



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

