



**LAUSANNE (SUI), May 31, 2022**

Dear Friends,

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

## <INFORMATION>

*The Aerobic gymnastic discipline needs at this point to redeem its identity and improve performance towards perfect execution. The new CoP has this goal, and we ask you to follow in the same direction with us. "The future depends on what we do in the present". **NOW IS OUR FUTURE!!***

## < Judging >

The FIG AER-TC has made some analysis of the judging work from the past competitions. We feel that the scores given by the judges were not applying the CoP in some routines.

We understand that it was very difficult to learn the changes of the CoP with online education, although the former TC members gave webinars, it is different from having education face-to-face. Therefore, we would like to continue giving more education to the judges in every way possible.

## < FIG Online Online Test / Re-Test >

We thank all judges for your effort to take the Online Test and re-test. We had over 500 candidates from 66 nations, and we now have 428 brevet judges (including former and current TC). We hope to run some Regional Judges' Course in 2023.

## < Competition Calendar > as of May 27, 2022

ID	DATES	TITLE	CITY
17014	May 31 - June 5	5 <sup>th</sup> COMEGYM Championships	Mersin (TUR)
16966	Jun. 10 - 12	10 <sup>th</sup> FIG Aerobic Gymnastics World Age Group Competition	Guimaraes (POR)
16967	Jun. 16 - 18	17 <sup>th</sup> FIG Aerobic Gymnastics World Championships	Guimaraes (POR)
16282	Jul. 7 - 17	The World Games 2022	Birmingham (USA)
16725	n/a	31 <sup>st</sup> Annual International Aerobic Championships	Phoenix (USA)
16977	Aug. 9 - 18	5 <sup>th</sup> Islamic Solidarity Games	Konya (TUR)
17051	Sept. 3 - 5	7 <sup>th</sup> Asian Championships	Pattaya (THA)
17098	Sept. 23 - 24	16 <sup>th</sup> African Championships	Cairo (EGY)

## < Clarifications, Reminder and Corrections >

The FIG AER-TC would like to Clarify below matters:

➤ **Presentation Fault:** (CJP deduction -0.2)

When called upon by the announcer, the competitors must present themselves in clean (sport like) manner on the competition floor and go to their starting position (***without theatrical presentation, cleaning shoes, wiping hands, etc.***).

➤ **Attire (Dress Code):**

The Aerobic Gymnastics must give a clean athletic image with your attire as well as the routine. It must be sportswear and NOT a costume. Also, when appearing on the stage with your attire, you must leave the stage the same. No additional tricks or changes of your attire is allowed from the beginning until the end. Also, must be careful with usage of skin color especially in the pelvic area.



➤ **Artistry (Music):**

The FIG AER-TC would like to remind you about the “Music” for the routine as follows:



- Respecting the melody of the song.
- Its is possible to use the original music without any editing.
- If editing is necessary, it should not be with loud rhythmical beats, and we also recommend not to have editing in every single count of the beat (possible to become more noise than a music).

➤ **Artistry (AMP Block):**

In the AMP Block for MP/TR/GR, **NO “Social Distance”** necessary!! Must be CLOSE TOGETHER during the AMP Block WITHOUT any choreographic jumps.

➤ **Artistry (General Content):**

The concept of **G +** does NOT exist anymore in this CoP. The evaluation of the General Content is now different than the last CoP.

General Content		
The General Content in this CoP evaluates the criteria of use of Space/Traveling/Formation/Fluidity <b>together with</b> Transitions/Links/Partnerships/Collaborations.	Clip 1	Clip 2
To evaluate the General Content, we must have consideration of the space and the movements as a whole, as a unit (performed in the same period of the time).		

The links for the clips will be in function in the coming days.

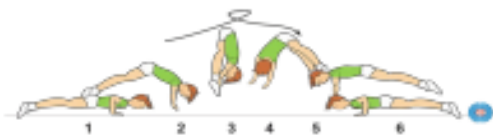

➤ **WAGC Compulsory Elements:**

**Age Group:** Group B & C: If performed with incomplete rotation (as in the CoP), downgraded and Missing Compulsory deduction will apply. No combination of the Compulsory elements.



**Junior:** Compulsory elements can be combined as a combination.

➤ **Difficulty Elements:**

The FIG AER-TC have observed some Difficulty elements were performed with wrong technique. We'd like to clarify and remind some elements as follows:

Elem. #	Name	Drawing	Shorthand
<b>FAMILY 1</b>			
A 106	<i>Explosive A-Frame ½ Turn</i>		

Both feet and hands must leave the floor at the same time. If both hands and feet do not leave and/or land the floor at the same time with the airborne phase, then is a Large Error: Execution -0.5, Difficulty 0 value

Elem. #	Name	Drawing	Shorthand
<b>FAMILY 2</b>			
A 266	<i>Straddle Planche</i>		

Legs wider than 120° is a Large Error: Execution -0.5, Difficulty 0 value





## CORRECT EXAMPLES



## INCORRECT EXAMPLES:



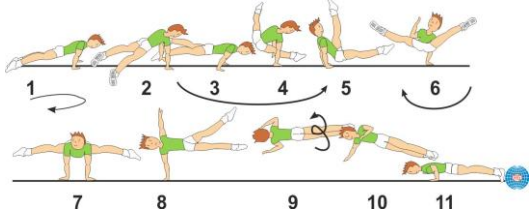

Legs wider than 120°  
EXE: -0.5 (Large Error)  
DIFF: 0 value





Legs wider than 120°  
EXE: -0.5 (Large Error)  
DIFF: 0 value



Body must not exceed 20° above horizontal (min. requirement)  
EXE: -0.5 (Large Error)  
DIFF: 0 value

Elem. #	Name	Drawing	Shorthand	Link
<b>FAMILY 3</b>				
A 309	<b>Flair ½ Turn, 1/1 Twist Airborne to PU</b>			
1/1 twist in <b>AIRBORNE!!</b> Missing airborne phase will be considered as wrong technique, respectively Large Error: Execution -0.5, Difficulty 0 value				

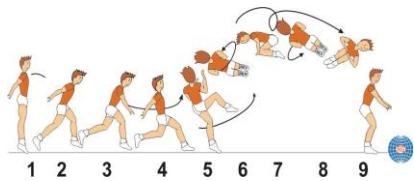
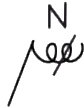

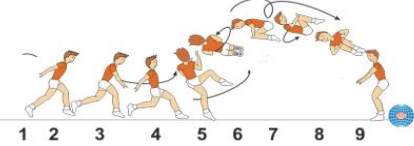


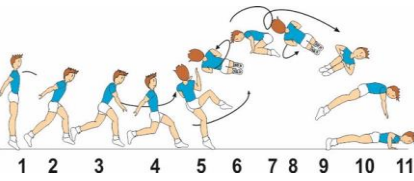


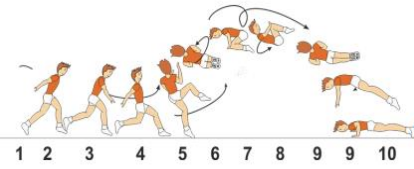

Elem. #	Name	Drawing	Shorthand	Link
<b>FAMILY 3</b>				
A 340	<b>Helicopter, 1/1 Turn 1/1 Twist Airborne to PU</b>			
1/1 twist in <b>AIRBORNE!!</b> Missing airborne phase will be considered as wrong technique, respectively Large Error: Execution -0.5, Difficulty 0 value				



## FAMILY 4 OFF AXIS JUMPS

The FIG AER-TC has re-named the Off Axis elements to clarify as follows:


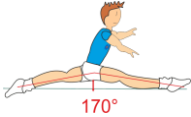
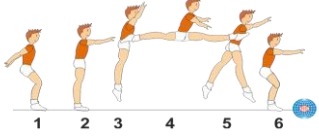
*Basic “Off Axis Jump” is a jump with two distinct rotations are performed ( $\frac{1}{2}$  rotation-180° in the horizontal plane and  $\frac{1}{2}$  twist-180° of the body along the longitudinal axis) simultaneously in a Tuck position.*

Elem. #	Name	Drawing	Shorthand	Link
<b>FAMILY 4</b>				
<b>B 447</b>	<p><b>Off Axis Jump 1 <math>\frac{1}{2}</math> Twist</b></p> <ol style="list-style-type: none"> <li>1. A one-foot take off, kicking the free leg upward and diagonally</li> <li>2. While airborne, body horizontal to the floor in Tuck position, two distinct rotations are performed (<math>\frac{1}{2}</math> rotation-180° in the horizontal plane and <math>1\frac{1}{2}</math> twist -540° along the longitudinal axis) simultaneously. During the skill, the body must not exceed 45° above horizontal.</li> <li>3. Landing in standing position facing the same direction as the start.</li> </ol>			<p>Clip 3</p> 
<b>B 448</b>	<p><b>Off Axis Jump 2/1 Twist</b></p> <ol style="list-style-type: none"> <li>1. A one-foot take off, kicking the free leg upward and diagonally</li> <li>2. While airborne, body horizontal to the floor in Tuck position, two distinct rotations are performed (<math>\frac{1}{2}</math> rotation-180° in the horizontal plane and 2/1 twist -720° along the longitudinal axis) simultaneously. During the skill, the body must not exceed 45° above horizontal.</li> <li>3. Landing in standing position facing the opposite direction from the start.</li> </ol>			<p>Clip 4</p> 
<b>B 449</b>	<p><b>Off Axis Jump 1 <math>\frac{1}{2}</math> Twist to PU</b></p> <ol style="list-style-type: none"> <li>1. A one-foot take off, kicking the free leg upward and diagonally</li> <li>2. While airborne, body horizontal to the floor in Tuck position, two distinct rotations are performed (<math>\frac{1}{2}</math> rotation-180° in the horizontal plane and <math>1\frac{1}{2}</math> twist -540° along the longitudinal axis) simultaneously. During the skill, the body must not exceed 45° above horizontal.</li> <li>3. Landing in push up facing the same direction as the start.</li> </ol>			<p>Clip 5</p> 
<b>B 450</b>	<p><b>Off Axis Jump 2/1 Twist to PU</b></p> <ol style="list-style-type: none"> <li>1. A one-foot take off, kicking the free leg upward and diagonally</li> <li>2. While airborne, body horizontal to the floor in Tuck position, two distinct rotations are performed (<math>\frac{1}{2}</math> rotation-180° in the horizontal plane and 2/1 twist -720° along the longitudinal axis) simultaneously. During the skill, the body must not exceed 45° above horizontal.</li> <li>3. Landing in push up facing the opposite direction from the start.</li> </ol>			

The links for the clips will be in function in the coming days.





FAMILY 6 SPLIT LEAP / JUMP		
Sagittal Split form: Body orientation towards front leg.		
		

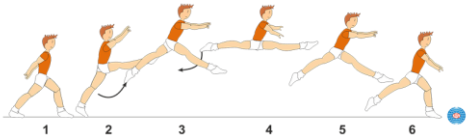
**CORRECT EXAMPLES**

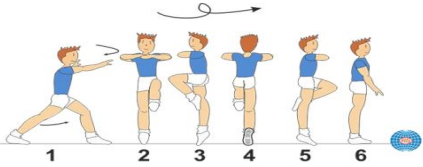



**INCORRECT EXAMPLES:**

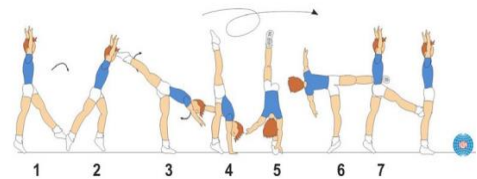

If body orientation is not towards the front leg; Large Error; Execution -0.5, Difficulty 0 value



FAMILY 6 SWITCH SPLIT LEAP / SCISSORS LEAP		
Execution: If body orientation is not towards the front leg: -0.3 (Medium Error)		
Difficulty Minimum Requirement: The leading leg at least 45° to the floor.		
		

FAMILY 7 TURNS			
Execution: If ending is not with feet together, general execution mistake of -0.1 or -0.3			
Difficulty: "Turn" and "Horizontal Turn" are two different base named elements.			
Description	Minimum Requirements		Clip 6 
<ol style="list-style-type: none"> <li>1. Standing on one leg</li> <li>2. Turn(s) is performed</li> <li>3. Optional placement of the free leg and arms</li> <li>4. Ending in standing with feet together</li> </ol>	<ol style="list-style-type: none"> <li>1. Turn rotation toward (en dedans)</li> <li>2. Without hopping</li> <li>3. On the ball of the foot</li> </ol>		



<b>FAMILY 8 ILLUSION</b>		
Execution: Ending in lunge back will be feet apart; -0.3 (Medium Error)		
Difficulty: Full rotation is; (1) one leg to feet together OR (2) lunge back to lunge back		
<b>Description</b>		
<ol style="list-style-type: none"> <li>1. From standing, step forward and free leg is lifted upward to initiate a 360° vertical rotation.</li> <li>2. Simultaneously the body rotates and turns 360° on the supporting leg.</li> <li>3. Hand(s) touches the floor, beside the supporting foot. The lifted leg comes down to the starting.</li> <li>4. Standing with feet together.</li> </ol>		<p>Clip 7</p> 

The links for the clips will be in function in the coming days.

<b>VARIATIONS OF ACROBATIC ELEMENTS</b>
The Acrobatic Elements are listed in the CoP page 26/126 (head spring and neck spring is not in the list).
The Acrobatic Elements must pass through the vertical plane in the movement. If the movement does not pass through the vertical plane, it is not considered as an Acrobatic Element.
< Definition: Variation of Acrobatic Elements >
1. The Acrobatic Elements have 3 phases (entry – main – exit).
If a variation includes 2 phases (entry + main, OR main + exit) of the listed Acrobatic Elements, then it will be considered as a variation of the Acrobatic Element.

### < Revised CoP >

The revised CoP with all the Errata included as well as some clarifications will be published shortly on the FIG website as well as the revised Difficulty Table.



**Tammy Yagi-Kitagawa**  
*President of the Aerobic Gymnastics Technical Committee*