



# **RHYTHMIC GYMNASTICS**

## **HANDBOOK 2017**

# RHYTHMIC GYMNASTICS

Rhythmic gymnastics is a discipline performed mostly by women and combining grace, coordination, agility and artistry. It is performed to music on a carpeted floor with the gymnast using hand apparatus: rope, ball, hoop, clubs or ribbon.

There is a Regional, National and International competition framework

## Coach Eligibility Requirements

### Coach Discipline Transfer:

I want to transfer into Rhythmic Gymnastics					
I currently have a qualification at:	L1	L2	L3	L4	L5
In GG, so I can attend RG course at	L1	L1	L1	L1	XX
In MAG, so I can attend RG course at:	L1	L1	L1	L1	L1
in WAG, so I can attend RG course at:	L1	L1	L1	L1	L1
in ACRO, so I can attend RG course at:	L1	L1	L1	L1	L1
In TEAM, so I can attend RG course at:	L1	L1	L1	L1	L1
in TUM, so I can attend RG course at:	L1	L1	L1	L1	L1
in TRA, so I can attend RG course at:	L1	L1	L1	L1	L1
in PRE SCH, so I can attend RG course at:	L1	L1	L1	L1	XX
in AER, so I can attend RG course at:	L1	L1	L1	L1	L1

### Coach Qualification Levels:

<b>Assistant coach</b>	BG Level 1 coaching qualification BG SILVER membership Current DBS Current SPCA training
<b>Coach - level 2 and above</b>	BG Level 2 or above coaching qualification BG GOLD /joint GOLD / rolling GOLD membership Current DBS Current SPCA training
<b>Volunteer Assistant coach</b>	BG Level 1 coaching qualification BG SILVER membership Current DBS Current SPCA training
<b>Volunteer Coach</b>	BG Level 2 or above coaching qualification BG GOLD membership /joint gold membership / rolling gold membership Current DBS Current SPCA training
<b>A high level gymnast wishing to transfer to assistant coach</b>	BG level 1 assistant coaching qualification BG SILVER membership Current DBS Current SPCA training <b>There is NO automatic transfer qualification level</b>
<b>A coach from another country</b>	BG translated qualification BG GOLD /joint GOLD / rolling GOLD membership Current DBS Current SPCA training <b>A coach may NOT coach until completion of the whole process</b> See full document: <b>'Coaching Translations Foreign NGB to GBR'</b>

## Gymnast Eligibility requirements:

### Age

Regional; 4 Seasons / invitational events	7 years in the year of competition
BG events	9 years in the year of competition

*NDP (Grades), British Championships and Other National Competitions; see BG handbook*

## Gymnasts' Nationality Requirements

London Events	Club membership. Regional affiliation. All nationalities may compete
Zonal Events	Club membership Regional affiliation Valid UK passport <b>Or</b> Entry at the discretion of BG & FIG <i>Those gymnasts who are not in possession of a valid United Kingdom passport must have been registered with the club making the entry for one year prior to the date of the Competition in order to be eligible to take part. During this period the gymnast's sole or main residence must be within the United Kingdom.</i>
British Championships	Club membership Regional affiliation Valid UK passport
Other British Gymnastics Events	Club membership Regional affiliation Valid UK passport <b>OR</b> Entry at the discretion of BG & FIG

## British Qualification Testing: Flexibility, Ballet and Conditioning. (BG ruling)

- All gymnasts seeking to compete in the mainstream Individual British Championships must meet all the eligibility criteria.
- The testing is also open to those gymnasts seeking to appear as Guest competitors at the mainstream Individual British Championships.
- Apart from gymnasts born in 2008, to be eligible for testing, gymnasts must have achieved Level 4 or above in the 2016 Zonal Grades. •
- Disability gymnasts are not required to undertake British Qualification Testing.
- Testing is mandatory for all gymnasts wishing to compete in the 2017 British Championships, including those wishing to take part as guests.
- There is no automatic qualification at any level.
- The testing will be in three parts – Flexibility, Ballet and Conditioning.
- In order to pass the British Qualification Testing, gymnasts must achieve the required standard in Flexibility and the required average score across Ballet and Conditioning.  
Flexibility Pre-Espoir and Espoir – 60% Juniors and Seniors – 65% Ballet and Conditioning All ages – 55%

# LG 4 Seasons Tournament 2017

Level	membership	Age categories	Judge code	Coach	Awards
<b>Level 0</b>	BRONZE	UNDER 8, 10, 12	Next Step Basic code	Level 2	Certificates: Bronze, Silver, Gold Participation

Criteria: Recreational gymnasts, training for a maximum of 2 hours per week.

<b>Level 1</b>	BRONZE	UNDER 8, 10, 12 JUNIOR , SENIOR	BG Basic code	Level 2	Medals: Bronze, Silver, Gold Participation certificates
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Criteria: Squad Gymnasts, who have never competed in any competition previously, either 4 Seasons or other

<b>Level 2</b>	BRONZE	UNDER 8, 10, 12 JUNIOR, SENIOR	BG Basic code	Level 2	Medals: Bronze, Silver, Gold Participation certificates
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Criteria: Squad Gymnasts, who have some competition experience, but are not working towards Zonal grades and will not enter Zonal Grades in 2017.

<b>Level 3</b>	SILVER	UNDER 8, 10, 12 JUNIOR , SENIOR	FIG code	Level 2	Medals: Bronze, Silver, Gold Participation certificates
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Criteria: Gymnasts who will enter Zonal Grades in 2017

<b>Level 4</b>	SILVER	UNDER 8, 10, 12 JUNIOR , SENIOR	FIG code	Level 2	Medals: Bronze, Silver, Gold Participation certificates
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Criteria: Gymnasts working towards the National Development Plan in 2016 but did not qualify for British Championships.

<b>Level 5</b>	SILVER	UNDER 8, 10, 12 JUNIOR , SENIOR	FIG code	Level 2	Medals: Bronze, Silver, Gold Participation certificates
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Criteria: Gymnasts who qualified for British Championships in 2016

## ages

	LEVEL 0	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
2011	UNDER 8	UNDER 8	UNDER 8	UNDER 8	UNDER 8	UNDER 8
2010						
2009						
2008	UNDER 10	UNDER 10	UNDER 10	UNDER 10	UNDER 10	UNDER 10
2007						
2006	UNDER 12	UNDER 12	UNDER 12	UNDER 12	UNDER 12	UNDER 12
2005						
2004		JUNIOR	JUNIOR	JUNIOR	JUNIOR	JUNIOR
2003						
2002						
2001+		SENIOR	SENIOR	SENIOR	SENIOR	SENIOR

4 SEASONS	DATE 2017/2018	APPARATUS	VENUE	LEVELS
SPRING Levels 0-5	2017	Rope / Ribbon	EDMONTON	Level 0-5
SUMMER Levels 1-5	2017	Ball	EDMONTON	Level 1-5
AUTUMN Level 0-5	2017	Free / Clubs	EDMONTON	Level 0-5
WINTER Level 1-5	2018	Hoop	EDMONTON	Level 1-5

Grade events, and BG Prelims for BG National events are run zonally, and organised by BG  
Entry is on-line via the BG website. All information concerning zonal events is on the BG website.



# Rules and Regulations for LG events 2017

London Gymnastics and the Rhythmic Technical Committee reserve the right to refuse entry or disqualify a competitor, team / group, coach, judge or official at any time, if they do not comply with BG or LG published policies, rules and regulations

**Policies:** Disability  
Equality  
Safeguarding and Protecting Children and Vulnerable Adults  
Standards of Conduct  
Complaints and Discipline

## Qualification:

**Clubs** must be BG registered, LG affiliated,  
**Gymnasts** at Levels 0, 1 & 2: Bronze BG membership  
**Gymnasts** at Levels 3 +: Silver BG membership.  
**Supervising coaches:** Gold BG membership, minimum L2 RHY qualification, SPCA & DBS.  
**Assistant coaches:** Silver BG membership, min. level 1 coach RHY qualification, SPCA & DBS.  
**Judges:** Minimum Bronze BG membership, BG judge qualification  
Signed judge code of conduct

**Age Policy** minimum 7 years in the year of competition  
**age categories: Under 8: Under 10: Under 12: Junior: Senior.**  
If more than 8 gymnasts are entered into the Under 8 or Under 10 yrs category at level 1 & level 2, then each category will be split into two by year of birth, so there will be Under 7 yrs: Under 8yrs: Under 9yrs: Under 10 yrs.

## Event eligibility & entry

Entry is On-Line and must be completed by the competition entry closing date.  
Payment should be paid to BG, by the competition entry closing date  
\*Supervising & assistant coaches must be nominated on the on-line entry.  
\*A minimum of 1 named volunteer must be nominated on the on-line entry.  
\*Clubs must nominate at least one named, qualified, judge at the time of entry to be eligible to enter the event.  
Clubs with 1-7 gymnasts = 1 judge.  
Clubs with 8-14 gymnasts = 2 judges.  
Clubs with 15-21 gymnasts = 3 judges  
Clubs with 22+ gymnasts = 4 judge  
The final judging panel/s will be selected from the nominated judges  
Clubs not nominating the correct number of qualified judges or for non-attendance of a judge will pay a retrospective levy of £50.00 per judge.  
The TC may refuse to let gymnasts compete if the judge does not turn up on the day; exceptional circumstances e.g. illness or a sick child etc... would be accepted. The TC may allow the gymnasts to compete, provided that the club pays the set fine on the day.  
The TC may cancel a competition if there are insufficient judges provided by the clubs  
Entry fees are non-refundable after the closing date.  
Late entries will only be considered in exceptional circumstances.  
If the competition organiser accepts the late entry, payment will be double the entry fee.  
Music will be up-loaded on-line 2 weeks prior to the event. [*Coaches should have a back-up file/CD at the competition*]  
1 tariff sheet per routine must be submitted electronically one week before the date of the event  
[*Coaches should also bring a copy of each tariff sheet to the event.*]

\*The nominated coaches, judges & volunteers must be the same ones attending the event. In unexpected circumstances (e.g. illness), the relevant official should be informed of the change of personnel, ASAP, so that qualifications may be checked, if necessary.

## Information

Clubs must distribute all relevant information supplied by the TC 2 weeks prior to the event  
The TC will send out draft lists and running order for the clubs to check ASAP after the closing date  
A Work plan will be sent to clubs and published on the LG www. 2 weeks prior to the event.  
A 'parent's letter' will be sent to clubs to distribute to the parents 2 week prior to the event.  
A Final Running Order will be distributed to clubs 2 weeks prior to the event.  
The TC reserves the right to alter the Running Order & timetable of the event after distribution, if circumstances make changes necessary.  
Finalised Running Orders will be distributed on the day of the event.  
Timetable and running order may be subject to change on the day of the event.

## Registration

Nominated Coaches, Assisting Coaches, Volunteer and Officials must sign in and collect their individual passes (or wrist bands), which must be worn for the duration of the event. Those without the relevant pass will not be allowed into the arena or warm-up area  
Each club is required to nominate one of their coaches as Team Manager who will;  
Manage the supervision of their gymnasts for the duration of the event  
Register the attendance of competitors  
Inform the organisers of any withdrawals  
Collect an up to date copy of the programme/working order.

## Attire

**Gymnasts** must march on in competition attire.  
Jewellery, body piercing and similar adornments are not allowed.

**Attire for Coaches** is in line with BG regulations  
Coaches must wear appropriate club attire e.g. a club tracksuit or polo shirt and track bottoms.  
Coaches will not be allowed on the competition floor if wearing inappropriate clothing, or jewellery and their gymnasts will be disqualified.  
*(Ear studs are permitted, wedding rings if taped).*

**Attire for judges** is in line with BG regulations  
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)*  
  
Chewing gum is not allowed.

## Event info:

Gymnasts, coaches, judges and officials must not use mobile phones or any other electronic communication devices, including tablets, in the main arena during the event.  
Coaches, or parents must not approach the judges under any circumstances.

## Gymnast Supervision:

The coaches and assistant coaches will be responsible for the behaviour of their gymnasts for the duration of the event  
Gymnasts must not go into the spectator's area, but remain with their club in the designated seating area.

**Warm-Up Hall** Gymnasts will be accompanied by their nominated level 2 [or above] coach.  
Nominated Level 1 coaches may accompany gymnasts into the warm-up gym, but must be under the direct supervision of the level 2 [or above] coach.  
Only gymnasts who are competing may enter the warm-up area  
Judges (*or parents*) will not be allowed in the warm up area.  
Only level 2 coaches may put the gymnasts on the carpet

**Inquiries** Coaches must not approach the judges under any circumstances.  
Written Inquiries only are permitted in accordance with FIG regulations, with a payment of £15.00 per inquiry and should be handed to the Event Organiser.  
Only nominated supervising coaches may submit an inquiry, for their own gymnast/s  
Only the Difficulty Score may be challenged.  
The inquiry decision of the Chairman of Judges' panel is final.

**Results** Gymnasts who win a medal are expected to remain until the end of the competition and participate in the presentation ceremony in order to collect their award in person.  
Results will be published on the LG www after the event. Tariff sheets will not be returned to the coaches.

**Medical** There must be a nominated first aider available for the duration of the event.  
Anyone requiring First Aid assistance should alert the Event Organiser.  
All coaches should have a First Aid kit with them for minor injuries.  
All injuries must be documented in the first aid book.

**Welfare:** There must be a nominated welfare officer available for the duration of the event. Any concerns should be addressed to the Welfare Officer via the Event Organiser

### **Video, Film and Photography**

By entering an LG event, there is an acceptance that the participant may be photographed and the photograph may be published in LG communications.

Parents or club members may only photograph or video their own gymnast.

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, not for commercial use, or publication in printed or electronic form, such as on websites.

Clubs may publish some photos of their own gymnasts, but this may only be done in accordance with British Gymnastics Child Protection Policy.

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

Any concerns about any photographer or the suitability of any photos being taken should be reported to the Welfare Officer at the event.

Nominated Coaches must not take photos or videos, whilst in the main arena.

**Coaches who are spectators are covered by the same rulings as parents/guardians.**

### **Standards of conduct:**

There are specific 'Standards of Conduct for coaches, judges, gymnasts and parents at events. Anyone not complying with the 'Standards of Conduct' will be banned from LG events and their gymnasts disqualified.



# LG Standards of Conduct

*The full BG document can be accessed on the BG website*

Participants involved in gymnastics must comply with its obligations under the BG Standards of Conduct and meet the high standards expected of them in accordance with the accepted traditions of Gymnastics.

## Child Protection:

- Cooperate fully in connection with Children or Vulnerable Adult matters or investigations.
- Not victimise or encourage victimisation of any individual, parent, guardian or dependents for raising concerns.
- Not conceal evidence of poor practice, abuse or misconduct.
- Inform BG of any arrest, criminal conviction, caution or warning issued by the police.

## Gymnast Participants must:

- Not misrepresent their qualifications, affiliations or status.
- Not be a member of more than one registered club at any one time
- Behave reasonably and show respect for other gymnasts
- Not question the decisions of officials or judges.

## Coach Participants must:

- Conform to BG standards of coaching best practice.
- Hold required qualifications and BG status
- Not disparage or intimidate gymnasts or seek to poach gymnasts from their principle club.
- Accept responsibility for the conduct of gymnasts coached by them.
- Not compromise gymnasts by advocating measures that contravene any competition rules to gain unfair advantage
- Not coach a gymnast without prior agreement from the gymnasts own coach. *Where a gymnast or parent requests a coach to agree to additional or alternative coaching this agreement shall not unreasonably be withheld.*
- If coaching services are required by a gymnast of another club, discuss the matter with that club and the gymnast's own coach.
- Report any formal disciplinary action taken against them by an employer to BG

## Judge /Competition Official Participants must:

- Conform to BG, UEG or FIG regulations, codes of conduct for judges or standards of judging best practice.
- Not discuss the performance of a gymnast during an event within earshot of any coach, gymnast or member of the public.
- Ensure that any differences of opinion or conflicts in respect of any competition decisions are dealt with through proper and accepted channels.

## Registered Clubs must:

- Comply with the conditions of registration with BG.
- Ensure that all associated with the club are BG members and that they conform to the BG Standards of Conduct.
- A registered club shall not (without the consent of BG) structure or restructure its activities and operations in a manner which divides the club into two or more parts, such that the remaining part/s cease to be a registered club or that some of those Participants cease to be subject to BG Standards of Conduct. A participant who is a coach attached to a registered club or an officer of a registered club shall not provide or facilitate coaching within any such separated organisation or participate in or facilitate the operation of another such organisation.

## Affiliated Clubs must:

- Comply with the conditions of its contract with BG & LG
- Ensure that all Participants are members of BG and conform to the BG Standards of Conduct.

## London Rhythmic clubs

### A & V Rhythmic Gym Club

Club	Townley Grammar School for Girls, Townlet Road, DA6 7AB
Club Secretary	Galina Clark
Telephone	01322 330090
Email	<a href="mailto:friendship@btinternet.com">friendship@btinternet.com</a>
Post Address	105 Avenue Road, Erith, Kent, DA8 3AT

### Anna's Gymnastics Academy

Club	255 Harrow Road, London, W2 5EZ
Main Contact	Monika Vedrichkova
Telephone	07411 683999
Email	<a href="mailto:annasgymnasticsacademy@gmail.com">annasgymnasticsacademy@gmail.com</a>
Post Address	A71 Albion Riverside, 8 Hester Road, London SW11 4AJ

### Devotion Rhythmic Gymnastics Academy

Club	St Marks Community Centre, 218 Tollgate Road, London E6 5YA
Club Secretary	Daniela Yordanova
Telephone	07411 548759
Email	<a href="mailto:Dyordanova84@yahoo.com">Dyordanova84@yahoo.com</a>
Post Address	4 Linwood Close, Becton, London E6 5HY

### Elite Recreational Gymnastics Club

Club	Edmonton Leisute Centre, 2 The Broadway, Edmonton Green, N9 0TR
Main Contact	Olga Berzing
Telephone	07921 823513
Email	<a href="mailto:olgaberzing@yahoo.co.uk">olgaberzing@yahoo.co.uk</a>
Post Address	46 Kingsmead, Barnet, Hertfordshire, EN5 5AY

### Falcon Spartak

Club	Hurstmere School, Hurst Road, Sidcup, Kent, DA15 9AW
Club Secretary	Kay Salter
Telephone	07967 346060
Email	<a href="mailto:Kay.salter@btopenworld.com">Kay.salter@btopenworld.com</a>
Post Address	c/o 42 Tintagel Road, Orpington, Kent, BR5 4LQ

### Flying Angels Gymnastics Club

Club	La Retraite RC Girls School, Atkins Road, Clapham Park, London SW12 0AB
Club Secretary	Michala Sinclair
Telephone	07951 883520
Email	<a href="mailto:Flyingangels_gymclub@hotmail.co.uk">Flyingangels_gymclub@hotmail.co.uk</a>

#### Hendon Gymnastics Club

Club	Hendon Leisure Centre, Marble Drive, London NW2 1XQ
Club Secretary	Gayle Golparvar
Telephone	020 8455 0818
Email	Gayle.golparvar@gll.org

#### London Academy of Gymnastics & Dance

Club	Tetherdown Primary School, Grand Avenue, London N10 3BP
Main Contact	Jessica Shenton
Telephone	07881 848884
Email	jessica@lagad.co.uk
Post Address	Muswell Hill Community Centre, Hillfield Park, London N10 3QJ

#### London Sport Academy

Club	Sarah Bonnell School, Deanery Road, Stratford, E15 4LP
Club Secretary	Kristina Ondon
Telephone	07595 744628
Email	londonsportacademy@yahoo.co.uk
Post Address	11 Lawns Place, Grays, Essex RM17 6HA

#### OK Gymnastics Academy

Club	Foredt Gate Community School, Forest Lane, London E7 9BB
Main Contact	Oksana Konuhova
Telephone	07921 030949
Email	okgymnasticsacademy@yahoo.co.uk
Post Address	63 Broadlands Avenue, Enfield EN3 5AQ

#### Shine Rhythmic Gymnastics

Club	Aspire Centre, Southfields Community College, 337 Merton Road, Wandsworth, London Sw18 5JU
Club Secretary	Larna Martin
Telephone	020 8516 0207
Email	larnajanemartin@gmail.com
Post Address	27 Clonmore Street, Southfield, London SW18 5EU

#### Sponte Sua Gym

Club	King's Club, Woodhayes Road, London SW19 4TT
Club Secretary	Val Bianco-Martinez
Telephone	07445 225875
Email	admin@spontesuagym.com
Post Address	29 Elmcourt Road, London SE27 9BX