



NEWSLETTER No.22 – 24th, March 2009

The FIG AG-TC wish to notify our Member Federations of the following amendments made to the COP in order to clarify some points.

Amendments:

This Amended COP (version February 2009) will be available in the FIG Website for download from March 10, 2009.

“Balance turns elements” and “1/1 turn on free vertical split” have been upgraded by 0.1 point. New elements have been included in the last version of the COP.

- All Technical amendments will be valid from 2nd of March 2009.
- Only “Dress Code” amendment will be valid from 1st of May 2009.

English grammar corrected in all of COP & Appendix 1. Please download.

Other amendments:

- COP:**
- Page 26 : Scoring- 2nd bullet... The score is therefore given in **three** decimals
 - Pages 28 and 29 : all paragraphs on musicality deductions from chair have been deleted,
 - Page 31 : scoring examples : new example with 1.9 difficulty coefficient

- Appendix 2:**
- Page 3 : reorganisation of the definitions
 - Page 10 : drawing for lack of amplitude has been deleted
 - Page 19 : A178.2 PLIO PUSH UP ½ TWIST AIRBORNE COSSACK (OR PIKE **OR STRADDLE**) ½ TWIST TO PUSH UP (add **Straddle** : title & shorthand)
 - Page 28 : FLAIR : The starting position must be from **FREE** front support on both hands (add **FREE**)
 - Page 38 : deduction for straddle position, (except Levers and **Planche**) : add **Planche** in bracket.

- Appendix 3:**
- Page 5, A18.1 : PLIO PU 1/1 TWIST TO 1 ARM PU add **OR TO WENSON**
 - Page 47 : **C 566 & C 567** : correct place on the COP

IMPORTANT:

COP: Dress Code: Page 16 of 32

- Men's Attire: **SEQUINS** for Men's Attire are not allowed (Incorrect Attire: -0.2).
Valid from 1st of May 2009.



AEROBIC GYMNASTICS TC

Execution: Specific Errors for Execution: Page 71 of 82

- All jumps landing in 1 or 2 feet, touching the floor with any body part (hand(s), knee(s)) other than feet or foot will be considered as a FALL: deduction of -0.5.

Page 82 of 82: Add

- For Illusion and turns to vertical split, the foot is off the floor in the vertical split position. Deduction of -0.5.

Difficulty – Minimum Requirements: Page 82 of 82

Illusion Family: Add bullet

- The elements must be performed without extra turn (90° or more).

Elements in Vertical Split Position: Add

- The foot of the supported leg in the vertical split position, must stay in contact with the floor.

Reminder: If in a free support illusion, the competitor touches his/her supporting foot or leg during the illusion, this will be considered as “Illusion”.

New Elements – February 2009

Following New Elements have been approved by Aerobic Gymnastics TC

No	Submitted Elements Descriptions	Given value or comment from TC	Elt No	Shorthand
1	Wenson PU Explosive A-Frame	Variation of A185: Wenson Explosive A-Frame	A185	
2	Wenson PU Explosive A-Frame 1/2 turn to Wenson PU	Variation of A 188: Wenson Explosive A-Frame 1/2 turn to Wenson	A188	
3	High V Support from 1 Arm 1/2 Twist to split	TC name: 1 Arm High V-Support reverse cut 1/2 turn to split New element of 1.0 value Family Name: High V-Support	A250	
4	Split Jump 1 1/2 turn	TC name: 1/1 turn Split Jump 1/2 turn New element of 0.7 value Family Name: Split Jump	C667	

Mireille Ganzin
AG-TC President

Tammy Yagi-Kitagawa
FIG AG-TC Vice - President & Secretary