

Rhythmic Gymnastics Competition Handbook

2020

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The Welsh Gymnastics Rhythmic Gymnastics Technical Panel reserves the right to make amendments to this Handbook.

Notification of a change to the handbook will be communicated through the Welsh Gymnastics website and an updated version will be made available to download at the time of change.

All versions will be listed on this page, with reference to amendments made;

Version 1.0

Definition of Terms

Assisting Coach(es) are coaches who are permitted on the competition floor and/or warm up hall, but who work under the guidance and responsibility of the supervising coach. Assisting coach(es) must meet all of the relevant eligibility requirements.

- BG means British Gymnastics
- Championships means any Welsh Championship organised by or on behalf of WG.
- Code means the Code of Points used for the competition, from which technical information and regulations are taken.
- CPSU means Child Protection in Sport Unit
- Criminal Record Certificate means DBS (previously CRB)
- DJ- means Difficulty Judge
- Event means any national competition and championships organised by or on behalf of WG.
- FIG means Federation Internationale de Gymnastique
- Lead Coach – The coach taking overall responsibility for all the gymnasts from their club/region. The Lead Coach must be present in the venue throughout the event to take responsibility for their coaches and gymnasts. The Lead Coach must possess sufficient qualification to cover all the skills that all of their gymnasts will be performing within the competition.
- Medical Certificate means a letter on headed paper signed by a Doctor or Physiotherapist confirming the gymnast is unfit to take part in the competition
- NDP means National Development Plan
- Officials are people recruited to assist with the delivery of the overall event i.e Floor Manager, Ceremonies Manager, Spectator Tickets Manager
- Organiser means the Rhythmic Gymnastics National Competition Organiser (NCO) or their designated representative, who is authorised by, or on behalf of WG
- SJ – means Superior Jury
- Coach(es) are those coaches submitted in the online entry process and who are responsible for the gymnast(s) for the entire event. This coach must have the relevant qualifications and BG membership as defined in the eligibility section of this handbook. Any changes to the supervising coach(es) submitted on the online entry system must be notified to the Events Department prior to the event and in exceptional circumstances if changes are required during the event, these must be notified to the Organisers. Changes to supervising coaches will only be permitted where the replacement coach meets all of the relevant Eligibility requirements
- TP means the Rhythmic Gymnastics Technical Panel of WG and/or any Technical Panels appointed from time to time acting with the appropriate delegated authority.
- Unattached means gymnasts who are not members of a BG registered club but hold appropriate BG membership.

- Any text in [this font colour and underlined](#) means it is a hyperlink to official policy statements and/or other related information.

Where no specific point is addressed in the regulations, the current FIG rules apply. However, the Technical Panel and its appointed officials reserve the right to define any regulation conflict as is deemed appropriate to ensure a fair and equitable competition.

Contact Information

Technical Panel		
Lead	Linda Thomas	linthom@hotmail.co.uk
Competition Organiser		
Technical Panel member	Jessica Bolton	jessica.bolton3@yahoo.co.uk
Technical Panel members	Sarah Lane	sarahlouiselane@icloud.com
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WG Staff Performance rep	Jo Coombs	jo-coombs@welshgymnastics.org
WG Staff Development rep	tbc	
WG Head National RG Coach	Nia Evans	Nia.evans@welshgymnastics.org
Welsh Gymnastics Contact Details		Tel: 0300 3003127 E-mail: contactus@welshgymnastics.org
Welsh Gymnastics competition queries	Kyarna Weed	Kyarna.weed@welshgymnastics.org

British National Competition Calendar

Event & Date	Opening Date	Closing Date	Venue
British Qualification Testing 8th - 9th Feb	5 th December 2019	Noon 18 th December 2019	Lilleshall NSC, Newport
Open Apparatus Championships (Junior & Senior) and Group Seeding 21 st – 22 nd March	27 th December 2019	Noon 7 th February	Fenton Manor, Stoke on Trent
NDP Finals and Group League Round 1 13 th – 14 th June	20 th March	Noon 1 st May	Fenton Manor, Stoke on Trent
British Championships Espoir, Junior, Senior Individuals and Elite Groups 29 th July – 2 nd August	8 th May	Noon 19 th June	M&S Bank Arena, Liverpool
Group League Round 2 10 th – 11 th October	17 th July	Noon 27 th August	Fenton Manor, Stoke on Trent
Open Apparatus Championships (Espoir and Pre-Junior) and Group League Round 3 21 st – 22 nd November	28 th August	Noon 9 th October	Fenton Manor, Stoke on Trent

Welsh National Competition Calendar

Event & Date	Opening Date	Closing Date	Venue
NDP Zone B Grades 4 – 10, 5 th April 2020	For competition entry details contact City of Bath RGC		University of Bath, Bath
Welsh Championships and Open L1 – 5, 20 th – 21 st June 2020	1 st April	Noon 9 th May	Sport Wales National Centre, Cardiff
Welsh Group Invitational, 18 th October 2020	3 rd August	Noon 6 th Sept	Sport Wales National Centre, Cardiff

Eligibility

Welsh Championship Titles

Gymnasts eligible to compete and win Welsh titles must fulfil the eligibility requirements as specified below:

- Be eligible to hold a UK Passport
- Hold correct British / Welsh Gymnastics membership

and

- Be born in Wales;

or

- Mother, father or grandparents of the gymnast born in Wales;

Or

- Live in Wales and have done so for a continuous period that exceeds 48 months

For full details of eligibility information and evidence requirements please click [here](#)

Welsh Open Events

Any invited gymnasts are eligible to compete in Open events provided they fulfil the relevant membership requirements.

NDP Grades

For eligibility into NDP Grade events please refer to the British Gymnastics eligibility requirements found within the BG Competition Handbook

Membership

All persons attending WG events in an official capacity, whether as a gymnast, coach, judge are required to hold current BG membership in line with the level of competition entered and awards held.

Coaches, Judges and Gymnasts should carry current membership cards to all competitions and be prepared for these to be checked by the Organiser or their appointed officials.

• Gymnasts

Membership level must be Competitive Gymnast, Coach, or Life Members of BG in order to enter a WG Event. In normal circumstances, gymnasts should also be a member of a BG/WG registered club.

In exceptional cases, where a gymnast does not belong to a BG/WG registered club they must contact the Events Department and request entry into the Event. If granted such gymnasts will be given the classification as being Unattached. In such circumstances the gymnasts must nominate a Supervising Coach and must also meet all other membership requirements.

- **Lead Coaches**

Lead coaches' membership level must be Coach or Life Members of BG and coaches must be qualified to the level of the skills being performed by all Gymnasts in the club/Region before being allowed to participate in a BG Event. Coaches must have current safeguarding and DBS certificates, please see Safeguarding section.

- **Coaches**

Supervising coaches' membership level must be Coach or Life Members of BG and coaches must be qualified to a minimum of level 2. Coaches must have a current safeguarding and DBS certificate. Please see Safeguarding section.

- **Supervised Coaches**

With the explicit authorisation of the lead coach, supervising coaches may coach skills at the maximum of 1 level higher than their current qualification before being allowed to participate in a WG Event, in this instance the supervising coaches must have completed the relevant course or module of the next coaching level covering those skills, although they may not yet be signed off as qualified.

- **Assisting Coaches**

Assisting coaches' Membership level must be Assistant Coach (if Level 1), Coach or Life Members of BG before being allowed to participate in a BG Event. Coaches must have a current safeguarding & DBS certificate. Please see Safeguarding section.

- **Chaperones**

Chaperones must have current BG membership and Safeguarding award and will only have access to the warm up hall when in attendance at an event.

- **Judges**

Judges' membership level must be Judge or Life Members of BG for Club/County/Regional Judges, and National/Brevet Judge or Life Members of BG for National and Brevet Judges before being allowed to officiate at a WG Event.

From time to time Welsh Gymnastics may invite international judges to officiate at WG events, as such they will not require BG membership.

Judges must also hold a current cycle of judging award (Cycle 14)

BG and WG does not require judges to complete a criminal record check to judge at WG competitions, as the role that judges fulfil at the event no longer falls within DBS Eligibility. However, some judges are actively involved in club gymnastics and may provide judging instruction to children in a training environment or carry out a supervisory role (or may complete a criminal record check by virtue of another role they undertake e.g. coach). As not all judges use their qualification in the same way, it is the club's responsibility to assess the role the judge is undertaking and determine whether the activities involved fall within the eligibility criteria for a criminal record check. BG no longer requires all judges to complete safeguarding training but clubs should ensure any judge who supervise or instructs children has completed appropriate training.

Coach Qualifications

When submitting entries for a WG event, clubs/regions must ensure that where applicable the nominated Lead Coach is qualified to the level of performance of all the participants from their club. Supervising Coaches must be a minimum of level 2.

All Coaches entered into the event entry MUST be the same ones attending the event. It is unacceptable to enter a coach you know will not be attending. The Lead Coach has the ultimate responsibility for all the participants from their club and that of the Supervising Coaches, Assistant Coaches, Chaperones & Choreographers.

Lead Coaches have a duty of care towards their performers and have a responsibility to ensure that all of the coaches under their supervision are both qualified and competent to teach at the appropriate level, as well as ensuring that the participant is adequately prepared, physically and psychologically, for performing their routines in a competition situation.

Additional Assisting Coaches (Level 1 and above) may be accredited, at the discretion of the Organiser, to be present in the competition arena to assist with the pastoral care of the gymnasts. Assisting coaches may not coach the gymnasts unless they fulfil the requirement of holding a recognised qualification suitable to the level of skills being performed.

Additional Chaperones may be accredited; at the discretion of the Organiser, to be present in the warm up arena to assist with the pastoral care of the gymnasts. Chaperones may not coach the gymnasts.

If it is found that a club is in breach of these policies WG reserves the right to reject an entry on the grounds of gymnast safety or, if discovered post performance, to disqualify the competitor and remove their score(s) from the official results.

Safeguarding

All Coaches are required to hold a current BG specific DBS certificate, or Home Nation equivalent, and have current Safeguarding and Protecting Children Awareness training at the time of the event. Coaches who do not fulfil this requirement will not be accredited or allowed to participate at BG Events.

All Gymnasts must have an accredited coach present on the competition floor at all times. If a Gymnast attends a competition without a Supervising Coach they will not be allowed to compete.

The safeguarding courses recognised by British Gymnastics are:

Sports Coach UK (scUK) Safeguarding Awareness course. Local Safeguarding Children's Board (LSCB) Football Association (FA) safeguarding training Professional prior learning i.e. Social Worker, Teacher etc.

This must be renewed every three years and be valid both at the time of entry and through to the end of the Event. For members who have previously completed a face to face course an online refresher update course is available. Coaches are responsible for checking the expiry date of their safeguarding and ensuring they have sufficient time to renew their award prior to the closing date of the event

Coaches must also have a valid Criminal Records Certificate both at the time of entry and through to the end of the Event before being allowed to officiate at a WG Event.

Policy for the Participation of Trans People in Gymnastics Competition

For information on Transgender, please refer to the British Gymnastics Transgender Policy which can be found [here](#)

Competition Entries

Entry Process

Entry to all Welsh Events are Online only. Complete instructions for adding an entry via the GymNet online Entry Portal are available to download from the BG website.

All entries must be fully submitted electronically on the BG system by the stipulated closing date and time.

Prior to the event, an entry may only be amended by the person making the original entry.

No GymNet entries will be accepted without a nominated volunteer. Volunteers / clubs will be allocated a role for the day of the competition and this will be communicated via the Competition Organiser. It is the responsibility of a club to communicate this with their nominated volunteer. If a volunteer (or an appropriate replacement) does not attend on the day of the competition, then a fine of £50 will be applied. Volunteers must also be available to assist the whole section of competition assigned – should the volunteer leave part way through, the fine will be applied to the GymNet shopping basket via the Welsh Gymnastics office staff. Clubs are responsible for any expenses incurred by their nominated volunteer.

Disability Gymnastics

Disability Gymnastics is designed to provide competition and development for people whose disability or impairment restricts their mainstream competitive opportunities.

All clubs and coaches must inform the Welsh Gymnastics competition organiser of any gymnasts which have medical conditions that require special consideration at WG events. This information should be shared with the WG competition organiser at the point of competition entry and will enable the WG competition organiser to make the necessary adjustments where possible to cater for the additional needs of each gymnast.

Gymnasts will be required to provide proof of Disability at least six weeks before the event. Please complete and return the Disability Gymnastics Classification Certificate by following the instructions in the Disability Classification Pack.

Although there are 44 different eligible classifications (Profile groups) in the Classification Pack, this does not mean that there are 44 different competition categories for Disability Gymnastics competition.

The Disability competition classification categories available can be found within the information pages for each competition which has integrated disability.

Methods of Payment

Payment can be made by Debit Card, Credit Card or BACS payment. BACS payment however may slow the entry process. Payments should be received by BG within 48 hours of the entry being submitted.

Entry fees are non-refundable after the closing date.

Late Entries

Late entries will only be considered in exceptional circumstances and only up to 7 days after the closing date.

In the unlikely event of a late entry being accepted, payment of two times the normal entry fee stated for the competition will be required for individuals (including groups). For team late entries the fee will be double (including clubs and regions.) However, the late entry payments will be capped at £1000 (i.e. the additional payment over and above the normal entry fee per gymnast / partnership / group / team will be capped at £1000).

Late entries must be made in writing to the Welsh Gymnastics staff member. The organiser will have absolute discretion whether to accept a late entry.

Late entry requests may be placed on a reserve list and clubs notified if their entry is accepted following a withdrawal, up to 1 week prior to the event.

Withdrawals and Substitutions

Amendments to an entry before the closing date will not incur a penalty and in the case of withdrawals, the entry fee will be refunded. Entry fees are non-refundable after the closing date.

Where it is necessary to substitute a coach the club must inform Welsh Gymnastics and the competition organiser, so the coach can be checked for membership, awards and safeguarding, before they can be accredited for the Event.

Where, through unforeseen circumstances, this is not possible or, where information has not previously been supplied, the substitute must inform the Organiser immediately on arrival at the venue and produce their coaching award certificate, current BG membership card and a current BG specific Criminal Records Check certificate.

Where there are specific rules and/or processes please refer to the specific event page.

Non-Participation Fee

By entering a gymnast (individual/partnership/group) or a team (team events) into an event, the enterer accepts that, should any gymnast or team fail to register to compete by the end of registration for a competition, the appropriate fee for non-participation will be added to the club basket.

Fees will be charged as follows:

£15 – Individual

£30 – Group

Should a gymnast be withdrawn, for whatever reason, the club or coach must inform the Competition Organiser and Events Department in writing via email up to the close of registration for the relevant session. Email addresses are listed in the Contact Information on page 6 of this Competition Handbook. Withdrawals will only be accepted via email.

Failure to inform the Competition Organiser as laid out above will result in the non-participation fee being charged.

General Regulations

Coaches' must make adequate provision for the "supervision" of their gymnasts upon arrival at the venue. Gymnasts will not be allowed to register or begin warm up without their coach present.

Registration

Only register your Gymnast(s)/Club/Region when those competing in that section of the event have arrived at the event and intend to compete. Please inform the registration desk of any withdrawals as soon as possible.

During registration accreditation/passes will be issued. Abuse of accreditation/passes may result in disciplinary action taken by WG.

Specific registration processes where appropriate can be found in the event work plan.

Order of Performance

The order of competing for individual events and group events shall be decided according to the competition arrangements made by the Organiser or such officials as may be authorised by the Technical Panel. For the purpose of maintaining the smooth and timely running of the event, or where the safety, security and good performance of the gymnasts is a concern, the TP reserve the right to alter the grouping of gymnasts and/or running order of performances as may be deemed necessary by the Organiser or authorised officials, up to the start of warm up. Once underway the order of performance will only be changed, at the discretion of the Competition Organiser, in extenuating circumstances when a gymnast may be temporarily unable to compete.

Wherever practical the Organiser shall produce and circulate to all participating clubs a provisional start list and running order for an event at least 2 weeks before the day thereof.

Music

All music for competition routines must be uploaded onto the GymNet portal at the latest one week before the competition date (see event page for specific time and date).

Instructions for submitting music electronically may be found within the Online Entry Guide

Late Music Submission

Late submission of music will attract a fee of £10.00 per gymnast/group. This fee will be added to your club basket. Music not uploaded by the deadline cannot be guaranteed to be uploaded on the day.

Music Licensing

All music used in competition routines must conform to the relevant licensing requirements. Details may be found at the following link.

Certain tracks belonging to Disney, Andrew Lloyd Webber and Cirque du Soleil can be used but this should be checked on the PPL website to confirm the track is included within their repertoire.

To check tracks go to <http://www.ppluk.com/> scroll to the bottom of the page and click on 'PPL Repertoire Search' enter the artists name and title. Any music listed as part of the search can be used.

If the track is not included within the listed tracks the club must apply directly to Disney, Andrew Lloyd Webber or Cirque du Soleil to use the track and pay the relevant licensing fees.

Access to Warm up Hall

Access to the warm up hall will be limited to the appropriate number of Coaches, Chaperones and Choreographers (where applicable) as defined in the specific details section for each Event. On arrival, coaches will need to register and collect their accreditation from registration. In the case of events spanning more than one day, accreditation will be issued for each day. At larger national events the FIG/UEG recognised accreditation system may apply.

Abuse of accreditation may result in disciplinary action being taken by WG.

Judges will not be allowed into the warm up hall, once the judges meeting has taken place.

Food and Drink

There may be restrictions within the competition areas with regards to food and drink. This is to manage food intolerances and allergies.

Babies and Young Children

In the interests of safety, for the smooth running and professional presentation of the events, babies and young children are not permitted to enter the warm up hall or field of play, even if they are being supervised by an adult.

Medical Provision

Anyone requiring First Aid assistance should speak to either the Competition Organiser. It is recommended that all coaches have a First Aid kit with them for minor injuries.

At all WG Events an official medical team will be appointed and will be available to treat gymnasts who sustain an injury at the event. The medical team are not able to treat pre-existing or chronic injuries.

Any injury occurring during the official training or competition must be reported to the medical team, to ensure a record can be kept of treatment given and by whom.

The decision of the Organiser, based upon the recommendation of the WG appointed medical officer as to the gymnast's health and medical status and their ability to compete at the Event is absolute and final.

Medal Ceremonies

Except in exceptional circumstances, gymnasts who win a medal at a WG Event are expected to remain in the venue until the completion of the competition and participate in the medal presentation ceremony in order to collect their award in person. Medals will only be distributed at events not by post. Attire for medal ceremonies is according to FIG World Championships and UEG rules.

Tenure of Trophies

All perpetual trophies remain the property of WG.

Perpetual trophies are the responsibility of the winning club. The club is responsible for the inscription of, as well as safekeeping and maintenance of, the trophy and for returning it to the Organiser prior to the competition the following year by either; -

- Making arrangements for it to be delivered to the competition venue on the day.
- Returning it to the competition organiser at least one week prior to the competition.
- Returning it to the WG offices at least one week prior to the competition.

Failure to do this or loss of a trophy will incur a cost to the individual / club.

Privacy

Welsh Gymnastics Privacy Notice

At some events, Welsh Gymnastics may produce event merchandise (eg event t-shirts). These may include the names and/or clubs of the gymnasts taking part.

Where competing gymnasts have a disability, it may be necessary to share the details of this disability with Performance staff and the Technical Committee in order to discuss if modifications to rules and processes are appropriate arising from this disability.

The scores and results will be published on the WG website in the specific event page.

Video, Film and Photography

If you agree for your club to enter you into a WG competition, we will use your personal information to confirm you have been entered into the correct category and to enable you to participate in the event. All WG competitions are large events where filming and photography by WG accredited photographers and the media will be taking place. Images taken at our events may be used by WG, for the purposes of promotion, education and development of the sport. They may also be shared with relevant third parties organisations for journalistic/promotional purposes.

Any gymnast or parent who does not wish themselves or their child to be photographed/filmed at the event must advise the Welsh Gymnastics Event Organiser. We will ensure any identifiable images of the participant are not published.

Any person wishing to use video, film or take photographs must abide by the BG Photography at Gymnastics Events policy . Photos may only be taken for personal use. Unless specifically accredited to do so, you may not take photos for sale, other commercial use, or publication in printed or electronic form, such as on websites. Clubs may publish some photos but this may only be done in accordance with BG Safeguarding & Protecting Children Policy

Flash may not be used at any time while gymnasts are warming up or competing.

If you have concerns about the identity or actions of any photographer or if you believe that any unsuitable photos are being taken, you should report your concerns to the WG appointed Welfare Officer at the event.

Health & Safety

The health, safety and welfare of all participants (gymnasts, coaches and officials) is the primary consideration. All BG policies and procedures will be rigorously applied with regards to health, safety, welfare and Safeguarding & Protecting Children.

Should at any time during a competition, a Welsh Gymnastics Floor Manager, TP member, Head Judge or National Coaching Team member/employed staff, believe the elements performed put the gymnast at risk, they will intervene and make a decision on whether the gymnast is capable of performing the skill/routine. A review and discussion with the personal coach and/or club will also take place post competition to ensure the safety and well-being of all gymnasts is paramount.

Apart from as required for the running of the competition, gymnasts, coaches, judges and officials must not use mobile phones or any other electronic communication devices including tablets, to make calls, take photographs or be used for other forms of communication in the main arena during the event. Such mobile devices may only be used for monitoring scores and results, where the BG Score App is in operation. It will be part of the role of the Floor Manager to monitor this area. Any coaches who are identified as filming their gymnasts' performances from the competition floor or using their devices in an inappropriate manner will be asked to leave the floor.

Coach Attire

- As per BG protocol, coaches should be in full length tracksuit bottoms, polo shirt / t-shirt and trainers or similar. Coaches will not be permitted onto the competition floor if they are not dressed appropriately (as set out in this section).
- No flip flops/sliders should be worn by coaches on the competition floor. Coaches will not be permitted onto the competition floor if they are not dressed appropriately (as set out in this section).
- The wearing of GBR or Home Country attire at WG Events is strictly forbidden
- Long hair should be braided or tied back so as not to obscure vision.
- Jewellery, body piercing and similar adornments are not allowed. Coaches will not be allowed on the competition floor if wearing jewellery (ear studs are permitted, wedding rings if taped). Exceptions are as per BG Body Piercing and Adornments Policy.
- Chewing gum is not allowed at any phase of the competition, including the opening ceremony and presentation of the awards or closing ceremony.

Non compliance may result in removal of the coach and consequently, for Health and Safety reasons, their gymnast from the competition.

Judge Attire (including line judges, timekeepers and side judges)

- Navy blue jacket with navy blue skirt or full length trousers, white shirt or blouse with a collar (either short or long sleeved)
- Hair must be neat and not inhibit vision
- Jewellery, if worn, must be professional in appearance
- Shoes must be professional in appearance (in particular, no flip flops or trainers)

Overnight Stays

Government legislation requires that when a club takes a gymnast(s) under the age of 18 years on a journey involving an overnight stay, the club must ensure that there is a designated trained person

responsible for child protection on the trip. To adhere to the CPSU child protection standards this person must not be related to or in a relationship with the coach attending the trip.

The training for the designated person should be BG recognised Safeguarding and Protecting Children Awareness training or Home Country equivalent.

Drug Free Sport

The testing programme may affect any elite gymnast performing at a national standard.

Please follow the link to read the BG policy

Terms and Conditions of Entry to All Competitors

In addition to WG General Rules & Regulations -

- o All entrants agree to be treated by WG appointed medical staff only and be bound by the decision of WG medical staff in relation to their ability to compete in the competition.
- o You agree to abide by the BG Photography at Gymnastics events policy.
- o The person making the online entry on behalf of gymnast(s) or club, undertakes to ensure that those who they are making an entry on behalf of are fully aware of and agree to abide by the contents of this handbook.

Rule	Penalty
Clubs must have an appropriately qualified coach on the competition floor	Gymnasts/Group Withdrawn from competition
Coach displaying aggressive behaviour/foul language	Removal of coach from the competition floor
Coaches must be appropriately dressed	Coach will not be permitted on the competition floor
Gymnasts, coaches and volunteers only permitted on competition floor at appropriate time	Unpermitted individuals will be asked to leave the competition floor and 0.5 deducted from the final score of gymnast /group
If applicable - Each gymnast should have a back-up copy of their floor music on a CD clearly marked with the gymnast's name, number and club.	0.5 marks deducted from the gymnast's final score
Gymnasts and coaches are not permitted to wear any jewellery	0.3 deducted from the apparatus score
Gymnasts attire not confirming to regulations / CoP	0.3 deducted from score
Supports/bandages must be matched to the skin tone of the gymnast	0.3 deducted from score
Chewing gum is not allowed at any phase of the competition, including the opening and closing ceremonies and presentation of awards	Coach/gymnast will be asked to leave the competition floor

Rhythmic Gymnastics Technical Information

[Rhythmic Judges Code of Conduct](#)

WG, acting through the Board or its Committees, reserves the right to refuse any entry and disqualify an official, judge, gymnast or team at any time, if they do not comply with BG/WG regulations

Age Policy

Gymnasts' ages for the purpose of entry to all age dependent categories will be taken as the age reached in the year of the competition.

The minimum age for entry to WG Events is 8 in the year of competition.

To view further information on age, participation and competition please view the 'Health & Safety Guidance: Coaching Practice' document (available within the Resource Library on GymNet).

Gymnasts Competition Attire

It must be gymnastic in character and design. Attire must be elegant and complement the artistry of an exercise. It should not divert attention from the performance of the gymnasts nor require adjustment during an exercise.

- A correct gymnastics leotard must be in non-transparent material; therefore, leotards that have some part in lace will have to be lined (from the trunk to the chest)
- The neckline of the front and back of the leotard must be no further down than half of the sternum and the lower line of the shoulder blades.
- Leotards may be with or without sleeves, but dance leotards with narrow straps are not allowed.
- The cut of the leotard at the top of the legs must not go beyond the fold of the crotch (maximum)
- The leotard must be skin tight to enable the judges to evaluate the correct position of every part of the body
- The leotards of Group gymnasts must be identical (of the same material, style, design and color).

However, if the leotard is made of a patterned material, some slight differences due to the cut may be tolerated.

- The wearing of GBR or Home Country attire at BG Events is strictly forbidden
- The removal of leotards on the field of play and in public view is not allowed

It is allowed to wear:

- Long tights down to the ankles, over or under the leotard.
- A full-length one-piece leotard (unitard) provided that it is skin tight
- The length and colors(s) of the fabric covering the legs must be identical on both legs (the "harlequin" look is forbidden), only the style (cut or decorations) may be different.
- A skirt that does not fall further than the pelvic area over the leotard, tights or the unitard.

- The style of the skirt (cut or decorations) is free, but the skirt must always fall back on the hips of the gymnast (the look of “ballet tutu” is forbidden).
- Gymnasts may perform their exercises with bare feet or gymnastics slippers.
- The hair style must be neat and trim and the make-up clear and light.

Accessories and Aids:

- Jewellery, including earrings and studs, necklaces, rings, bracelets, anklets, nose and navel studs, are not allowed
- Bandages or support pieces cannot be in colours and must be of a beige colour
- For further details, please see FIG Code

Nominated Judges

For all competitions clubs must nominate judges in accordance with the specific competition rules and regulations which may differ from competition to competition at the time of entry. Clubs that do not have an appropriately qualified judge available should consult the BG Judging Register, approach someone suitably qualified to judge on their behalf and nominate them at the time of entry. Clubs must check with the judge(s) they are nominating that they are able and willing to judge on their behalf before nominating them.

New clubs in their first year must provide at least one judge of at least Club level. Failure to do so will result in the club being refused entry to the competition, unless the Competition Organiser, in their sole discretion, decides otherwise.

All nominated judges are expected to be available to judge for the entire competition. This means that if the event spans more than one day, judges should be prepared to judge on all days whether the nominating club has gymnasts performing on that day or not. Clubs are responsible for all expenses incurred by their nominated judges

Competition Apparatus

Apparatus for Seniors and Juniors must conform to the relevant FIG Apparatus Norms, in addition, for the British Championships, each apparatus must have the manufacturer’s logo and “FIG approved” logo in the specified place for each apparatus.

Apparatus for Espoirs must conform to the FIG Apparatus Norms for Juniors, with the exception of Hoop which should be appropriate for the size of the gymnast and Ribbon which should be between four and five metres in length.

A 13 metre x 13 metre rhythmic carpet with base will be used for all Competitions.

A set of identical apparatus will be placed on two of the four sides of the floor of the arena for use by any gymnast. For Juniors replacement ribbons will be 5 metres in length and those for Espoirs 4 meters in length

Length of Exercises

Individuals (all age groups) – 1 minute 15 seconds to 1 minute 30 seconds

Duet: Espoir – 1 minute 15 seconds to 1 minute 30 seconds

Junior and Senior – 1 minute 45 seconds to 2 minutes

Trio: Espoir – 1 minute 15 seconds to 1 minute 30 seconds

Junior and Senior – 1 minute 45 seconds to 2 minutes

Group: Espoir – 1 minute 45 seconds to 2 minutes

Junior and Senior – 2 minutes 15 seconds to 2 minutes 30 seconds

ZONE B NATIONAL GRADES 4 – 10

DATE	5th April 2020
VENUE	University of Bath
ELIGIBILITY	This grading event is open to all gymnasts in Zone B that hold Competitive membership. Gymnasts must enter <u>all</u> pieces of apparatus set for their grade. Disability gymnasts will compete in classification Class 1 – learning disability; or Class 2 – physical or sensory disability
SECTIONS	Grade 4 = gymnasts born 2011 Free and Rope Disability: Free routine & rope elements Grade 5 = gymnasts born 2010 Free and Rope Disability: Free routine & hoop elements Grade 6 = gymnasts born 2009 Hoop & Clubs Disability: Ball routine & Clubs/Ribbon elements Grade 7 = gymnasts born 2008 Hoop and Clubs Disability: Ribbon routine & Clubs elements Grade 8 = gymnasts born 2007 Rope, Clubs & Ribbon Disability: Two routines from Ball, Clubs & Ribbon Grade 9 = gymnasts born 2006 – 2005 Rope, Clubs & Ribbon Disability: Ball, Clubs & Ribbon Grade 10 = gymnasts born 2004 or earlier Hoop, Ball & Clubs Disability: Hoop, Ball & Ribbon

For entry into this competition please contact City of Bath RGC

RULES, REGULATIONS AND REQUIREMENTS

For all rules, regulations and competition requirements, plus recommended body elements please refer to the following documents:

RG NDP Handbook, <http://www.british-gymnastics.org/technical-information/discipline-updates/rhythmic>;

BG RG Competition Handbook, <https://www.british-gymnastics.org/technical-information/competition-handbooks/rhythmic>

Competition requirements, <https://www.british-gymnastics.org/technical-information/discipline-updates/rhythmic>

CLOSING DATE to be confirmed by City of Bath RGC

RHYTHMIC WELSH CHAMPIONSHIPS & WELSH OPEN 2019

DATE **20th & 21st June 2020**

The day and schedule will be released following the entry deadline and will be determined by numbers within each age group

VENUE Sport Wales National Centre
Sophia Gardens, Cardiff, CF11 9SW

CATERGORIES Elite (Level 5)
Intermediate (Level 4)
Novice (Level 1 – 3)

ENTRY FEE £15 per gymnast, per apparatus.

(N.b.: Gymnasts in level 3, 4 & 5 can choose to compete in 1 or more apparatus, however, Welsh members not competing in all apparatus for their age group will not be eligible for the AA Welsh competition)

Entry will be via the BG online entry system

Late entries incur double the entry fee.

CLOSING DATE **9th May 2020 @ noon**

ELITE

SECTIONS Under 10, Under 12, Junior, Senior

Age as of 1st January or for all 8 year olds, 8 in the year of the competition

Junior & Senior competition will be a two day event – Competition II on Saturday, Competition III on Sunday [top 6 or 8 for finals dependent on numbers]

APPARATUS

AGE GROUP	Under 10	Under 12	Junior	Senior
	Free	Free	Rope	Hoop
	Rope	Hoop	Ball	Ball
	Hoop	Clubs	Clubs	Clubs
		Ribbon	Ribbon	Ribbon

For competition requirements please refer to <https://www.british-gymnastics.org/technical-information/discipline-updates/rhythmic>

ELIGIBILITY

Elite level is for gymnasts that have qualified for British Championships, plus Welsh national squad gymnasts.

Closed competition: Any competitive member of Welsh Gymnastics

Open competition: Any invited gymnasts and clubs

MEDALS

Closed competition: Medals will be awarded to the top 3 All-Around (AA) winners. A trophy will be given to the AA winner.

Open competition: Medals will be awarded per apparatus to the top 3 gymnasts in each category and age group.

In the junior & senior category medals will also be awarded for the All-Around top 3, with a trophy to the AA winner.

INTERMEDIATE

SECTIONS

Under 10, Under 12, Junior, Senior

Age as of 1st January or for all 8 year olds, 8 in the year of the competition

APPARATUS

AGE GROUP	Under 10	Under 12	Junior	Senior
	Free	Hoop	Rope	Hoop
	Rope	Clubs	Clubs	Ball
			Ribbon	Clubs

For competition requirements please refer to <https://www.british-gymnastics.org/technical-information/discipline-updates/rhythmic>

ELIGIBILITY Intermediate level is for gymnasts that have qualified for National Finals, plus Welsh 8-10 Age Group squad gymnasts.

Closed competition: Any competitive member of Welsh Gymnastics

Open competition: Any invited gymnasts and clubs

MEDALS Closed competition: Medals will be awarded to the top 3 All-Around (AA) winners. A trophy will be given to the AA winner.

Open competition: Medals will be awarded per apparatus to the top 3 gymnasts in each category and age group.

[Please note: dependent on numbers across level 4 and 5 in the junior & senior age groups, level 4 gymnasts may be selected for finals on day 2. This will be confirmed post entry deadline.]

NOVICE LEVELS

SECTIONS Under 10, Under 12, Junior, Senior

Age as of 1st January or for all 8 year olds, 8 in the year of the competition

APPARATUS

AGE GROUP	LEVEL 1*	LEVEL 2*	LEVEL 3
UNDER 10	Free	Rope	Free and Rope
UNDER 12	Hoop	Hoop	Hoop and Clubs
JUNIOR	Ribbon	Clubs	Clubs and Ribbon
SENIOR	Ball	Ball and Clubs	Ball and Hoop or Clubs

For competition requirements please refer to <https://www.british-gymnastics.org/technical-information/discipline-updates/rhythmic>

*Level 1 and 2 gymnasts will be judged on the Basic code.

ELIGIBILITY Closed competition: Any competitive member of Welsh Gymnastics

Open competition: Any invited gymnasts and clubs

Level 1: Gymnast in her first 5 competitions, competing under Basic code only

Level 2: Gymnast competed 6 or more and of the level suitable for Basic code rather than full Code of Points (COP)

Level 3: Any gymnast that took Grades but did not qualify for National Finals

MEDALS

Closed competition: Medals will be awarded to the top 3 overall winners in Level 3 only. A trophy will be given to the overall winner in Level 3 and awarded title of to become Welsh Novice Champion.

Level 1 and 2 will be awarded medals for the top 3.

Open competition: Medals will be awarded per apparatus to the top 3 gymnasts in each category and age group.

JUDGES

For clubs entering two or more categories, two judges (at least one regional or above) must be available during the whole event. Those only entering one category (i.e. elite, intermediate, novice), must provide 1 judge.

Those clubs entering the elite section, please supply a judge national qualification or above

WELSH GROUP INVITATIONAL

DATE	18th October 2020
VENUE	Sport Wales National Centre, Cardiff
SECTIONS	Espoire, Junior and Senior
LEVELS & FORMAT	<p>The competition is available for groups working in levels 3 as part of the level 3 group league, level 4 (national) and level 5 (elite). Apparatus and criteria as below.</p> <p>All age groups will perform two routines.</p> <p>[Dependent on numbers we reserve the right to combine level 4 and 5, however this will be communicated following entry deadline]</p>
ELIGIBILITY	<p>This competition is open to all invited clubs, and may be made up as follows:</p> <ul style="list-style-type: none">• Groups may comprise gymnasts from a single club or from a combination of clubs. Separate eligibility criteria apply in each situation:- Groups comprising gymnasts from a single club:-• Clubs may enter more than one Group in each section• Groups comprising gymnasts from a combination of clubs:-• May contain gymnast from any number of clubs.• Only one Group from a combination of clubs may be entered in each club's name in each section <p>In both instances:-</p> <ul style="list-style-type: none">• Gymnasts may only work in one Group within one competition• Younger gymnasts may work in an older section but older gymnasts may not work in a younger section• Level 4 & 5: Four, five or six gymnasts may be named for Espoire Group, plus one reserve• Level 4 & 5: Five or six gymnasts may be named for Junior & Senior group, plus one reserve.• There is no requirement for the reserves to perform.
MEDALS	<p>Medals will be presented to all groups finishing in the top three in each age group and level, using a total of both/two routines. The winners of each age group will also receive a trophy.</p> <p>There will also be medals for individual routines per age group in the level 5 (elite) section, therefore groups are permitted to enter only one apparatus section in this level.</p>

ENTRY FEE	Espoire (U12)	£60.00 per routine. per group
	Junior groups	£60.00 per routine, per group
	Senior groups	£60.00 per routine, per group

CLOSING DATE **6th September 2020 @ noon**

Entry will be via the BG online entry system and opens on 3rd August 2020;

ESPOIRE (U12) GROUP

4 & 5 Eligibility:

A group comprises of Five or six Espoir gymnasts

Level 5

Apparatus **1 Free & 1 Ribbon routine**

Duration Between 1 minute 45 seconds and 2 minutes

Level 4

Apparatus 1 Free & 1 Ribbon routine

Duration Between 1 minute 45 seconds and 2 minutes

Level 3 Eligibility

May comprise of four, five or 6 gymnasts - See separate Level 3 Group league rules

Level 3 1 Ribbon routine, performed twice

JUNIOR GROUP

Eligibility: At least one Junior gymnast and up to five Espoir gymnasts as defined in the 'Other national competitions column of the table on Page 17 of the British Gymnastics Rhythmic Handbook

Level 5

Apparatus 1 routine - 5 Ribbon & 1 routine – 5 Balls

Duration Between 2 minutes 15 seconds and 2 minutes and 30 seconds

Level 4

Apparatus 1 routine - 5 Ribbon & 1 routine – 5 Balls

Duration Between 2 minutes 15 seconds and 2 minutes and 30 seconds

Level 3 Routine – 3 Hoops and 2 Ribbons performed twice

See separate Level 3 Group league rules.

SENIOR GROUP

Eligibility: At least one Senior gymnast and up to five Junior gymnasts as defined in the 'Other national competitions column of the table on Page 17 of the British Gymnastics Rhythmic Handbook

Level 5

Apparatus **1 routine – 3 hoops & 4 Clubs and 1 routine - 5 balls**

Duration Between 2 minutes 15 seconds and 2 minutes and 30 seconds

Level 4

Apparatus **Routine – 3 hoops & 4 clubs and 1 routine – 5 Balls**

Duration Between 2 minutes 15 seconds and 2 minutes and 30 seconds

Level 3 Routine – 3 hoops & 2 Ribbonss, performed twice

See separate Level 3 Group league rules.

Please refer to the British competition handbook for all compositional requirements at each level and age group

Nominated Judges

The following provisions apply to all clubs.

Clubs must nominate one or two judges (in accordance with the below) at the time of entry. Clubs that do not have an appropriately qualified judge(s) available should consult the Judging Register, approach someone suitably qualified to judge on their behalf and nominate them at the time of entry. Clubs must check with the judge(s) they are nominating that they are able and willing to judge on their behalf before nominating them.

Clubs entering only 1 group must provide one judge (for level 3 at least County level or above; for level 4 or 5 Regional or above). Clubs entering more than 1 group must provide two judges (if only entering level 3 groups, one must be Regional level or above; for all other cases one must be National level or above). Failure to provide appropriate judges will result in a levy of £50 per judge being payable.

British Level 3 Group League

Code: Espoirs and Juniors will be judged according to the UEG Junior Code and Seniors according to the FIG Code. Espoir Groups will additionally be able to use the recommended body difficulties detailed in the NDP handbook. Execution deductions will have a start score of 20.

Eligibility: All groups must enter at least two of the three rounds, one of which must be round 3.

Gymnasts must have either taken part in the seeding event and qualified as a level 3 group or not have taken part in the seeding competition.

For each round:

- Four, five or six gymnasts may be named for an Espoir Group, plus one reserve.
- Five or six gymnasts may be named for a Junior or Senior Group, plus one reserve.
- There is no requirement for a reserve to compete.

Groups may comprise gymnasts from a single club or a combination of clubs with separate eligibility criteria applying in each situation.

Groups comprising gymnasts from a single club;

- Clubs may enter more than one Group in each section.

Groups comprising of gymnasts from a combination clubs;

- May contain gymnasts from any number of clubs.
- Only one group from a combination of clubs may be entered in each club's name in each section.

In both instances;

- Gymnasts may only work in one Group within one competition.
- Younger gymnasts may work in an older section but older gymnasts may not work in a younger section.

Espoir (4, 5 or 6 gymnasts)

Apparatus: 1 routine with one Ribbon per gymnast, performed twice.

Junior (5 gymnasts)

Apparatus: 1 routine with 5 Balls, performed twice.

Senior (5 gymnasts)

Apparatus: 1 routine with 3 Hoops and 2 Ribbons, performed twice.

Tie Breaks

Tie break rules as per FIG Regulations (World Championships)

Awards

- The Espoir Level 3 Group League Champions will be determined by taking each groups top three Ribbon scores across the three rounds and adding them together to give an overall total.
- The Junior Level 3 Group League Champions will be determined by taking each groups top three Ball scores across the three rounds and adding them together to give an overall total.

- The Senior Level 3 Group League Champions will be determined by taking each groups top three Hoop and Ribbon scores across the three rounds and adding them together to give an overall total.
- All three group league champions will receive medals for all gymnasts, including reserves. The groups finishing second and third overall also receiving medals.
- At each group league competition certificates will be awarded

