

GBR Performance Pathway Selection Policies for GBR Rhythmic Senior and Junior Individual, Senior and Junior Group, and Espoir & Foundation (Pre-Espoir) Programmes 2021-24

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Programme Terms & Conditions

Section 1: Eligibility for Selection

Any athlete wishing to be considered for selection must be a full member of British Gymnastics and be age eligible as outlined in each programme's selection criteria within this document.

Any athlete wishing to be considered for selection must hold a British Passport. Athletes who do not hold a British passport must be released by their own National Federation and be in the process of obtaining British citizenship/passport to be considered for selection.

For Seniors and Juniors – athletes must be eligible to compete for Great Britain by possession of a current Gymnast Licence held with FIG, or in the process of applying for one (if of an age eligible for an FIG licence at the time).

For Espoirs & Foundation – Gymnasts must be eligible to apply for a FIG licence should they be required for competition.

Seniors - Gymnasts born in one of the following years as indicated below:

Programme Year	Selection Date	Group gymnasts' years of birth	Individual gymnasts' years of birth
2022	Nov/Dec 2021	2006 or earlier	2007 or earlier
2023	Nov/Dec 2022	2007 or earlier	2008 or earlier
2024	Nov/Dec 2023	2008 or earlier	2009 or earlier

Juniors - Gymnasts born in one of the following years as indicated below:

Programme Year	Selection Date	Group gymnasts' years of birth	Individual gymnasts' years of birth
2022	Nov/Dec 2021	2007, 2008, 2009, 2010,	2007, 2008, 2009
2023	Nov/Dec 2022	2008, 2009, 2010,	2008, 2009, 2010, 2011,
2024	Nov/Dec 2023	2009, 2010, 2011, 2012,	2009, 2010, 2011,

Espoirs – Gymnasts born in one of the following years as indicated below:

Programme Year	Selection Date	Group gymnasts' years of birth	Individual gymnasts' years of birth
2021	Nov/Dec 2020	2009, 2010, 2011, 2012	2009, 2010
2022	Nov/Dec 2021	2010, 2011, 2012, 2013	2010, 2011
2023	Nov/Dec 2022	2011, 2012, 2013, 2014	2011, 2012
2024	Nov/Dec 2023	2012, 2013, 2014, 2015	2012, 2013

Foundation – gymnasts born in one of the following years as indicated below:

Programme Year	Selection Date	Group gymnasts' years of birth	Individual gymnasts' years of birth
2021	Nov/Dec 2020	2009, 2010, 2011, 2012	2011, 2012
2022	Nov/Dec 2021	2010, 2011, 2012, 2013	2012, 2013
2023	Nov/Dec 2022	2011, 2012, 2013, 2014	2013, 2014
2024	Nov/Dec 2023	2012, 2013, 2014, 2015	2014, 2015

Eligibility Continued

Gymnasts should: -

- If wishing to trial as a Junior individual or Senior Individual, be a member of a Home Nation programme (the Home Nations being England, Gibraltar, Northern Ireland, Scotland or Wales)
- For Espoir, Junior Individual and Senior Individual programmes, have passed the most recent British Qualification Testing (BQT) held (or did not need to pass it to qualify for British Championships). In the case of Espoir gymnasts wishing to trial as an Individual, they must have passed the BQT for Espoir Individuals; for Espoir gymnasts wishing to trial as part of a Group, they must have passed the BQT for either Espoir Individuals or Espoir Groups
- Be a member of a club which is affiliated to a Home Nation &/or English region
- Meet any other requirements which may be set out in the Selection Event Notice, including the submission of a completed entry and fee to British Gymnastics, in the manner specified in the relevant Selection Event Notice by the date specified in that Notice.

NB. If a gymnast or group does not meet any of the above criteria but wishes to attend a Selection Event, the coach of the gymnast or group may petition the Performance Panel (via the Rhythmic Technical Committee Chair) requesting permission to attend the Selection Event by no later than 2 weeks before the deadline for entries for the Selection Event. Petitions will only be considered in exceptional circumstances, for example where the gymnast does not meet the criteria because they were in an overseas system (rather than the British system) as at the date of the last BQT or missed or failed it due to injury or illness. Petitions will not be considered solely on the basis that the coach considers that the gymnast has improved since the last BQT. The petition must explain why the coach believes that the gymnast is of the relevant standard and be supported by suitable evidence, such as competition scores and/or videos. The Performance Panel's decision as to whether to accept a petition shall be final. Decisions on these matters are not open to appeal.

Section 2. Selection Panels

The selection panels may vary depending on which programme is being considered. However as standard practice to ensure a GBR overview and consistency, the National Coaching Team, the Technical Committee Chair and the Head of Performance Programmes and/or Performance Pathway Manager will be present at all selection meetings.

The key responsibilities of these Panels are:

- a) Proposing and Agreeing the selection policy for all GBR programmes and competitions.
- b) Holding selection meetings in accordance with the selection process.
- c) Communication and feedback to the selected individuals.

Section 3: Overview of Selection Process

Each Selection will go through the following process, with detail differing slightly for each Programme so please be aware and check each set of Programme criteria within this document.

- **Selection**

After the designated selection events the Selection Panel will select the Athletes, who in the expert opinion of the RHG National Coaching Team have the best capability of meeting the Performance Targets outlined in this document.

Should athletes not reach the required performance standards, the Selection Panel may select athletes who are deemed capable of reflecting the longer-term direction and aims of the BG Rhythmic Performance Programme aligned to the BG 'What It Takes to Win' framework.

Following the trial, one announcement is made on BG website (within 2 weeks of the trial) listing all selected gymnasts across the categories. All personal coaches of triallists would receive the announcement via email in advance of the announcement going live on website. No specific selection or de-selection letters will be sent out to individual gymnasts. Within 4 weeks of this announcement all selected gymnasts will receive an invitational letter which confirms their selection and contains all the required documents that need to be completed to accept the place on the programme and information regarding payment.

Nominated athletes must also agree to observe all obligations outlined within the British Gymnastics' Performance Athlete Agreement and any subsequent Codes of Behaviour adopted by British Gymnastics.

- **Induction & Confirmation**

Each Programme may differ on how and when they undertake an induction and confirmation phase. This is a dedicated period of time (typically 3 months) that allows a gymnast and National Coaching Team to assess a variety of skills, knowledge and attributes aligned to what British Gymnastics feels it takes to perform at a World, European or Commonwealth level, to ensure membership of that programme for the remainder of the selection period.

- **Full Programme Member**

If after the induction and confirmation phase for a programme, the National Coaching and Performance Team are happy with the progress being made by a gymnast, they will officially remain on the Programme for the remainder of the year. Those that have not made the standard will be informed accordingly.

Considerations / Gymnast assessments will be made on an ongoing basis as part of a gymnast's membership to the programme regarding whether gymnasts move up or down the pathway or are removed from the programme altogether.

Section 4. General Information

In the event of injury, removal and/or the need for replacement, a reserve athlete may be called upon to join the Programme at any time.

Once Programme selections have been confirmed all selected athletes must agree not to withhold any information on training fitness, injury status or illness that could affect training or competition at.

A named individual will be responsible for pastoral care at each camp for gymnasts who are U18, which will be organised by British Gymnastics and communicated in advance of the camp. Personal coaches are required to attend each camp as a condition of their gymnast/group being in the Programme in order to have contact with the National coaching staff, observe the camp and get feedback on what is needed to be worked on before the next camp.

An athlete may be removed from the Programme in the event of a non-compliance in training, lack of performance progression, a breach of responsibility to the Programme or a violation of the Codes of Behaviour adopted by the Programme. Prior to removal the athlete will be presented with the opportunity to attend a removal interview with Head of Performance Programmes (or their appointed representative), a member of the RG National Coaching Team and where possible one other independent person. Written justification must be provided for all removals by the Head of Performance Programmes. Decisions on these matters are not open to appeal.

At any stage following the Programme selection announcement, should there be a doubt over the ability of an athlete to train or compete to the best of his/her ability due to an injury or illness, the following procedure will be adhered to:

An injured athlete must attend a camp if fit to travel so that they can receive treatment and consultation with the medical support staff. If they are unfit medically to travel then a signed Doctors letter must be produced to remain on the Programme.

No refunds will be payable for non-attendance of a camp.

Any replacement(s) required will be made by the Selection Panel based on the needs of the Programme. Decisions on these matters are not open to appeal.

Selected Programme Members agree not to make any announcement to the media or public in any form (including on any personal websites) regarding their selection until after British Gymnastics have announced the Programme selection on the British Gymnastics website (www.british-gymnastics.org)

Section 5. Appeals

There is no appeals process for gymnasts not selected to attend one of the National Performance Pathway Programmes.

Should you feel that your de-selection / selection is unjust you must formally write to the Head of Performance Programmes with details.

Section 6. Anti-Doping

Athletes must be compliant with the British Gymnastics anti-doping policy at all times. The nomination panel reserve the right not to nominate and / or deselect any athlete from any of the identified Performance Pathway Programme and competitions on the basis of failure to comply with the "[British Gymnastics anti-doping policy](#)".

Section 7. Competition Eligibility Matrix

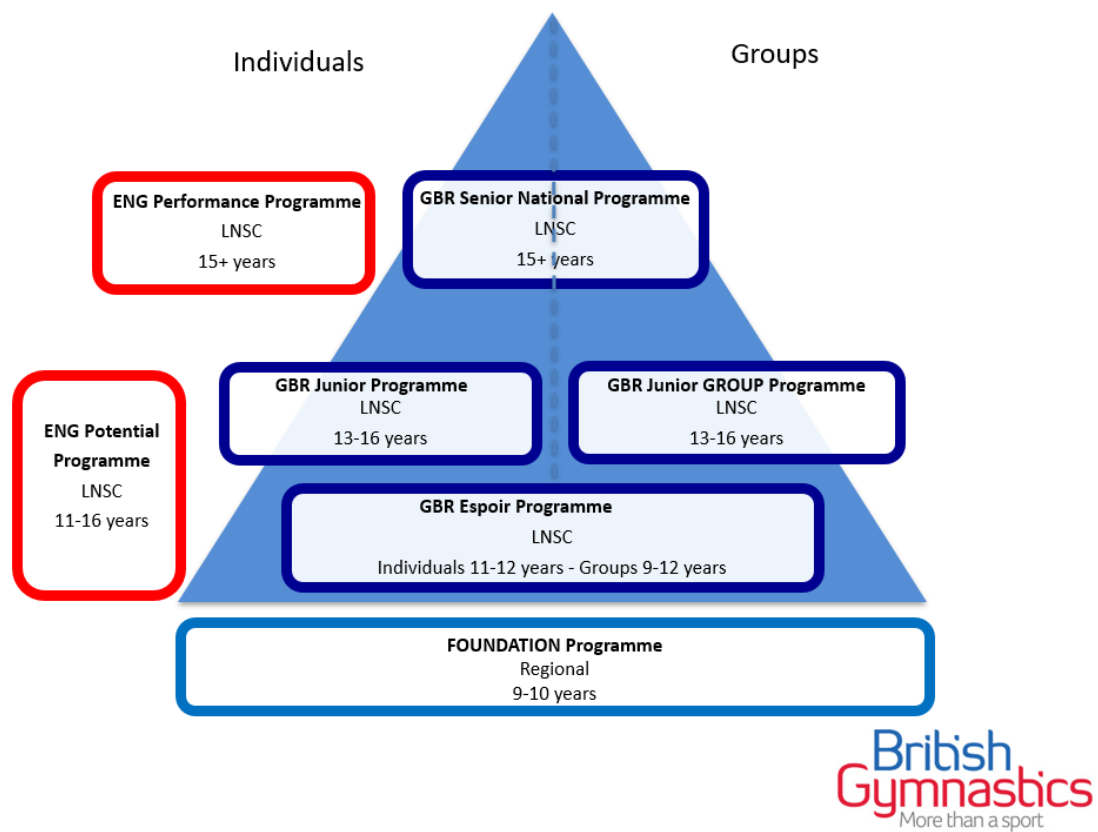
All major Championships competitions will have specific selection announcements published in advance outlining dates, venues, eligibility and performance criteria that are open to athletes who feel that they can reach the specific standards required. **These will be placed on the British Gymnastics website on the link. [Selection Documents](#)**

For detail on Worlds Cups and Minor Internationals - see below:

Senior Events	Gymnasts Selection Eligibility	Selection Process
World Championships	Open to gymnasts outside the GBR Programme, subject to eligibility criteria within the Selection Policy	Selection Policy
European Championships	Open to gymnasts outside the GBR Programme, subject to eligibility criteria within the Selection Policy	Selection Policy
Commonwealth Games (ENG)	Open to gymnasts outside the ENG Programme, subject to eligibility criteria within the Selection Policy	Selection Policy
World Cups events	GBR Performance Pathway Senior Programme. ENG Performance Programme	No Selection Policy
Minor Internationals	GBR Senior Programmes; ENG Performance Programme	No Selection Policy
Age Group Events	Selection Eligibility	Selection Process
Junior European Championships	Open to gymnasts outside the GBR Programme, subject to eligibility criteria within the Selection Policy	Selection Policy
Junior World Championships	Open to gymnasts outside the GBR Programme, subject to eligibility criteria within the Selection Policy	Selection Policy
Minor Internationals for Juniors/Espoirs	GBR Junior/Espoir Programmes ENG Performance/Potential Programme	No Selection Policy

Section 8. Performance Pathway Programmes

Overview of GBR & England Programme Pathways



Performance Pathway Programmes – Selection Processes

Selection processes for GBR Senior & Junior Individual, Senior & Junior Group, Espoir and Foundation Programmes

Please note all dates and venues for Selection Trials will be published separately and published on the RHG Website – normally 3 months in advance.

SENIOR INDIVIDUAL PROGRAMME

Performance Targets

1. To deliver high level performances and improving results at Commonwealth, European & World Championships.
2. More specific targets to be set by the Performance Panel throughout the period of the Programme.

The Selection Panel will consider performances at the following events: -

- Selection Event: Notice of the format, date, time and location will be given prior to the event. This Event shall be judged/assessed by judges/assessors of the RGTC Judging Co-ordinator's choosing.
- National domestic and FIG international competitions (including controlled/trial event results) taken place during the 9 months prior to the Selection Event may also be considered.

Up to 5 gymnasts will be selected, working as individual gymnasts, who are seniors or in their final Junior year. (see also section 1 for further detail on eligibility).

The Selection Panel may name reserves for the Programme. The Selection Panel may invite reserve gymnasts and/or other gymnasts to attend any one or more camps as guests, on a discretionary basis.

Selected gymnasts must dedicate their training and competition time to that as an individual gymnast, and not be part of a group.

JUNIOR INDIVIDUAL PROGRAMME

Performance Targets

1. To deliver high level junior individual team performances at the European Championships in 2022/2024.
2. More specific targets to be set by the Performance Panel throughout the period of the Programme.

The Selection Panel will consider performances at the following events: -

- Selection Event: Notice of the format, date, time and location will be given prior to the event. This event shall be judged/assessed by judges/assessors of the RGTC Judging Co-ordinator's choosing.
- National domestic and FIG international competitions (including controlled/trial event results) taken place during the 9 months prior to the Selection Event may also be considered.

Up to 8 gymnasts will be selected, working as individual gymnasts, whose date of birth is such that they would be eligible to compete at the next Junior European Championships (as at the date of the relevant selection) or one year younger – see further detail regarding eligibility in Section 1)

The Selection Panel may name reserves for the Programme. The Selection Panel may invite reserve gymnasts and/or other gymnasts to attend any one or more camps as guests, on a discretionary basis.

Selected gymnasts must dedicate their training and competition time to that as an individual gymnast, and not be part of a group.

SENIOR AND JUNIOR GROUP PROGRAMME

Performance Targets

1. To deliver high level performances and improving results at European and World Championships
2. More specific targets to be set by the Performance Panel throughout the period of the Programme.

The Selection Panel will consider performances at the following events: -

- Selection Event: Notice of the format, date, time and location will be given prior to the event. This event shall be judged/assessed by judges/assessors of the RGTC Judging Co-ordinator's choosing.
- National domestic and FIG international competitions (including controlled/trial event results) taken place during the 9 months prior to the Selection Event may also be considered.

Each group must consist of gymnasts whose dates of birth are such that they are all eligible to compete as a junior group or a senior group in the period of the Programme for which they are selected or the next European Championships following.

Each selected group will be invited to attend camps which run alongside the Senior Individual or Junior Individual programme.

Up to 2 groups will be selected in total. If 2 groups are selected, they may both be junior groups, both be senior groups or be a mix of junior and senior groups.

The Selection Panel may name reserve group(s) for the Programme. The Selection Panel may invite reserve groups and/or other groups to attend any one or more camps as guests, on a discretionary basis.

Each gymnast who is named as part of a selected group must dedicate their training and competition time to that group and not as an individual gymnast.

ESPOIR PROGRAMME

Performance Targets

1. To perform the recommended body skills (RBD) with coordinated apparatus skills to a proficient level.
2. To show continual improvement measured by individual performance at the BQT.
3. More specific targets to be set by the Performance Panel throughout the period of the Programme.

Gymnasts will be selected for each year of the Programme following a selection event to be held around November/December in the previous year, and the British Qualification Testing for the relevant Programme year (each event being a "Selection Event"). Notice of the format, date, time and location of each Selection Event shall be given prior to each Selection Event.

Each Selection Event shall be judged/assessed by judges/assessors of the RGTC Judging Co-ordinator's choosing.

The Programme will consist of up to 10 gymnasts working as individuals, and up to 5 groups attending each camp, with the total number of gymnasts per camp being no more than 20. The gymnasts in the Programme working as individuals will be Under 11s through to Under 12s - see further detail regarding eligibility in section 1 on page 3 & 4. The gymnasts in the Programme working as groups will be Under 9s through to U12s.

Gymnasts selected for the Programme will be expected to undertake all Programme activities (camps and competitions) laid out by the National Coach. It is expected that 5 camps of 2-3 days each will be held each year. All gymnasts selected must attend the whole of each camp with Individual and Group activity may be rotated through the programme.

The Selection Panel may name reserve gymnast(s) for the Programme. The Selection Panel may invite reserve gymnast(s) and/or other gymnast(s) to attend any one or more camps as guests, on a discretionary basis.

FOUNDATION PROGRAMME

The Foundation Programme is a Sport England Talent funded programme delivered by British Gymnastics which forms part of the British Gymnastics Pathway.

Performance Targets

1. To be able to perform the recommended body skills with coordinated apparatus skills to a level to demonstrate proficiency to the satisfaction of a panel of international brevet judges and/or national brevet judges nominated by the Rhythmic Gymnastics Technical Committee.
2. To progress so that as U11/U12 individual or junior gymnasts they are able to perform routines to a sufficient level to be selected for membership of the GBR Espoir or Junior Programme and/or England Potential Programme or so that as group gymnasts they are able to perform routines to a sufficient level to be selected for membership of the GBR Espoir or GBR Group Programme.

The Programme will consist of Espoir gymnasts who meet the eligibility criteria and who are working as individual or group gymnasts.

Gymnasts will be selected for each year of the Programme following a selection event to be held around November/December in the previous year. Notice of the format, date, time and location of each Selection Event shall be given prior to each Selection Event.

Each Selection Event shall be judged/assessed by judges/assessors of the RGTC Judging Co-ordinator's choosing.

The Programme will consist of gymnasts working as individuals and gymnasts working as groups, with the total number of gymnasts per camp being no more than 20. The gymnasts in the Programme working as individuals will be Under 9s and Under 10s - see further detail regarding eligibility in section 1 on page 3 & 4. The gymnasts in the Programme working as groups will be Under 9s through to U12s.

The Selection Panel may name reserve gymnast(s) for the Programme. The Selection Panel may invite reserve gymnast(s) and/or other gymnast(s) to attend any one or more camps as guests, on a discretionary basis.

PROGRAMME DETAIL

Programme selection period (Length of time an athlete can expect to be on the Programme from the point of selection)

- January – March (Induction period)
 - April – December
 - January – March Y+1 (Induction period for new Programme members)
 - April – December Y+1
 - Athletes will undertake a 3-month induction period from January – March.
- Programme athletes must agree a RG Individual Athlete Plan (targets, development & competition routines and competition calendar/events) with the RG National Coaching Team.
 - Programme athletes will be required to undertake all RG programme activities (camps, additional training at LNSC /HPC and competitions) laid out by the RG National Coaching Team
 - Programme athletes will generally only be selected as either an individual or group gymnast and cannot generally move between these designations within the Programme. However, Foundation and Espoir gymnasts may work interchangeably in both Individual and Group sessions.
 - If the GBR Coaching Team feel that a Programme athlete would benefit from being moved to a different part of the Programme (e.g. promoted from Foundation to Espoir), then this may be done with the agreement of the athlete's personal coach.
 - Only Programme athletes will be considered for selection to Minor Internationals.
 - Athletes must also agree to observe all obligations outlined within the British Gymnastics' Performance Athlete Agreement and any subsequent Codes of Behaviour adopted by British Gymnastics.

England Performance and Potential Programmes



The England Performance and Potential Programmes are an integral part of the BG Performance Pathway.

For full Selection Policies follow the link: www.british-gymnastics.org/england/squads