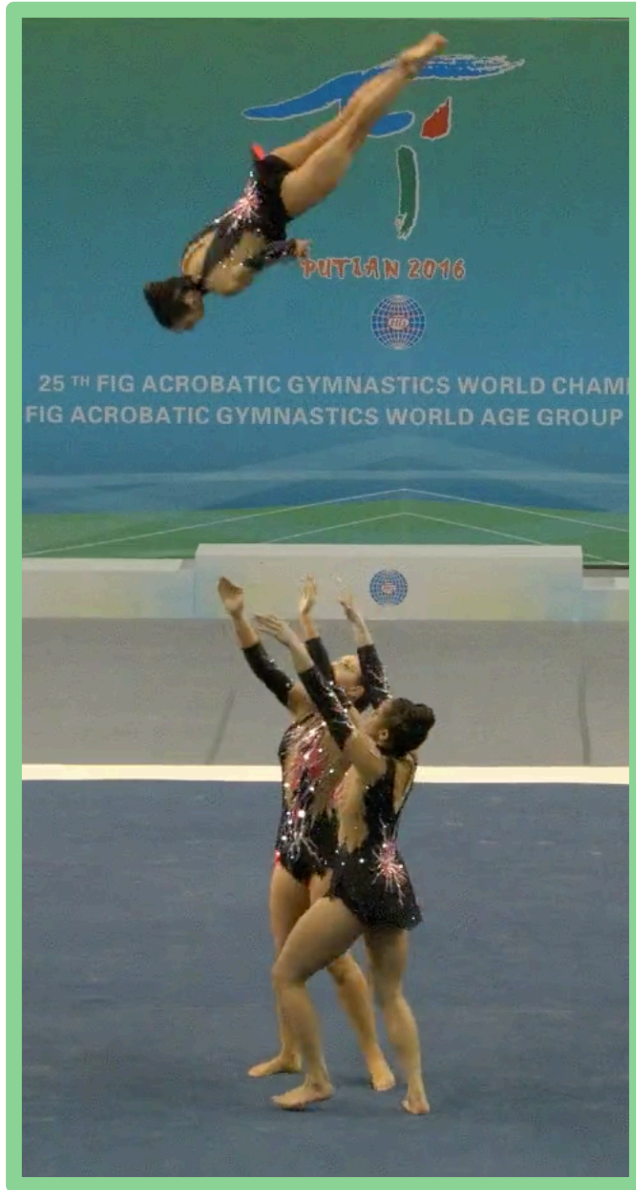


Acrobatic Gymnastics Code of Points and Tables of Difficulty 2017

December 2016
Tonya Case



Philosophy/Principles of the new Code

A Little History -

Experiences of 2004 - France Worlds

Difficulty everything - the only thing

Lost some of the complete package

2005 - 2008

Many things moved in the right direction

- ❖ New rules resulted in better artistry
- ❖ Restrictions eliminated repetitions of similar types of elements for difficulty. (“Tepee” Pyramid)

Some Negatives

- ❖ Restrictions = More complicated Rules
- ❖ Artistry Rules Too Vague

Code of Points 2009 - 2012

Code of Points, Tables of Difficulty and Age Group
Rules re-organized, shortened.

Continued Work on Artistry Judging

More Stable Time for discipline

Period of growth



Code 2013 - 2016

Further simplification of Code of Points

”Lost” skills identified, such as twist, TOD adapted accordingly

Trio TOD similar to Pairs

Artistry Judging RULES created with specific criteria

Additional Difficulty Factor increased as directed

Results:

- Artistry Judging Continues to Prove Difficult
- Unwillingness to Apply Rules Consistently
- Too Many Criteria
- Still determining score first, then deductions second

- Increased Influence of Difficulty - 2014 Worlds - France
 - Too many elements - again
- Medalists determined on paper ahead of time
- Countries without enough difficulty did not participate
- Results not understandable to public



MID CYCLE CHANGE

**LIMIT THE NUMBER
OF ELEMENTS**



Code of Points 2017 - 2020

▶ **PRIORITIES**

▶
▶ Decrease Influence of Difficulty in calculation of

final score.

▶ Maintain Level of Artistry

▶ Increase contribution of Execution in calculating
▶ final score.

▶ Simplify where possible.

▶

Code of Points changed to reflect philosophy

- ▶ Calculation of Difficulty Score Simplified
- ▶ Difficulty score much lower than Execution
at least 5 points lower than Artistry
- ▶ Execution score doubled
- ▶ Artistry is a positive score instead of negative

Additional General Changes

- ▶ Wherever possible, Rules the same for WG/ MG
- ▶ Definition of “What is an Element” changed
- ▶ Individual Elements no longer divided into 2 categories.
- ▶ Seniors: All elements can be used in any exercise.

Composition of Exercises

Balance Exercise

Pairs:

Minimum number of elements - 5

Maximum number of difficulty elements in a series - 4

Unsupported handstand from the handstand table

Groups:

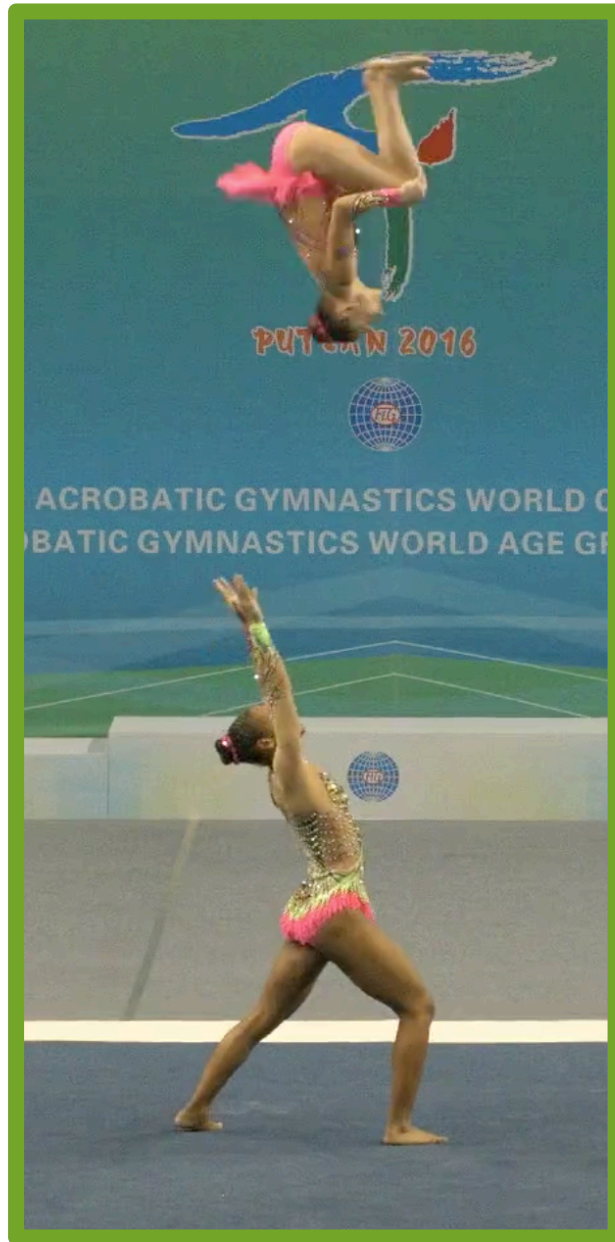
Minimum number of pyramids - 2 from different categories

First base position determines category

Minimum number of static holds - 3

Maximum number of static holds in one pyramid - 4

(except Category 2 pyramids - max 3)



Dynamic Exercise:

Time of Exercise - 2 minutes

Max Number of Links - 3

Max Number of Horizontal Catches - 3
(ALL types, pairs and groups)

Max Number of Landings on the Floor - 5

Combined Exercise:

All - Only 8 elements

All - Only 3 individual elements

Pairs - Unsupported Handstand Required

Groups - one box may only be performed **ONE TIME**
In a single construction, a transitional pyramid or a pyramid with two or three base positions. (Also applies to Balance)

Scoring

Artistry Score



Execution Score x 2



Difficulty



Final Score

Summary of Artistry Judging Changes

Positive - Reward System

GIVE Scores from 1.0 - 2.0 for each criteria
“Scale” Judging now included as part of
the Artistry Judging Rules

Lowest Possible Score = 5.0

(Example Score - 8.0)

EXECUTION

Judging essentially unchanged, except falls now clearly defined

Maximum deduction per element 1.0 including landings and falls???

Score calculated as normal, high/low dropped, middle averaged.

Execution Score doubled

Example: Average 8.1 = 16.2



Difficulty

Straight forward calculation

Total Difficulty Number

then decimal point added

Example: $200 = 2.00$

No conversion charts

No second calculation

A Score + E Score $(\times 2)$ + D Score
= Total Score

$$8.0 + 16.2 + 2.0 \\ = 26.2$$



Measurements

- ▶ Athletes Measured Lying Down
- ▶ Measurement Comparison is Total Height
- ▶ Equipment necessary - laser device with tripod.
 - ▶ See Appendix 1 for details
- ▶ Difference in total height - 30cm with tolerance to 30.9
 - ▶ 31cm to 34.9cm = 0.5 penalty for Seniors
 - ▶ More than 35cm = 1.0 penalty for Seniors

Music

- ▶ **Lyrics for One Exercise - Identified on Tariff Sheets**
Penalty for music infringements - 0.5
- ▶ **Inappropriate lyrics (ie. sexual, offensive, violent, aggressive, swearing) are forbidden.**
- ▶ **Music Genre must be acceptable for competition**
- ▶ **Timing of exercise: Beginning of music to end of music**
- ▶ **CJP Penalty 43.1 Change “exercise” to music????**

Attire



LEOTARDS...

Everything You Need to Know

Gymnastic:

In Character and Design

Elegant:

*and complement the
artistry of an exercise*



Attire should not
divert attention
from the
performance
of the gymnasts





Changes for 2017

Flesh color tights are allowed.

The look of “ballet tutu”
“island grass” skirt and
“dress style” is forbidden.

The look of “ballet tutu” “island grass” skirt and “dress style” is forbidden.

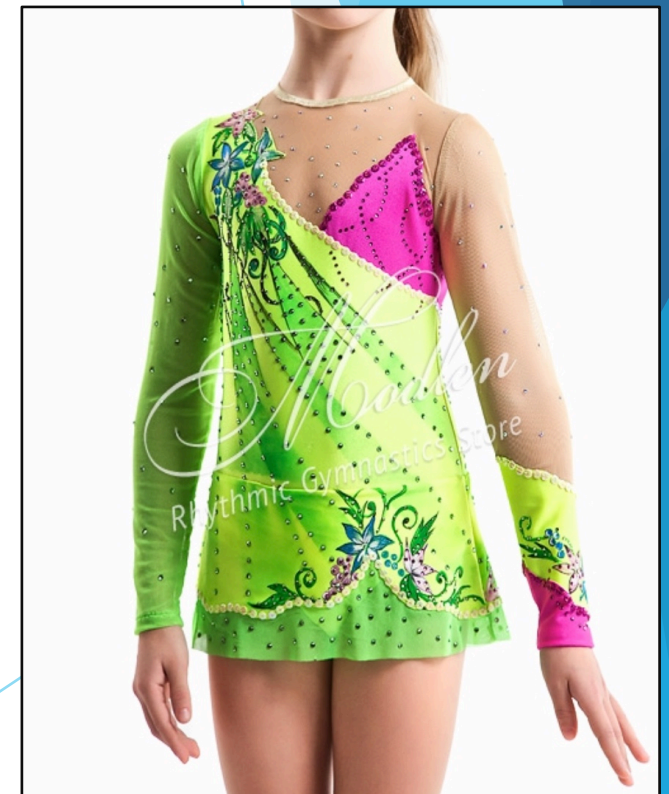


Ballet “tutu”



Grass Skirt

Dress Style

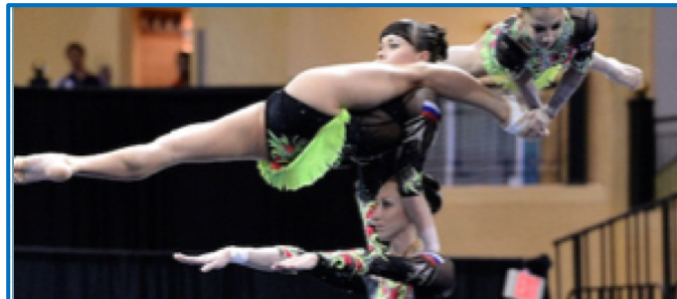


Skirts:

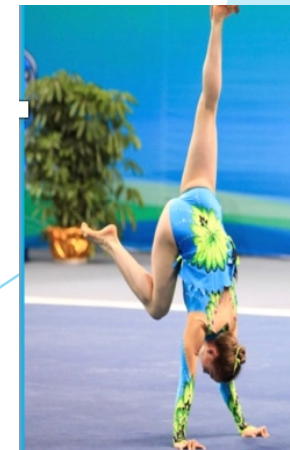
Should follow the line of the leotard.
Legs look much longer



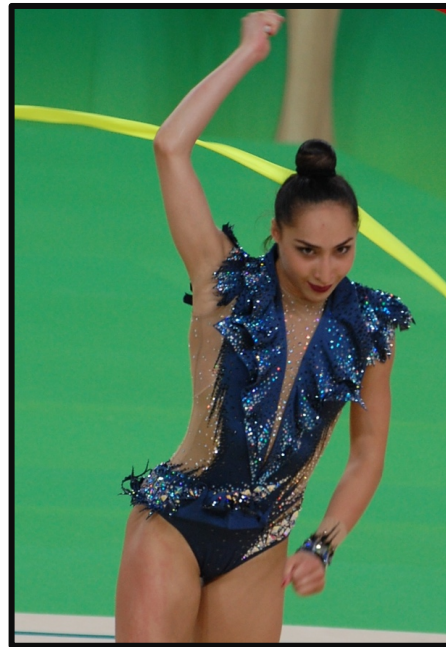
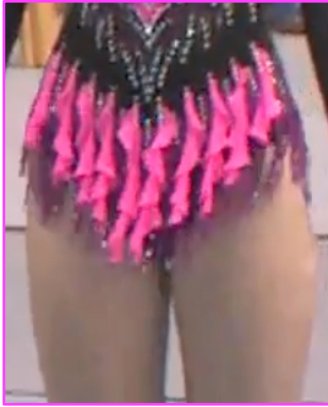
Should be attached at the sides
Avoid the "lampshade" look upside down.



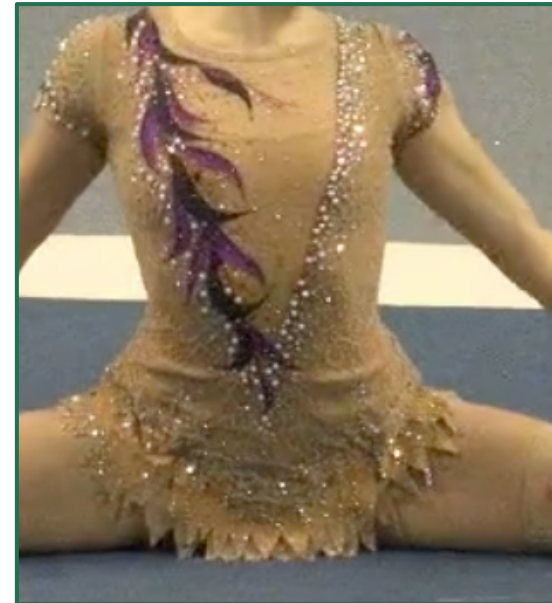
Ideally should have a design under the skirt
Creates a more complete picture

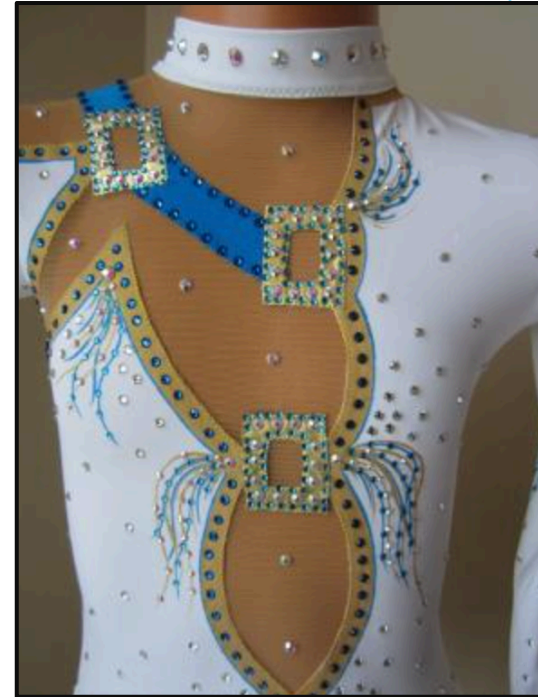


Raised Attachments - Not allowed

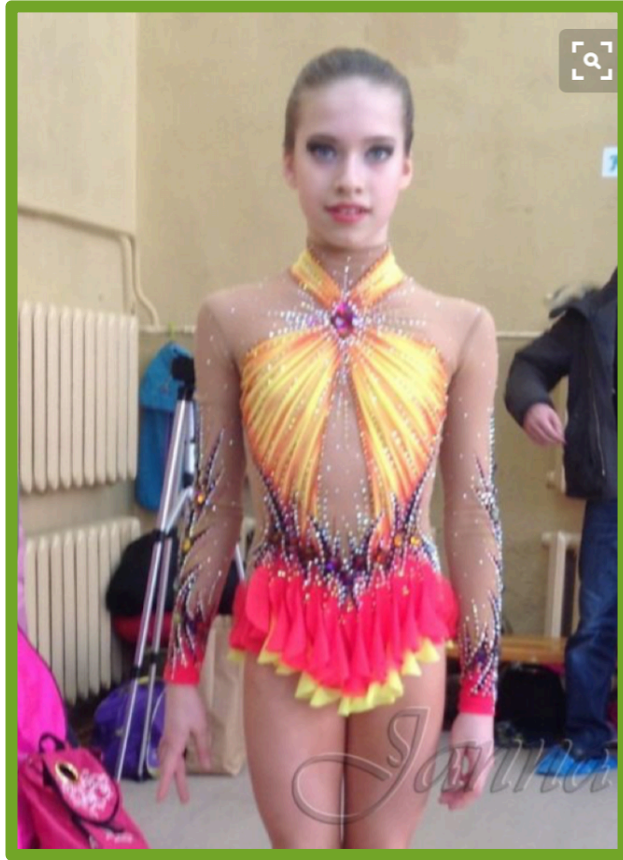


Flesh Color Disappears on Camera





Too Much Flesh



**Raised Decoration
0.3**



**Not Close
Fitting
0.3**



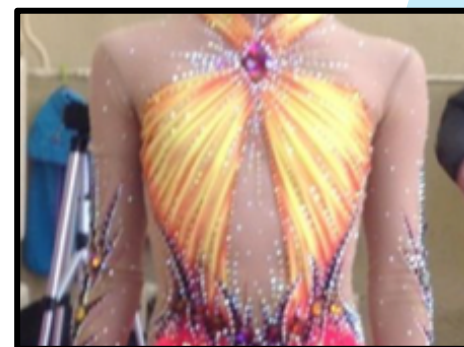
Not Allowed 0.3



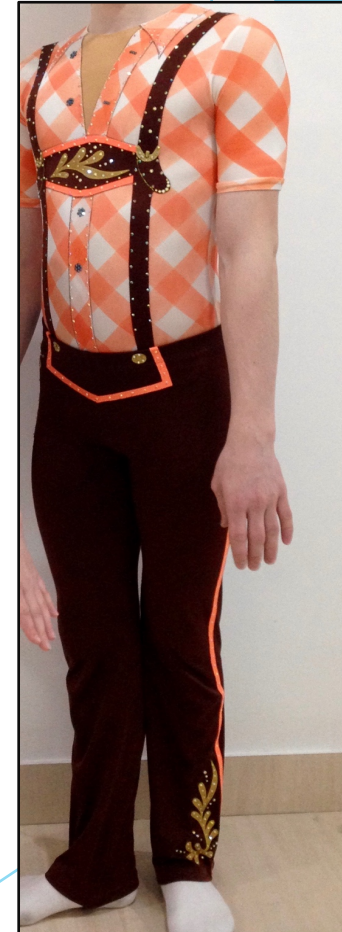
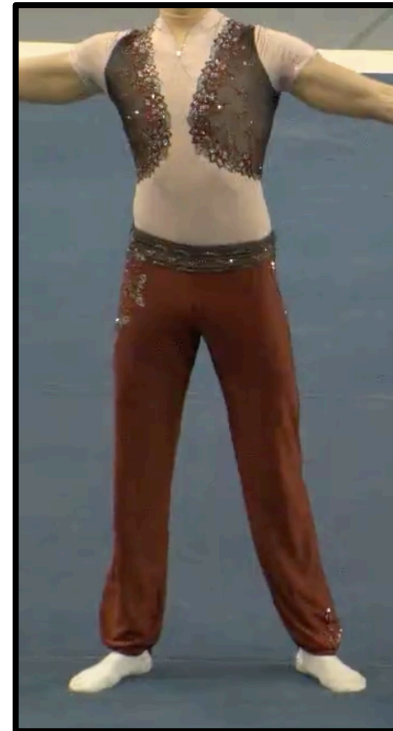
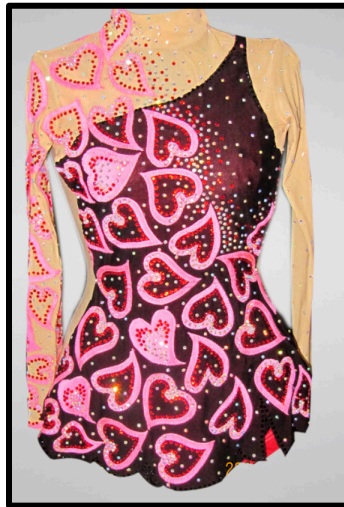
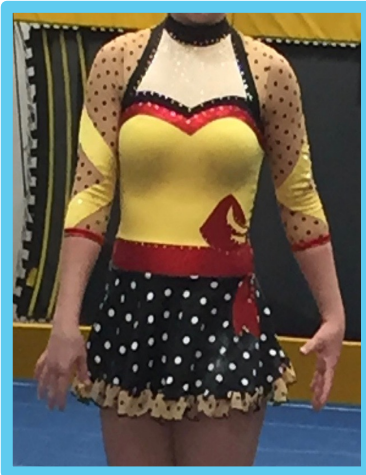
**Swimsuit
Style**



**Forbidden
0.5**



Character Outfits Forbidden 0.5



Good Choices



Resource Page

Tonya Case - email: acro4trc@yahoo.com

FIG Code of Points and Tables of Difficulty
2017 - 2020

FIG Newsletter 11, Cycle 13, October 2016

Tables of Difficulty 2017 - 2020

December 2016
Tonya Case

General Changes

- ▶ Number of General Rules Increased
- ▶ Plus (+) values almost entirely eliminated from actual tables
- ▶ Changes to categories of handstands and misc. elements
- ▶ Start and end positions table changed
- ▶ MG Format changed to match Trios

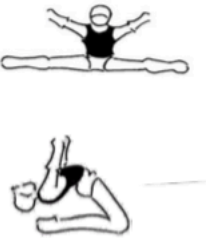



General Rules

- ▶ Wide Arm Handstands Allowed - Extra Value
SAME as Regular Handstand
- ▶ Deep Arch Handstands Allowed - Extra Value
SAME as Arch Handstand

+1	+1	+2	+2	+3	+4

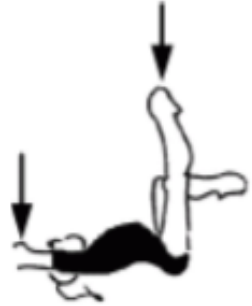
For Static Holds and Mounts to Static Holds
NOT for Motions of the Top

+/- Values for Motions of the Base

+1	+2	-5	-6
			



Values for Handstands in WP Also for WG

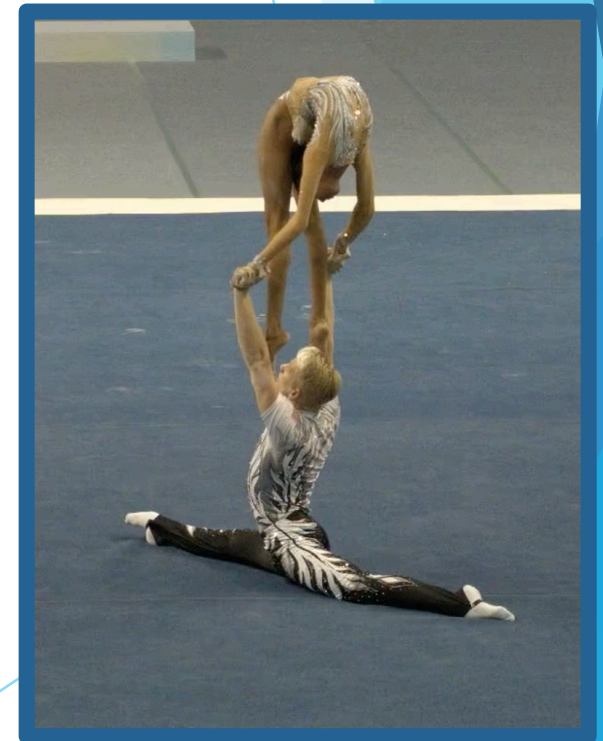


NO Extra Value for Positions on the floor




FORBIDDEN

Planche is a Misc. Element



Russian Lever must be performed with
legs together

Full in back out (/360° 0)  Back in Full out

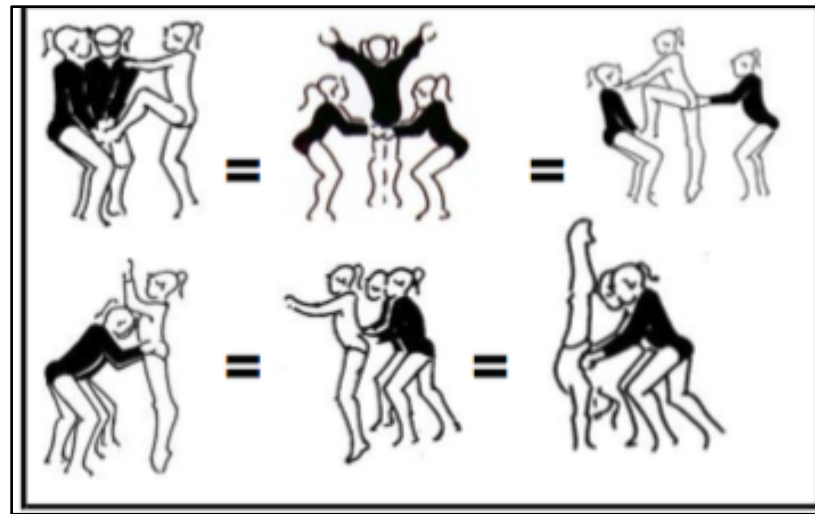
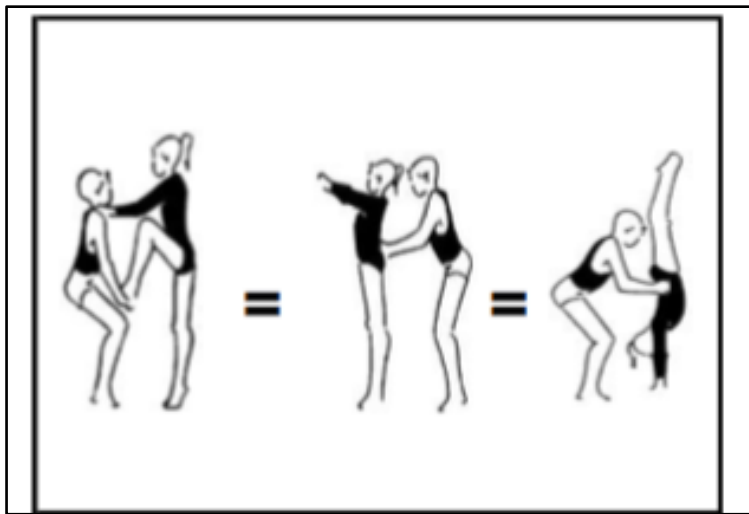
 half in half out (/180°/180°)

Horizontal Catches on Straight Arms
of Pairs

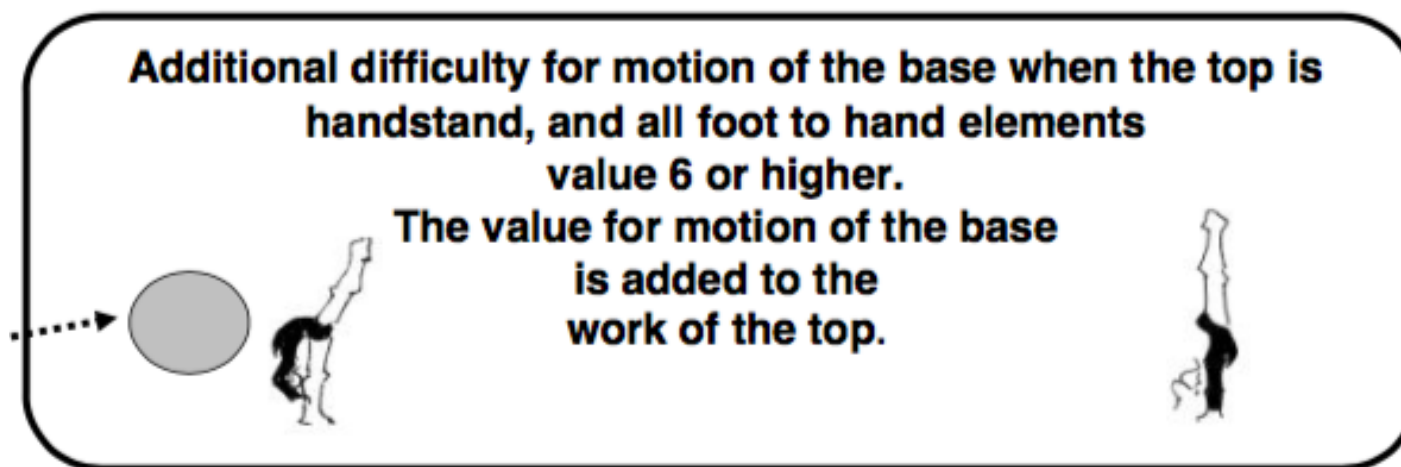
Considered the Same as in Cradle

Start and End Position Tables

These start positions are now considered same. They are NOT identical, and all three may be used. But no more than three total.



























Correction on Page 16



Add Misc. Elements and foot to hand elements Value 6 or Higher
(Includes planche)

Many Base Positions Now in the Same Box for WG

Open-ended Rows: Box goes from one row to next

	1	2	3	4	5	6	7	8	9	10	11	12
B												
	6	4	5	6	5	6	7	8	10	12	5	7
	1	2	3	4	5	6	6	6	6	10	11	12
C												
	7	6	6	7	7	15	15	15	15	16	11	12

If the element was in the TOD 2013 - 2016, but not in the new TOD...

Do not ask for the element to be rated as a new element.

The TC removed many elements for various reasons:

- Concern for Safety of Gymnasts - Long-Term Health
- Skill not used over many years
- Skill not considered to be aesthetic
- Skill considered to be a “circus” style element



Pairs 2017-2020

December 2016
Tonya Case


Balance

CHANGES

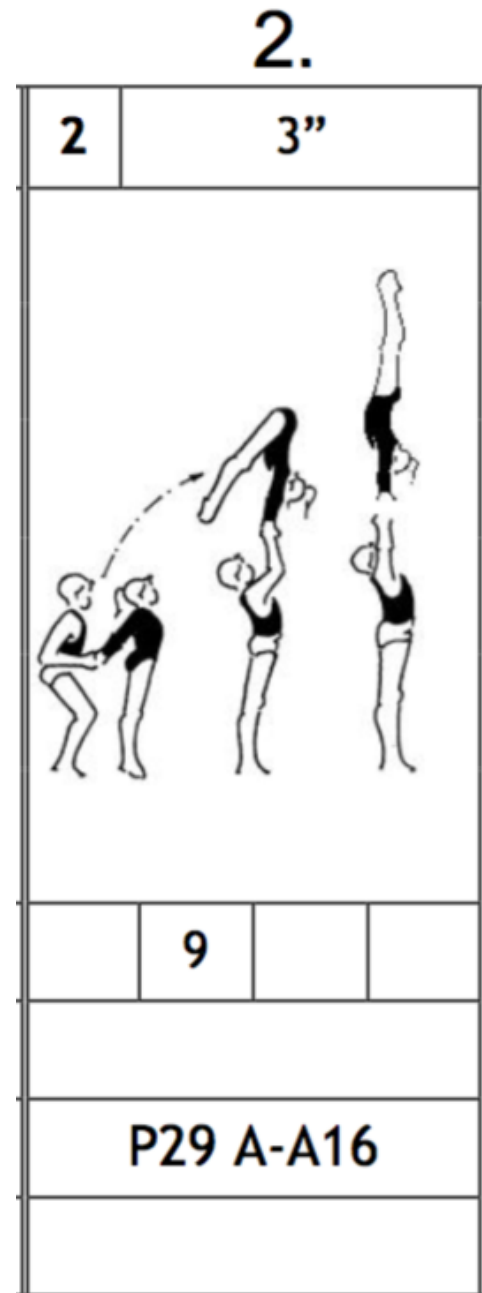
- ▶ **19.1** Minimum of 5 Balance Elements. (Minimum difficulty value 1.)
- ▶ **19.2** Unsupported handstand, chosen from the handstand table in the TOD must be performed by the top.
- ▶ **19.5** Only 4 elements for difficulty can be performed in a series or in immediate succession

19.10 Definition of an element of difficulty: See appendix 6

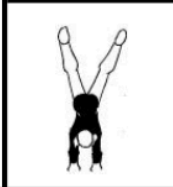
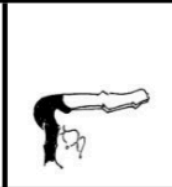

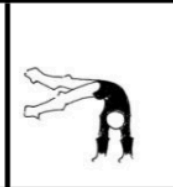
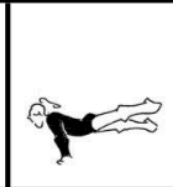
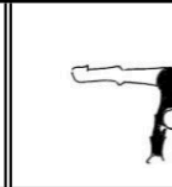
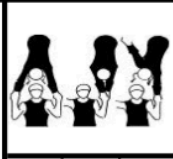
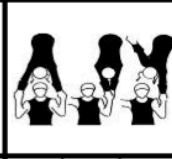


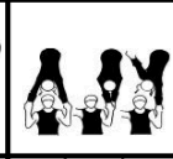
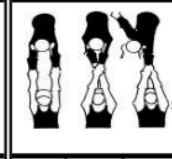
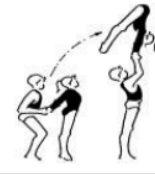
Static Hold of the Top + Base position

1.			
1	3"		
			
7		5	
P24: T22 D			
P24 12			

Mount



MOUNTS NOW INCLUDE STATIC HOLD VALUE FOR MOUNT + BASE + TOP

						
	A	B	C	D	E	A
Start						
	1 2 3	4 5 6	7 8 9	10 11 12	13 14 15	16 17 18 19 20
	5 8 11	9 12 15	9 12 15	9 15	8 11	9 13 19 18 25

Motion of the Top +
Static Hold of the Top +
Base position

3.			
3	3"		
7	4	5	
P24 T22 D			
P24 T22 A-D			
P24 12			

Start position of the Top +
Motion of the Base +
Static Hold of the Top +
Base position

4.	
4	3"
12+12	5+10
P23 T20 D	
P23 T21H-K, P23 10	

Start position of the Top + Motion of the Top + Motion of the Base + Static Hold of the Top + Base position

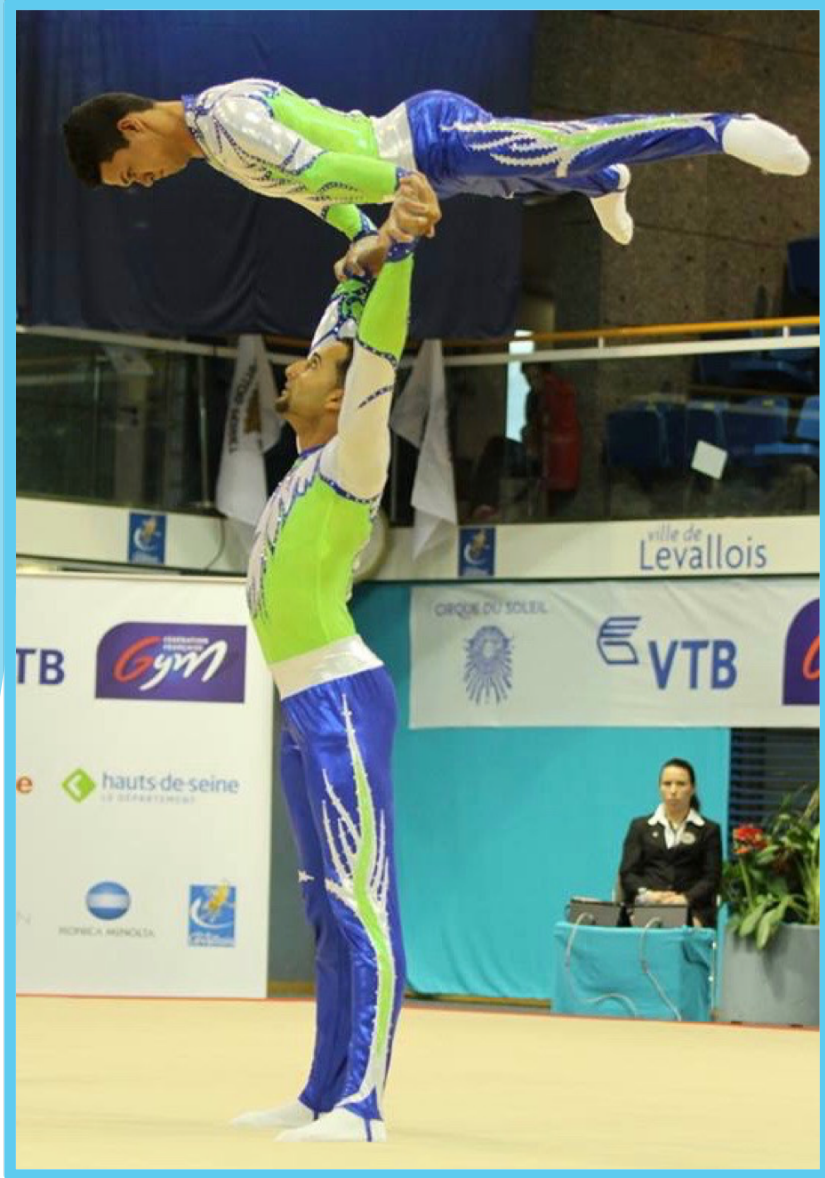
5.

5				3"	
10		5	12		5+10
P23 T20 C			P23 T20 E		
P23 T20 C-E					
			P23 T21H-K, P23 10		

CHANGES

23.3 The following restrictions affect the difficulty value of an exercise.

- Only 3 dismounts (dismounts are not compulsory).
- Only 3 horizontal catch positions (wrap, cradle....)
- Not more than 3 links
- Only 3 identical start points
- Not more than 4 elements for difficulty can be performed in a series or in immediate succession.
- Only 5 landings (dismounts PLUS dynamic elements) on the floor.
- floor.



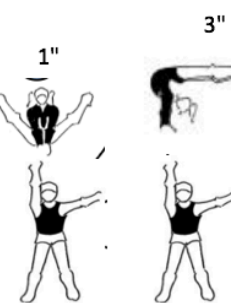
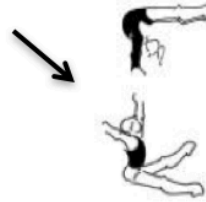


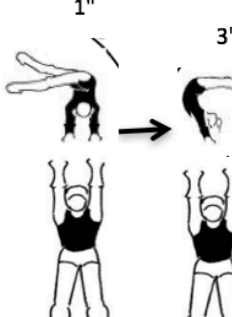
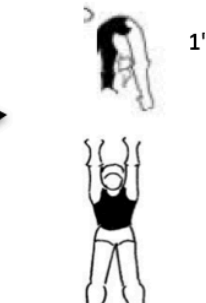
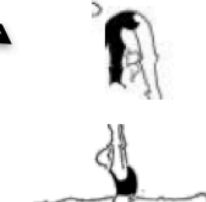
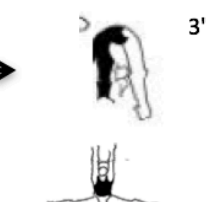
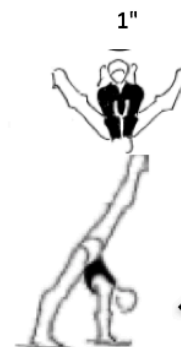

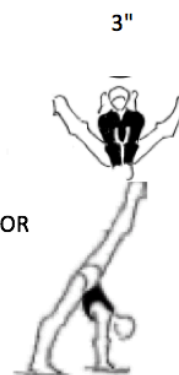
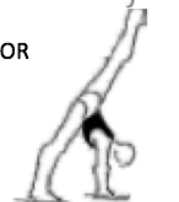
Combined CHANGES

MAXIMUM NUMBER OF PAIR ELEMENTS 8

Maximum Number of Individual Elements 3

REQUIREMENT FOR UNSUPPORTED HANDSTAND

ALL RESTRICTIONS APPLY

<p>1</p> 	<p>2</p> 	<p>3</p> <p>TOTAL://55</p>	<p>4</p> 	<p>5</p> 	<p>6</p> 	<p>7</p> <p>FEET TOGETHER</p> 	<p>8</p> <p>FEET TOGETHER</p> 	<p>9</p> 
<p>12 7 4</p>	<p>12 20</p>		<p>8 5 2</p>	<p>16 4</p>	<p>8 2 2</p>		<p>11 17</p>	<p>11 15</p>
<p>24-T19-E (9+3)</p>	<p>24-T19-E (9+3)</p>		<p>20-T4-D (6+2)</p>	<p>24-T20-M (12+4)</p>	<p>20-T4-B(6+2)</p>		<p>20-T4-B (8+2+1)</p>	<p>20-T4-B (8+2+1)</p>
<p>24-T19-A-E (7)</p>			<p>31-A-D31 (5)</p>		<p>20-T4-D-B (2)</p>	<p>20-T4-B-B (0)</p>		
<p>24#12 (4)</p>	<p>24-T21-H-I (4+9+3) 24#2 (4)</p>		<p>20-#10 (2)</p>	<p>24#12 (4)</p>	<p>20#10 (2)</p>		<p>20-T6-HJ (14)/ 20#15 (3)</p>	<p>20-T6-J-I (13)/20#9(2)</p>
<p>10</p> <p>Total:/101</p>	<p>11</p> 	<p>12</p>  <p>SV</p>	<p>13</p> <p>TOTAL://25</p>	<p>14</p>  <p>OR</p> 	<p>15</p> <p>TOTAL://8</p>	<p>16</p>	<p>17</p>	<p>18</p>

Groups 2017 - 2020

December 2016

Tonya Case

GOAL - Trios and Fours as similar as possible

- ▶ Rules re-organized to reflect the goal.
- ▶ Requirements and Restrictions written for both
- ▶ Special distinction only when necessary
- ▶ Review general rules in TOD

Balance: Special Requirements/Restrictions

- 20.1 Minimum of 2 separate pyramids from different categories.
- 20.3 Unsupported handstand, from any position.
- 20.8 In 1 static pyramid or pyramid with max. 3 base position, difficulty value is given for a max. of 4 static holds of 3 seconds with the following exception: *the cat 2 pyramids (2 tops working) can do max. 3 static holds.*
- 20.9 Maximum number of separate pyramids in the whole exercise is 4.

Balance Clarifications

20.11 After special requirements are met, additional pyramids may be performed, but **all** performed pyramids must be from a different category.

In a balance or combined exercise pyramids from one box may only be performed **ONE TIME** in the exercise as either a single construction or as part of a transitional pyramid or a pyramid with two or three base positions.

20.14 In pyramids with more than one base position, the first base pyramid performed determines the category of the pyramid.

(Categories may be repeated if used as the second base position.)

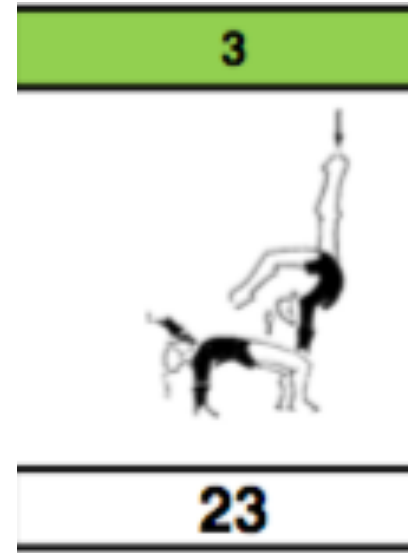
20.17 **Transitional pyramids:** At least one middle and/or base must change the point of support for a transition value to be given. At least one box of the Tables of Difficulty must change. All base values are given.

(Trios can do transitional pyramids using the chart on page 59)

ROW A



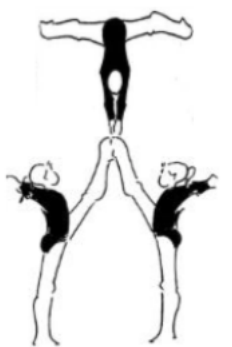
ROW D

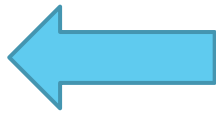


2 nd BASE 1 st BASE	1-8	9-13	14-15	16-17	18-19	20-21	22-23	24-25	26-27	28-29	30...
1-8	1	2	3	4	5	6	7	8	9	10	11
9-13	1	2	4	5	6	7	8	9	10	11	12
14-15	2	3	4	6	7	8	9	10	11	12	13
16-17	3	4	5	6	8	9	10	11	12	13	14


Appendix 620.20 Definition of a Group Balance element

1.

1	3"
Cat 1	
	
6	16
P63 T9 A	
P65 F 9	





2.

2	3"	3"
Cat 2		
		
8+5		6
P61 T2 A, T1 D		
P66 D 1		





Appendix 6

3.

		3	3"
Cat 3		Cat 3	
			
2		15	18
		P90 T2 E	
P90 T2 F-E			
		P101 D11	

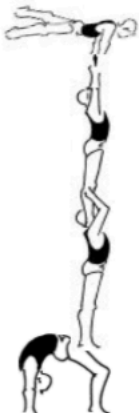



4.

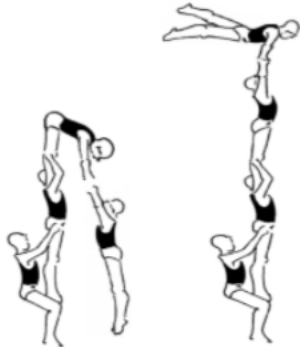
		4	3"
Cat 3		Cat 3	
			
15		5	12
P90 T2 E		P90 T2 E	
P86		P101 D5	

Appendix 6 Continued

5.

				5	3"			
								
15	3		5	2		12		
P90 T2 E				P90 T4 F				
P90 T2 E-F								
P86				P101 D5				

6.

6	3"		
			
15	4+8	18	
P90 T2 E			
P87 B-A7			
P102 C7			

Dynamic - Groups

Restrictions – same as for pairs with one addition –
Not more than 4 of the identical start points from platform
will be evaluated for difficulty.

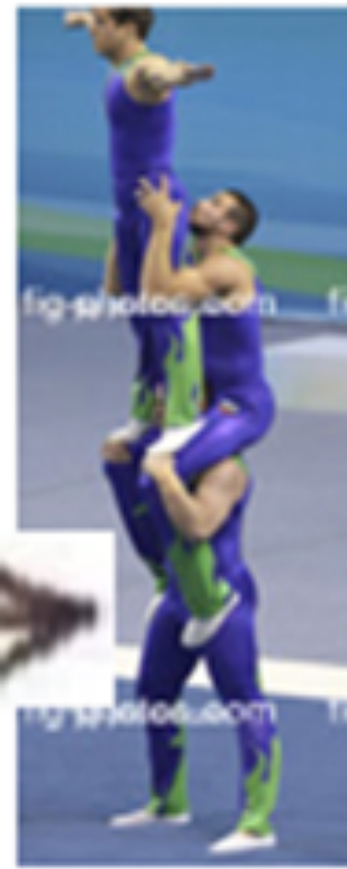
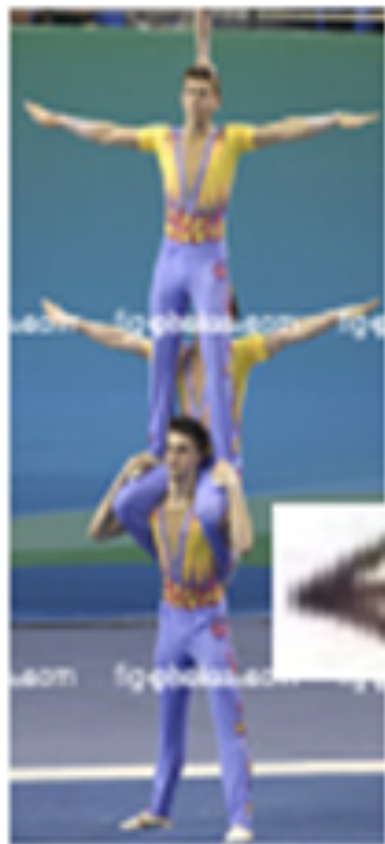
Men's Group “restrictions” - Clarification - A change of partners
during flight phase is not considered to be an identical
element as the same skill without a change of partners.

Combined


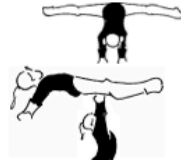

All Restrictions from Balance and Dynamic apply.


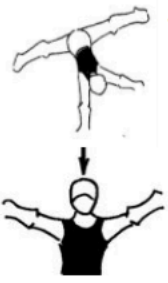
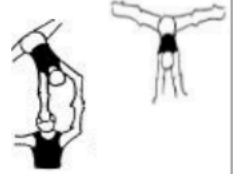
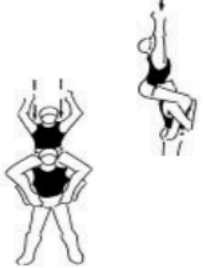
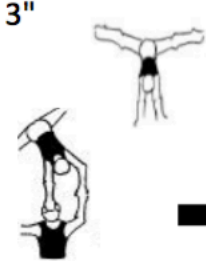

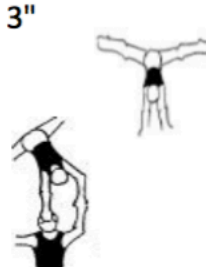

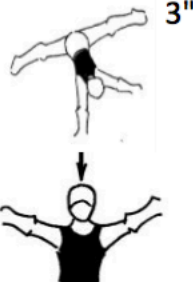
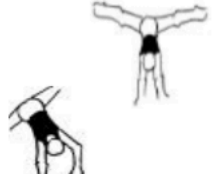
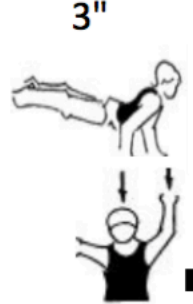
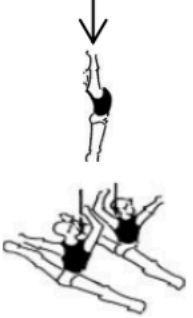
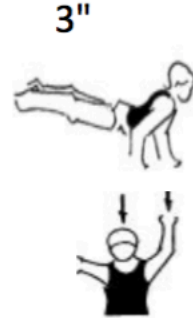
Must include an unsupported handstand by the top.

Question №1



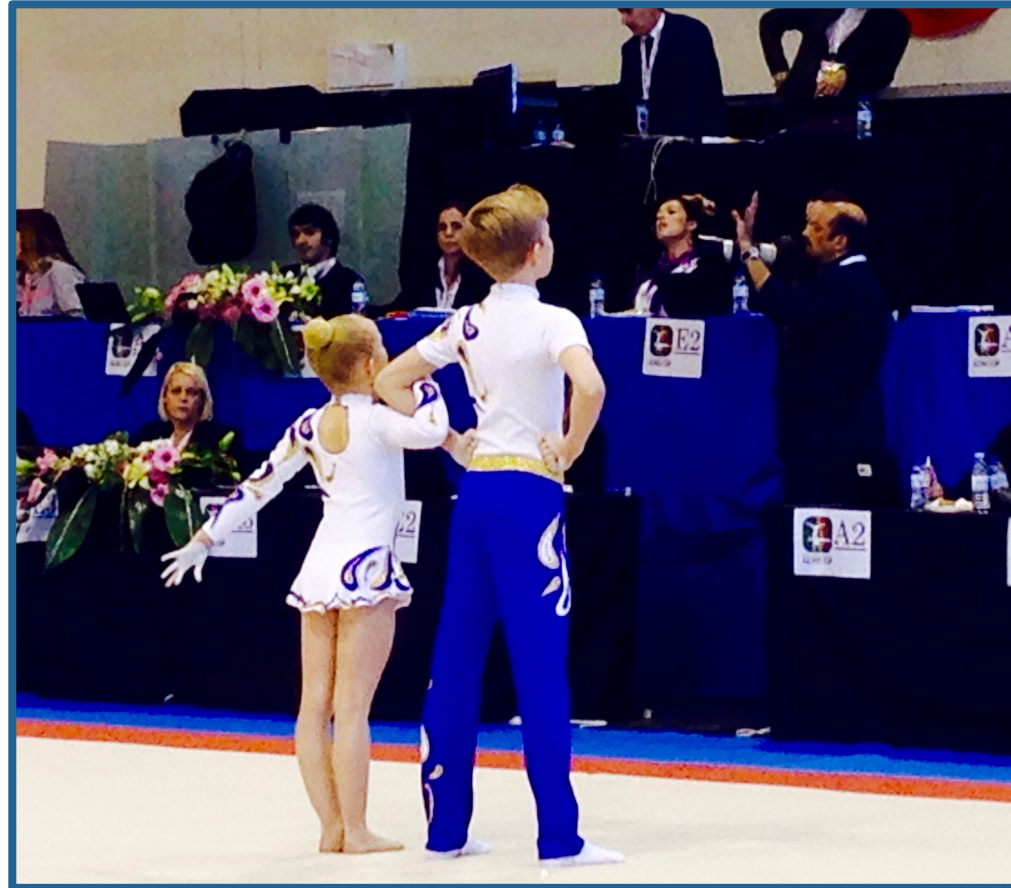
0.5 deduction of additional support

1				2				3				4				5				6				7				8				9			
Top: 1" 3"				Top: 3"								1"				3"								3"											
Mid: 3"				Mid:																															
				// = V59												// = V35																			
11+4+7	4	9		9+4+9	1+1							18				11	6							5		15									
60-T2-A, 60-T2-A				60-T2-B, 60-T2-B												60-T2-A								63-T12-F											
60-T2-F-B,				60-T2-A-B, 60-T2-A-B												60-T2-F-A																			
66-E-8												78-B-10												68-A-9											
10				11				12				13				14				15				16				17				18			

1		2		3		4		5		6		7		8	// Total = 98				9
	16	13	0	6	5	14	6	6	7	18	7								
	Pg 92: 2-A-3 (Gr3)						Pg 92: 2-A-1 (Gr3)			Pg 92: 2-A-1 (Gr4)									
	Pg 99: Tab 2, F-D			Pg 92: 2-A-1 (Gr3)			Pg 92: 2-A-1 (Gr3)												
Pg 111: B4-3 (Gr3)		Pg 91b: 16-14			Pg 111: B6-30 (Gr3)		Pg 91b: 14-18		Pg 111: B5-3 (Gr4)										
10		11		12		13		14		15		16	// Total = 43				17	18	

World Age Group Rules 2017 - 2020

December 2016
Tonya Case



11 - 16

The 11 -16 Age Group Rules are a completely separate document from the Code of Points.

Unless specifically indicated, the Senior Rules do not apply.

Not many changes to the 11-16 Age Group Rules.

Some Changes to the Compulsory Elements Tables

Mistakes exist in the Appendix - Cannot Correct until after Intercontinental Course

Discipline	Balance	Dynamic	Individual elements
Women's Pair*	Min 1v – Max 9v	Min 1v – Max 14 v	Min 1v – Max 10v
Men's Pair	Min 1v – Max 9v	Min 1v – Max 14 v	
Mixed Pair	Min 1v – Max 9v	Min 1v – Max 14 v	
Women's Group	Min 4v – Max 16v	Min 1v – Max 14v	
Men's Group	Min 4v – Max 16v	Min 1v – Max 10v	

**The co-efficient normally applied for WP balance and dynamic does not apply for 11-16*

6.7 In balance exercises, the difficulty of the optional element must be a minimum of value 1 and a maximum of ~~value 8.~~

Correction : value 9

9.2 Clarification: In Balance the Round off can be used multiple times, however in Dynamic it may be used only ONE time.

10.5 The Difficulty Value of the exercise is calculated according the difficulty value of the performed elements up to a max of 0,5. (*No conversion.*)

D-Value of Compulsory Elements
0.0
0.1
0.2
0.3
0.4
0.5

11 - 16 Pairs and Groups Individual Elements Balance

6.3 Pairs Each partner must perform 1 balance, 1 flexibility, and 1 agility individual element selected from the Appendix or the TOD.

7.3 Groups Each partner must perform 1 balance, 1 flexibility, and 1 agility individual element selected from the Appendix or the TOD.

If this SR is not met a penalty of 1.0 is applied.

Note: 6.3 does not include the last sentence of 7.3. But the penalties are the same for pairs and groups.

11 - 16 Individual Elements Dynamic

6.4 Pairs In the dynamic exercise, each partner must perform 3 tumbling elements selected from Appendix 6 or the TOD. One of the elements must be a salto.

8.2 In the dynamic exercise, each partner must perform 3 tumbling elements selected from Appendix 6 or the TOD. If this SR is not met a penalty of 1.0 is applied. One of the elements must be a salto. If this SR is not fulfilled a penalty of 1.0 is applied.

Note: 6.4 Does not include the last two sentences, but the rules are the same for pairs and groups.

12 - 18 / 13-19

All Senior Rules Apply
Except Individual Elements
And Measurements

12.5 In the balance exercise, each partner must perform 3 individual elements (balance, flexibility agility). If this SR is not met a penalty of 1.0 is applied.

12.6 In Dynamic, each partner must perform 3 tumbling elements. If this SR is not met, a penalty of 1.0 is applied. One element must be a salto. If this SR is not met a penalty of 1.0 is applied.

12.7 In the combined, all partners must perform 3 individual elements. If this SR is not met, - 1.0.
One of these elements must be a salto, selected from **agilities or tumbling**. If this SR is not met, - 1.0.

Size Penalties - Age Group

10. The difference between partners allowed is **30 cm** (With a tolerance up to 30,9)

- 31 cm up to 34,9 difference have the following deductions:

11 - 16	0.1
12 - 18	0.3
13 - 19	0,5

- 35 cm and more difference between partners have the following deductions:

11-16	0.3
12-18	0.5
13-19	1.0

Artistry

December 2016
Tonya Case

*POSITIVE
reward*

New 5.0 = Old 0

Start from 5.0 and Add Back

<i>no. / ID / exercise:</i>	Unacceptable 1.0 - 1.1	Poor 1.2 - 1.3	Satisfactory 1.4 - 1.5	Good 1.6 - 1.7	Very Good 1.8 - 1.9	Excellent 2.0	<u>A-Score</u>
Partnership <i>R'ship / Connection</i>							
Expression <i>convey outwards: thoughts, feelings, character, attitude</i>							
Performance <i>Amp/sync/space/levels</i>							
Creativity <i>Originality, inventiveness of composition, element & choreo</i>							
Musicality <i>Match movement to music (melody, tempo, beat, mood)</i>							
	TOTAL POINTS AWARDED:						