

RULES OF AESTHETIC GROUP GYMNASTICS
COMPETITION FOR CHILDREN,
PRE-NOVICE, & NOVICE CATEGORIES

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INTRODUCTION

International Federation of Aesthetic Group Gymnastics IFAGG owns these rules and has a copy right of these rules. These rules are used in all international aesthetic group gymnastics competitions in children categories. Rules for Gymnastics Ontario competitions have been adapted slightly from the IFAGG rules, primarily with the addition of a younger category (i.e., 8-10 years), and category names assigned to the IFAGG Children Age Groups (i.e., Children, Pre-Novice, and Novice). Many thanks to IFAGG, Annely Riga, Tatsiana Kastsenkava, and Maria Busato for their collaboration and expertise leading to the creation of this new Ontario AGG Provincial Program.

1.0 GENERALITIES

These rules are followed in Aesthetic Group Gymnastics Ontario Competitions for children (age categories 8-10 years; 10-12 years; and 12-14 years) organized by Gymnastics Ontario, and based largely on rules from the International Federation of Aesthetic Group Gymnastics (IFAGG) and its members.

1.1 Competition Categories

8 – 10 Years - CHILDREN: gymnasts aged 8, 9, and 10 during the competition year compete in this category.

10-12 years – PRE-NOVICE: gymnasts aged 10, 11 and 12 during the competition year compete in this category. Two members of the group may be one year younger or one year older than the given minimum and maximum ages.

12-14 years - NOVICE: gymnasts aged 12, 13 and 14 during the competition year compete in this category. Two members of the group may be one year younger or one year older than the given minimum and maximum ages.

1.2 Competing Group

A group consists of 5-14 gymnasts and reserve gymnast belongs to the group.

Note: for those who compete internationally, the minimum group composition is 6 gymnasts.

A gymnast can compete during one competition in only one group and in one competition category. The named gymnasts belong to the group.

A group can be nominated (for example club name, group name).

1.3 Competition Program

1.3.1 The Length of the Competition Program

The permitted length of the competition program is 2 min – 2 min 30 sec. An over- or under run of 5 sec is permitted.

Timing will start from the beginning of the first movement after the group has taken the starting position on the competition area. Timing will stop as soon as all gymnasts are totally motionless.

The group's entrance to the starting position must be fluent and may not be accompanied by music. The program must start and end at the competition area.

1.3.2 Music

Choice of the music is free. The music must be recorded on a CD. There must be only one piece of music/CD. The club name, competition category and the possible name of the group as well as country must be clearly marked in English on the CD.

The organizer of the competition is responsible for arranging the sound system.

1.4 Dress of Gymnasts

The competition dress of a group must be a leotard with aesthetic appeal appreciating a spirit of competitive sport. Leotards must be identical (material and style) and the same color for the gymnasts of the group. However, if the leotard is made of a patterned material some slight differences due to the cut may be tolerated.

The dress may not prevent seeing the movements clearly.

A correct gymnastics leotard must be in nontransparent material. Arms, back and chest (décolleté) can be transparent. The neckline of the dress may not be too low on the chest or back. The cut of the dress at the top of the legs must not go beyond the top of the crotch in front (maximum) or beyond glutei in back.

A short skirt is permitted (covering the hips but not covering the legs). The suit/skirt may have small decoration (such as ribbons, rhinestones, rosettes) that however may not prevent seeing the movements clearly.

Small hair decorations and make up is a part of competition dress and must be characteristic for the age group.

Separate decorations in wrists, ankles or neck are not allowed. Gymnastics slippers and tights are permitted.

1.5 Competition Area

The size of the competition area is 13 m x 13 m. It includes the borderline. The borderline must be marked clearly and be at least 10 cm wide. Outside the borderline there must be at least 2 m of free space.

2.0 COMPETITION CATEGORY 8-10 YEARS (CHILDREN) COMPETITION CATEGORY 10 - 12 YEARS (PRE-NOVICE): REQUIRED TECHNICAL ELEMENTS

The composition of the program must form a totality that supports the gymnasts to learn the basic techniques of Aesthetic Group Gymnastics. The technical elements chosen in the composition must correspond to the level of skills and age of the gymnasts.

The competition program must be varied containing the following movement groups and different combinations. Combining the movements with other movement groups or forming series of them adds the value of the composition.

2.1 Body Movements

Body movements must be characteristic for the age category and correspond to the gymnasts' level of skills. The composition must contain at least 1 of each following body movements:

- bending
- total body swing
- relaxation
- lean or lunge
- total body wave
- body rotation

And:

- 2 series, including any two different body movements (series of two body movements = body movements A-series). Above listed single body movement may be included in the series.

In addition the body movement series may consist of other body movements which develop coordination, body control and agility of the gymnasts, for example:

- rolls
- supported leans
- shoulder stand

2.2 Balances

Balances must be characteristic for the age category and correspond to the gymnasts' level of skills. The composition must contain at least 1 balance and 1 balance series of 2 different balances. In the series changing the supporting leg in between of the two balances is allowed.

For example:

- different balances on one supporting leg
- turns on one supporting leg

2.3 Jumps and Leaps

Jumps and leaps must be characteristic for the age category and correspond to the gymnasts' level of skills. The composition must contain at least 1 jump or leap and 1 jump series of 2 different jumps or leaps. No more than one intermediate step is allowed in between the two jumps in the series.

For example:

- Vertical jump
- Vertical jump with X-position
- Scissors leap knees bended
- Vertical jump, free leg at horizontal "passé"-position
- Vertical jump, free leg at horizontal (front, back or side)
- Cossack jump
- Arch jump
- Tuck jump
- Split leap
- Stag leap

2.4 Arm Movements

The composition must contain at least 4 different arm movements.

For example:

- waves
- sways
- pushes
- figure eights
- rotations
- swings and leads with variation in use of strength
- circles
- claps
- lifts
- pulls
- extensions

2.5 Series of Steps, Skips and Hops

The composition must contain at least 2 different series of steps, skips or hops. A series contains at least 3 similar or different steps, skips or hops. In addition: 2 long series (at least 6 steps, skips or hops), which contains at least 2 different types of steps, skips or hops AND 1 series combined with another movement group (steps, skips and hops performed at the same time with arm or body movements). One of the series must contain a change in the rhythm.

For example:

- variations of walking and running
- variations of different dance steps (e.g. waltz, polka etc.)
- variations of folk dance skips and hops

2.6 Acrobatic Movements

The composition must contain at least 2 acrobatic movements which are adapted to aesthetic group gymnastics. Acrobatic movements must be fluently and naturally attached in the composition.

For example:

- cart wheel (all types) or walkover (all types)
- chest stand
- bridge

2.7 Flexibility Movements (Age 10-12, Pre-Novice Only)

The composition must contain at least 3 flexibility movements showing the gymnasts' flexibility in legs in front line, back line and side line. In front line the flexibility must be shown for both left and right side. Amplitude must be 180°.

The flexibility movements must show clean line and amplitude and good control. The movements must be performed with good technical quality and respecting the health aspects as well as showing good balance of flexibility and strength. The shape of the movement must be clearly visible.

For example:

- Front line:
- split on the floor
 - balance, front split free leg held with/without hands, amplitude 180°
 - split leap, amplitude 180°

- Side line:
- side split on the floor
 - balance, side split free leg held with/without hand, amplitude 180°
 - side split leap, amplitude 180°

- Back line:
- movements with body bending backwards minimum 80°. In the body bending shoulders must stay on the same level/line and the bending must be shown evenly on the whole back.

2.8 Series Combined of Different Movement Groups (Age 10-12, Pre-Novice Only)

The composition must contain at least 2 series combined of two different movement groups. Series consists of movements from different movement groups performed fluently and directly after each other. The required series are formed with combining one series of body movements (2 or 3 body movements) with a balance or jump/leap OR combining jump/leap with a balance.

For example:

- 2 body movements + balance
- balance + jump/leap
- jump/leap + balance
- jump/leap + 3 body movements

2.9 Forbidden Movements ** *These moves are forbidden for international competition, but will be allowed for Gymnastics Ontario competition.*

The composition may not contain somersaults or any acrobatic moves with air time, or lifting a gymnast (having the body weight of a gymnast totally supported by the other gymnast or losing contact to the floor supported by the other gymnast).

3.0 COMPETITION CATEGORY 12 – 14 YEARS (NOVICE): REQUIRED TECHNICAL ELEMENTS

The composition of the program must form a totality that supports the gymnasts to learn the basic techniques of Aesthetic Group Gymnastics. The technical elements chosen in the composition must correspond to the level of skills and age of the gymnasts.

The gymnastics program must be varied containing following movement groups and different combinations. Combining the movements with other movement groups or forming series of them adds the value of the composition.

3.1 Body Movements

Body movements must be characteristic for the age category and correspond to the gymnasts' level of skills. The composition must contain at least 1 of each following body movements:

- bending
- total body swing
- relaxation
- lean or lunge
- total body wave
- body rotation
- contraction

And:

- 2 series, including any two different body movements (body movements A-series).
- 1 series, including any three different body movements (body movements B-series). Above listed single body movement may be included in the series.

In addition the body movement series may consist of other body movements which develop coordination, body control and agility of the gymnasts, for example:

- rolls
- supported leans
- shoulder stand

3.2 Balances

Balances must be characteristic for the age category and correspond to the gymnasts' level of skills. The composition must contain at least 2 different balances and 1 balance series of two different balances. In the series changing the supporting leg in between of the two balances is allowed.

For example:

- balances on one supporting leg
- dynamic balances (balances with movement for example pivots, body movement performed on one supporting leg or balance with moving the free leg from one direction to another e.g. from front to side and back)

3.3 Jumps and Leaps

Jumps and leaps must be characteristic for the age category and correspond to the gymnasts' level of skills. The composition must contain at least 2 different jumps or leaps and 1 jump series of two different jumps or leaps. No more than one intermediate step is allowed in between the two jumps in the series.

For example:

- Vertical jump, free leg at horizontal "passé"-position
- Vertical jump with X-position
- Scissors leap knees bended
- Vertical jump, free leg at horizontal (front, back or side)
- Scissors leap
- Cabriole (front, side or back)
- All jumps and leaps including a turn or rotation
- Cossack jump
- Arch jump
- Tuck jump
- Split leap
- Side split leap
- Stag leap
- "Cat" leap

3.4 Arm Movements

The composition must contain at least 4 different arm movements.

For example:

- waves
- sways
- swings
- figure eights
- rotations
- lifts
- swings and leads with variation in use of strength
- extensions
- circles
- claps
- pushes
- pulls

3.5 Series of Steps, Skips and Hops

The composition must contain at least 2 long series (at least 6 steps, skips or hops), which contain at least two different types of steps, skips or hops, AND 1 series combined with another movement group (steps, skips and hops performed at the same time with arm or body movements). One of the series must contain a change in the rhythm.

For example:

- variations of walking and running
- variations of different dance steps (e.g. waltz, polka etc.)
- variations of folk dance skips and hops

3.6 Acrobatic Movements

The composition must contain at least 1 acrobatic movement which is adapted to aesthetic group gymnastics. Acrobatic movements must be fluently and naturally attached in the composition.

For example:

- cart wheel (all types) or walkover (all types)
- chest stand
- bridge

3.7 Flexibility Movements

The composition must contain at least 3 flexibility movements showing the gymnasts' flexibility in legs in front line, back line and side line. In front line the flexibility must be shown for both left and right side. Amplitude must be 180°.

The flexibility movements must show clean line and amplitude and good control. The movements must be performed with good technical quality and respecting the health aspects as well as showing good balance of flexibility and strength. The shape of the movement must be clearly visible.

For example:

- Front line:
- split on the floor
 - balance, front split free leg held with/without hands, amplitude 180°
 - split leap, amplitude 180°

- Side line:
- side split on the floor
 - balance, side split free leg held with/without hand, amplitude 180°
 - side split leap, amplitude 180°

- Back line:
- movements with body bending backwards minimum 80°. In the body bending shoulders must stay on the same level/line and the bending must be shown evenly on the whole back.

3.8 Series Combined of Different Movement Groups

The composition must contain at least 3 series combined of two different movement groups. Series consists of movements from different movement groups performed fluently and directly after each other. The required series are formed with combining one series of body movements (2 or 3 body movements) with a balance or jump/leap OR combining jump/leap with a balance.

For example:

- 2 body movements + balance
- balance + jump/leap
- jump/leap + balance
- jump/leap + 3 body movements

3.9 Forbidden Movements **** These moves are forbidden for international competition, but will be allowed for Gymnastics Ontario competition.**

The composition may not contain somersaults or any acrobatic moves with air time, or lifting a gymnast (having the body weight of a gymnast totally supported by the other gymnast or losing contact to the floor supported by the other gymnast).

4.0 COMPOSITION / TECHNICAL VALUE (TV)

4.1 Competition Category 8 - 10 Years CHILDREN

The total score of the technical value is 0.5 – 3.0, of which the required elements form 0.5 – 2.9 and bonus points 0.1

Value of the required elements, minimum requirements of the composition:

4.1.1 Body Movements

		(maximum value)
1 total body wave	0.2	0.2
1 body rotation	0.2	0.2
1 relaxation	0.2	0.2
1 bending	0.2	0.2
1 total body swing	0.2	0.2
1 body movements A series	0.3	0.3
		(total 1.3)

4.1.2 Balances & Pivots

1 balance – “A”	0.1	0.1
1 pivot – “A” (360)	0.1	0.1
		(total 0.2)

4.1.3 Jumps or Leaps

1 jump or leap – “A”	0.1	0.1
1 series of jumps or leaps	0.3	0.3
		(total 0.4)

“A” = (A+A) 0.1 + 0.1

“C” = (A+B) 0.1 + 0.2

4.1.4 Arm Movements

4 different arm movements	0.1	0.4
		(total 0.4)

4.1.5 Series of Steps, Skips or Hops

2 different series of steps, skips or hops	0.2	0.4
		(total 0.4)

4.1.6 Acrobatic Movements

2 different acrobatic movements	0.1	0.2
		(total 0.2)

4.1.7 Bonus Points + 0.1

The elements correspond excellently to the level of skills and age of the gymnasts, bonus + 0.1

4.2 Competition Category 10 - 12 Years PRE-NOVICE

The total score of the technical value is 0.5 – 5.5, of which the required elements form 0.5 – 5.4 and bonus points 0.1

Value of the required elements, minimum requirements of the composition:

4.2.1 Body Movements

		(maximum value)
1 total body wave	0.2	0.2
1 body rotation	0.2	0.2
1 relaxation	0.2	0.2
1 lean or lunge	0.2	0.2
1 bending	0.2	0.2
1 total body swing	0.2	0.2
2 body movements A series	0.3	0.6
		(total 1.8)

4.2.2 Balances

1 balance	0.2	0.2
1 balance series	0.3	0.3
		(total 0.5)

4.2.3 Jumps or Leaps

1 jump or leap	0.2	0.2
1 series of jumps or leaps	0.3	0.3
		(total 0.5)

4.2.4 Arm Movements

4 different arm movements	0.1	0.4
		(total 0.4)

4.2.5 Series of Steps, Skips or Hops

4 different series of steps, skips or hops	0.2	0.8
1 series of steps, skips or hops combined with another movement group	0.3	0.3
		(total 1.1)

4.2.6 Acrobatic Movements

2 different acrobatic movements	0.1	0.2
		(total 0.2)

4.2.7 Flexibility Movements

3 different flexibility movements (front line/left and right, side line, back line)	0.1	0.3
		(total 0.3)

4.2.8 Series Combined of Different Movement Groups

2 different series	0.3	0.6
		(total 0.6)

Note: An element which is repeated identically during the program is counted only once in the technical value. A required single body movement may be included in a series. A required element will be counted in technical value if the execution shows clearly the movement key points performed with correct technique. 2/3 of the group must perform the required element acceptably in order to get it counted in technical value.

4.2.9 Forbidden Movements

The composition may not contain somersaults or any acrobatic moves with air time. Such forbidden movements will be deducted from the score of the technical value. Deduction 0.5 of each forbidden movement.

4.2.10 Bonus Points + 0.1

- The elements correspond excellently to the level of skills and age of the gymnasts, bonus + 0.1

4.3 Competition Category 12 – 14 Years NOVICE

The total score of the technical value is 0 – 6.0, of which the required elements form 0 – 5.9 and bonus points 0.1

Value of the required elements, minimum requirements of the composition:

4.3.1 Body Movements

		(maximum value)
1 total body wave	0.2	0.2
1 body rotation	0.2	0.2
1 contraction	0.2	0.2
1 release	0.2	0.2
1 lean or lunge	0.2	0.2
1 bending	0.2	0.2
1 total body swing	0.2	0.2
2 body movement A series	0.3	0.6
1 body movement B series	0.4	0.4
		(total 2.4)

4.3.2 Balances

2 different balances	0.2	0.4
1 balance series	0.3	0.3
		(total 0.7)

4.3.3 Jumps or Leaps

2 different jumps or leaps	0.2	0.4
1 series of jumps or leaps	0.3	0.3
		(total 0.7)

4.3.4 Arm Movements

4 different arm movements	0.1	0.4
		(total 0.4)

4.3.5 Series of Steps, Skips or Hops

2 different series of steps, skips or hops	0.2	0.4
1 series of steps, skips or hops combined with another movement group	0.3	0.3 (total 0.7)

4.3.6 Acrobatic Movements

1 acrobatic movement	0.1	0.1 (total 0.1)
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4.3.7 Flexibility Movements

3 different flexibility movements (front line/left and right, side line, back line)	0.1	0.3 (total 0.3)
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4.3.8 Series Combined of Different Movement Groups

2 different series	0.3	0.6 (total 0.6)
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Note: An element which is repeated identically during the program is counted only once in the technical value. A required single body movement may be included in a series. A required element will be counted in technical value if the execution shows clearly the key points performed with correct technique. 2/3 of the group must perform the required element acceptably in order to get it counted in technical value.

4.3.9 Forbidden Movements

The composition may not contain somersaults or any acrobatic moves with air time. Such forbidden movements will be deducted from the score of the technical value. Deduction 0.5 of each forbidden movement.

4.3.10 Bonus Points + 0.1

The elements correspond excellently to the level of skills and age of the gymnasts, bonus + 0.1.

5.0 ARTISTIC VALUE (AV) REQUIRED ARTISTIC ELEMENTS OF THE COMPOSITION

5.1. Gymnastics Quality of the Composition

1. The composition must be performed by total movement technique, where elements and combinations flow naturally. The composition must show continuity and fluency of the movements. The movements must not be separate parts but they must form totality where the movement series and combinations are linked fluently, underlining continuity.
2. The technique of aesthetic group gymnastics must be predominate in the movements being performed.
3. The composition must show bilateral muscle control of gymnasts and correspond to the skill level of the gymnasts. The physical capabilities of all the gymnasts in the group must be comparable.

4. The composition must show the gymnast's skills, muscle control, flexibility, strength, speed and endurance.
5. Unity (doing together as a team) of the group is predominate. Different kinds of solos or canons give nuance for the composition, but they must not be predominate.
6. The whole group must perform the required element with good quality or it cannot be considered as a difficulty of the Technical Value.
7. Healthy aspects must be shown by using the elements (balances, jumps and leaps and body movements). The composition must show bilateral both sided movements (legs, bendings etc.) and variety in a use of elements.

5.2 The Structure of the Composition

1. The composition must form a totality that consists of versatile movements and a variety of movement groups, combinations and movement series.
2. The required elements must be versatile, minimum 3 different kinds of balances (for ex. 1 leg front, 1 pivot, 1 leg back, minimum 3 different jumps and leaps (for ex 1 turning, 1 with bending, 1 jump with two legs), minimum 3 different body movements, f. ex combined with another movement group, on the floor etc..)
3. The structure of the composition must be versatile and have variety.
4. There must be variety in the use of space. Changes from one movement or formation to another must be fluent and varied.
5. The composition must include 6 different formations and the movements must be performed in different planes (low level → on the floor, medium level and high level → jumps and leaps) and in several directions (forward, backward, lateral, oblique).
6. The composition must include fast and slow movements and variations in the use of strength.

5.3 The Originality and Expressiveness of the Composition

1. The composition must show originality as well as expressiveness and aesthetic appeal in the movements. An original composition includes novel elements and novel formations or novel ways to attain these formations.
2. The idea and the expressiveness of the composition must form a consistent unity. A successful composition carries the style and atmosphere through the whole composition. The style and expression must be suitable and natural for the group and the expression must be developed through movements and combinations, not through separate and constrained expression and gesture.
3. The music must correspond to the idea and the expressiveness of the composition. The music must be rhythmically varied. The composition must exploit the structure of the music, for instance varied use between the background rhythm and melody. The composition's movements, style, and rhythm of the music, must fit together. Using the music's structure effectively and well the composition attain variety and expressiveness. The movements of the gymnasts must form a unity within the music.
4. The composition must aim to express and exploit changes in tempo and in the dynamics within the movements and combinations.
5. The highlights come up clearly on a successful composition. The highlights of the composition could be for instance impressive movements, canons... The highlights are usually unforgettable, startling or especially impressive.
6. The composition must show good taste and cannot hurt/insult any religion, nationality or take of an attitude politically.

Bonus

Bonus points can be given if the composition shows an artistic impression. The impression could come from the single impressive part of the composition or unforgettable totality of the composition.

5.4 Deductions from the Artistic Value

1. The music must be a unity. If the music is made up of different musical pieces, the different themes and modes must be linked and their coexistence must have maximum unity possible. Monotonous background music is not allowed. A stop in the music or the poor linking between two musical themes is not authorised. The quality of the music dubbing must be good. Music cannot end before the gymnasts.
2. The composition may not include the following vertical acrobatic movements; somersaults, hand-, head- or elbow stands. The permitted pre-acrobatic movements and lifts must be linked fluently to the unity of composition.
3. An error in the composition will be any part of the programme that disturbingly breaks the unity of the composition. These kinds of errors could be, for example, a too long pause between movements or combinations (waits, static parts of the composition), poor or illogical movements from one formation to another (i.e. ordinary running), poorly unified pre-acrobatic movements and lifts (that are not unified and fluently part of the composition), anaesthetic movements etc.
4. If the bilateral muscle control can't be seen in the composition – deduction. Healthy aspects must be appreciated. (for ex. The whole group does a leap with a same leg).
5. The choreography of the competition programme can not hurt/insult any religion, nationality or take of an attitude politically.

6.0 ARTISTIC VALUE OF THE COMPOSITION (AV)

Artistic Value is 0 - 4.0. Total points of different sectors are 3.9, and bonus point is 0.1.

6.1 The gymnastics quality of the composition

Total movements technique of aesthetic group gymnastics	0.2
Movements are linked fluently and naturally to each other	0.2
Movement series are linked fluently and naturally to each other	0.2
To be up to standards of skills (suitability)	0.2
Shows skills, coordination, muscle control, flexibility, strength, speed, endurance	0.3
Unity (doing together as a team) of the group is predominate	<u>0.2</u>
Total	1.3

6.2 Structure of the composition

Composition is a consistent unity	0.1
Structure is varied	0.1
Variety in the use of different movement groups	0.1
Variety in the use of required elements	0.1
Body movements	0.1
Balances	0.1
Jumps and leaps	0.1
Versatile making of formations	0.1
Travelling is fluent and versatile	0.1
6 formations	0.1
Variety in planes	0.1
Variety in directions	0.1
Variations in tempo	0.1
Variations in the use of power and dynamics	0.1
Total	1.3

6.3 Artistic expression

Composition is expressive	0.1
Composition is aesthetic	0.1
Expressions and style is suitable for the group	0.1
Style and impression lasts through the composition	0.1
Artistic expression is to be included in the movements and exercises, not separately	0.1
Composition and music correspond to each other	0.1
Music is variable	0.1
Structure of the music supports the composition	0.1
Novel and original movements, movement series or combinations of the movements	0.1
Original and interesting use of the formations	0.1
Variety of tempo inside of the movements and movements series	0.1
Variety of the dynamics inside the movements and movements series	0.1
Highlights/culmination of the composition is clearly visible and emphasised	0.1
Total	1.3
<u>Bonus:</u> Artistic Experience	0.1

6.4 Deductions of the Artistic Value

Music is poorly linked	-0.2
Music is background music	-0.3
Music stops before the last movement of the gymnasts	-0.1
Forbidden movement (each time)	-0.5
An error in the composition (each time)	-0.1
Healthy aspects (each time/movement)	-0.1
Healthy aspects balances (whole program)	-0.1
Healthy aspects jumps and leaps (whole program)	-0.1
Healthy aspects body movements (whole program)	-0.1
Religion, political insults	-0.3

6.5 Evaluation of the Artistic Value

The Composition Judge of the Artistic Value must proceed in the following manner:

- by adding different parts (gymnastics quality, structure, artistic expression) of composition starting score 0 (max 3.9);
- after that deductions of the artistic value;
- then by adding the bonus point, if any, at the end (0.1).

Maximum Score of the Artistic Value is 4.0

7.0 EXECUTION

7.1 Body Movements

Aesthetic group gymnastics is stylized, natural total body movement where the hips form the basic movement centre. The movement flows outwards from the center (the hips) or inwards, towards the center. A movement performed with one part of the body reflects in the whole body. The philosophy of the sport is founded on harmonious, rhythmic and dynamic movements performed with economic and natural use of strength.

All body movements must be performed fluently and underlining continuity. Execution must show amplitude, variety in the dynamics and speed.

Key points:

Bending:

- shape is clear and well controlled
- good amplitude of the movement

Total body swing:

- starts with stretching
- relaxing neck and arms during the swing
- ends into well controlled position

Release:

- starts from well controlled position
- in release phase hips turn forward, back rounds, neck contracts a bit and shoulders are relaxed

Lean/lunge:

- shape and line of the movement is clear
- good muscle control and posture in the body

Total Body Wave:

- starts from the hips
- turning direction of hips clearly visible
- movement flows through the whole body and reflects to all body parts
- movement ends into well controlled and balanced position

Body rotation:

- shape and direction clearly visible
- good amplitude; difference in shoulders and hips direction must be 90°

Contraction:

- active contraction of muscles clearly visible
- hips turn towards the contraction's direction

7.2 Balances

All movements or movement series performed staying on one small point of support or holding a position still on one small point of support are counted as balances. Size of the point of support, centre of gravity of the body and body position affect the difficulty of a balance. Duration of the use of the point of support must be clearly visible in the balance movements.

Balances must have the following characteristics:

- shape fixed and well defined during the balance
- good amplitude in the shape
- good control on the body during and after the balance

7.3 Jumps and Leaps

A jump or leap is a total movement with take-off, flight and landing. The take-off starts with plié, after which the foot, ankle and knee of the take-off foot are extended very fast. The flight must have good height and elevation. The shape of the jump or leap must be clearly visible during the flight. The shape must stay fixed during the rotation of the turning jumps and leaps. The landing must be light and soft with good control in the whole body.

Jumps and leaps must have the following characteristics:

- good height and elevation during the flight
- good control in the body during the flight
- good amplitude in the shape/position
- good control in the landing

7.4 Arm Movements

The execution of the arm movements must show clearly different planes and directions and variety of relaxation and strength. Arm movements must be performed using the whole length of the arm.

7.5 Leg Movements

Leg movements must be performed with good technique; good extensions, rotation outwards, good flexibility and position of hips in lifts and holdings.

7.6 Series of Steps, Skips and Hops

The series of steps, skips and hops must develop the gymnasts' agility. Execution of steps, skips and hops must show good technique and coordination and they must be performed rhythmically.

7.7 Acrobatic Movements

In acrobatic movements the gymnasts must show good muscle control, coordination and agility.

7.8 Flexibility Movements

Flexibility movements must be performed with good muscle control and showing clear line and shape of the movement. The movements must be performed with good technique and respecting the healthy aspects. Good balance of flexibility and strength must be shown.

7.9 Other Requirements of Execution

1. The execution must be unified and synchronous.
2. All team members must perform the required elements either simultaneously, successively (canon) or within short space of time.
3. All movements, movement series and combinations must be total body movements and changes from one movement or formation to another must be fluent. In total body movement the leading movement reflects in every part of the body when movement flows either from the centre of the body or to the centre. The movements are tied together in a way that the flow continues from one movement to another underlining the continuity.
4. The execution must show good technique, good extensions, accuracy of movements and preciseness of formations and transitions. The execution must show the difference between light and strong movements (variation in the use of strength) underlining the movements characteristic to the age category. The use of strength must be economic and natural.
5. The execution must show good posture, coordination, balance, stability and rhythm.
6. The execution must show the group's athletic skills: flexibility, strength, speed and endurance.
7. The execution must show expressiveness and aesthetic appeal.
8. The gymnasts must perform the execution according to the dynamics and rhythm of the music.
9. Starting and ending position are part of the execution.

8.0 VALUE OF EXECUTION (EXE)

The maximum score of the execution is 10.0. of which the execution form 0 – 9.8 and bonus points 0.1 – 0.2.

Different parts of execution:

Fault in execution with 1-2 gymnasts, deduction 0.1 each time. With three or more gymnasts, deduction 0.3 each time.

	1 – 2 Gymnasts	3 + Gymnasts
8.1 Gymnastics Quality		
- Posture	0.1 <i>(one time)</i>	0.3 <i>(one time)</i>
- Total body movement	0.3 <i>(one time)</i>	0.4 <i>(one time)</i>
- Insufficient extensions	0.1	0.3
8.2 Unity of the Group		
- Slight difference in execution	0.1	0.3
- Slight lack of synchronisation	0.1	0.3
- Different execution technique of movements	0.1	0.3
8.3 Body Movements		
- Slight imperfection in execution	0.1	0.3
- Unfixed shape	0.1	0.3
- Extra movement	0.1	0.3
8.4 Balance		
- Unnecessary movement without step or hop	0.1	0.3
- Unnecessary step or hop	0.1	0.3
- Unfixed shape, poor technique	0.1	0.3
- Loss of balance: with support on step, hand, foot or other part of the body or floor	0.2	0.4
- Total loss of balance with a fall in any movement	0.3	0.5
8.5 Jumps and Leaps		
- Unfixed shape	0.1	0.3
- Heavy landing	0.1	0.3
- Lack of amplitude in the shape	0.1	0.3
- Insufficient flight (elevation)	0.1	0.3
8.6 Series of steps, skips and hops		
- Lack of extensions	0.1	0.3
- Lack of outward rotation in legs	0.1	0.3
- Lack of feet technique	0.1	0.3
8.7 Acrobatic Movements		
- Unfixed shape, poor technique	0.1	0.3
- Lack of muscle control	0.1	0.3
- Loss of control, falling	0.1	0.3

	1 – 2 Gymnasts	3 + Gymnasts
8.8 Flexibility Movements		
- Unfixed shape, poor technique	0.1	0.3
- Lack of muscle control	0.1	0.3
8.9 Traveling		
- Lack of fluency	0.1	0.3
- Lack of lightness	0.1	0.3
- Collision between gymnasts	0.1	0.3
- Collision between gymnasts; execution disturbs clearly	0.2	0.4
8.10 Movement Accuracy		
- Imprecise planes/directions	0.1	0.3
- Inaccuracy in formations	0.1	0.3
8.11 Physical characteristics		
- Clear lack in some area during the whole execution (flexibility, strength, speed, endurance) <i>(deducted only once/area)</i>	0.1/area	0.3/area
8.12 Music and Movement		
- Slight inaccuracy between movement and rhythm of the music	0.1	0.3
8.13 Missing		
- Slight uncertainty in execution	0.1	0.3
- Missing momentary: execution disturbs	0.2	0.3
8.14 Bonus + 0.2		
- The execution forms an artistic impression + 0.1		
- Posture of the whole group stays excellent during the whole execution + 0.1		

9.0 JUDGING

9.1 General

Choreographer or coach of a participating team cannot be a judge in the Competition Category where the team competes in.

9.2 Composition of the Jury

9.2.1 Evaluating Judges

The groups will be evaluated by two panel of judges: one for composition and one for execution.

Composition Jury is divided in two subgroups:

- Composition, Technical Value TV, consists of 2 – 4 judges
- Composition, Artistic Value AV, consists of 3 – 4 judges
- In both subgroups one of the judges (no. 1) will be the head judge of the jury concerned.

Execution (Exe) Jury

- Consist of 3 – 4 judges. One of the judges (no. 1) will be the head judge of the jury concerned.

9.2.2 Superior Jury or Official Observer

Superior Jury or Official Observer with specially defined responsibilities can be named for the competition.

9.2.3 Line Judges

There must be at least 2 line judges who are observing the lines in the corners of the competition area. They will signal each passing of the borderline of the competition area with a flag and record each of them on a slip of paper provided for that purpose. In the end of the exercise the line judge sends the slip of paper to the head judge of the Execution Jury who approves the deduction. Deduction will be taken from the average score of execution.

9.2.4 Responsibilities of the Evaluating Judges

- The judges evaluate the exercises according to the rules and guidelines agreed in the judges' technical meeting
- The judges must give their score independently
- During the competition the judges may not discuss the evaluation with each other, coaches or gymnasts.
- Each panel of judges works independently and gives the points regardless of the other panels' points.

9.2.5 Responsibilities of the Head Judges

- is one of the evaluating judges
- checks the differences between the scores of all evaluating judges in the jury concerned
- calls the judges together in situations described in the rules and leads the negotiation (after the first competing group's exercise and if differences in points are too high)
- supervises that the rules are followed
- supervises the work of evaluating judges in the jury concerned
- may abrupt the execution due to a technical problem or dangerous situation
- if issues that are not described in the rules come up during the competition the head judge calls the whole panel of judges together (Composition and Execution) as well as the competition director and possible official observer or superior jury for negotiation.
- checks the minutes of the competition and signs them.

10.0 SCORING THE POINTS

10.1 Scoring the Points

Jury TV, Composition/Technical Value evaluates the technical elements of the composition, counts the value and adds the possible bonus points.

Jury AV, Composition/Artistic Value evaluates the artistic value of the composition and counts together the successes of the composition according to the values described in the rules and adds the possible bonus points.

Jury Exe, Execution evaluates the execution of the group by making the deductions according to the values described in the rules and adding the possible bonus points.

Preliminaries

Composition Juries TV and AV and Execution Jury Exe give their own scores separately and the average scores will be counted from each of them. The average scores of each jury will be counted together.

Finals

Scoring the points will be done the same way as in preliminary round. Score from preliminaries will be counted together with the score from finals in order to get the final results and ranking.

10.2 Scoring the Points, Composition Juries

10.2.1 Composition/Technical Value TV

The jury **Composition/Technical Value TV** will give their points as follows:

In the competition category 8 - 10 years: 0.5 – 3.0

In the competition category 10 – 12 years: 0.5 – 5.5

In the competition category 12 – 14 years: 0.0 – 6.0.

Depending on the number of judges in the jury the scores will be counted as follows:

Jury of 4 judges:

- The highest and the lowest scores will be eliminated and the average of the two middle scores is the partial score
- The difference between the middle scores taken into account may not be greater than:
In competition category 8-10 years: 0.4 points for the scores between 0.5 – 2.9
In competition category 10-12 years: 0.4 points for the scores between 0.5 – 5.4
In competition category 12-14 years: 0.4 points for the scores between 0.0 – 5.9

Jury of 3 judges:

- Average of all scores will be counted and the result is the partial score
- Difference of all scores may not be greater than 0.5

Jury of 2 judges:

- the average of the two scores will be counted
- the difference between the two scores may not be greater than:
In competition category 8-10 years: 0.4 (in between of 0.5 – 2.9)
In competition category 10-12 years: 0.4 (in between of 0.5 – 5.4)
In competition category 12-14 years: 0.4 (in between of 0.0 – 5.9)

Bonus points:

- Bonus points can be maximum of 0.1
- Bonus points will be added to average score of TV
- Bonus points are given, if 3/4, 2/3 or 2/2 judges have suggested the bonus.

(Descriptions of bonus points in chapters 4.1.7, 4.2.10, and 4.3.10)

10.2.2. Composition/Artistic Value AV

The jury **Composition/ Artistic Value AV** will give their points **0 - 4.0**.

Depending on the number of judges in the jury the scores will be counted as follows:

Jury of 4 judges:

- The highest and the lowest scores will be eliminated and the average of the two middle scores is the partial score
- The difference between the middle scores taken into account may not be greater than 0.4 (in between of 0 – 3.9)

Jury of 3 judges:

- Average of all scores will be counted and the result is the partial score
- Difference of all scores may not be greater than 0.5 (in between of 0 – 3.9)

Bonus points:

- Bonus points can be maximum of 0.1
- Bonus points will be added to average score of AV
- Bonus points are given, if 3/4 or 2/3 of the judges have suggested the bonus.
(Description of bonus points in chapter 5.3)

10.3 Scoring the Points, Execution Jury EXE

The jury **Execution Exe** will give their points **0 - 10.0**.

Jury of 4 judges:

- The lowest and the highest points will be eliminated and the average of the two middle points will be counted
- Difference between the two middle points can be maximum of 0.4 (in between of 0 – 9.8)

Jury of 3 judges:

- Average of all scores will be counted
- The difference of all scores may not be greater than 0.5 (in between of 0 – 9.8)

Bonus points:

- Bonus points can be maximum of 0.2
- Bonus points will be added to average score of Exe
- Bonus points are given if 3/4 or 2/3 of judges have suggested the bonus.
(Description of bonus points in chapter 8.14)

10.4 Head Judges' Responsibilities in Scoring the Points

The head judge will receive the points of other evaluating judges first and check the differences in them. If the differences are too high the head judge calls the other judges to negotiation. The head judge records possible bonus points and penalties deducted by the head judges.

Negotiations:

The head judge is the chairperson in the negotiation. The head judge has a right to take all judge's scores into the negotiation. The order between the judge's scores can not change in the negotiation.

10.5 The First Performing Group in a Competition Category

After the first performing group in the competition category the judges always meet to negotiate within their own jury and check the differences in scores together. Judges give the scores before the negotiation. In the negotiation all judges can change the scores but the order between the scores can not be changed.

10.6 Penalties Deducted by Head Judges

The penalties are deducted from the average scores of composition or execution and recorded in the minutes of the competition.

10.6.1 Penalties Deducted by Head Judge AV (Composition/Artistic Value)

- **Time** Length of the program is not conforming to the regulations: deduction 0.1. Deduction 0.1 of each following full 5 seconds over or under run.
- **Dress** Unaesthetic dress or a dress not conforming to the regulations: deduction 0.1 for one gymnast and 0.2 for two or more gymnasts.

10.6.2 Penalties Deducted by Head Judge EXE (Execution)

- **Passing the borderline of competition area**
Each passing of each gymnast (touching the floor outside the borderline): deduction 0.1. The line judges will signal and record the deduction and the head judge will approve the deduction.
- **Missing Gymnast**
Deduction for each missing gymnast: 0.5. The deduction will be taken also if the group starts the exercise with 6 or more gymnasts and in the middle of the exercise a gymnast/s drops out for any reason.