



The ACRO Technical Newsletter

Nr 1 April 2009

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Tables of Difficulty (ToD) and Code of Points (CoP) - Questions and Answers (Q&A)

The purpose of Questions and Answers is to provide clarifications, applications and interpretations to ensure a common, unified understanding of the FIG Acrobatic Gymnastics Code of Points, Tables of Difficulty, FIG Technical Regulations etc.

Question: *How do you calculate the value of mounts in groups?*

WG / MG – Any mount from the floor or a position of no value receives the same value as that given to the same mount in the pair tables on pages 25 – 41 in the Tables of Difficulty (version December 2008).

WG / MG – Any mount in MG / WG needs only to be held for 1 second to claim the value of the mount.

Question: *Can either the top or base catch with arms around the body in dynamic skills?*

Pair / Group Dynamic Elements – Additional support around the body by the top performer and / or a base on a dismount or catch is not allowed if it is not characteristic of the element.

Question: *Can a pair or group perform an element to feet and to splits in the same exercise, even if the identification code is in the same box?*

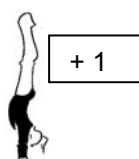
Pair / Group Balance or Dynamic elements – an element that lands in splits is categorised as being a different element even if it has the same identification code as another element.

Example: Page 139 2 – R5 8/4 (to feet) = 14v

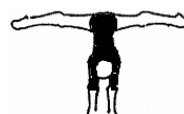
Page 139 2 – R5 8/4 (to splits) = 16v



Question: *What happens if I claim a handstand with legs together on the tariff sheet but my gymnast performs a handstand with legs in straddle position?*



Declared Element



Performed Element



Pair / Group Balance – Where a coach claims a handstand with legs together (+1) on the tariff sheet but the gymnast performs a handstand with legs in straddle then the gymnast has not performed the declared element. Therefore, no value will be allocated to the element but it will fulfil special requirements. This principle applies to both 1 arm and 2 arm work.

Question: *Is there an error in the WG values of table P on page 100?*

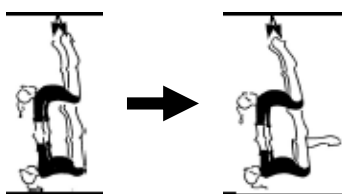
WG Balance – Yes - there is an error in the Tables of Difficulty. Please use the following values for the evaluation of these balances. This table will be corrected in the T of D.

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|---|---|----|----|----|----|----|---|---|
| P | | | | | | | | |
| V | 6 | 10 | 14 | 16 | 11 | 13 | 3 | 5 |

Question: *Now that a WG can perform a pyramid with two base positions is it as simple as taking one arm or one foot from the point of support?*

WG Balance – A release of just hands, feet, one hand or one foot is allowed and difficulty credit will be given to the second base position. However, an artistic deduction will be taken for such a simple change in position. (N.B. article 20.8 still applies).

Example:



Question: *What happens if a gymnast runs out of the floor boundary with one foot then the other?*

Line Fault deduction – If a gymnast steps over the floor boundary line with one foot and then steps out with the other foot a CJP deduction of 0.1 + 0.1 will result.

Question: *What happens to the difficulty of individual elements when one of the gymnasts does not perform the element declared?*

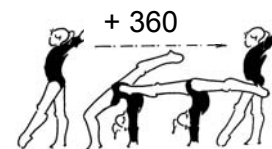
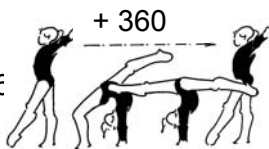
Individual Elements - When one member of a pair or group do not perform a declared element (but still perform a recognised element) the principle outlined below will be used to determine the difficulty:



WG Example: Declared element - Backward Walkover + 360' = 3v (Skill no. 070 + 360') x 3

Performed element:

Backward Walkover + 360' (Skill no. 070 + 360') x 2 = Difficulty + SR



Backward Walkover = 1v (Skill no. 070) x 1 = **NO** Difficulty + SR

Question: *In the 11 – 16 Age Group Programme, can mounts, motions, catches and dismounts be performed from the 11 – 16 compulsory tables?*

11 – 16 Age Group Rules

Yes - just to clarify points 5.7, 6.7, 6.8, 6.12, 7.9 and 8.12 in the FIG Age Group rules:

Entries, motions, catches and dismounts **may be used from the 11 – 16 age group compulsory tables** without penalty but they must be included on the tariff sheet and identified as NV (0) value. (Restrictions in the articles apply with regard to difficulty).

Question: *Does a gymnast have to hold a 1 second static hold before a motion?*

There is no longer a requirement for gymnasts to perform a 1 second static hold before a motion. The gymnast only needs to show the start position clearly and then perform the motion. The time faults for the 1 second static holds before a motion **DO NOT EXIST** any more.

Question: *In the general rules on page 166 it says “for each 180° turn the gymnast receives a value of +1 up to a maximum of 720°.” Does this rule apply only to category 1 elements? (A question was asked about adding a half turn in a hand spring from category 2).*

Yes – this rule **only applies to Category 1 elements**. Multiple twists are already included as part of the Category 2 tables.

Question: *Please clarify the following catches: must a catch to handstand be hand to hand, or is catch on wrist or lower/higher arm permitted? Does this also apply to swings e.g. cannon ball?*




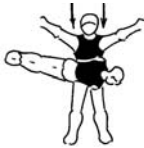
The catch must be characteristic of the element. So catches shown to handstand **MUST** be caught hand to hand.

However, swings and cannon ball type skills, by their very nature can be caught on the wrist or arm without deduction.



Question: Why has the difficulty values for MG, page 130, A1/A2 – 29 and A1/A2 – 30 been deleted?

This is an error. The Acro TC would like to confirm that the following values should be given to these skills.

| Page 130 – Men’s Group Static Elements: Table 3 | | |  |  |
|---|---|--|---|---|
| | | | 29 | 30 |
| A | 1 |  | 8 | 10 |
| | 2 |  | 9 | 11 |

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