



FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE

The RHYTHMIC Newsletter

N°1

By Mrs. Maria Szyszkowska, President of the Technical Committee

20.01.2009 – update 09.04.2009

1. 1.2.2 (p. 22): Delete “or the starting position”. See Annex N°1 (SAME SHAPE)

2. 6.3, Note 6 (p. 63): Delete “or the starting position”

3. 2.2.1 (p.71): All the apparatus Technical Groups (**except: swings, thrusts**) can be used for Mastery. This means each technical element of the apparatus (**except: swings, thrusts**) is valid as a Base of Mastery. See Annex N° 2 (D2)

4. 2.3.2 (p.77) Errata

Body in Space


- Body during a rotation around the vertical axis (on 1 foot) or around the horizontal axis (on 1 foot, 1 hand or 2 hands)
 - Front splits with trunk back bent with rotation (**180° minimum**) and penché with rotation (body in flexibility position + rotation= **0.10 + 0.10**)

5. 2.3.2 (p.78) Criteria for Mastery without throw. See Annex N 2 (D2)

	Performed with:
	<ul style="list-style-type: none">• Passing the apparatus below the leg(s) during the flight of a jump/leap
	<ul style="list-style-type: none">• Passing the apparatus outside the visual field during an element with rotation of the apparatus (hoop), (rope and ribbon with spirals)
	<ul style="list-style-type: none">• Passing the apparatus without the help of the hands

6. 3.1.6 (Individual Exercises – p.88): Balance between left hand/right hand work.

7. 4.2 (p.91) Lack of balance between left hand/right hand work: Penalty: **0.50**.

8. 4.2.2 (p.36): Code of Points is correct (**+0.50**)  Fouetté balances (Italian) (minor error in Errata).

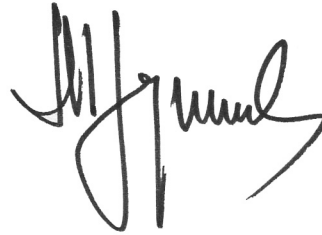
9. There is an error in the Symbol Brochure. It is necessary to respect the Code of Points 2.4.1 (p. 81). (But now the pages from 79 § 2.3.3 to 84 § 2.5. are eliminated) See Annex N 2 (D2) !?

10. 2.1.4. (p.71).....to add after ...jumps/leaps :<< **or skips/hops series**>>

11. 2.3.1 (p. 75) << passing into the rope turning backward during a **jump/leap** << jeté en tournant>> Delete “jeté en tournant” (turning leaps)

Page 60, 61, point **6.2.4** and **6.2.6.**: respect the Code of points: elements with rotations which give dynamics to static elements, are already integrated like the part of the difficulty,

Therefore no additions can be attached to any other difficulty.

A handwritten signature in black ink, appearing to read 'M. Szyszkowska', with a stylized, flowing script.

Maria Szyszkowska
RG-TC President

ANNEX 1




SAME SHAPE (Relationship Trunk-Legs)





Within each body group, the same shape (relationship trunk-legs) of a difficulty cannot be repeated during the exercise : the number of rotations, the presence/absence of rotations or walkover are not considered as different shapes.



Same Shape



-jump with or without rotation :  B  F same

-jump 180° or 360° :  A  C same



-pivot 360° or 720° or 1080° etc :  A  C  E same

-balance / with or without tour lent flexibility  B  D  B  D same

-tour lent 180° or 360°  E  G same

-difficulty with or without wave at the start :  C  D (C + 0,10) **same**

-flexibility with or without rotation  C  F same

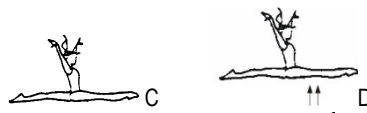
-flexibility with rotation 180° or 360° or 720° etc.  F  H same

- one or two rotations, etc..  C  E **same**

-flexibility with or without walkover  A  C same

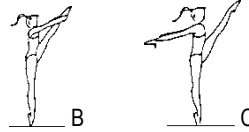
Different Shape

- jump with take-off from 1 – 2 feet



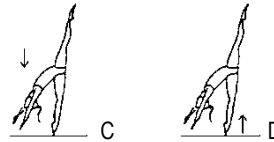
different

- difficulty with and without help



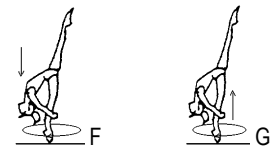
different

- difficulty with take-off from standing and from the floor



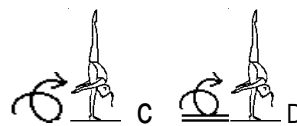
different

- rotation with take-off from standing and from the floor



different

- walkover with take-off from standing and the floor



different

D2 TABLE : APPARATUS MASTERY (WITH & WITHOUT THROW)												
ROPE												
	0,1	0,1			0,1		0,1		0,1			
		0,1		0,1	0,1		0,1		0,1			
	0,1	0,1	0,1	0,1 (catch)	0,1	0,1 (catch)	0,1	0,1	0,1 Double rotation of the end	0,1		
	0,1	0,1	0,1	0,1	0,1		0,1 work level	0,1		0,1		
	0,1		0,1	0,1	0,1*	0,1 spirals, w/o hands / unstable	0,1			0,1 spirals		
	0,1			0,1	0,1	0,1		0,1	0,1 rotation on horiz.plane		0,1	
	0,1			0,1	0,1	0,1	0,1 For mixed catch	0,1	0,1 rotation on horiz.plane		0,1	0,1

* Ample movement of the trunk (circumduction, or forward-backward or vice versa, from left to right or vice-versa, with figure-8 movements of the apparatus)

N.B. : rotation during the flight on the horizontal plane;

D2 TABLE : APPARATUS MASTERY (WITH & WITHOUT THROW)												
HOOP												
	0,1	0,1	0,1	0,1	0,1	0,1	0,1					
	0,1			0,1	0,1	0,1	0,1 boomer. or in cercle	0,1				
	0,1		0,1	0,1	0,1	0,1	0,1 Front. and lateral plane			0,1 w/o hands or with rotations		
	0,1		0,1	0,1	0,1	0,1	0,1	0,1		0,1		
	0,1	0,1	0,1	0,1	0,1	0,1	0,1 For skips/hops		0,1			

	0,1		0,1	0,1	0,1				0,1		
	0,1	0,1	0,1	0,1*	0,1				0,1		
	0,1			Figure-8	w/o hands /unstable						
	0,1		0,1	0,1	0,1		0,1	0,1		0,1	
	0,1		0,1	0,1	0,1		0,1	0,1		0,1	0,1

*Ample movement of the trunk (circumduction or forward to backward and vice versa , left to right and vice versa, with figure-8 movements of the apparatus)

N.B. : rotation in flight around the diameter

BALL												
	0,1	0,1	0,1	0,1*		0,1	0,1	0,1			0,1	
	0,1	0,1	0,1	0,1	0,1	0,1	0,1					
	0,1		0,1	0,1	0,1*	0,1					0,1	
					Figure-8	w/o hands /unstable						
	0,1	0,1	0,1	0,1	0,1	0,1		0,1	0,1		0,1	
			Pendant t série									
	0,1			0,1	0,1	0,1		0,1	0,1		0,1	0,1

*Note : « Without hands » refers to rebound on the floor without the hand(s) or catch of the rebound without the hand(s)..

* Ample movement of the trunk (circumduction or forward to backward and vice-versa , left to right and vice versa with figure-8 movements of the apparatus.)

CLUBS												
	0,1	0,1	0,1		0,1	0,1		0,1				
	0,1				0,1	0,1						
	0,1	0,1	0,1		0,1			0,1				
	0,1		0,1	0,1	0,1*	0,1					0,1	
					Figure-eights	w/o hands /unstable						
	0,1			0,1	0,1	0,1					0,1	
	0,1	0,1	0,1	0,1	0,1	0,1		0,1	0,1		0,1	
		1 or 2 clubs at the same time in alternance	During series					For small asymm. throw and mixed catch			Very fast small rotations	

	0,1		0,1	0,1	0,1		0,1	0,1	0,1	0,1	0,1
	0,1		0,1	0,1	0,1	0,1 for asymm throw and mixed catch	0,1 rotations on the horiz. plane	0,1 rotations on the horiz. plane	0,1 Catch with roll	0,1 Rotations during flight, clubs together or in cascade	0,1

* Ample movement of the trunk (circumduction or forward to backward and vice versa , from left to right and vice versa , with figure-8 movements of the apparatus)

N.B. : very fast small rotations during the flight of 2 clubs : rotations during the flight of 2 clubs together or in cascade during a larger throw;

: rotation during the flight on the horizontal plane : rotation during the flight of 2 clubs on the horizontal plane

RIBBON												
	0,1	0,1	0,1			0,1	0,1	0,1	0,1			
	0,1	0,1	0,1			0,1		0,1	0,1	0,1		
	0,1		0,1	0,1	0,1							
	0,1		0,1	0,1	0,1*	0,1	0,1	0,1	0,1	0,1		
	0,1	0,1	0,1	0,1	0,1	0,1					0,1	
			0,1 During the series	0,1	0,1	0,1						
	0,1			0,1	0,1	0,1	0,1 For boomerang throw	0,1	0,1		0,1	0,1


* Ample movement of the trunk (circumduction or forward to backward and vice versa , from left to right and vice versa , with figure-8 movements of the apparatus)

NOTE : ELEMENTS OF MASTERY WITH THROW HAVE BEEN INSERTED IN THE TABLE OF MASTER WITHOUT THROW TO GIVE THE POSSIBILITY OF USING THE SAME WORDING FOR MASTERY ELEMENTS WITHOUT THROW AS WELL AS FOR MASTERY ELEMENTS WITH THROW.





THE ABOVE TABLE REPLACES PAGES 79 (2.3.3) TO 84 (2.5) IN THE CODE.

N.B. MEANING OF THE FOLLOWING SYMBOLS:

 : LARGE THROW AND CATCH OF TWO CLUBS (TOGETHER OR IN CASCADE)

 : SMALL THROW WITH CATCH OF 2 CLUBS

NOTE : THE ABOVE SYMBOLS REPRESENT THE THROW AS WELL AS THE CATCH OF 2 CLUBS; THEREFORE ONE OR TWO CRITERIA FOR THE CATCH, WHICH SHOULD BE INDICATED IN PARENTHESES.




 : SMALL THROW AND CATCH OF ONE CLUB (2 CRITERIA AT THE MINIMUM MUST BE MET TO RECEIVE 0.10 POINT, EXCEPT FOR SMALL THROWS AND CATCHES OF 2 CLUBS () AND SERIES OF SMALL THROWS AND CATCHES:  ()



 : DIRECT CATCH OF THE BALL WITH ROLL OR ON THE BACK OF THE HANDS

 : DIRECT CATCH OF THE HOOP WITH ROLL OR WITH ROTATION OF THE HOOP

 : THROW AND CATCH OF THE APPARATUS BELOW THE LEG

EXAMPLES: THROW OF THE APPARATUS OUTSIDE THE VISUAL FIELD:  () = 0,10

• CATCH OF THE APPARATUS IN A POSITION ON THE FLOOR, WITHOUT THE HELP OF THE HANDS :  ( ) = 0,20

MIXED CATCH :  () = 0,10

• SMALL THROW OF THE APPARATUS BELOW THE LEG DURING A JUMP/LEAP AND CATCH:  ( ) = 0,10

• SMALL THROW AND DIRECT CATCH WITH ROLL, OUTSIDE THE VISUAL FIELD:  () = 0,10

• SMALL THROW OF A CLUB IN A POSITION ON THE FLOOR, AND CATCH BEHIND THE BACK:  () () = 0,10

• THROW OF THE OPEN ROPE HELD IN THE MIDDLE , WITH ROTATIONS ON THE HORIZONTAL PLANE:  ( ) = 0,20




• THROW OF THE OPEN ROPE HELD BY ONE END :  ( ) = 0,10

• THROW OF THE RIBBON IN A BOOMERANG OR THROW OF THE HOOP ON THE OBLIQUE PLANE :  () = 0,10 ou  () = 0,10

• THROW OF A CLUB DURING A JUMP/LEAP:  () = 0,10

• THROW OF A CLUB WITH ROTATIONS ON THE HORIZONTAL PLANE :  () = 0,10

• THROW OF 2 CLUBS (TOGETHER OR IN CASCADE):  () = 0,10

• THROW OF 2 CLUBS (TOGETHER) AND CATCH ON THE FLOOR :  () () = 0,10 + 0,10

- ASYMMETRICAL THROW WITH HEIGHT, SPEED, OR IN VARIOUS DIRECTIONS: \nearrow ($\curvearrowright \uparrow$) = 0,20
- ASYMMETRICAL THROW ON VARIOUS PLANES : \nearrow ($\curvearrowright \ominus \uparrow$) = 0,30
- SERIE OF SMALL THROWS OF 1 OR 2 CLUBS IN THE SAME TIME ALTERNATELY \longleftrightarrow ($3\uparrow$) = 0,10
- SMALL THROW OF 2 CLUBS WITH VERY QUICK ROTATIONS \longleftrightarrow ($\textcircled{\omega}$) = 0,10
- ASYMMETRICAL SMALL THROW OF 2 CLUBS WITH VERY QUICK ROTATIONS \longleftrightarrow ($\textcircled{\omega} \uparrow$) = 0,20