



**THE RHYTHMIC GYMNASTICS NEWSLETTER – N° 03  
January 2021**

*LAUSANNE (SUI), January 2021*

## **Looking Ahead to 2021**

### **An update from the FIG Rhythmic Technical Committee**

The FIG Rhythmic Technical Committee takes this opportunity to update and engage the worldwide rhythmic gymnastics community after the suspension of FIG competitions in early 2020 due to the global pandemic.

The members of the TC share their profound respect for the gymnasts and coaches who found ways to continue their training efforts despite unprecedented challenges and to engage in new, innovative online platforms to create stimulation.

Rhythmic judges also found ways to remain active and engaged; the FIG Rhythmic Technical Committee is grateful for the questions and examples submitted by judges to the TC over the course of the year for clarifications.

Each year in rhythmic gymnastics shows new levels of creativity and ingenuity by the coaches and their gymnasts; continued development even amidst a worldwide pandemic speaks volumes to the perseverance of the worldwide rhythmic community.

In the year of 2020, there was only one FIG competition held under the direction of any members of the FIG Rhythmic Technical Committee, the African Championships in March, which were presided over by the TC President. While other FIG events did take place, as well as online competitions—with a worthy effort by organizers and great triumphs—the judgement in the 2020 competitions did not always correctly reflect the rules in the Code of Points and Newsletters. The FIG Rhythmic Technical Committee asks judges and coaches to take note of this fact and to read the Newsletter, which will address clarifications and reminders for both judges and coaches for accurate understanding in preparation for the start of the World Cup Series and Continental Qualifications 2021, the final allocations for the Olympic Games held in 2021.

With our sincere appreciation for the work of the rhythmic discipline and a fresh look forward,

FIG RG Technical Committee



## **Generalities**

- 1. When a gymnast crosses the line with the apparatus and, following the initial crossing, the apparatus remains outside the floor area and touches the floor again, what is the Penalty?**

The Penalty is given one time, regardless of the number of times the apparatus “touches” outside during the same incident of crossing.

## **Technical Execution**

- 2. Regarding penalties after the end of the music, before the gymnast stops: does the Technical Execution judge stop judging when the music stops? What about the line judge in this case? Examples given:**

<https://www.youtube.com/watch?v=jMhelUdPN-k>

The examples show the following faults:

- The music ends and there is a loss at the same time—first example hoop
- The music ends and right after there is a loss—second example ball
- The music ends and the gymnast is still moving (no loss)—third ball example

- ⇒ Difficulty judges: stop evaluating when music ends (example: D element completed after the music is not counted)
- ⇒ Artistic Execution: movement after the end of the music is penalized: 0.50
- ⇒ Technical Execution: if there is a loss at the end of the exercise that coincides with the music: Penalty 1.00; in all other cases, the judge stops evaluating when the music ends.

**At the end of the exercise, the gymnast loses the apparatus and the music stops. The apparatus continues to move, leaving the official floor area. What are the penalties?**

- ⇒ Penalty for loss of apparatus (no contact) at the end of the exercise: 1.00.
- ⇒ No Penalty (Line judge) if the apparatus leaves the floor area after the end of the exercise and the end of the music.



**Body Difficulty**  
**Technical Execution**

**Jumps/ Leaps**

3. **Could you please define the difference between no kip, small, medium and large kip in Leap Body Difficulties?**

In RG "kip" means that maximal amplitude is not visible at the same moment in time for the front leg and the back leg (plus, possibly, the trunk). In most leaps, it is normal for the front leg to reach its position before the back leg. This alone is not a reason to penalize. However, the front leg position must be maintained until the back leg is also in its maximal position. The time between the front leg leaving its position and the back leg reaching its position defines the degree of kip (small/medium/large).

4. **When we evaluate the amount of kip in a leap with stag: Should we take into account the timing of maximal bending of the front leg (closed stag), or only the timing of maximal back leg height?**

Yes, we should. The front bending leg must be maintained until the back leg is also in its maximal position.

We can clarify that KIP has to do with timing: the forms of the shape do not present one image at the same time.

DEVIATION has to do with the eventual position of the body segments.

5. **Can two penalties be applied for the same Leap Difficulty: “incorrect shape with small/ medium/ large deviation” and “Shape with small/ medium/ large kip movement”?**

YES, the judge will deduct for “incorrect shape with (small, medium, large) deviation” (for each body position that is relevant # 2.3.1) and “shape with (small, medium, large) kip movement”.

6. **A gymnast performs a Leap with the following technical faults:**
- “Incorrect landing: visible arched back during the final phase of landing”**
  - “Heavy landing”**

**Should the technical execution judge penalize 0.30 (arched landing) + 0.10 (heavy landing)?**

Most often a jump with an “incorrect landing: visible arched back during the final phase of the landing” also has a heavy landing with the front leg; therefore, only one landing Penalty should be taken for each jump: if arched back during the final phase 0.30; if only a heavy landing (no arched back during the final phase) 0.10.



## **Balances**

- 7. Is a Balance Difficulty valid if the gymnast performs the required shape of the Balance with an apparatus element but does not execute a stop position?**

According to # 9.1.2: "If the shape is well-defined and the apparatus element is executed correctly but the stop position is insufficient, the Balance is valid with a technical execution Penalty: 0.30 "Shape not held for a minimum 1 second." **Technical Execution judges must correctly and consistently apply this Penalty.**

- 8. A gymnast performs a Balance with a backbend. The shape of Difficulty is shown without 1 second fixation. Due to loss of her "center" at the end of balance, she makes a large step forward. The judge will penalize 0.30 for loss of balance with step, but is there also a Penalty for less than 1 second fixation?**

The Balance Difficulty is valid.

Technical Execution Penalties:

- ⇒ 0.30 "Loss of balance: additional movement with travelling"
- ⇒ 0.30 "Shape not held for a minimum 1 second"

- 9. A gymnast performs a Penché Balance with spirals of the Ribbon, during which a small knot appears in the Ribbon; will the Balance BD be valid with this knot?**

A knot in the Ribbon without interruption in the exercise is a technical fault of 0.30. It does not matter if it is a small or large knot. A Balance BD will not be valid according # 2.2.3.

- 10. A gymnast performs the second component of a Fouetté Balance while rotating: is this Balance valid?**

This Balance is not valid because the Difficulty was performed in violation of the basic characteristics: Clearly defined shape: All relevant parts of the body are in the correct positions in the same moment of time (# 9.1.2). Each Balance shape must be shown with a clear accent - clear position (# 9.1.12).

## **Rotations**

- 11. Could you please define the difference between sliding and hopping in Rotation Body Difficulties?**

«Sliding» is movement along the carpet without the toe coming up off the floor; «hop» is when the foot raises of the carpet.



**THE RHYTHMIC GYMNASTICS NEWSLETTER – N° 03  
January 2021**

**12. If the gymnast performs a Rotation Body Difficulty with sliding, and during the sliding, the trunk and/or leg position starts swaying – should we penalise for "loss of balance without travelling", since the travelling by sliding is permitted? (In that case, "loss of balance with travelling" would be used only for the closing phase of the rotation.)**

Sliding itself is not a mistake. A Difficulty performed with sliding during a rotation is valid without an Execution Penalty.

If, during the rotation with sliding, the trunk and/ or leg position starts swaying, we should penalise for "loss of balance without travelling".

If the trunk and/ or leg position are not fixed during the base rotation of the Body Difficulty – Penalty 0.30 "Shape neither fixed nor held during the base rotation".

If Rotation Difficulty finishes with large step (closing phase of the rotation) – Penalty 0.30 "Loss of balance: additional movement with travelling".

Don't forget that we must also pay attention to the amount of deviation (small/ medium/ large) from the correct shape of Rotation Difficulty. The validity of the Body Difficulty and the Execution Penalty will depend on it.

**13. Do we take any other penalties, after the moment that the gymnast suffers from «loss of balance» in a BD? Are there eventually some penalties that we do not take?**

**Example 1: A gymnast starts a Penché Rotation in the correct shape. After the base rotation, she loses control: Her trunk becomes asymmetric, there is a small deviation in the split position, the knee is bent, and the ball is grasped. The rotation ends with a large step\*. The judge definitely penalizes 0.30 for loss of balance with step, but is there also a Penalty for asymmetry, amplitude, incorrect segment, grasped ball?**

All mistakes made in Body Difficulty must be penalized:

- Asymmetrical position of the trunk during Penché Rotation: 0.30
- Shape with small deviation (no split position): 0.10
- Body segment incorrectly held during a Body movement (the knee is bent): 0.10
- Loss of balance: additional movement with travelling (the rotation ends with a large step): 0.30
- Incorrect handling (the ball is grasped): 0.10

\*A gymnast making a controlled step out of the BD to move into the next movement is different than a rotation which ends with a large step due to loss of the axis; a controlled exit is not penalized.



**THE RHYTHMIC GYMNASTICS NEWSLETTER – N° 03  
January 2021**

- 14. When a gymnast must run after the apparatus, which is either lost or which has a very imprecise trajectory: Do we take other penalties such as loss of balance with fall/support, bent knees, high shoulders, etc? [https://www.youtube.com/watch?v= zOuHF-wJc0](https://www.youtube.com/watch?v=zOuHF-wJc0)**

Technical Execution judges must apply Penalties for:

- ⇒ Incorrect trajectory or loss apparatus (not both)
- ⇒ Loss of balance, including falling, in order to run after the apparatus, if applicable; the Penalty is applied for the degree of fault for loss of balance (with travelling or fall)
- ⇒ No Penalty (penalties) for incorrect segments (no faults within faults)
- ⇒ Line judge applies any relevant penalties for apparatus or gymnast crossing the boundary

- 15. The CoP no longer contains the specific Penalty for apparatus handling with "involuntary contact with the body with alteration of the trajectory." If the apparatus touches the body involuntarily (e.g. Hoop during transmissions, part of the rope, end of the Ribbon without wrapping), should judges apply the general principle of 0.10 for a small error?**

<https://www.youtube.com/watch?v=BX5IOTNffII>

Yes: each time Penalty 0.10 for incorrect handling

\* The final example is not incorrect handling it is: passing through the Rope: feet (legs) caught in the Rope, Penalty 0.30

- 16. Should judges accept relevé when the heel touches the ground but the gymnast rotates around the forefoot?**

For the judges it is important to study a lot of examples to understand what is "low relevé" and what is "no relevé". A Rotation Difficulty executed on the toes (relevé) of the support leg is called a Pivot. A Pivot must be executed in a high relevé position (maximum possible rise of the heel from the floor). Low relevé means the heel slightly raises from the floor throughout the rotation and does not touch the floor.

If a Pivot is executed in a low relevé position, the Difficulty is valid with an Execution Penalty: 0.10 (Incorrect Body segment).

If, during a Pivot (which is executed in relevé), a gymnast supports on the heel ("no relevé) during part of the rotation and the executed rotation is less than the required basic rotation, the Difficulty is not valid, and an Execution Penalty 0.10 is applied for support on the heel during a part of the rotation when performed in relevé.

In case of interruption (heel support) during other, additional rotations after the first basic rotation, only the value of rotations already executed before the interruption will be valid. The Execution Penalty is the same 0.10. It does not matter how the rotation is interrupted: the heel softly touches the ground or the weight is fully on the heel/ full foot.



**THE RHYTHMIC GYMNASTICS NEWSLETTER – N° 03  
January 2021**

**17. In a Pivot with change of shape: if the first shape is complete (base rotation performed) but the second shape is not complete (base rotation not performed): Do the ET judges apply the Penalty for shape not fixed/ held during the base rotation?**

If she starts a second shape but that shape is not held during base rotation, the ET Penalty is applied and the second shape is not valid.

**18. In Pivots with progressive bending/stretching of the support leg: For how long must the highest and lowest position be shown, and how deep must the gymnast go? If the gymnast does not go deep enough, should judges give credit for a Pivot without progressive bending/ stretching?**

During this type of the Pivot, the transition from one shape - “support leg straight” to another shape - “support leg bent” (or/ and vice versa) must be slow and obviously gradual, during which the gymnast from the beginning to the end must maintain a relevé position.

The highest position and the lowest position must be shown for a moment, but not for a full rotation.

The first shape of the Pivot determines the base value for the whole rotation, however it's not possible to give value for the highest position, if the gymnast does not bend all the way to the lowest position (and vice versa).

Judges give credit for this type of Pivot when both the highest and lowest positions are shown.

**19. For Fouetté Pivot with the leg at the horizontal: Should the judges count the initial turn (starting from parallel legs) as preparation, or should we count this as the first 0.10 points rotation?**

Fouetté with leg stretched at the horizontal, performed in series of repeated turns, in high tempo and on a one spot. Each component has rotation in shape + open position.

The first Fouetté turn with Passé or leg front or side horizontal is evaluated as the first rotation. Counting of Fouetté rotations should start immediately after the plie and push-off. This applies to both forms: in the Passé position and with the leg in a horizontal position forward, sideways and backward.

**20. Is it sufficient to perform the apparatus technical element at the end of the Fouetté Pivot, when the leg is opened to the side, on flat foot, or must the technical element be seen during the rotating part of the BD?**

A gymnast can perform apparatus technical element throughout the rotation as well as the open position with leg front or side horizontal but not once the leg begins to close.





**THE RHYTHMIC GYMNASTICS NEWSLETTER – N° 03  
January 2021**

- 21. During a Pivot Penché with ring, the first rotation has a small deviation in the ring position, the second rotation has a medium deviation in the ring position: what is the technical fault?**

Execution judges must apply the Penalty one time during one BD for the same body segment deviation (the highest fault), in this case: 0.30 for medium deviation, taken one time for this pivot Penche with ring.

**Apparatus technical elements/ bases**

- 22. Could you please clarify the difference in concepts of “Sliding of the apparatus on any part of the body” and “Small throw/ catch”.**

Sliding: apparatus slides down along the leg/ arm/ trunk and is in contact with the body.

Small throw/ catch: apparatus must be close to the body but falls freely down (no contact with the body) before the apparatus is caught.

- 23. A BD is executed with one base: Medium/ large throw. The BD is correctly executed and the throw is correctly executed. After the BD, the gymnast does not catch the apparatus – the apparatus is lost upon the catch. Is the BD valid?**

Yes, BD is valid: all the requirements for a valid BD are fulfilled: there is no 0.30 Execution Penalty during the BD and no loss of apparatus during the BD. The base medium/ large throw is an independent Base from the base “throw.”

- 24. A BD is executed with one base: Medium/ large throw. The BD is correctly executed and the throw is executed with an imprecise trajectory. After the BD, the gymnast makes the corresponding steps to save the imprecise trajectory from a loss. Is the BD valid?**

Not valid. #2.2.3: BD are valid when performed without the technical faults listed in 2.2.3. Technical faults with the apparatus of 0.30 or more (includes imprecise trajectory, with an attempt to save from a loss during the BD)

- 25. After a small throw/ thrust/ sliding, must the Ball be retrieved directly from the air, or can the ball intentionally be let drop, bounce off the ground, and then be retrieved?**

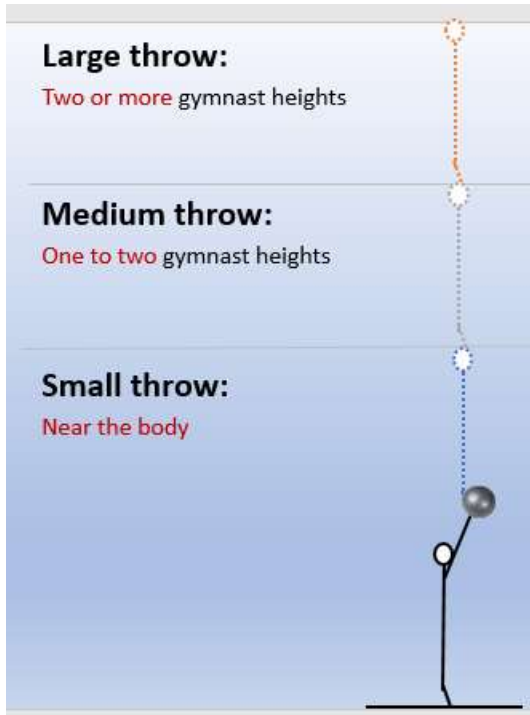
The requirements may be different if the base is «bounce», after bounce the ball must be retrieved. If the base is «sliding» the apparatus slides off a surface and may passive bounce on the floor.





26. Height of throws: could you please clarify the height of throws, especially when the body is moving during the throw?


Clarification:





**27. Could you give some guidelines about “large” and “small” rolls (Ball, Hoop)?**

Clarification:

	Small Roll	Large Roll
	<p>A minimum of one segment of the body must be passed over Examples of a body segment: hand to shoulder; shoulder to shoulder; foot to knee, etc.</p>	<p>A minimum of two large segments of the body must be passed over Example: from the right hand to the left hand over the body; trunk + legs; arm + back, etc.</p>

**28. Could you give some guidelines on the amount of bouncing that is acceptable for a large roll (Ball, Hoop) to be valid with a small technical fault vs roll executed with bouncing that causes the base to be invalid (interruption/ not rolling)?**

- ⇒ Small bouncing when the apparatus is actually rolling is valid with TE fault
- ⇒ When there is a bounce from one segment to another that is not with actual rolling, this signals an incorrect/invalid Base (plus TE Penalty)

**29. Could you clarify in which ways the gymnast may «hold» the end of the Ribbon in order to execute a “Boomerang” throw?**

“Boomerang” throw: a release (throw) of the stick in the air/ on the floor: the end of the Ribbon is held by the hand(s) or another part of the body, followed by a pull back with or without rebound of the stick from the floor (for the “Boomerang” in air), and then catch of the stick. The release of the stick may include a sliding of the Ribbon fabric through the hand or through the body (without releasing the fabric from the hand) or a full release of the Ribbon before immediately taking the end to pull back. An element which only includes a pull back of the Ribbon (without a release) does not meet the definition of “Boomerang”

**30. For the technical element "Movement of the Ribbon around a part of the body created when the stick is held by different parts of the body": Could you define how tight the pattern should be? E.g., should the Ribbon fabric be tight enough to draw MORE than one full circle to be valid?**

Yes, indeed. During this technical element the Ribbon fabric should draw more than one full circle to be valid.



**THE RHYTHMIC GYMNASTICS NEWSLETTER – N° 03  
January 2021**

**31. Knot in the Ribbon during the execution of Apparatus technical element. Please explain how to judge an exercise when a knot is tied in a Ribbon?**

4 possible situations:

- A small knot forms and unties itself without interruption of the exercise.
  - Technical Execution Penalty: 0.30 for the knot
- A knot forms, the gymnast stops the exercise and unties the knot, then continues the exercise.
  - Technical Execution Penalty: 0.50 for the knot
- A knot ties, the gymnast determines her apparatus is unusable and takes the replacement Ribbon.
  - Technical Execution Penalty: 0.70 for unusable apparatus
- A knot forms and the gymnast either does not see it or does and does not untie it, but in any case, continues the exercise with a knot
  - D1-D2: elements not valid with knot
  - D3-D4: only R can be valid with a knot if executed otherwise correctly
  - EA: evaluates as normal (including breaks in the rhythm if she does stop to untie the knot)
  - ET: penalty for the knot and continues to judge all faults (including any subsequent impact on the pattern, or trajectories, etc.)

**Apparatus Difficulty (AD)**

**32. Can a squeezed position of the Ribbon stick be tolerated for AD as base handling/ unstable balance of apparatus? Does it mean that NO versions of this base can be used as AD, or may AD be given when the base is executed without hands in a BD with rotation?**

The specific position of a “squeezed” ribbon stick is not considered as “unstable balance,” and therefore cannot be valid as an AD base. Other “unstable balance” positions which are not “squeezed” may be used for the base “unstable balance” as long as it meets the definition.

**33. If the Ribbon stick is grasped by the foot, knee, other body parts, is this an unstable us in itself, and a valid base regardless of the Ribbon pattern (Ribbon could be rolled up, wrapped, irregular pattern) – or does this type of handling of the Ribbon stick require a pattern such as a pattern around the body or a large circle?**

This position of the stick cannot serve as unstable balance, but if it is grasped by a body segment for the purpose of creating a technical element (such as a medium or large circle, pattern around the body, etc.) than it is possible as long as the required technical element is executed.



**THE RHYTHMIC GYMNASTICS NEWSLETTER – N° 03  
January 2021**

**34. Is the base "roll over 2 large segments" valid if there is a pause with unstable balance inside?**

No, the base large roll ("roll over 2 large segments") will not be valid if there is a pause with unstable balance inside.

**35. Is it enough for AD that the Ball is held with a body part (without hands, outside visual field) and then falls down to create a passive bounce, or should the criteria have an active contribution to the bounce (execute a push or retrieval)?**

There must be an active contribution to be a real 'bounce' whether by the hand or another part of the body—a falling apparatus making a bounce passively is not an active bounce.

**36. Should a transmission start and end with completely separate body parts, or is it acceptable that some of the body parts are involved throughout the element? Example: Start with the hoop held between the neck and the left leg. End with the Hoop held between the neck and the right leg.**

Both given examples will be valid for the "base transmission" as long as there are two valid criteria executed for this base.

**37. If one apparatus base follows directly after the other, and both are executed in the SAME body movement, would this be one or two ADs? Example: Catch without hands, outside visual control, in a rotation + long roll without hands, outside visual control, in the same rotation. The Ball is caught with a "blocking" technique, afterwards the roll starts – it is not "catch with roll".**

In this example, there are 3 criteria (only 2 are needed), and the 3<sup>rd</sup> criteria—the rotation—is shared by both the first independent Base (catch), and the second base (roll) which are 2 bases because the roll is executed distinctly after the catch.

It is 1 AD—when two different Bases use the same criteria, like rotation, this is one AD even if the criteria common to both bases is a 3<sup>rd</sup> criteria.



**THE RHYTHMIC GYMNASTICS NEWSLETTER – N° 03  
January 2021**

**38. Can the apparatus work in two ADs be identical, as long as the body movement is different?**

**Examples:**

- **Spirals with the arm behind the back, one time in normal walkover and another time in walkover with «clapping» of the legs.**
- **Catching the Ball with one hand, first time in standard back walkover and second time in back walkover with legs together at the end.**

To be valid, apparatus work cannot be identical in 2 ADs: identical means, an exact performance of the same Base and Criteria. Because it is possible to perform the “same” criteria (the same symbol) in “different” ways (example: the criteria “rotation” can be performed “differently” according to the definitions in the COP), such a performance is “different.” In the examples given, these are “different” because the rotational elements are “different.”

**39. AD or R. When two pre-acrobatic elements are performed one after the other (throw in forwards walkover, catch in backwards walkover): If the execution is not valid as R due to pause/ small step/ half turn between – can the judges always consider the two parts as AD? Should the judges evaluate the intention or interpret what the gymnast is actually performing?**

Judges cannot interpret what the gymnast intends to perform; she can only judge what is executed in the moment. If the judge recognizes Difficulty as R performed with a mistake (pause, step, half turn of the rotation during base rotations), R will not be valid; it is not possible to consider the two parts as AD. If the judge does not recognize base rotations, including a rotation under the flight (required for R), and the throw and catch are executed with two valid criteria, she can award ADs.

**40. When an element starts and/or ends in a position on the knees/back, but the AD itself is executed in a position with support only on the hands: Is this "on the floor"?**

**Examples:**

- **Throw with the leg during the handstand phase of a forwards roll.**
- **Standing on the knees, hand support to bounce the ball with the legs, return to the knees.**

This is not on the floor: on the floor with the body or with support on the knee #6.4.



**41. For apparatus elements that have some duration (e.g. long roll/ spirals): Could you clarify how much of the duration of the apparatus element must overlap with the duration of the rotation? Is it enough that a short moment of the apparatus work is related to a short moment of the rotation?**

Example: a gymnast performs the base spirals under the leg during a walkover: to be valid, 4 loops must be under the leg during the rotation, i.e., they have to happen together to be valid. Example: a gymnast performs the base spirals outside visual during a rotation on the floor. 4 loops have to be performed outside visual as she rotates on the floor, not 2 outside visual and the other 2 as she turns. The judge must see the Base performed together with criteria.

\* Criteria performed after base are invalid.

**Dynamic elements with rotation (R)**

**42. Can the criterion "catch during a rotation" be given for a rotation that is NOT part of the R (either because of an execution mistake or voluntarily)?**

**Example: 2 chainés - running - rebound on the back of the body during a forward roll.**

**Value of R:**

⇒ **R2, rethrow, without hands, outside visual area = 0.50?**

**or**

⇒ **R2, rethrow, without hands, outside visual area, during a rotation = 0.60?**

R value is determined by the number of rotations and executed criteria: if the final rotation is executed after interruption or after the catch of the apparatus, this rotation and the criteria belonging to this rotation (possibly level or axis) are not valid. Other criteria which is correctly executed on the catch is valid, even if the final rotation is not.

Answer: Value of R: R2, rethrow, without hands, outside visual area = 0.50 is correct.



43. When a catch is correctly performed during the first phase of a backwards roll or backwards fish flop (trunk flexed/tucked and eyes towards the apparatus), should we give «catch outside of visual control» + «catch during a rotation» in every case, because this is a backwards rotation? Or should we consider the timing and actual visual contact in each case, so that:

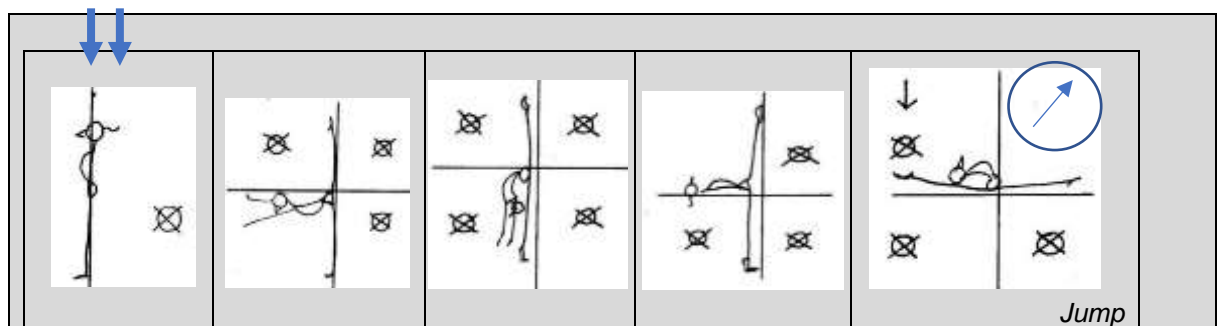
- Some catches during backwards roll may be valid - but WITHOUT these criteria
- Other catches during backwards roll may be valid INCLUDING these criteria

<https://youtu.be/ZCXupb7Etqs>

Judges should consider the timing and actual visual contact in each case: some catches during backwards roll may be valid but without these criteria.

For catches outside the visual field: in a backbend position or a backward rotational element:

- ⇒ The catching arm must be past the vertical position: Elements performed in front or on the side of the body or with the arm directly above the head are not outside the visual field even if the trunk is back bent or rotates (see below); to enter the zone “outside visual field” for a catch with the arm extended above the head, the arm must be past the vertical line (see below).
- ⇒ For jumps with large throw forward performed during jumps/leaps with back bend of the trunk: this throw is not outside the visual field because the arm is in front of the body (see below).



44. A throw needs free flight, while in a “Boomerang”, the end of the Ribbon is always in contact with the body. Is “Boomerang” still accepted as a rethrow in R, so that «rethrow» means throw/ “Boomerang”?

Yes, correct.





**THE RHYTHMIC GYMNASTICS NEWSLETTER – N° 03  
January 2021**

**45. When an R with rethrow is performed with Ribbon, the gymnast will sometimes hold/ catch the end of the Ribbon fabric but will not immediately catch the stick. When exactly must the stick be retrieved, for the R to be valid?**

- Does the stick have to be retrieved immediately after rethrow/ pullback?
- Or is it permitted to perform other elements using the fabric (AD throw, or passing through), before finally retrieving the stick and closing the R?

For R to be valid, the stick of the Ribbon has to be retrieved immediately after rethrow/ pullback. A “Boomerang” requires a release and retrieval (catch) of the stick by the hand or another part of the body; if there is no catch, this is preparation for the next throw only. Therefore, a rethrow with body movements to set up for the catch are acceptable, but a re-throw followed by an intermediate element (AD) is not.

**46. When evaluating the number of rotations in R with cascade: Do we add up all the correctly connected rotations, performed under the flight of EITHER of the Clubs, to become one R? Or do we count only the rotations performed under ONE flight phase?**

<https://youtu.be/ApJhJnVFQ6g>

First: for cascade to be valid, both clubs must be in the air at the same time at some point of the throw; once the rotations have started, this is the flight phase under which they must be completed. This is R2.

**47. To accept an R with a catch during the first phase of the second rotation, we know that the rotations must be well connected (no additional steps, no stop position), and we know that the second rotation must have started before the catch. It could be helpful to give some additional written explanations.**

- a) **Should the trunk be leaning forwards at the moment of the catch and must one leg be lifted from the floor at the moment of the catch (for walkover/cartwheel/illusion)?**

Yes, because such a position indicates the second rotation has started.

- b) **Can the catching arm have a pause, stretched towards the apparatus?**

Yes, the arm can be stretched (with small pause) when catching an apparatus. Catching an apparatus with a stretched arm is the correct technique.

- c) **Can the gymnast slow down her rotation speed, as long as she does not stop?**

Yes, it is possible, a certain speed of rotation is not a requirement when performing R.



**THE RHYTHMIC GYMNASTICS NEWSLETTER – N° 03  
January 2021**

**48. When the first rotation ends standing, and the gymnast wants to start the second rotation from the knee(s): How may the transition be performed? How many steps on the feet/ on the knees?**

A transition from a standing rotation to the rotation on elbows/ chest should be direct without interruption, without stopping in a kneeling position. The opening of the leg to begin the next rotation, even if includes changing level, is the tolerated “step.”

**49. When connecting a horizontal rotation to a backwards walkover: How many steps are permitted?**

The “step” to open the leg onto which she will rotate for the second rotation is permitted (not a walking step).

**a) Should the walkover start from the step out of chainé (two feet on the ground)?**

Yes; the two feet are together in chainé; the gymnast must step onto the leg on which she will begin the next rotation immediately; this is the ‘step’ that is tolerated, not an additional on top of that.

**b) Can the gymnast take an extra step to change legs, so she can perform the walkover on her «good side»?**

She cannot take “extra” steps, only the “step” directly onto the leg for the next, immediate rotation.

### **Dance steps combination (S)**

**50. In Dance Steps Combination (S) it is not possible to perform pre-acrobatic element(s), illusion(s). It means BD Illusion. Is it allowed to perform modifications of Illusion (free leg bent)?**

Modification of Illusion is not authorized during Dance steps combination as well as any modifications of the pre-acrobatics elements. Such modifications can be performed before or after the 8 seconds.

**51. A gymnast performs a Dance Steps Combination fulfilling the requirements for 8 seconds, but the last 2 seconds she performs steps like preparation for the next Difficulty. Should the judges count such a Dance steps combination?**

If the final two steps are preparation steps, they must include character in the movement in harmony with the rest of the Combination and not be simple preparatory steps, in which case the Steps are not valid because they do not fulfill the definition for the complete 8 seconds.



**THE RHYTHMIC GYMNASTICS NEWSLETTER – N° 03  
January 2021**

**52. If a gymnast performs a Dance Steps Combination and, after 10 seconds correctly performed, she loses the apparatus, how will the judge evaluate this?**

If the gymnast completes 8 seconds meeting all requirements, and after that loses the apparatus, she has met the definition and the D judge will give the value and the Execution judge will penalize the loss.

**53. Each S must be performed with a minimum 1 Fundamental apparatus technical element. In what cases does the Fundamental apparatus technical element not count and therefore is invalid?**

Fundamental apparatus technical elements are not valid in the following cases:

- Apparatus handling not performed according to the definition
- A technical fault of 0.30 or more during handling including loss of apparatus

The Dance Steps will not be valid if the Fundamental apparatus technical element performed with either or both of the above errors.

**54. If a Dance Step Combination is performed for 16 seconds, is this 1 or 2 Combinations?**

Each Combination must meet the requirements; if within 16 seconds there are two times each requirement, this case be 2 Combinations. If, for example, there is only 1 Fundamental apparatus technical elements, this is one longer Combination.

**55. For the Fundamental requirement catch of the Ball with one hand: if the gymnast catches in one hand and then immediately supports with a second hand, is this catch valid for the Fundamental requirement?**

Yes, this apparatus work is valid for the Fundamental requirement with a technical Execution fault 0.10.

### **Artistic Execution**

**56. What Penalty should be applied if a gymnast definitely finished the exercise before the music?**

Penalty 0.50 should be applied for absence of harmony between music-movement at the end of the exercise.



**THE RHYTHMIC GYMNASTICS NEWSLETTER – N° 03  
January 2021**

**57. Should there be a penalty for the Artistic Execution of the exercise if most of the throws that the gymnast performs are the same technique?**

Penalty 0.20 should be applied for lack of variety in techniques of apparatus elements.

**58. What does it mean that the gymnast does not respect dynamic changes in the music and Penalty 0.30 is needed to be applied?**

The gymnast must show dynamic change(s) by contrasts in the energy, power, speed and intensity of both her body and apparatus movements according to changes in the music. For music lacking identifiable dynamic changes, the gymnast creates her own change by visibly changing the speed, style or intensity of her body and/or apparatus movements. There must be at least one identifiable dynamic change in the exercise; otherwise there is a Penalty of 0.30.

### **Group Exercise**

#### **Body Difficulty**

**59. If three (majority) of the Group gymnasts does not hold the balances for a minimum 1 second, is the BD valid? What should be a Penalty for Technical Execution?**

BD is valid. Technical Execution Penalty 0.30 (overall Penalty)

**60. Minimum 1 Difficulty from each Body Group should be present in Group exercise. Can these Difficulties be performed in subgroups in very rapid succession?**

It is not possible to perform these Difficulties in subgroups. They should be performed simultaneously or in very rapid succession by all 5 gymnasts.

In case if the BD is not executed simultaneously or in very rapid succession, Penalty 0.30 by D1-D2 judges.

**61. During the Dance Steps, if a gymnast bounces the ball and the partner receives this bounce, is this valid for the Fundamental?**

No, each gymnast must perform a complete/valid Fundamental element.

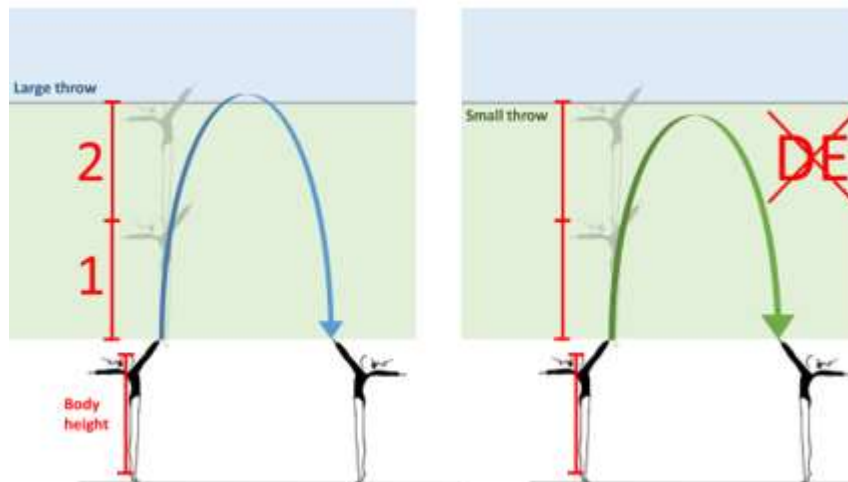


## Exchange Difficulty

62. DE are valid only when Exchanges of the apparatus between the gymnasts are performed by large throws (no “Boomerang”). Large throws are determined by the required height (minimum two heights of the gymnast) or a distance of minimum 6m between the gymnasts. The distance of 6m must be between those gymnasts exchanging with each other at the moment of the throw and/ or at the moment of the catch. It could be helpful to see official examples and additional written explanation.

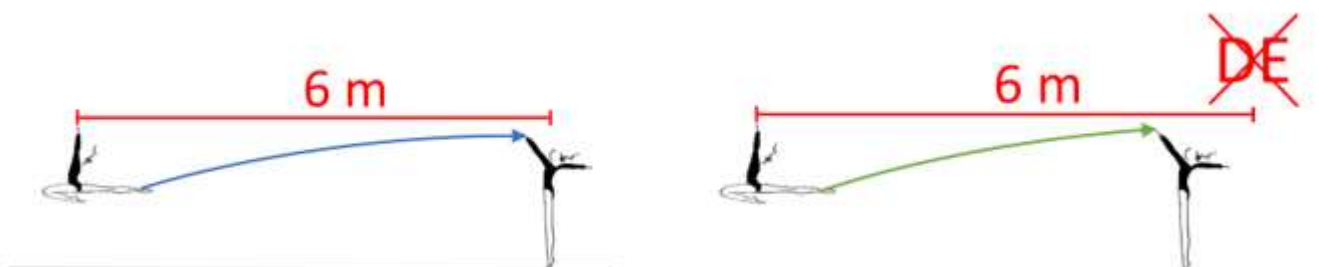
### Example 1 and explanation

DE with a Large throw of the apparatus in a standing position (minimum two heights of the gymnast)



### Example 2 and explanation

DE with long throw of the apparatus (distance of minimum 6m between the gymnasts)

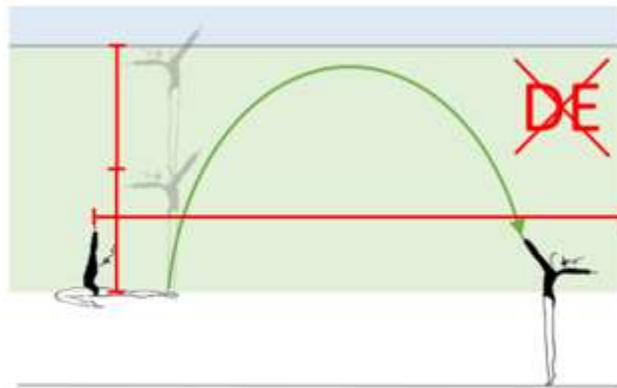




THE RHYTHMIC GYMNASTICS NEWSLETTER – N° 03  
January 2021

Example 3 and explanation:

DE not valid (not large, not long)



**63. When 5 gymnasts throw the apparatus with distance 6m and a low height (less than two heights of the gymnast), but 2 gymnasts in one subgroup have less than 6m. Is DE valid?**

No, DE is not valid. If the throw is not large, all 5 gymnasts must perform the throw with distance 6m unless other criteria is available.

**64. Gymnasts perform ED with an imprecise trajectory of the throw of the apparatus: one gymnast catches the apparatus with one step; another gymnast – with 3 steps. Is the ED valid? What should be the Penalty?**

⇒ DE is valid (# 2.2.5)

⇒ Technical Execution Penalty should be 0.50 (based on the total number of steps taken to the farthest apparatus)

**65. Can the same BD be performed for a second time as criteria during an Exchange Difficulty?**

Yes, it is not a repetition; the BD (value 0.10 only) in the Exchange is only a criterion and can be performed a second time.

**66. Gymnasts perform ED with catch of the apparatus after a rebound from the floor and stop the apparatus during cartwheels on the forearms. Is this ED valid?**

Yes, ED is valid (# 2.6.3. Additional criteria for ED: direct rebound from different parts of the body/floor).



**THE RHYTHMIC GYMNASTICS NEWSLETTER – N° 03  
January 2021**

**67. How many degrees should the rotation  $\phi$  be as a criterion for Exchange Difficulty?**

The criterion rotation  $\phi$  must be minimum  $360^\circ$  as in all cases for rotation unless  $180^\circ$  is specified in the text.

**68. One gymnast performs a Collaboration  $C \rightarrow$  without the help of the hands and outside the visual field. Two other gymnasts do not perform the main action; they only catch the apparatus without the help of the hands and outside the visual field. What is the value of this Collaboration?**

Value of this Collaboration=0.40

0.20  $C \rightarrow$  + 0.10 throw apparatus without help of the hands + 0.10 throw of the apparatus outside the visual field by the gymnast performing the main action.

**69. Throw under the leg of two or more apparatus at the same time in different directions during a jump or element of rotation: can criterion “outside the visual field” be valid for this throw?**

Yes, this type of the throw is valid for criterion “outside the visual field”.

**70. Please clarify the height of the throw required for Collaborations CR and CRR.**

For these types of Collaborations medium or large throws are required. These Collaborations follow the same principle as Individual R (cannot be performed with a small throw).

**71. When a rebound off a part of the body is used as the throw to start CR/CRR/CRRR, must the rebound must have the required height as throw to be valid?**

Yes, like in #67 above, because they serve as the throw.

**72. When a rebound off a part of the body is used as the catch of the CR/CRR/CRRR, may the rebound have any height?**

Yes, it may have any height if it is the catch; this rebound must be caught for the Collaboration to be valid.





**THE RHYTHMIC GYMNASTICS NEWSLETTER – N° 03  
January 2021**

**73. Is it possible in a Collaboration for a rebound of the Hoop to be used as a catch and at the same time as the throw for the next Collaboration?**

1 rebound can be the catch as well as the throw for the next as long as the height is sufficient for the throw (medium or large required).

**74. Collaborations CR or CRR are performed with a small throw: are these Collaborations valid? If not, will there be a Technical Execution Penalty?**

Collaborations CR or CRR performed with small throw are not valid. No Technical Execution Penalty.

**75. What is the required height for throws in Collaborations CC and C↗ ?**

Collaboration CC requires small or medium throw.

Collaboration C↗ requires medium or large throw.

**76. Is a distance of 6m used to define the height of the large throw in Collaborations?**

No, distance is not used to define the heights of the throws in Collaborations. A distance of 6m is used to define a valid throw only in Exchange Difficulties.

**77. Is a Collaboration Difficulty valid with a knot?**

The Collaboration is valid if the other requirements for Collaboration are met.

**78. Please clarify the Technical Execution Penalty in Collaboration CRR2:**

- a) for the successively lost two apparatus in the same element; two catches in CRR2 are performed in rapid succession**
- b) for lost two apparatus in different elements but one loss is a consequence of the other loss**

**Do we penalize only one time?**

Penalty will be applied each time because the gymnasts lost the apparatus not at the same time.



**THE RHYTHMIC GYMNASTICS NEWSLETTER – N° 03  
January 2021**

**79. When a Group performs Collaboration CRR, is it possible to evaluate a new Collaboration that is initiated before the end of the initial Collaboration is completed?**

Collaborations with dynamic elements of body rotation (# 6.4) are defined by the gymnast(s) performing the main action; therefore, until the main action is complete (a catch of the apparatus by the gymnast performing the main action), a new Collaboration cannot be evaluated.

**80. If a Group is performing a Collaboration where one subgroup performs CR and a second subgroup performs CRR, and they are linked by the apparatus in a valid way, can both CR and CRR be evaluated?**

No, the lowest value is given and explained in NL # 1, Group D3-D4, # 4

## **Artistic Execution**

**81. Is it necessary to apply a Penalty if the majority of Collaborations in the exercise are combined with  ?**

Each Group exercise should have various types of Collaborations; there should be a balance between the different types of Collaborations. If one type of Collaboration overwhelms the composition; Penalty for Artistic Execution 0.20.

**82. There needs to be balance between different types of collective work. What Penalty will be applied in the case when one type of collective work is missing?**

There is no specific Penalty for missing one type of collective work, just a direction for balance. There is only a penalty of 0.20 when one type of collective work overwhelms the composition.