



The Rhythmic Technical Committee would like to provide the following information for coaches and judges following the analysis of the official World Cups and World Challenge Cups for the new Olympic cycle to clarify understanding and help improve evaluation:

Noted improvements in the compositions:

- More equal distribution among the Body Difficulty groups
- More variety in apparatus handling
- R elements are a more realistic reflection of what the gymnast can perform

The TC also notes that judges have demonstrated an ability to evaluate without official forms

ANALYSIS:

There are 2 different Difficulty panels and 2 different Execution panels: all 4 components are different and independent.

The ability for different rankings in each component of the score is one of the goals of the Code of Points.

Coaches and judges must change the mindset that the same gymnast must have the same level of score in all 4 components of the score.

INDIVIDUAL and GROUP EXERCISES

BODY DIFFICULTY

- **The shape of the BD must be executed according to the Code of Points:**
 - During the flight (Jumps/Leaps)
 - In the stop position of the Balance (except Dynamic Balances)
 - During the minimum basic rotation (Rotations).
- *Many BD are performed without a clearly defined shape according to the Code of Points and are therefore not valid: Main shapes for the BD in the Code of Points :*
 - *Horizontal and split positions: (click on the examples)*
 - [BD Balance Examples](#)
 - [BD Rotation Examples](#)
 - *Ring position : must be « closed ; » many ring positions are not closed: [Examples](#)*
 - *Back bend of the trunk must be with the main action of the trunk, touching not required: often only the head and upper shoulders bend back: [Examples](#)*



- If the apparatus technical elements are performed before (during preparation) or after the BD instead of during the BD, the BD is not valid.
- For fouette rotations: the apparatus handling must be performed before the leg begins to close following the final rotation.
- Only apparatus technical elements performed according to the definition (COP 3.3, 3.4, pages 17-22) are valid (large rolls, small throws, spirals, snakes, etc).

APPARATUS TECHNICAL ELEMENTS

- Passing through the Rope/Hoop with whole or part of the body: **the Explanatory note for 3.3.1 and 3.3.2, pages 17-18 are valid for BD, R and AD and the Fundamental requirement.**
 - Note : the head is considered a large segment for passing through apparatus (Rope/Hoop). In the case of large rolls the head is not considered a large segment

Examples

- 3.3.3. (page 18) Explanation: Handling of the ball held with 2 hands is not typical for this apparatus; therefore, this type of handling must not overwhelm the composition

The execution of all Technical Groups with Ball supported on the hand is correct only when fingers are joined in a natural manner and the Ball does not touch the forearm.

- 3.3.4 : (page 19) Small throw of 2 Clubs together (**free or « locked » together**) simultaneously or alternating with rotation and catch: **the rotation must be at least 360°. In the Code of Points, a basic rotation of 360° is always required unless specifically noted as 180° or otherwise.** Example
 - For 2 clubs « joined » together: the thrust, and the slide have different techniques (rotation is only required for small throw of 2 clubs #3.3.4, page 19)
- 3.4. (page 20) Transmission of the apparatus around any part of the body or under the leg(s)
 - **Different transmissions: around different parts of the body (regardless of the body group of leap, balance or rotation)**
 - **When the transmission is done with a different technique (rotation around the axis) or in a different plane, this is different.**
- 3.4. (page 20) Passing over the apparatus with the whole or part of the body: passing over the apparatus without a transmission of the apparatus from hand or one part of the body to another



DANCE STEPS

- **Many Dance Step Combinations are not valid**
 - Missing 8 seconds: steps are short and often the start is not clear
 - AD/C/CC interrupt the Steps (a very big problem)
 - Missing non-dominant hand in individual exercises
 - Missing 2 varieties of movement: many Steps have change in direction only
 - « walking or running on the toes » is not considered dance steps

4.1.2. (page 23) Non-dominant hand requirement: the non-dominant hand must participate in the apparatus handling: [Examples](#)

DYNAMIC ELEMENTS WITH ROTATION

R elements are not valid with:

- Incomplete rotations in the base 2 rotations: [Examples](#)
- Only 1 valid base rotation : When a gymnast throws the apparatus on the first rotation the action of the throw must be initiated during the first rotation and not after she has completely stood up and then released the apparatus in a vertical position followed by 1 rotation. [Example](#)
- Repetition of identical rotational elements: [Example](#)
- R elements may be caught from a direct rebound from the floor or another part of the body

Note about the final rotation:

- 5.1.3, (page 24): if the final rotation is executed after the catch, this rotation and the criteria belonging to this rotation (possibly level, axis, and « catch during a rotation ») are not valid.

Other criteria which is correctly executed on the catch is valid, even if the final rotation is not.



[Examples](#)



AD

AD elements are not valid with:

- No valid Base: the base element is not performed according to its definition
- One of the two criteria which make the AD « particularly technically difficult » or « interesting or innovative » is performed before or after the base (often for the criteria « with rotation »)
[Large Roll Examples](#)
- Basic apparatus combinations that are neither « particularly technically difficult » nor « interesting or innovative use of the apparatus. »
[Catch Examples](#)
- A technical fault of 0.30 in the base: Example:

Base	Penalty of 0.30
	<ul style="list-style-type: none"> • Imprecise trajectory and catch in flight with 2 or more steps
	<ul style="list-style-type: none"> • Loss and retrieval without travelling • Hoop : catch after throw : contact with the arm

Note about AD ↓ : it is possible for these catches to happen after a bounce or rebound (provided they meet the definition of AD #6, page 27) based on the criteria « direct re-throw/rebound »

ARTISTIC EXECUTION

- Many compositions look like a series of elements without any regard to the music and without any connection between the elements related to the **character** of the music (penalty guiding idea: character of 0.30 or 0.50 depending on severity)
- No dynamic change(s) are performed by the gymnasts and judges have not correctly evaluate this missing component (penalty lack of dynamic change : 0.20)
- Body expression, elegance and character of movement is often missing through the entire exercise since gymnasts move from one element to the next (penalty 0.10, 0.20 or 0.30 depending on severity)



- Gymnasts move back and forth along the same line of the floor area or stay in the same area, and judges have not correctly evaluated these penalties (*penalties for lack of variety in the directions : 0.10 x 3 possibilities*)
- Artistic judges have not differentiated between well-connected compositions with idea and character and body expression compared to those which are just a series of body and apparatus elements (*penalties in Guiding idea up to 0.50 and connections up to 1.00 regardless of the technical level of the gymnast*)

GROUP DIFFICULTY

Exchange

Gymnasts must throw and receive the apparatus (#2.2.1, page 61) ; in the case of the ball thrown during an Exchange, it is not possible for the ball to first bounce on the floor before the partner catches it.

Collaboration

- Collaborations are only valid with authorized pre-acrobatic elements (see #5.4.1, page 26). Collaborations are not valid with unauthorized pre-acrobatic elements or unauthorized techniques (ET penalty page 73): EX: dive forward roll
- 5.6. (page 64) The same rotation (pre-acrobatic elements, chaîné, etc.) may be used one time in **R** and one time in **ED** and / or in **C** : *an identical repetition is not valid*

Value		Types of Collaboration
	C↗	<p>With throw (a medium or large) of 2 or more apparatus simultaneously by one gymnast. While two gymnasts may hold the apparatus together, the main action – throw-- must be done by one gymnast.</p> <p><i>The value of this type of throw is given one time per Collaboration. If two different gymnasts throw 2 or more apparatus simultaneous or in rapid succession, this is one Collaboration.</i></p> <p>Note: a minimum of 3 clubs must be thrown, or 1 (or 2) club + 1 additional apparatus</p>
	C⇓	<p>Catch after medium or large throw of 2 or more apparatus simultaneously by the same gymnast. <i>If the catch by one gymnast is in very rapid succession, this is also valid.</i></p> <p><i>The two apparatus must arrive from two different partners or from one other partner and herself.</i></p> <p><i>It is not possible for the <u>same</u> apparatus thrown together for C↗ to also be caught for C⇓</i></p> <p><i>The value of this Collaboration is given one time per Collaboration</i></p>



Value				Types of Collaboration
0.20	0.30	0.40	0.50	
				<p><i>Collaborations with rotation (CR, CRR) may not be « downgraded » to CC, CR in case the rotational element is not performed according to the correct timing or the gymnast(s) do not actually pass above, below, or through the apparatus</i></p> <p><i>All gymnasts must be involved in 1 type of collaboration (simultaneously or in succession or by subgroup), and all 5 gymnasts must be in a relationship either directly and/or by means of the apparatus to be valid. (#6.2.1, 6.2.2, page 65). <i>If 3 gymnasts are performing CRR, and the other 2 gymnasts are performing a different collaboration with each other independent from the CRR, this total Collaboration is not valid since not all 5 participate in one Collaboration, even though they are in subgroups..</i></i></p>
<ul style="list-style-type: none"> • Collaborations with rotation can be combined with the collaboration with simultaneous throw $C \rightarrow$ or simultaneous catch $C \downarrow$. In such a case, the value of the collaboration is given by addition of the values of the two components. • Collaborations with rotation cannot be combined with C or CC. 				
<p>Additional Criteria for $C \rightarrow$, $C \downarrow$, CR, CRR, CRRR</p> <p>\neq without help of the hand(s) : +0.10</p> <p>\otimes outside the visual field: +0.10</p> <p>For CR, CRR, CRRR: when executed by a minimum 1 gymnast performing the main action of body rotation with loss of visual control, valid one time per Collaboration with rotation: on the throw and/or the catch. <i>The value of the criteria is given once for the throw and/or for the catch regardless of the number of gymnasts.</i></p>				

Note about Collaborations:

- Some Groups miss the requirement that a minimum of 1 Difficulty from each Body Group should be present and executed simultaneously by all 5 gymnasts (#2.1.3, page 60).
- some Groups have a predominance of one type of Collaboration

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