

淺談有氧體操 C 類難度常見動作分析與介紹



報告者：王文凱

前言

- 本宗旨在探討有氧體操中 C 類常見難度族群項目：團身跳，狼跳，分腿跳，屈體跳，跨跳，剪式變身跳，六項難度元素之基本難度標準，與選手實施的得分判別。
- 六項難度元素，判定給分之標準，以及扣分標準。
- 六項該組難度動作必須最大限度地展示爆發力和最大的動作幅度。

有氧體操 C 類難度心智圖

有氧體操 C 類難度命名根

C 組難度跳與躍

水平跳組

軀體跳組

曲腿跳組

劈腿跳組

分腿跳組

水平旋組

直跳組

剪踢組

旋子組

落地姿態：

- 成俯撐：支撐手和腳必須同時落地。
- 成文森：支撐手和腳必須同時落地，主動腿需在同側手臂三角肌上方。
- 成縱劈腿：在空中分腿，落地時雙手落於身體兩側。
- 成橫劈腿：在空中分腿，落地時雙手落於身體前側。

有氧體操 C 類難度：團身跳



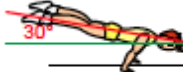

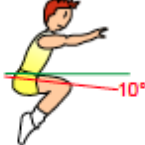
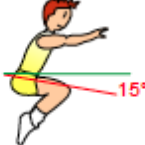
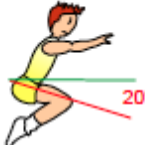

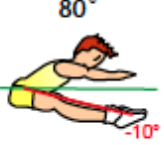
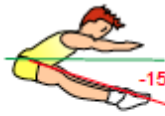
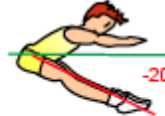

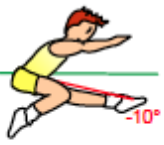
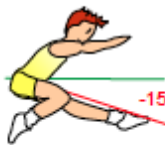
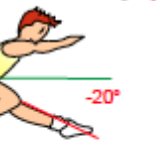



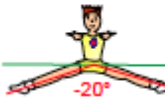
- 字面解釋動作：
 - 垂直起跳，雙腿屈膝舉起至胸，成團身姿態。
 - 雙腿併攏同時落地
- 難度分值以及加轉分值
 - 該難度分值为**0.2分**
 - 加轉體半周分別往上加**0.1分**
 - 加轉體至兩周以上加分為**0.2分**

團身跳扣分標準

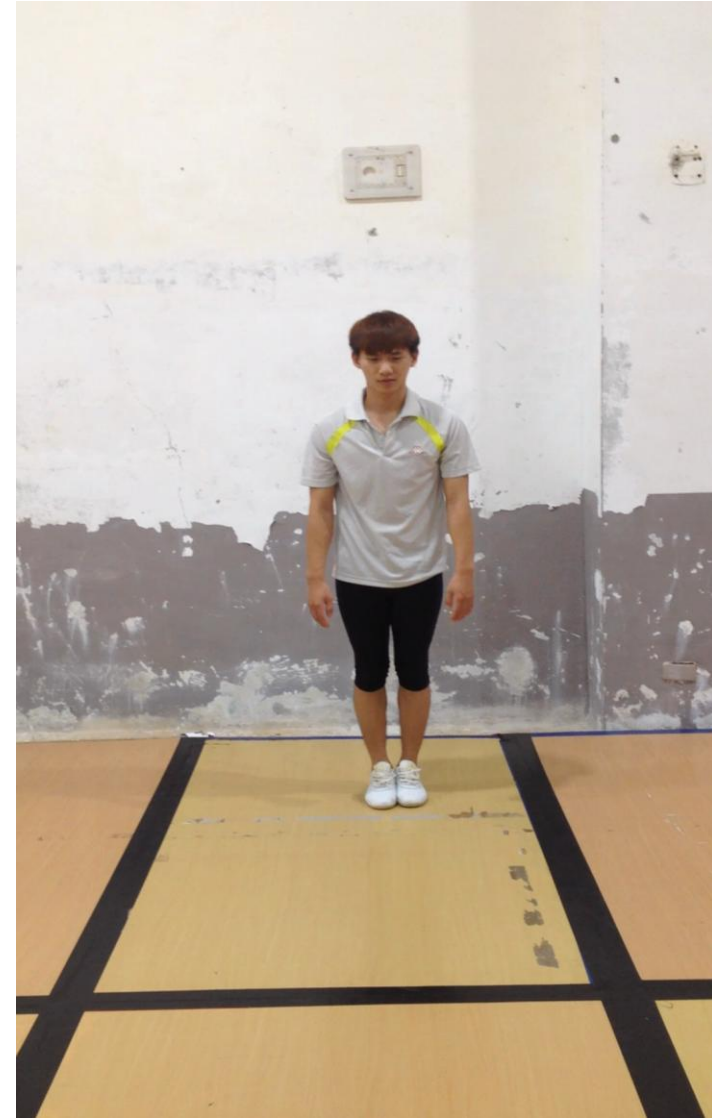
- 扣分標準：
 - 以大腿水平面為基準，低於水平面**10度扣0.1分**，低於水平面**15度扣0.2分**，低於水平面**20度扣0.3分**。

有氧體操 C 類難度：團身跳

- 水平面扣分

EXAMPLES	SMALL 0.1	MEDIUM 0.2	LARGE 0.3	UNACCEPTABLE 0.5
IN HORIZONTAL SUPPORT FAMILIES THE BODY / LEGS NOT PARALLEL TO THE FLOOR				
				
KNEES NOT AT WAIST LEVEL				
				
LEGS NOT PARALLEL TO THE FLOOR				
 PIKE				
 COSSACK				
				

團身跳 影片



有氧體操 C 類難度：狼跳









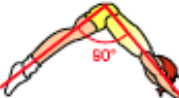







- 字面解釋動作：
 - 垂直起跳，雙腿平行地面或高於地面，一腿伸直一腿屈膝
 - 兩大腿併攏平行於地面
 - 雙腳併攏同時落地
- 難度分值以及加轉分值
 - 該難度分值为**0.3分**
 - 加轉體半周分別往上加**0.1分**
 - 加轉體至兩周以上加分為**0.2分**

狼跳扣分標準

- 扣分標準：
 - 以大腿水平面為基準，低於水平面**10度扣0.1分**，低於水平面**15度扣0.2分**，低於水平面**20度扣0.3分**，軀幹和雙腿的夾角不得大於**60度**，屈腿膝關節夾腳不大於**60度**。



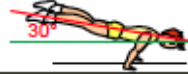

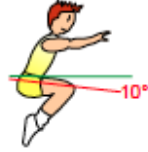
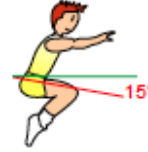
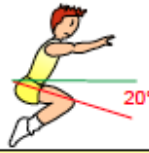





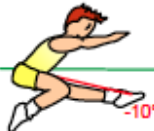
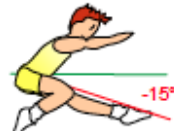
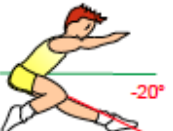


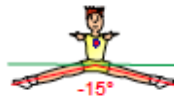

有氧體操 C 類難度：狼跳

軀幹扣分

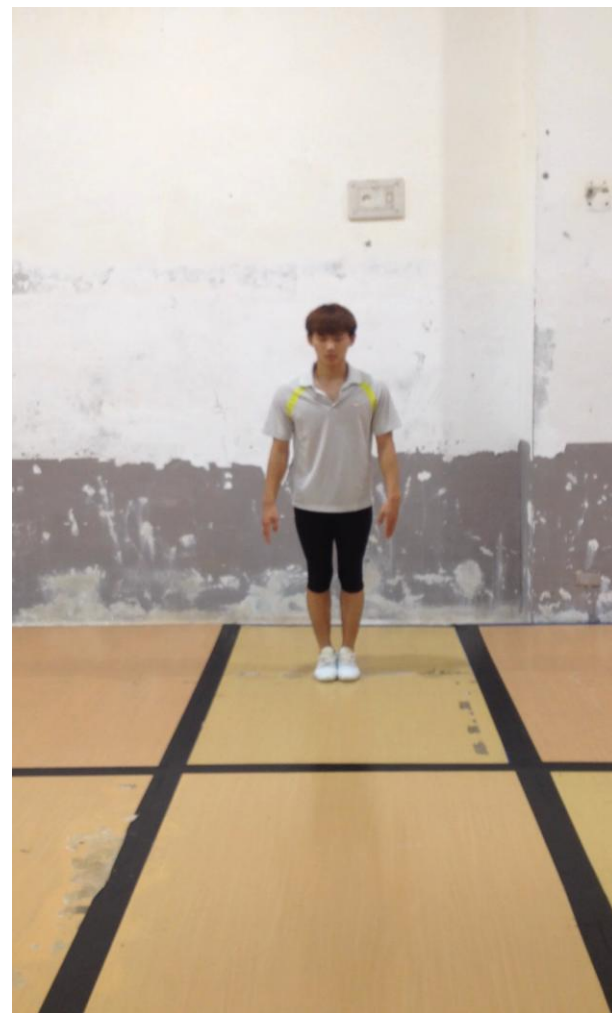
EXAMPLES	SMALL 0.1	MEDIUM 0.2	LARGE 0.3
	LEGS LESS THAN 180°		
	 <p>-10°</p>	 <p>-15°</p>	 <p>-20°</p>
   	INCORRECT BODY FORM		
	 <p>90°</p>	 <p>100°</p>	
	 <p>-15°</p>	 <p>-20°</p>	
	 <p>70°</p>	 <p>65°</p>	
 <p>-15°</p>	 <p>-20°</p>		

有氧體操 C 類難度：狼跳

- 水平面扣分

EXAMPLES	SMALL 0.1	MEDIUM 0.2	LARGE 0.3	UNACCEPTABLE 0.5
IN HORIZONTAL SUPPORT FAMILIES THE BODY / LEGS NOT PARALLEL TO THE FLOOR				
				
KNEES NOT AT WAIST LEVEL				
				
LEGS NOT PARALLEL TO THE FLOOR				
 PIKE	 80° -10°	 75° -15°	 70° -20°	
 COSSACK	 -10°	 -15°	 -20°	
	 -10°	 -15°	 -20°	

狼跳 影片



有氧體操 C 類難度：分腿跳


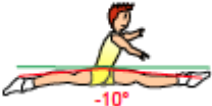
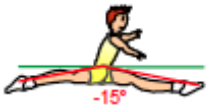
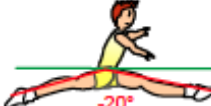





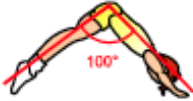





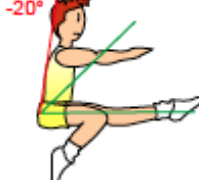
- 字面解釋：
 - 垂直起跳至軀體分退位置（雙腳夾角**90度**）
手臂與軀幹高於雙腿伸展
 - 軀幹和雙腿的夾角不大於**60度**
 - 雙腿必須平行或高於水平面
 - 雙腿併攏同時落地
- 難度分值以及加轉分值
 - 該難度分值为**0.3分**
 - 加轉體半周分別往上加**0.1分**
 - 加轉體至兩周以上加分為**0.2分**

分腿跳扣分標準

- 扣分標準：
 - 雙腿必須在空中分開，兩腿最小夾角為90度，雙腿平行地方或是高於水平面，軀幹和雙腿的夾角不得大於60度，低於180度少10度扣分為0.1分，5度為一個單位。



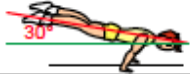

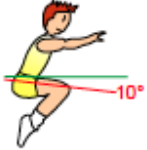
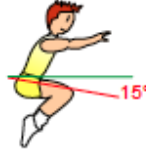
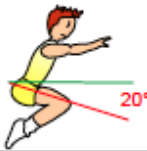



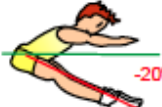

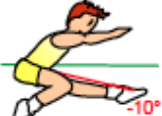

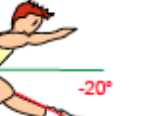




有氧體操 C 類難度：分腿跳

- 夾角扣分

EXAMPLES	SMALL 0.1	MEDIUM 0.2	LARGE 0.3
	LEGS LESS THAN 180°		
			
   	INCORRECT BODY FORM		
			
			
			
			

有氧體操 C 類難度：分腿跳

- 水平面扣分

EXAMPLES	SMALL 0.1	MEDIUM 0.2	LARGE 0.3	UNACCEPTABLE 0.5
IN HORIZONTAL SUPPORT FAMILIES THE BODY / LEGS NOT PARALLEL TO THE FLOOR				
				
KNEES NOT AT WAIST LEVEL				
				
LEGS NOT PARALLEL TO THE FLOOR				
 PIKE	80° 	75° 	70° 	
 COSSACK				
				

分腿跳 影片



有氧體操 C 類難度：屈體跳


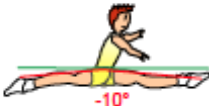
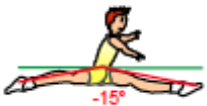
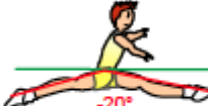





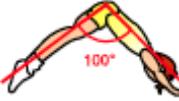






- 字面解釋：
 - 垂直起跳，雙腿併攏身體摺疊至軀體位置，雙腿舉起至與地面平行位置
 - 雙腿平行或高於水準位置，軀幹與雙腿的角度不大於**60度**
 - 手臂前伸向腳尖
 - 雙腿併攏同時落地
- 難度分值以及加轉分值
 - 該難度分值为**0.3分**
 - 加轉體半周分別往上加**0.1分**
 - 加轉體至兩周以上加分為**0.2分**

軀體跳扣分標準

- 扣分標準：
 - 以大腿水平面為基準，低於水平面**10度扣0.1分**，低於水平面**15度扣0.2分**，低於水平面**20度扣0.3分**，屈腿膝關節夾角不得大於**60度**。



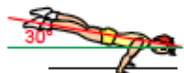

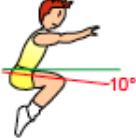
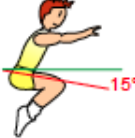
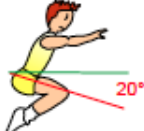



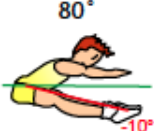
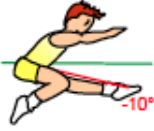

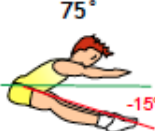
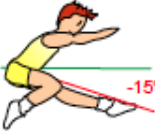

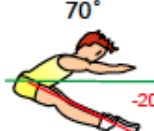
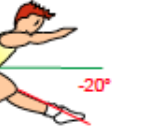

有氧體操 C 類難度：屈體跳

- 軀幹扣分

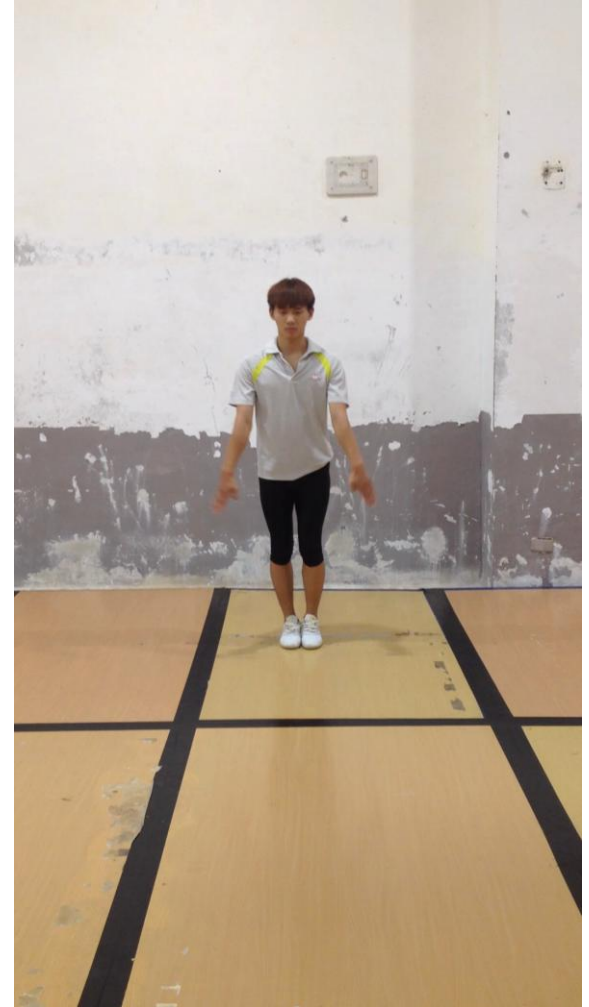
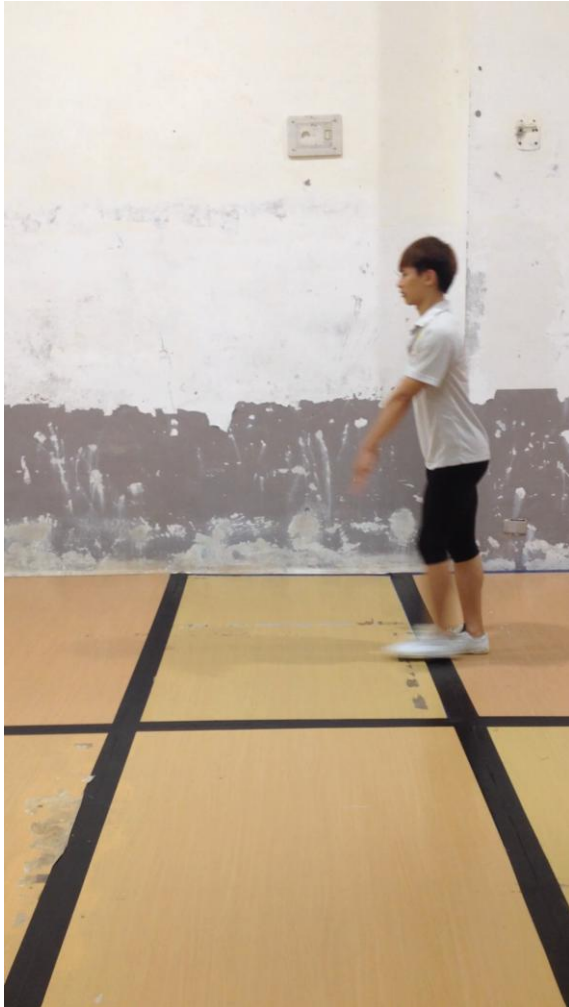
EXAMPLES	SMALL 0.1	MEDIUM 0.2	LARGE 0.3
	LEGS LESS THAN 180°		
			
   	INCORRECT BODY FORM		
			
			
			
			

有氧體操 C 類難度：屈體跳

- 水平面扣分

EXAMPLES	SMALL 0.1	MEDIUM 0.2	LARGE 0.3	UNACCEPTABLE 0.5
IN HORIZONTAL SUPPORT FAMILIES THE BODY / LEGS NOT PARALLEL TO THE FLOOR				
				
KNEES NOT AT WAIST LEVEL				
				
LEGS NOT PARALLEL TO THE FLOOR				
 PIKE  COSSACK 	 80° -10°  -10°  -10°	 75° -15°  -15°  -15°	 70° -20°  -20°  -20°	

屈體跳 影片



有氧體操 C 類難度：跨跳


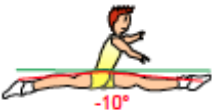
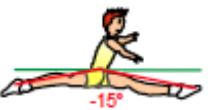
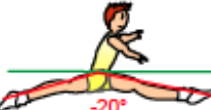





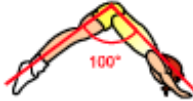






- 字面解釋：
 - 單腳起跳前躍
 - 在空中雙腿伸直成劈腿姿勢，上體保持正直
- 難度分值以及加轉分值
 - 該難度分值为**0.3分**
 - 加轉體半周分別往上加**0.1分**
 - 加上成縱劈腿分別往上加**0.1分**
 - 加上成俯撐分別往上加**0.2分**

跨跳扣分標準

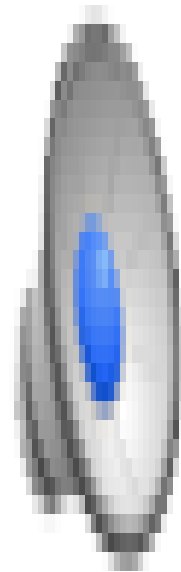
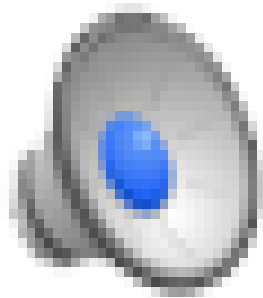
- 扣分標準：
 - 以大腿水平面為基準，低於水平面**10度扣0.1分**，低於水平面**15度扣0.2分**，低於水平面**20度扣0.3分**，在空中雙腿伸直成劈腿姿勢，上體抱持正直。

有氧體操 C 類難度：跨跳

- 水平扣分

EXAMPLES	SMALL 0.1	MEDIUM 0.2	LARGE 0.3
	LEGS LESS THAN 180°		
			
   	INCORRECT BODY FORM		
			
			
	 	 	

跨跳影片


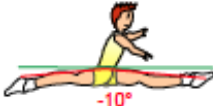
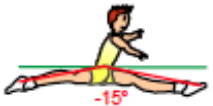
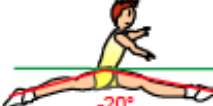




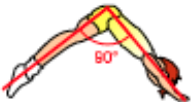
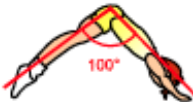





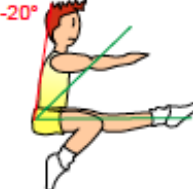


有氧體操 C 類難度：剪式變身跳

- 字面解釋：
 - 單腳起跳同時轉體**180**度
 - 騰空後交換腿跳完成一次縱劈腿姿勢
 - 雙挑併攏落地，身體面相與起始方向相反
- 難度分值以及加轉分值
 - 該難度分值为**0.5**分
 - 加轉體半周分別往上加**0.1**分
 - 加上成縱劈腿分別往上再加**0.1**分
 - 加上成俯撐分別往上再加**0.2**分

有氧體操 C 類難度：縱劈腿跳

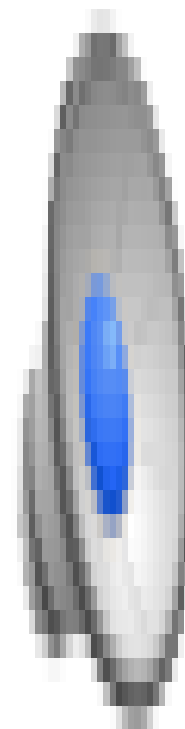
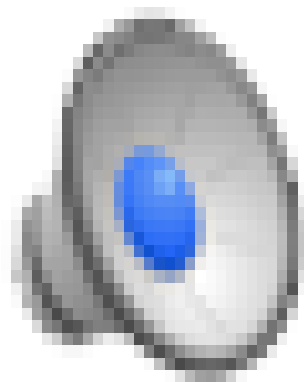
- 水平扣分

EXAMPLES	SMALL 0.1	MEDIUM 0.2	LARGE 0.3
	LEGS LESS THAN 180°		
			
   	INCORRECT BODY FORM		
			
			
			
			

剪式變身跳扣分標準

- 扣分標準：
 - 以大腿水平面為基準，低於水平面**10度扣0.1分**，低於水平面**15度扣0.2分**，低於水平面**20度扣0.3分**，。

剪式變身跳 影片





報告完畢，謝謝大家聆聽

- 參考文獻：
- 中華民國體操協會2013-2016國際有氧體操評分規則
- [https://www.fig-gymnastics.com/publicdir/rules/files/aer/AER%20CoP%202013-2016%20\(English\)%20Feb%202013.pdf](https://www.fig-gymnastics.com/publicdir/rules/files/aer/AER%20CoP%202013-2016%20(English)%20Feb%202013.pdf)