



The RG NEWSLETTER

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1. 18 Difficulties Limit

An analysis of the last World Championships in Baku 2005 showed that the limit of a maximum of 18 difficulties per exercise was not kept due to a vast amount of supplementary difficulties being used for Artistic elements. Composing exercises in this way brought about the following consequences:

1. Exercises were composed of a minimum of 24 and a maximum of 29 difficulties.
2. Differentiation in performances per apparatus was scarcely visible due to the excessive use of difficulties from Non Compulsory Body Groups for Artistic.
3. We had the distinct impression that the exercises were mere streams of difficulties since the gymnasts lacked the time to include the expressive gestures and transitions that characterise our sport.

In order to reach the primary goal of the 2005 Code of Points, the FIG-RG-TC feels it necessary to inform all federations that the 18 difficulty limit will be **strictly maintained and controlled**, as foreseen in chapter 4.1.1.

Consequently, exercises with an excessive number of difficulties will be penalised as foreseen in 1.4 (penalty n 1) and the supplementary difficulties will not count (penalty n 4).

2. Information as to norms for leotards

In order to clarify the norms as outlined in the Code, the TC provides the following explanations:

1. The length and colour(s) of the fabric that covers the legs must be identical. Only the design (cut or ornamentation) may be different (the harlequin effect is prohibited).
2. The design (cut and ornamentation) of the skirt is unrestricted, but the skirt must always be styled so that it can fall on a gymnast's hips (the ballet tutu effect is prohibited). No further clarifications are to be made in terms of the length of the skirt.

3. Handling of the Ball



In order to vary handling styles of the ball, the TC feels it necessary to emphasise different types of handling foreseen in technique:

- Small successive spirals
- Figure eight with a change in order and ample movement of the torso
- Rotations of the hand around the ball
- Small successive rotations
- Long accompanied movement (a minimum of two segments)
- Etc.



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The value of these elements will be calculated using the same criteria as applies to paragraph 3.3.4 in handling of the ball.

4. Pivots with a change in form

As stated in LETTER N 21, all ex-unitary pivots with a change in form from the 2005 Code of Points are no longer valid and all pivots with a change in form fall under the following norms:

1. Each pivot must have a minimum rotation of 720°
2. The value of each pivot is calculated by the sum of the value of the first form plus the value of the second form plus 0.10.
3. Each rotation in excess of 720° increases the value of the pivot by 0.20.

With my kind regards and best wishes for 2006.

Egle Abruzzini,
RG-TC President