



## **AEROBIC GYMNASTICS TC**

### ***NEWSLETTER No.27 – 20<sup>th</sup>, October 2011***

The FIG AG-TC wish to notify our Member Federations of the following:

#### **CALENDAR 2012**

##### **• International Competitions 2012:**

##### **• World Cup 2012:**

The FIG Presidential Commission has approved below events for the 2012 World Cup:

	Event	Dates	Place
1	Aquae World Cup	March 24-26	Aix les Bains, FRA
2	Suzuki World Cup	April 21-22	Tokyo, JPN
3	World Cup Azores	May 16-21	Azores, POR
4	CZE World Cup	October 13-14	Liberec, CZE
5	AUT World Cup	October 26-28	Kufstein/Tyrol, AUT

##### **World Championships 2012:**

Location for the FIG Aerobic Gymnastics World Championships and World Age Group Competition for 2012 will be announced shortly.

This event will count for the qualification of all categories of the Aerobic Gymnastics as well as the AERO-Dance and AERO-Step for their first participation in the 2013 World Games (Cali, COL).

##### **AERO DANCE & AERO STEP:**

All rules and guidelines from Newsletter 25 and 26 are valid except for below information for the World Championships 2012.

	AERO-Dance	AERO-Step
Competitors	The number of the competitors (optional gender) will be specified in the Directives	
Dress Code	• Sequins for Men are NOT ALLOWED (see FIG COP)	
Difficulty Elements	4 Optional Elements (from the value of <b>0.2-0.6 point</b> ) • All competitors perform 4 Difficulty elements at the same time • 4 Optional Elements can be selected from the Element Pool of the COP (any group)	/

Further information and directives will be sent to all member federations soon.



# AEROBIC GYMNASTICS TC

## Code of points clarifications:

### LIFT (pg 27/32):

In the case of a standing lift, i.e. one person lifting two persons, the lift cannot be higher than 2 persons standing one on top of the other.

### Must be replace:

In the case of a standing lift, i.e. one person lifting two persons, the lift cannot be higher than 2 persons, the base in the standing position supporting the lifted person, both on the straight arms (in vertical position).

## SOMERSAULT

### **Prohibited moves (COP page 32/32 & NL 23):**

“All somersaults (forward, backward and sideward)” are prohibited

Definition of somersault by Hardy Fink, Director of FIG Academies

**A SALTO is a rotating gymnastics element that requires:**

**a minimum 360° in-air rotation forward or backward about the transverse axis in the sagittal plane.**

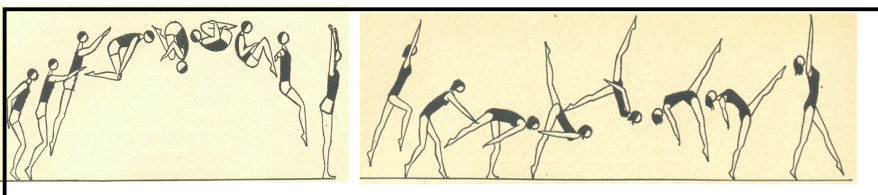
**OR**

**a minimum 360° in-air rotation left or right about the “A-P axis” (anterior-posterior axis) in the frontal plane (side salto).**

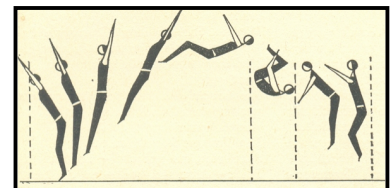
**AND**

**can be accompanied by any number of twists.**

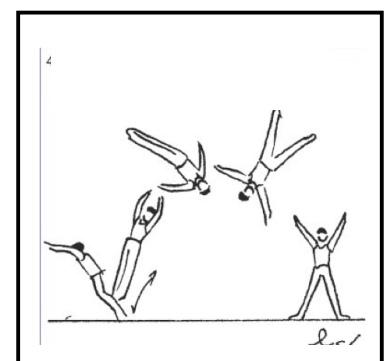
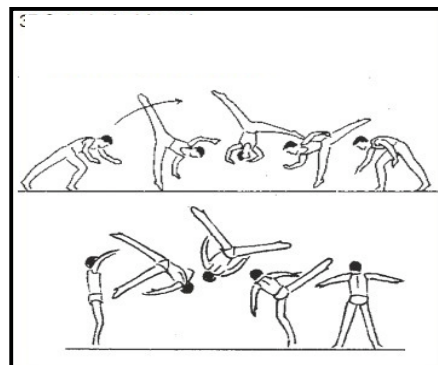
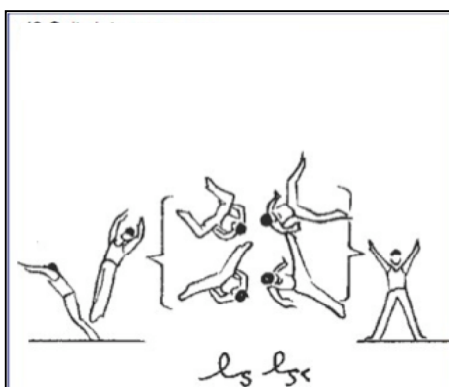
### **Examples of salto forward**



### **Example of salto backward**



### **Examples of salto sideward**



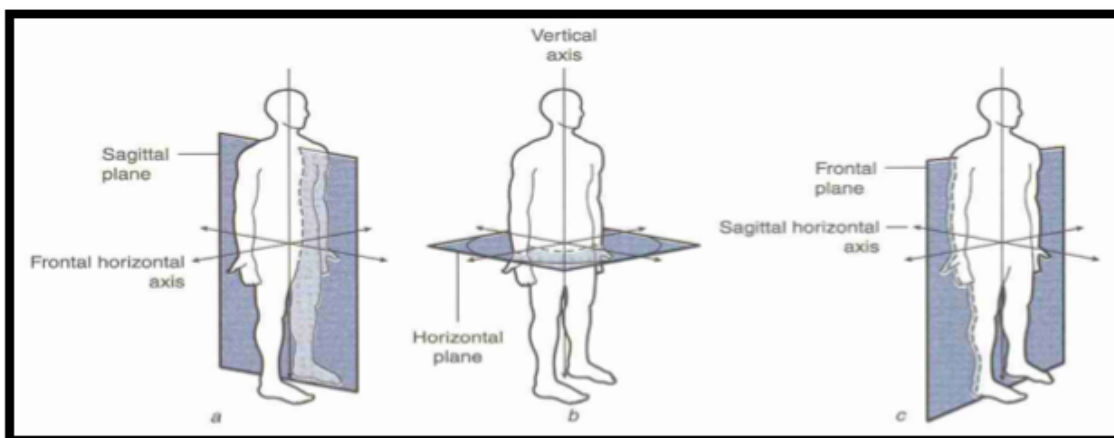


# AEROBIC GYMNASTICS TC

For saltos, the specification of the plane becomes important to avoid confusion.

For example:

- If we can place a gymnast as if lying on her side horizontally in a tuck position and then rotating her about the transverse axis, we do not call this a salto or a twist. It is more like a spinning top.
- The Aerobic element “360° A-frame”, or the possible version of it with straight body, rotates about the A-P axis, but in the horizontal plane so we do not call it a salto. This is similar to what is referred to as a “turn-table” in trampoline because it rotates like a turning table or a turning platform.



PLANE	DESCRIPTION		DEFINED BY THE AXIS		
	The planes are all right angles one to another		xx' - SAGITTAL	yy' - LONGITUDINAL	zz' - TRANSVERS
SAGITTAL	Vertical	divides into RIGHT and LEFT	✓	✓	
FRONTAL	Vertical	divides into ANTERIOR (FRONT) and POSTERIOR (BACK)		✓	✓
TRANSVERS	Horizontal	divides into SUPERIOR (UPPER) and INFERIOR (LOWER)	✓		✓

## TRANSITIONS

Except prohibited moves, all movements not listed in the element pool of the code of points 2009 – 2012 will be considered as transitions until FIG AEROBIC TC will do full analysis for recognition as new elements with family name, name value and description in January 2012.

## NEW ELEMENTS 2012

### • Date changes

Applications for New Elements must be sent to the FIG Secretariat **before 15<sup>th</sup> January, 2012 instead of 31<sup>st</sup> January 2012**. They must be received in writing and accompanied by a video (see COP)•

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