycle 14 / March 2020

Lausanne (SUI) March 2020

To: All Member Federations

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

<FIG Website for AER>

FIG website for AER education (<https://www.fig-aerobic.com>) is currently under maintenance. All official rules and information (CoP and Newsletters) are published at;
<https://www.gymnastics.sport/site/discipline.php?disc=9>

< REMINDER & CLARIFICATION >

◆ EXECUTION

Deductions:

- In MP, TR, GR, AD and AS, Execution judges will deduct errors of the lowest executing gymnast of the move.
- Hopping in Balance Turn will apply the same deduction as in Turns.
- Incomplete rotation/turn in Helicopter: missing rotation up to 45° = -0.3

Analysis of Difficulty Elements:



After analysis of some Difficulty elements, TC would like to remind that clear forms (positions) of main phase must be shown for the element. Incorrect forms (positions) will be deducted according to the list in the CoP (Examples: Split jump to PU, etc.).

◆ DIFFICULTY

For Helicopter with rotation/turn:

Helicopter with rotation/turn, if performed with incomplete rotation up to 45°, the value is given.

For GR; Performing 2 different elements at the same time:

“At the same time” means, when these elements start to perform. It does not mean the length of these elements. Therefore, as long as these elements begin at the same time, they are valid provided that the minimum requirements are met.

◆ CHAIR OF JUDGES' PANEL

Propelling in collaborations:



As stated in the NL #1, propelling during any collaboration is prohibited in all categories (MP, TR, GR, AD, AS).

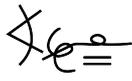
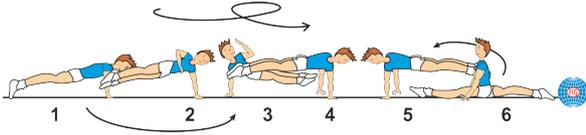
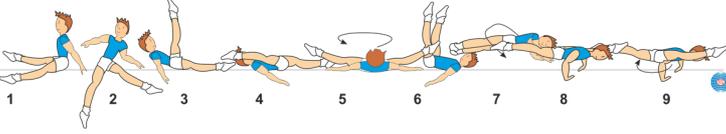
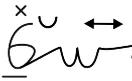
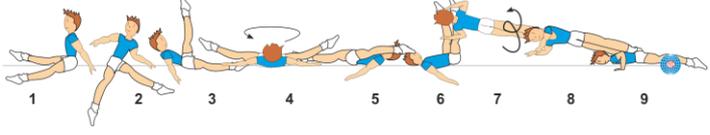
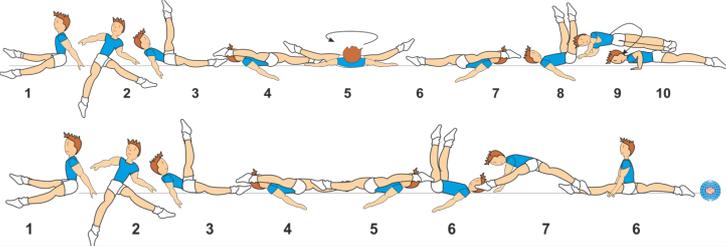
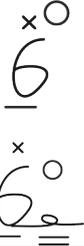
<AMENDMENT>

AD: Page 6 of 6 (app. VI), CJP deduction list is incomplete.

Prohibited **move (propelling)** **0.5 point** **each time**



<EVALUATED ELEMENTS>

No	Value	Family	Name	Please add illustration	Shorthand
A 219	0.9	Straddle Cut 	Straddle cut 1/2 twist to split		
A 286	0.6	Leg Circle 	Double leg 1/1 circle 1/2 turn to Split		
A 367	0.7	Helicopter 	Helicopter 1/2 turn to lifted Wenson both sides		
A 370	1.0	Helicopter 	Helicopter 1/1 turn 1/1 twist airborne to PU		
A 376	0.6	Helicopter 	Helicopter 1/1 turn to PU (or to Split)		
C 447	0.7	Split leap 	Switch split leap 1/2 turn to PU		

< CALENDAR 2020 > as of today

	ID	DATES	TITLE	CITY
	16393	10/03 – 15/03	15 th African Championships	Sharm-El Sheik (EGY)
Cancelled	16425	20/03 – 22/03	Czech Aerobic Open 2020	Prague (CZE)
Cancelled	16257	25/03 – 29/03	10 th Cantanhede International Open Competition	Cantanhede (POR)
Cancelled	16255	27/03 – 29/03	7 th Cantanhede FIG World Cup 2020	Cantanhede (POR)
Cancelled	16256	03/04 – 05/04	Slovak Open 2020	Bratislava (SVK)
Cancelled	16435	18/04 – 19/04	31 st Suzuki FIG World Cup 2020	Tokyo (JPN)
	16190	08/05 – 10/05	9 th FIG AER World Age Group Competition	Baku (AZE)
	16189	14/05 – 16/05	16 th FIG AER World Championships	Baku (AZE)
	16367	26/07 – 29/07	31 st ANAC International Aerobic Championships	Phoenix (USA)


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