



## Video TC Meeting, March 2021

To: All Member Federations

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

### <COVID-19>

It is over a year since the COVID-19 pandemic started. We understand that many Aerobic gymnasts are having restrictions for their training. We are hoping that all of you and your loved ones are safe and well during this difficult time. We are looking forward to the positive result of the situation with vaccinations which are now starting.

Under this circumstance, AER-TC has been holding TC-meetings by video, and we'd like to share some information.

### < WCH & WAGC >

As we had to postpone the WCH & WAGC 2020 (Baku, AZE) by 1-year, the definitive registrations have been accepted and we are happy to see many federations are planning to participate (WAGC; 21 and WCH; 25). The Organizing Committee and the AER-TC are looking forward to seeing you all very soon.

### < World Cups >

We regret to inform the cancellation of the 7<sup>th</sup> Cantanhede FIG World Cup (POR) and the postpone of the 31<sup>st</sup> Suzuki FIG World Cup (Tokyo, JPN) but we thank the LOC for trying their best and to think the gymnasts' and official's safety as priority.

### < Reminder & Clarification >

#### ◆ DIFFICULTY

All Difficulty Elements must show a clear starting, main phase and ending of the element.

#### “Helicopter” Family (hand placement)

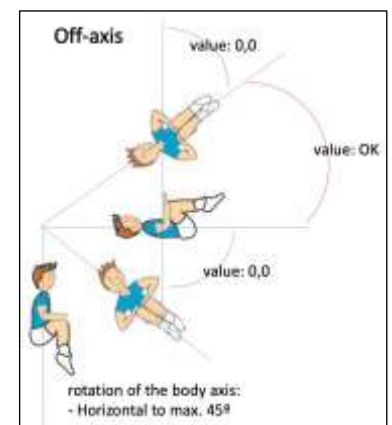
Hand(s) placement during the skill must **not be holding** the legs.

#### “Off-Axis Jump” (body axis angle); (tuck or straight)

The minimum requirement for the Off Axis Jump:

Body must **not exceed 45° above the horizontal**

For the correct techniques of the Off Axis Jump, the body should be at least horizontal line. The value is given when the body angle is between the horizontal line to 45° above horizontal.





◆ **EXECUTION**

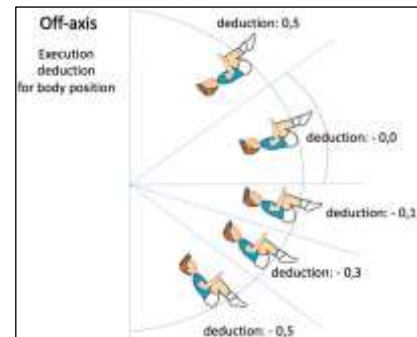
**“Off-Axis Jump”**

**Deductions:**

The execution deductions for body position:

Body and legs under horizontal	-0.1	-0.3	-0.5
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Body axis angle above 45° horizontal will also be deducted.



< **Other Information** >

**FIG Online CoP:**

The FIG Online CoP website is now under construction. When the site become finalized, we will inform you.

**New CoP:**

After receiving feedbacks from the NF, the AER-TC have discussed and clarified some matters which are approved by the FIG EC. The new CoP (2022-2024) is not published yet in order to avoid the confusion.

When it is published officially, the new CoP will be valid from January 1<sup>st</sup>, 2022.

< **CALENDAR 2021** > as of March 22, 2021

ID	DATES	TITLE	CITY
16612	Cancelled	10 <sup>th</sup> Cantanhede International Open Competition	Cantanhede (POR)
16567	Cancelled	7 <sup>th</sup> Cantanhede FIG World Cup 2021	Cantanhede (POR)
16657	08/04 – 10/04	Egyptian Pharaohs cup International Tournament 2021	Cairo (EGY)
16568	Postponed	31 <sup>st</sup> Suzuki FIG World Cup 2021	Tokyo (JPN)
16659	01/05 – 03/05	1 <sup>st</sup> Antalya International Competition	Antalya (TUR)
16547	21/05 – 23/05	9 <sup>th</sup> FIG AER World Age Group Competition	Baku (AZE)
16548	27/05 – 29/05	16 <sup>th</sup> FIG AER World Championships	Baku (AZE)
16367	31/07 – 04/08	31 <sup>st</sup> ANAC International Aerobic Championships	Phoenix (USA)
16655	16/10 - 23/10 (Scheduled)	Gymnasiade 2021	Jinjiang (CHN)

< **EVALUATED ELEMENTS** >

As we have stated in the Newsletter #2 (August 2017), we'd like to remind you that the New Elements should not be a variation of an existing element.

The AER-TC have evaluated the elements (although they were many variations), which have been submitted as we respect the effort of gymnasts and coaches for their work to submit elements.

Please note that submitted elements evaluated will not be included in the next Code of Points.



THE AEROBIC GYMNASTICS NEWSLETTER – N° 7, Cycle 14 / March 2021

#	No	Value	Family	Name	Website	Video	Shorthand
1	A306	0.6	Leg Circle	Flair ½ Turn			
2	A310	1.0	Leg Circle	Flair ½ Turn, 1/1 Twist Airborne to Split			
3	A307	0.7	Leg Circle	Flair 1/1 Turn			
4	A309	0.9	Leg Circle	Flair 1/1 Twist Airborne to Split			
5	A310	1.0	Leg Circle	Flair 1/1 Twist Airborne to Wenson			
6	A328	0.8	Leg Circle	Flair 1/1 Spindle			
7	A328	0.8	Leg Circle	Flair 1/1 Spindle to Split			
8	A328	0.8	Leg Circle	Flair 1 ½ Turn			
9	A318	0.8	Leg Circle	Flair 1 ½ Turn to Split			
10	A329	0.9	Leg Circle	Flair 1 ½ Turn to Wenson			
11	A310	1.0	Leg Circle	Flair + Air Flair ½ Turn to Split			
12	B122	0.2	Support	Straddle / L to Straddle Support			
13	B200	1.0	Horizontal Support	Straddle Planche to PU back to Planche			
14	B200	1.0	Horizontal Support	Planche to PU back to Straddle Planche			



15	B210	1.0	Horizontal Support	Straddle Planche to Lifted Wenson both side back to Planche			
16	B210	1.0	Horizontal Support	Planche to Lifted Wenson both side back to Straddle Planche			
17	B210	1.0	Horizontal Support	Planche to Lifted Wenson both side back to Planche			
18	C597	0.7	Butterfly	Butterfly 1/1 Twist to Split			
19	D299	0.9	Illusion	3/1 Free Support Illusion			

## #1 A306 FLAIR ½ TURN

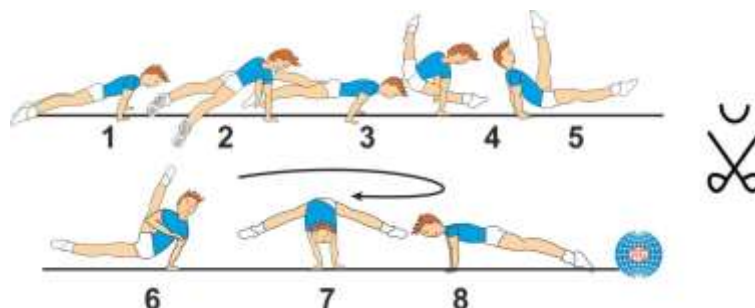
**Group :** A - DYNAMIC STRENGTH

**Family :** LEG CIRCLE (leg circle and flair)

**Value :** 0,6

**Description :**

1. Straddle Front Support.
2. While performing flair turning ½ turn (180°)
3. Front support



## #2 A310 FLAIR ½ TURN 1/1 TWIST AIRBORNE TO SPLIT

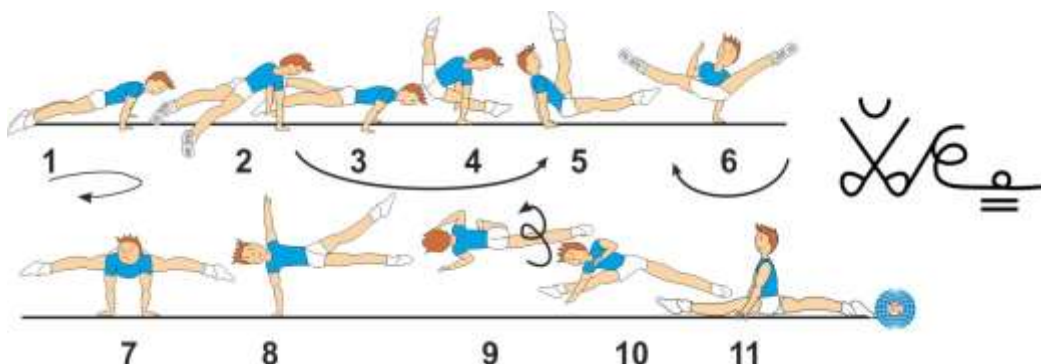
**Group :** A - DYNAMIC STRENGTH

**Family :** LEG CIRCLE (leg circle and flair)

**Value :** 1.0

**Description :**

1. Straddle Front Support.
2. While performing flair turning ½ turn (180°)
3. Before the end of the flair, 1/1 twist in airborne
4. Front support





## #3 A307 FLAIR 1/1 TURN

**Group :** A - DYNAMIC STRENGTH

**Family :** LEG CIRCLE (leg circle and flair)

**Value :** 0,7

**Description :**

1. Straddle Front Support.
2. Perform Flair with 1/1 turn (360°)
3. Land in front support



## #4 A309 FLAIR 1/1 TWIST AIRBORNE TO SPLIT

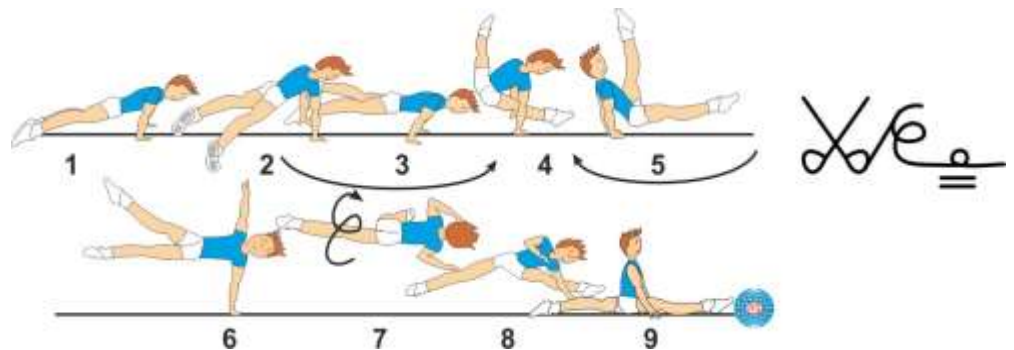
**Group :** A - DYNAMIC STRENGTH

**Family :** LEG CIRCLE (leg circle and flair)

**Value :** 0,9

**Description :**

1. Straddle Front Support.
2. Before the end of the flair, 1/1 twist in airborne
3. Land in split



## #5 A310 FLAIR 1/1 TWIST AIRBORNE TO WENSON

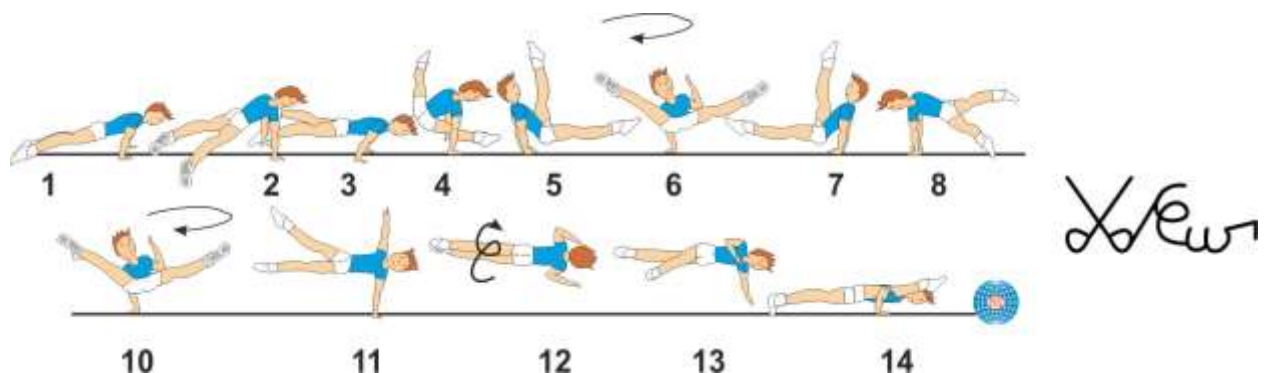
**Group :** A - DYNAMIC STRENGTH

**Family :** LEG CIRCLE (leg circle and flair)

**Value :** 1.0

**Description :**

1. Straddle Front Support.
2. Before the end of the flair, 1/1 twist in airborne
3. Land in wenson







## #6 A328 FLAIR 1/1 SPINDLE

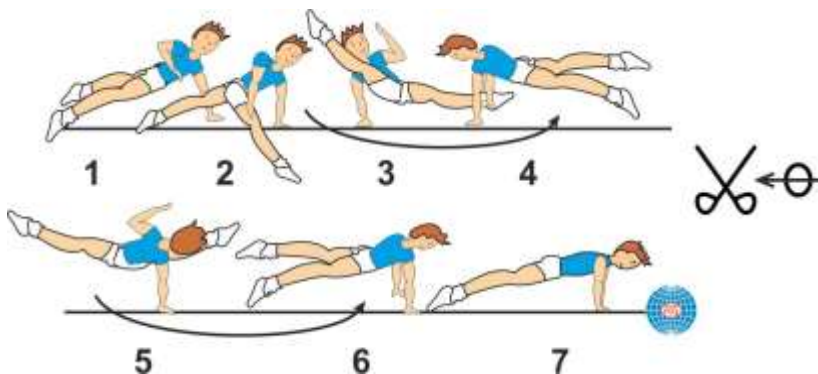
**Group :** A - DYNAMIC STRENGTH

**Family :** LEG CIRCLE (leg circle and flair)

**Value :** 0.8

**Description :**

1. From straddle Front Support, on one arm to initiate the rotation
2. Swing straddle legs up to back support on hands, ½ turn on one arm to arrive in back support, straddle legs, then ½ twist.
3. Land in front support



## #7 A328 FLAIR 1/1 SPINDLE TO SPLIT

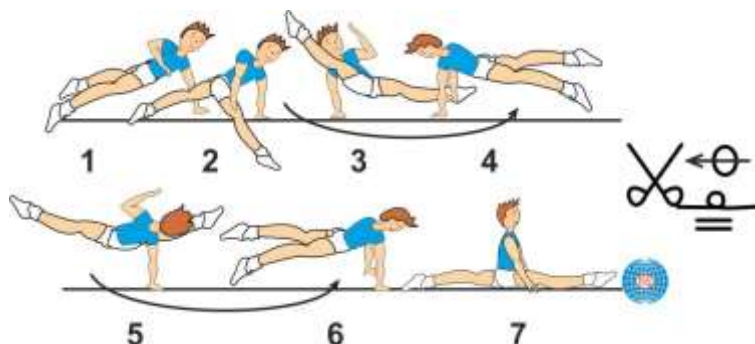
**Group :** A - DYNAMIC STRENGTH

**Family :** LEG CIRCLE (leg circle and flair)

**Value :** 0.8

**Description :**

1. From straddle Front Support, on one arm to initiate the rotation
2. Swing straddle legs up to back support on hands, ½ turn on one arm to arrive in back support, straddle legs, then ½ twist.
3. Ending in split



## #8 A328 FLAIR 1 ½ TURN

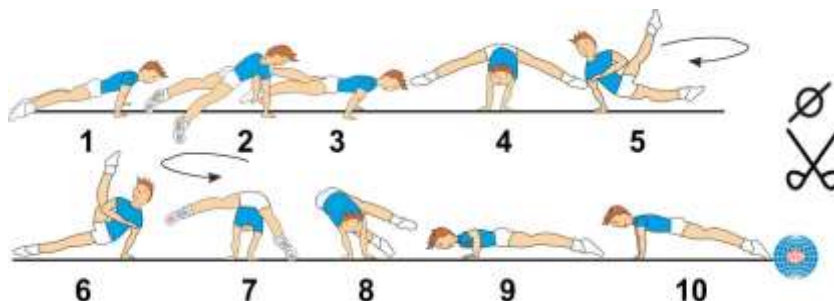
**Group :** A - DYNAMIC STRENGTH

**Family :** LEG CIRCLE (leg circle and flair)

**Value :** 0.8

**Description :**

1. Straddle Front Support.
2. While performing flair turning 1 ½ turn (540°)
3. Front support





## #9 A318 FLAIR 1 ½ TURN TO SPLIT

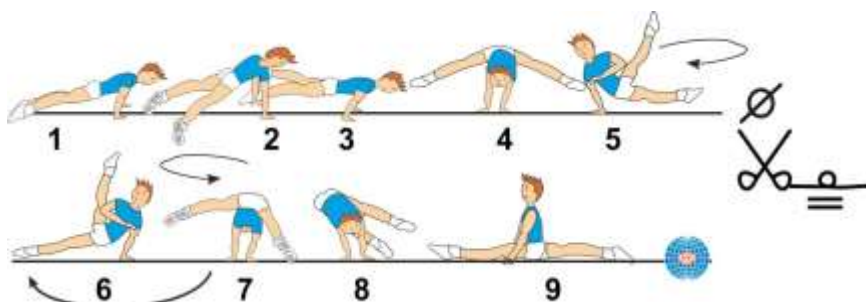
**Group :** A - DYNAMIC STRENGTH

**Family :** LEG CIRCLE FAMILY (LEG CIRCLE & FLAIR)

**Value :** 0.8

**Description :**

1. Straddle Front Support.
2. While performing flair turning 1 ½ turn (540°)
3. Ending in split



## #10 A329 FLAIR 1 ½ TURN TO WENSON

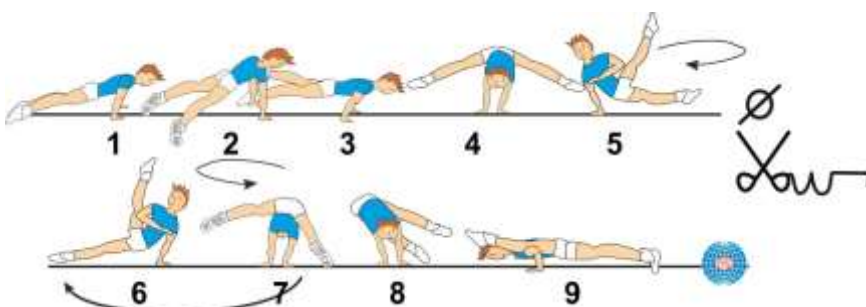
**Group :** A - DYNAMIC STRENGTH

**Family :** LEG CIRCLE FAMILY (LEG CIRCLE & FLAIR)

**Value :** 0.9

**Description :**

1. Straddle Front Support.
2. While performing flair turning 1-½ turn (540°)
3. Landing in wenson support



## #11 A310 FLAIR + AIR FLAIR ½ TURN TO SPLIT

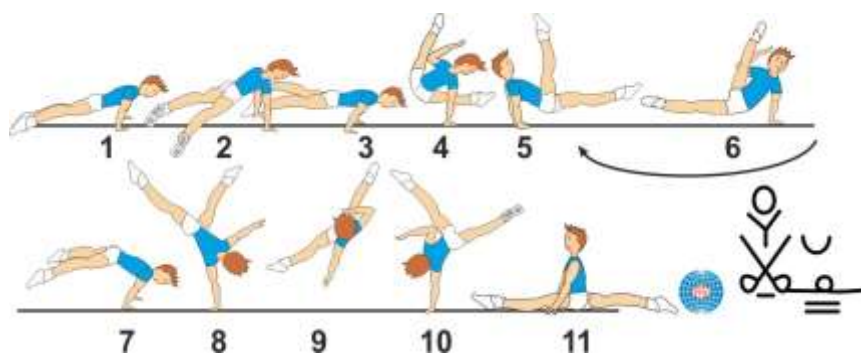
**Group :** A - DYNAMIC STRENGTH

**Family :** LEG CIRCLE FAMILY (LEG CIRCLE & FLAIR)

**Value :** 1.0

**Description :**

1. Straddle Front Support.
2. While performing flair turning ½ turn (180°)
3. Landing in split





## #12 B122 STRADDLE / L to STRADDLE SUPPORT

**Group :** B - STATIC STRENGTH

**Family :** STRADDLE SUPPORT

**Value :** 0.2

**Description :**

1. Straddle Support.
2. The body changing the hand and leg to L-support
3. Return to Straddle Support



## #13 B200.1 STRADDLE PLANCHE TO PU BACK TO PLANCHE

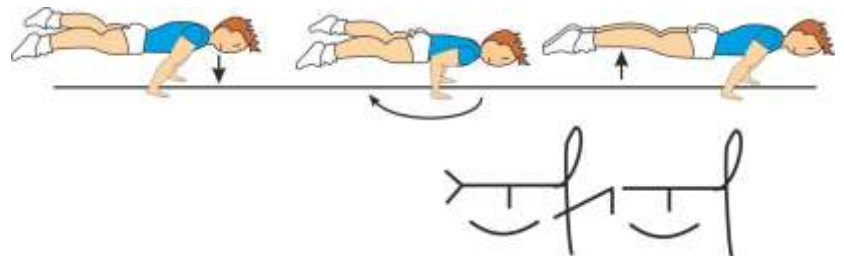
**Group :** B - STATIC STRENGTH

**Family :** HORIZONTAL SUPPORT (WENSON SUPPORT, PLANCHE)

**Value :** 1.0

**Description :**

1. Straddle Planche. Hold for 2 seconds.
2. Bend the arms to push-up (Straddle)
3. Return to planche. Hold for 2 seconds.



## #14 B200.2 PLANCHE TO PU BACK TO STRADDLE PLANCHE

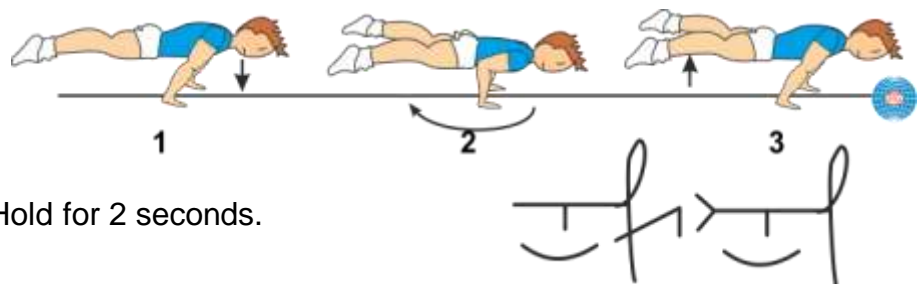
**Group :** B - STATIC STRENGTH

**Family :** HORIZONTAL SUPPORT (WENSON SUPPORT, PLANCHE)

**Value :** 1.0

**Description :**

1. Planche. Hold for 2 seconds.
2. Bend the arms to push-up (Straddle)
3. Return to straddle planche. Hold for 2 seconds.







## #15 B210.1 STRADDLE PLANCHE TO LIFTED WENSON BOTH SIDE BACK TO PLANCHE

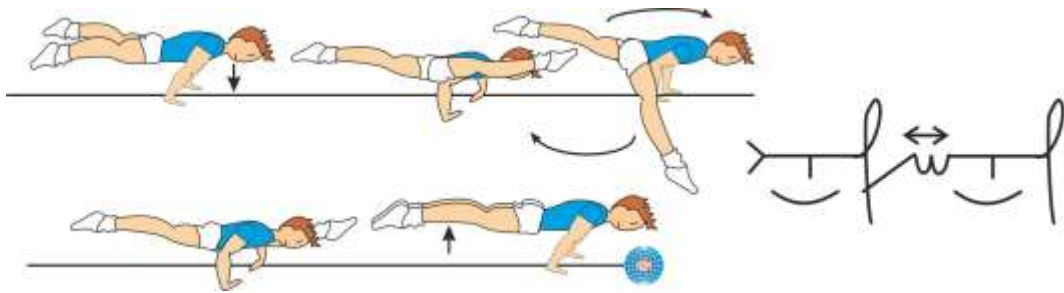
Group : B - STATIC STRENGTH

Family : HORIZONTAL SUPPORT (WENSON SUPPORT, PLANCHE)

Value : 1.0

Description :

1. Straddle Planche. Hold for 2 seconds.
2. Bend the arms, kicking one leg laterally forwards to the Lifted Wenson
3. Change the front leg with rear leg without touching the floor.
4. Return to planche. Hold for 2 seconds.



## #16 B210.2 PLANCHE TO LIFTED WENSON BOTH SIDE BACK TO STRADDLE PLANCHE

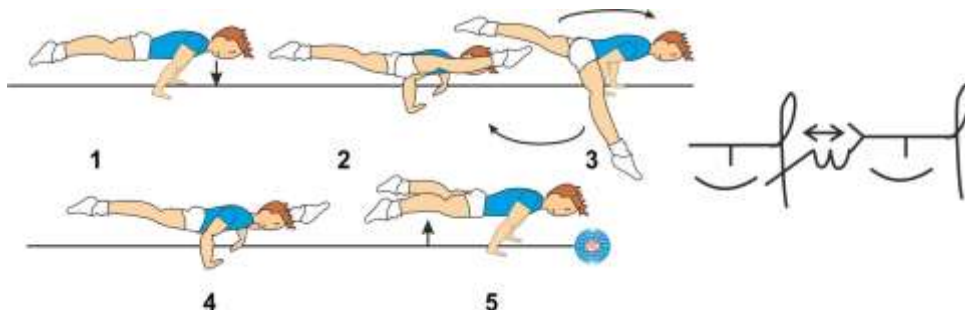
Group : B - STATIC STRENGTH

Family : HORIZONTAL SUPPORT (WENSON SUPPORT, PLANCHE)

Value : 1.0

Description :

1. Planche. Hold for 2 seconds.
2. Bend the arms, kicking one leg laterally forwards to the Lifted Wenson
3. Change the front leg with rear leg without touching the floor.
4. Return to straddle planche. Hold for 2 seconds.





## #17 B210 PLANCHE TO LIFTED WENSON BOTH SIDE BACK TO PLANCHE

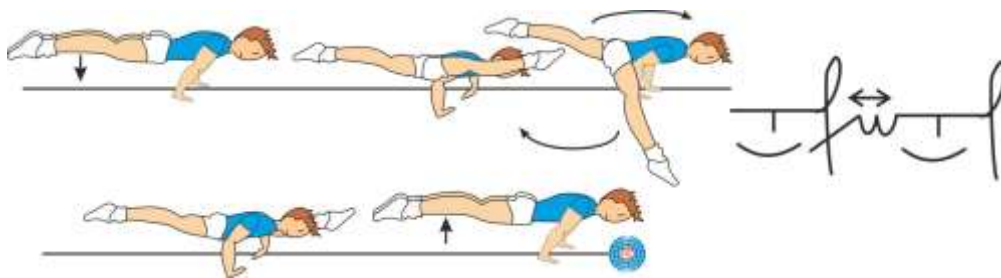
Group : B - STATIC STRENGTH

Family : HORIZONTAL SUPPORT (WENSON SUPPORT, PLANCHE)

Value : 1.0

Description :

1. Planche. Hold for 2 seconds.
2. Bend the arms, kicking one leg laterally forwards to the Lifted Wenson
3. Change the front leg with rear leg without touching the floor.
4. Return to planche. Hold for 2 seconds.



## #18 C597 BUTTERFLY 1/1 TWIST TO SPLIT

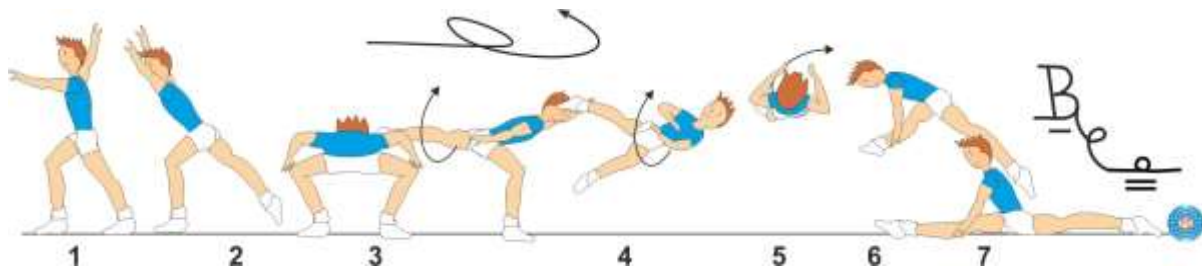
Group : C- JUMPS LEAPS

Family : BUTTERFLY

Value : 0.7

Description :

1. A one-foot take off with free leg straight and to swing diagonally backward to lift your body upward.
2. While airborne, legs flies open in straddle and body rotates to perform a full twist (360°) in horizontal position, back arches slightly and both straight legs kick back in straddle position (alternately) passing above horizontal line.
3. Hands and feet land together in split.





## #19 D299 3/1 FREE SUPPORT ILLUSION

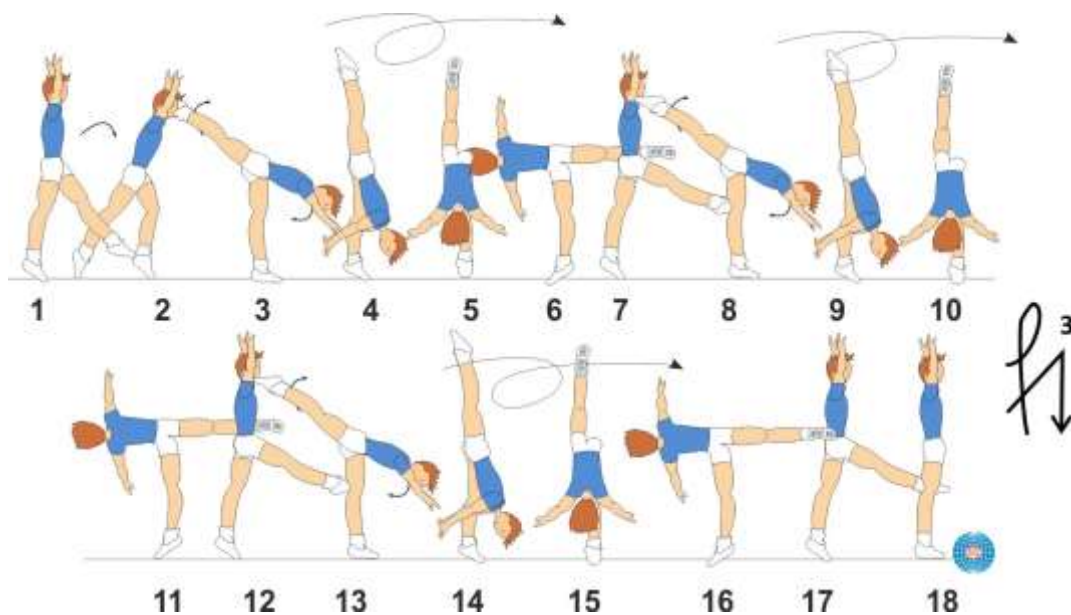
Group : D- BALANCE FLEXIBILTY

Family : ILLUSION

Value : 0.9

Description :

1. Standing with feet together.
2. Perform an Illusion (360°) linked with a second and a third illusion (without stop)
3. Standing with feet together.



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