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Difficulty (D1/D2) Technical Execution

Individuals

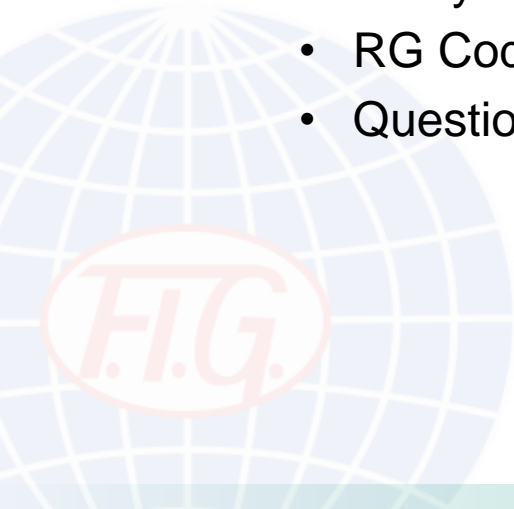


If this pictogram appears, please
click on the video image.



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- In this presentation FIG RG TC searched for the situations which caused blocks during Sofia WCH 2018, Moscow Junior 2019 or cases that judges faced difficulty in it.
- Everything in this presentation is according to:
- RG Code of Points
- Questions and Answers (News Letters)





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Technical Program for Senior Individuals

Body Difficulty	Dance Steps Combination	Dynamic Elements with rotation	Apparatus Difficulty
BD Min 3 9 BD highest Count	S Min 1	R Min 1 Max 5	AD Min 1



Evaluation of BD



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- To be valid all **BD** must be performed with a fixed and defined shape; this means the trunk, legs and all corresponding body segments are in the correct positions to identify a valid **BD** shape: example: 180° split position, a closed back bend, ring, stag position, etc.
- Small Deviation → BD valid
- Medium Deviation → BD valid
- Major Deviation → BD not valid

If a BD is performed with **greater** amplitude than mentioned in the table of difficulties, the **BD** value doesn't change.



2.2 Requirements BD are valid when performed:



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2.2.3 without one or more one of the technical faults:

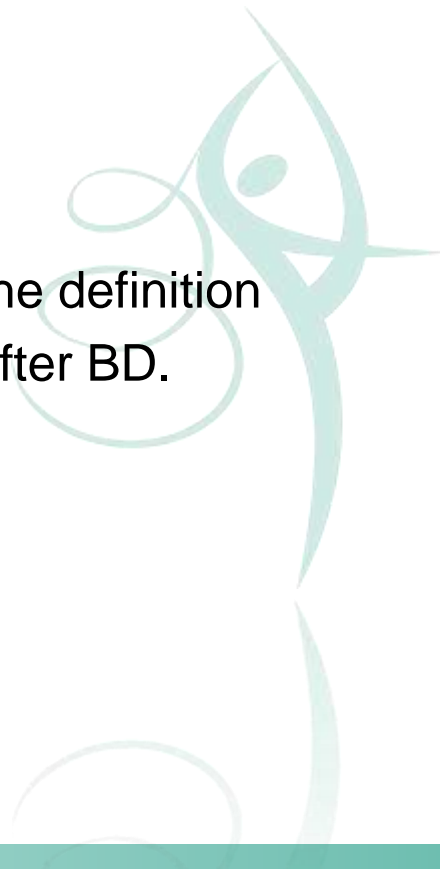
- A technical fault with the apparatus (technical fault of 0.3 or more)





Most of the problems in BD are due to:

- Repetition
- Apparatus Handling performed not according to the definition
- Apparatus handling are done whether before or after BD.





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Jumps





THA 
PEERAMATUKORN
Piyada

LONGINES 



BD 0.5 ✓

TF 0.1 + 0.3 Deviation + 0.3 involuntary catch with the body





BD 0.4 + 0.4 + 0.4 + 0.4 ✓

**TF : Incorrect segment 0.1 every time for each,
Arms bent for First and Second Jump 0.1 + 0.1 , Front foot for all four
jumps 0.1 + 0.1 + 0.1 + 0.1 , Bent Knees for first and fourth Jump 0.1 + 0.1**





BD 0.4 + 0.4 ✓

***unstable Balance valid for BD (not valid as an AD) NL # 23**





Apparatus Handling is not clear to validate BD





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Balances





A. Balances on the foot (*not Dynamic balances*)

- a. Executed on the toes (relevé) or flat foot
- b. Defined and clearly fixed shape **with a stop position:**
 - **a minimum of 1 second** fixed in the shape: **“twenty-one” in the shape**
 - a minimum of 1 Apparatus Technical element executed according to its definition in Tables #3.3, #3.4.
 - if the shape is well-defined and the apparatus element is executed correctly but the stop position is insufficient, the balance is valid with a technical execution penalty **of 0.30!**

Clear
stop
Position



BD 0.4 ✓

TF: 0.1 incorrect handling





BD 0.5 ✓
TF 0.3 shape not held





BD 0.4 + 0.4 ✓

**TF 0.3 shape not held, 0.1 loss of balance, 0.1 loss of balance
and 0.1 incorrect. segment**





BD: 0.3 ✓

TF: 0.1 lack of amplitude + 0.1 deviation + 0.3 loss of balance with travelling





BD 0.4 ✓

TF 0.3 for shape not held



TF occurred
was before
Balance



BD 0.5 ✓

TF 0.1 adjusting the body position + 0.5 loss of balance with support on apparatus





BD 0.4 + 0.4 + 0.0



Be careful for
apparatus
handling !!



BD × Apparatus handling not according to definition





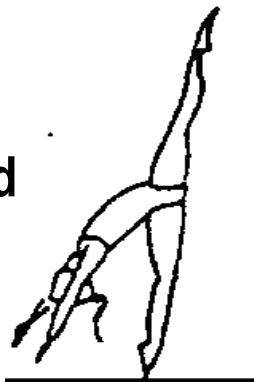
Attention:



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#5

**Split with trunk backward
at horizontal or below**



Requirement:

**Split and trunk below
horizontal (touching NOT
required on this BD)
Stop position**



TSONEVA Katrin Antonova



BD × Interruption between first and second shape
TF: 0.3 Loss of balance with travelling



LONGINES

LONGINES

LONGINES

LONGI



BD × **No Apparatus Handling**



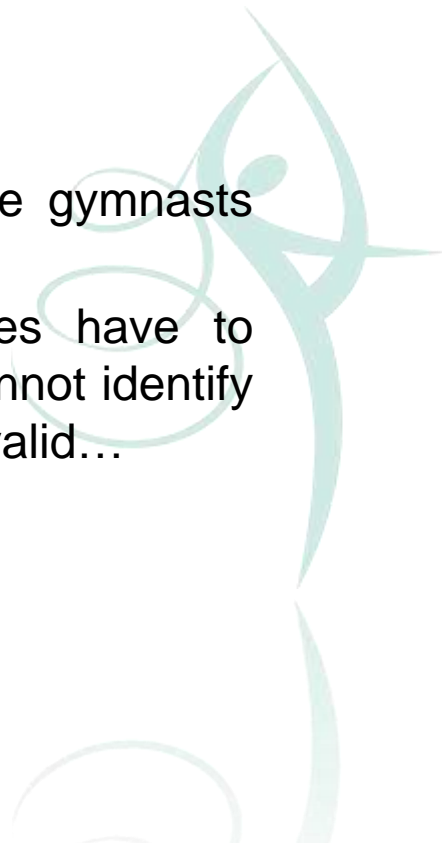


Body difficulties with front/side split:



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- all shapes must be visible without Rotation. Some gymnasts perform middle shapes as a SPIN.
- The shapes must be clear to be valid - judges have to understand if the leg is front or side. If the judge cannot identify if the leg is front or side, shape is not clear and not valid...





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Rotations





Attention:



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#11

**Split with or
without
support**



**Requirement is: Split
(touching NOT
required on this BD)**





BD ✓
AD ✕





BD × No complete base Rotation
AD ×





Pivots with change of shape



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- Counts as 1 Difficulty
- **Each shape performed on releve**
- Each shape included in the Pivot must have a minimum basic rotation.
- Passing from one shape to another must be performed without **heel support** and as directly as possible
- With a minimum of 1 Fundamental Technical element specific to each apparatus and/or an element from the Non-Fundamental apparatus groups during **any** component of Pivot Difficulty





Number of rotations validated

1 + 3





Remember • Sliding in fouette pivots isn't a TF penalty. BD is Valid.





REMEMBER



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If 1st rotation (1st shape) in pivots with change of shape is not 360° , BD will not be valid as it's 1 BD





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Rotations training





BD 0.8 ✓





BD 0.8 ✓





BD 0.5 ✓



















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Pivots examples and calculation





1 st shape pivot	2 nd shape pivot
 2.5x (900°) 	 0.5 x (180°) 
Value : 0.5 p. for the 1 st part	Value: 0,0 p. for the 2 nd part
 2.5x (900°) No handling	 0.5 x (180°) 
Value: 0,0 p. for the 1 st part	Value: 0,0 p. for the 2 nd part
 2.5x (900°) 	 2.5x (900°) 
Value : 0.5 p. for the 1 st part	Value: 0,7 p. for the 2 nd part
 2.5x (900°) No handling	 2.5x (900°) 
Value: 0,0 p. for the 1 st part	Value: 0,7 p. for the 2 nd part
<p>The first part is NOT a preparation of more than 360°, it is a separate BD; Second BD is valid.</p>	





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2.5x (900°)



Value : **0.7 p.** for the 1st part



2.5x (900°)



Value : **0.5 p.** for the 2nd part

If the gymnast loses control and puts the heel down, this is a pivot with interruption.
Total value **0,7 p.** for pivot



x (360°)



Value : **0.5 p.** for the 1st part



4x (1440°)



Value : **0.0 p.** for the 2nd part





BD × Incomplete Rotation

TF 0.3 no base rotation + 0.1 alteration of the pattern





BD 0.5 ✓
TF 0.1 alteration





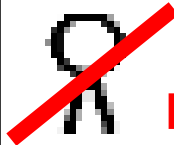
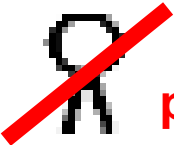


BD x

TF 0.3 not complete 180 base rotation





Correct execution	Ball held against the forearm	Ball held against the forearm and squeezed	Ball grasped and squeezed
No penalty	ET -0,1 p.	ET -0,1 p.	ET -0,1 p.
 valid	 valid	 not performed	 not performed



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F.I.G.



TF

0.1 ribbon pattern,
0.3 deviation ,
0.3 axis ending with a step,
0.5 loss of balance,
0.1 loss of balance without travelling,
0.1*3 (feet, shoulders and knee),
0.1 incorrect catch,
0.3 loss of balance with travelling



BD 0.30 , 0.0



2.0

- 3 Jete Jumps not Valid (Tapping Repetition from Balance)
- Fouttee Balance not Valid (Repetition of isolated Shape inside Fouttee)



BD is not valid due to repetition of apparatus handling or repetition of BD shape.



Unstable 2
different
positions
are valid

2nd Jete
Jump no
apparatus
handling



TF

0.3 ending with 1 step
0.1 bent knee
0.1 + 0.1 deviation jeté
0.1 bent elbow
0.3 trajectory
0.3 deviation attitude



check Apparatus Handling?





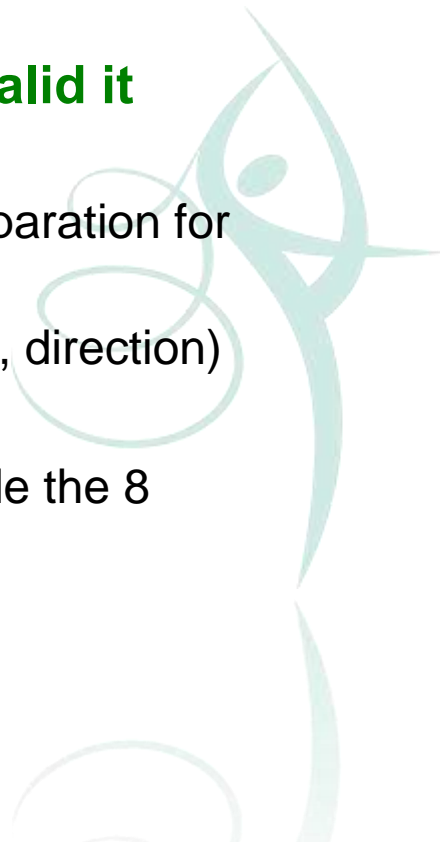
Dance Steps



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Please don't forget that a Dance Step to be valid it must have:

- 8 Secs of dance movements (last secs are not preparation for the next difficulty)
- A minimum 2 different varieties (Modalities, rhythm, direction)
- No pre-acrobatic elements or illusion
- AD is not interrupting the dance movements if inside the 8 secs.





S 0.3 ✓





S 0.3 ✓





S 0.3 ✓ **BD 0.1**





S 0.3 ✓



BD	0.4
S	0.3
BD	0.3

- Last double fouttee
pivot legs didn't
open to the side !
Last double
rotations are not
valid



Part D1





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Difficulty Apparatus (D3/D4) Technical Execution





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Remember **R** max 5:

- 2 complete base rotations each 360° without interruption
- DER is throw of the apparatus (Large or Medium) , ~~small throw.~~
- Catch of the apparatus at the end of the rotations or according to criteria.
- All **R** must be different. Repetition of any of these rotations (isolated or in a series) in another **R** is not valid.



R x

1st rotation not valid because it is not complete



TF
0.5 trajectory



R x (Interruption 2 Base Rotations)





R3 = 0.4 (last Rotation not valid)



2 R different but
on the limit !!



$R_3 = 0.6$

$R_2 = 0.3$ (Last rotation not valid)





R2=0.3 (last Rotation not valid)



TF

0.1 incorrect catch
+ 0.3 ribbon on the floor



R2 = 0.3



TF
0.3 trajectory
0.1 incorrect catch
0.1 ribbon on the floor



R2=0.3





$R2 = 0.5$





R x After music



TF
0.0



R3 = 0.7 (NL any difficulty initiated inside the carpet difficulty is valid)



R is valid although loss of balance

TF :

Total loss of
Balance 0.7

Incorrect catch 0.1

Ribbon on the
floor 0.3



R3= 0.6





6.2.3 AD elements will not be valid with :



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- A Base or criteria not performed according to its definition
- Total loss of balance with Fall
- **Major alteration of the basic technique of the apparatus (technical fault of 0.30 or more): updated TF**
 - Imprecise trajectory and catch in flight **with 1 step** (that is not intentionally part of the choreography!)
 - Incorrect catch with involuntary contact with the body
 - Loss of one end of the rope without interruption in the exercise
 - Passing through the rope, hoop: feet caught in the rope, hoop
 - Knot without interruption in the exercise: rope, ribbon
 - Catch after throw: contact with the arm (involuntary!)
 - The end of the Ribbon stays on the floor involuntarily during the performance of pattern, throws, échappés, etc. (**more than 1 meter**)
- Repetition of Pre-acrobatic elements

AD 0.2
AD 0.2
AD 0.2





AD 0.2

AD x NL



TF
0.1 incorrect
body segment



AD 0.2 (small throw locked together with or without 360)





AD × (Criteria not with base at the same time)





AD × (Criteria not with base at the same time)





AD ✖ Not according to definition, not only base and criteria to be valid as AD



Are these choreographed
steps?
Yes, but should be more
clear !!



AD 0.4



TF
0.0



AD = 0.2 (This is not Loss)





AD 0.0 × (4 spirals aren't available)

TF : 0.1 alteration of the pattern



TF
0.1 alteration of
the pattern



AD 0.2

AD x (Base not according to definition – no 4 spirals)



Rotation was done
after the catch of
the small throw
outside visual



AD x



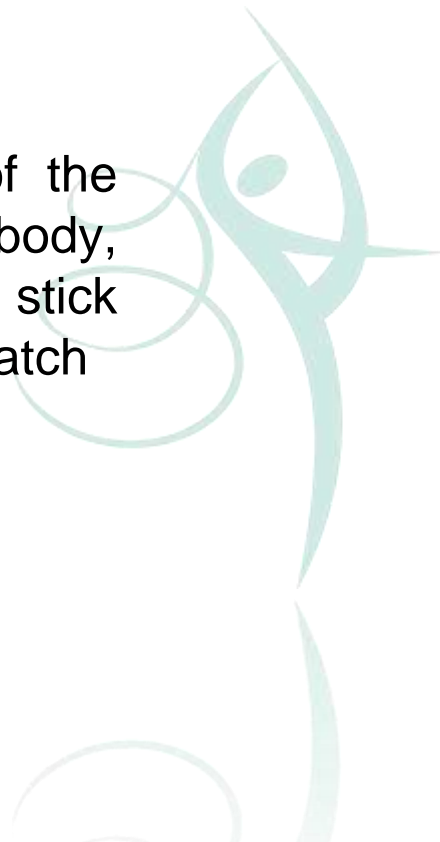


Boomerang



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- A throw of the stick in air/floor, the end of the ribbon is held by hand(s) or other part of the body, and push back with or without rebound of the stick from the floor (for the boomerang in air) and catch



CHEL Noemi /



AD 0.3 (Boomerang)





Boomerang



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- A throw of the stick in air/floor, the end of the ribbon is held by hand(s) or other part of the body, and push back with or without rebound of the stick from the floor (for the boomerang in air) and catch.
- ***It is sufficient that the ribbon fabric glides through the hand (or even over the body), before the end is held as long as it does not fly freely in the air.***





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The pull back action is considered part of the catch of the boomerang. This means that criteria may be performed while executing the pullback, not only at the release of the stick or the catch of the stick.





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- An active pull back is compulsory - if the stick returns to the gymnast due to its trajectory or because the ribbon fabric passively pulls the stick back, this is not a boomerang.*





AD 0.0 (NL # 21 **No Boomerang**; no release of the stick, No throw)





AD 0.0

NL # 30, This is not considered as a Large Throw, neither small throw neither boomerang



СЛАВЯНСК ЭКО

СЛАВЯНСК ЭКО

СЛАВЯНСК ЭКО



AD 0.0

NL # 30, This is not considered as a Large Throw, neither small throw neither boomerang



TF
0.1 alteration of
the pattern
0.3 Ribbon on
the floor



AD 0.2





AD 0.2



one arm or two
arms in front
walkovers for ADs
are considered
the same
rotations

TF
0.1 incorrect roll
0.5 trajectory



Are those same rotations or different for AD?



AD 0.4
AD 0.2
AD 0.4
AD X
AD 0.4
AD 0.4
AD X



TF
0.1 incorrect
segment
during balance
(leg)
0.1 Incorrect catch
0.1 deviation for
2nd jeté
0.3 trajectory
0.1 incorrect catch
0.7 fall



How many ADs?



No AD

TF

0.3 trajectory

0.1 incorrect catch

0.1*2 alteration of
the pattern

0.3 trajectory

0.1*3 alteration of
the pattern



How many ADs?



AD x
R 3 = 0.6



Are AD and R Valid?



Criteria: Direct catch with rolling of apparatus over the body (Hoop/ball) for R or AD

- Criteria without the help of the hands is not valid for this type of catch regardless if the palm of the hand is facing up or down.





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KNOT SPOTTING TRAINING

Which difficulties are valid ? D1 and D3

What are TE penalties?



TF:

0.1 alteration of the
pattern

0.5 knot with interruption

0.1 deviation

0.1 incorrect catch



R ✓ **R2 = 0.5**

BD ✗ **ADs** ✗



TF:

- 0.1* 2 alteration of the pattern
- 0.1 *2 incorrect body segment
- 0.3 knot without interruption
- 0.3 end of ribbon on the floor
- 0.3 Deviation (B.Fouttee)
- 0.3 Axis of the body not at vertical and ending with 1 step
- 0.1 incorrect catch
- 0.1 for end of ribbon stays on the floor during throw



AD 0.2 BD 0.5 AD 0.2
R 2 = 0.2 , R2 = 0.4



TF
0.7 unusable
apparatus



TF
1.0 drop



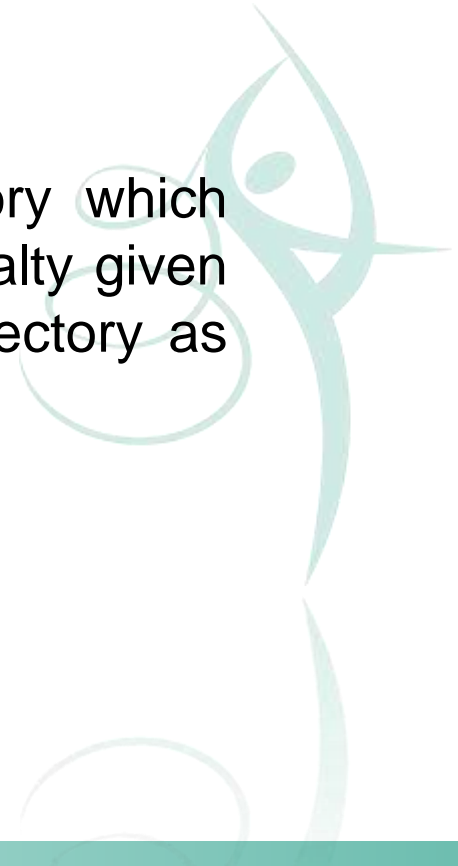
TF
1.0 Last moment





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- If a gymnast has an imprecise trajectory which ends to a loss of an apparatus , the penalty given is for the loss of apparatus (not the trajectory as well)





Remember NL



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Each exercise will have to be performed entirely on the official floor area:

- If the gymnast finishes the exercise outside the floor area, the penalty will be applied according to # 3.2
- Any difficulty initiated outside the floor area will not be evaluated (during or at the end of the exercise).
- If the difficulty is started inside the floor area and finished outside the floor area, the difficulty will be evaluated.

