

EAST REGION JUDGE NEWS

ISSUE 3, SPRING 2010

CODE OF POINTS 2009

Any questions can be emailed to: gtovey@btinternet.com or denisewoolf@hotmail.com

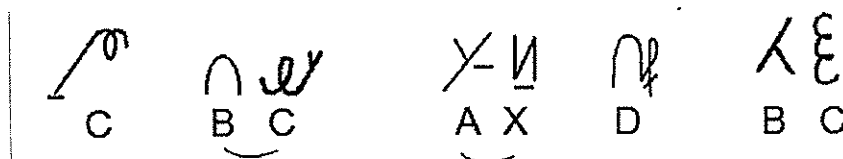
SUMMARY UPDATE FROM FIG NEWSLETTER 30 & WOMENS ARTISTIC HELPDESK . COMPLETE DOCUMENTS CAN BE FOUND ON THE FIG WEBSITE .

ARTICLE 5 EVALUATION OF THE EXERCISE.

Short Exercise

The calculation of DV's (dance/acro) number of elements in the exercise should not be confused. If 7 elements or more (excluding dismount) are performed then the evaluation of the exercise starts from 10.00 .

eg.



ARTICLE 6 - GENERAL TABLE OF FAULTS

Clarification - Beam & Floor

Attempt without performance of an element e.g

Beam - run , but stop & no round off dismount

Floor - Roundoff , flic , & no salto or dance element.

Deduction -0.3 (take into consideration the intended composition of the exercise)

LANDING FAULTS - clarification

All landings should be totally controlled (stick). Any step will be deducted & lunge position (from acro elements only) is also considered a step. In dance elements " lack of balance" deduction will be applied for finishing the element uncontrolled.

ARTICLE 7 - TECHNICAL REQUIREMENT

Clarification - Johnson Leap. (Change leg split leap with $\frac{1}{4}$ turn)

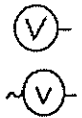
If legs are above horizontal but are not even there will be a deduction for incorrect leg position,

If legs are at horizontal or below & are not even there will be a deduction for legs at/below horizontal & for incorrect leg position.

ARTICLE 9 - UNEVEN BARS.

COMPOSITIONAL REQUIREMENTS

- Min Two different grips (No cast , Mount or Dismount) & a close bar circle element (non flight).

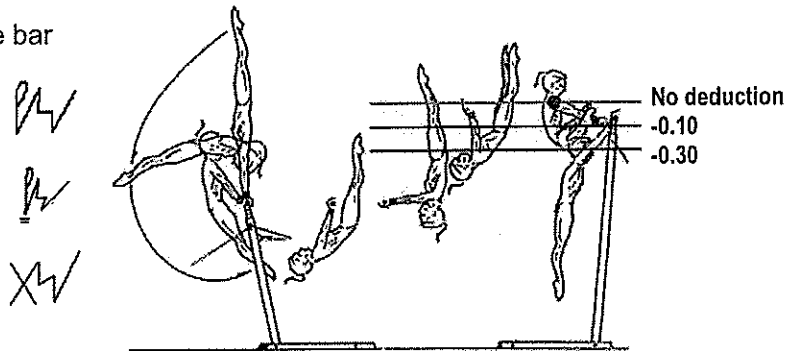
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 These elements may fulfill both requirements (different grip and close bar circle element)

Definition of an Empty Swing - swing forward/backward without execution of an element in the Code of Points before the swing reverses in the opposite direction e.g. back hip circle - 0.3 penalty.

Deduction for Mo Shoot.

Shoulders position prior to grasp the bar

- Above HB 0.00
- At HB level 0.10
- Below HB level 0.30



Amplitude of casts penalty 0.1/0.3

If in the attempt to cast to handstand the gymnast splits the legs so that one leg hangs down, the lower leg determines the angle of the cast.



Excessive flexion of the hip joint in the leg tap (dismount). - 0.1/0.3

ARTICLE 10 - BEAM

Clarification : The mount of leap from one foot to one foot should show arabesque position on landing (leg at least horizontal) in order to receive difficulty value.

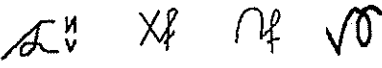
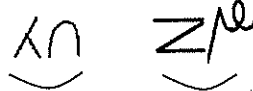

Guidelines for application of Sureness of Performance 0.1/0.3: Confidence in technique & presentation, unwavering execution of the element.


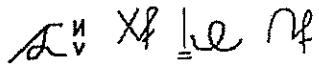
No attempt to dismount 0.5 - if the salto for the dismount has not begun & a fall occurs or no attempt for dismount at all then there is a deduction of 0.5. Since there is no difficulty value awarded for the dismount the gymnast may attempt her dismount again & receive difficulty value if performed successfully. In this case there would be no penalty for non attempt of dismount.

ARTICLE 11 - FLOOR

Acro Line clarification : A salto with take off from 2 feet from standing position does not constitute an acro line eg standing back salto.

Do not constitute an Acro Line:

- ✗ Saltos with take off one foot 
- ✗ Connection of elements without salto (take off 2 feet) 
- ✗ Saltos with take off 2 feet from standing position 

 Although  are not considered Acro Line, these elements can fulfill CR.

Artistry Deduction :

When thinking about artistry the following things need to be considered.

- the shapes or positions that a gymnast makes should be pleasing to the eye . The transition between elements should flow easily & smoothly. The choreography must not only express the music but enhance the performance.
- In the same way as a gymnast learns to perform an element with good technique, they must also spend training time on body alignment to improve the ease & fluency of movement throughout the choreography . Movement paths will then become automatic & the toes will be pointed, back straight, shoulders down etc & look very natural.