

## Rhythmic Technical Committee

Dear all,

Please find attached updates for June/July, which contain a number of important updates.

Wishing you all a good summer !

If you no longer wish to receive this information, just email "Rhythmic News Opt Out" to [RG TC Contact](#)

If you would like to join the mailing list, please send a request to [RG TC Contact](#).

Kind regards

Ruth Wilson (RG TC Information Officer)

7<sup>th</sup> July 2018

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### Rhythmic Symposia

BG have launched a series of symposia. For the 2018/19 series, the theme is *Supporting a Developing Gymnast: A Coach's Tool Kit*. This theme will run across the symposia for all disciplines. The Acrobatic & Rhythmic symposia will be held on 8<sup>th</sup>/9<sup>th</sup> September at Lilleshall. For full information & registration, please see [here](#).

### Level 3 Group League

A new level of Group League will be available for Level 3 groups. The 2018 competitions will take place as follows

**Round 1:** 23<sup>rd</sup> September, Edinburgh

**Round 2:** 21<sup>st</sup> October, Cardiff

**Round 3:** 18<sup>th</sup> November, Shoreham by Sea

This league will be open to groups who have qualified at Level 3 from the seeding event, and gymnasts/groups who have not taken part in the seeding event. For full information, please see attached.

### Judging Feedback

The following feedback is provided to coaches and judges, based on observations from NDP Finals, Group League Round 1 and British Championships 2018:

- Front scale with splits with help – the correct shape is with trunk at horizontal. For many gymnasts performing this difficulty, the trunk is too high.
- Side scale balance – in some instances the trunk is seen to be quite far forward rather than in line with the leg
- Quite a few kip actions are seen during leaps, particularly those with back bend of the trunk.
- Front attitude pivot: the correct shape is with the thigh of the free leg at horizontal to the front. The ankle of the free leg should be at a 45° angle to the knee of the free leg. Sometimes the ankle/foot of the free leg is seen very low, almost vertical under the free knee – this shape is not valid for the front attitude (nor passé) shape.
- In many ribbon exercises (individuals and groups), many technical faults deductions are incurred for the end of the ribbon being on the floor.
- Two complete rotations of the body required for the R to count at all. The gymnast must release the apparatus before or during the first rotation – on occasion, we are seeing the gymnast complete one rotation (eg walkover) before releasing the apparatus.
- R is valid even if the gymnast takes steps to catch the apparatus, provided that two complete uninterrupted rotations have been completed before the steps.
- AD is not valid if the gymnast makes a technical fault of 0.3 or more – this includes taking a single step to catch the apparatus (if the AD is a throw/catch), and loss of one end of the rope.
- For AD, please check that the definition is met – i.e. 1 base plus 2 criteria, or 2 bases plus 1 criteria.
- For AD, the base(s) and criteria must be completed simultaneously, not one after the other. For example, if the base is roll and the criteria are outside of visual field and on rotation, the roll must be performed outside of visual field whilst on the rotation – not roll first, then rotation.
- The criteria “throw of 2 clubs” is not valid where the two clubs are locked together. R and AD may be performed with the clubs locked together but this criteria will not be awarded,
- In group exercises with ball, there are some instances of the apparatus being immobile for more than 4 seconds – leading to a technical fault of 0.3, and the relevant Collaboration being invalid.
- Only exchanges with large throws of the apparatus are valid. To be a “large throw”, the apparatus must reach either twice the height of the gymnast, or there must be a distance of 6m between the gymnasts.
- For CR and CRR, the gymnast doing the rotation must throw a piece of apparatus, perform the rotation and catch a piece of apparatus (either her own or a partner’s). We have seen instances where the gymnast has not thrown any apparatus.
- There are some groups with quite a bit of running into formation, rather than logical connections
- In some group routines there seem to be some quite long sections which have no D value. Coaches are reminded that there is no longer a “C” collaboration, and that for 0.1, the collaboration (“CC”) must include a minimum of 2 transmissions of the apparatus with a minimum of 2 types of passing (eg throw plus roll, but not two throws). The two types of passing could be done with the same single piece of apparatus, or more than one piece. Not all gymnasts need to do the transmission, but all must be involved in the collaboration.
- For Espoir Group Free routines, the collaborations which may be awarded are as per the competition requirements as published on the BG website and contained within the NDP, as also specifically referred to in January’s newsletter.

### GBR Selection

Congratulations to Gemma Frizelle, Laura Halford and Hannah Martin on their selection to represent GBR at the **World Championships** taking place in Sofia (BUL) in September 2018.

The team will attend the following competitions in the run-up to Worlds.

#### **World Challenge Cup, BLR 16-20 Aug**

GYMNAST – Laura Halford

GYMNAST – Hannah Martin

COACH – Jo Coombs

JUDGE – Rebecca Bunce

#### **Gracia Fair Cup, HUN 23-27th Aug**

GYMNAST – Laura Halford

GYMNAST – Hannah Martin

GYMNAST – Gemma Frizelle

COACH – Laura Hogg

JUDGE – Rachel Haines

### Basic Code Update

Please find attached an update to the Judging sheet for Execution – AF for Group, which has a correction to remove the requirement for body-wave deduction. For a full set of judging sheets, please see [BG website](#).

### RBD for 2019

Please find attached the Recommended Body Difficulties for 2019. Please note there are no changes from 2018 RBD, but a clarification has been added for Grade 5.

### Coaching courses

Please see below currently available coaching courses. For enrollment and more information, please see BG Website [here](#).

- |                                  |              |            |
|----------------------------------|--------------|------------|
| • 13 <sup>th</sup> October 2018  | UKCC Level 2 | London     |
| • 27 <sup>th</sup> October 2018  | UKCC Level 1 | Livingston |
| • 4 <sup>th</sup> November 2018  | UKCC Level 1 | Blackburn  |
| • 10 <sup>th</sup> November 2018 | UKCC Level 1 | Belfast    |

### Calendar Update

Please find attached updated calendar for 2018 and a first look at 2019 dates

### BG Apparatus 2018-2022

Please find attached an update on apparatus for both Individual and Group.

### Change to Minimum Age of County Judges

BG have changed the minimum age of the county Judge course to 14 years; the previous minimum was 16. This will affect Rhythmic and Trampoline, the only disciplines to have county courses.

### Competition Round-up

June was a busy month for competitions. Congratulations to all coaches, judges, gymnasts and clubs involved!

#### NDP Finals

##### Grade 4

Gold - Alexandra Krokmal (Hendon)  
Silver - Anna Victoria Sobko (Devotion)  
Bronze - Lily Murphy (Gib Rock)

##### Grade 6

Gold - Anastasia Zavruhina (LSA)  
Silver - Cara Mackay (Esprit)  
Bronze - Dinburgh Ai (Manchester)

##### Grade 8

Gold - Marfa Ekimova (LAGAD)  
Silver - Rachel Lattimer (S. Essex)  
Bronze - Michela Sara Mazilu (LSA)

##### Grade 10 Disability

Gold - Katie O'Conner (South Essex)

##### Grade 5

Gold - Isabell Ashall (Esprit)  
Silver - Karolina Averlingyte (Elite)  
Bronze - Daisy Beesley (Manchester)

##### Grade 7

Gold - Erin McIntosh (Finesse)  
Silver - Evin Tara Young (A & V)  
Bronze - Eva Marshall (Finesse)

##### Grade 9

Gold - Azra Dewan (Elite)  
Silver - Emily Mortimer (Elena)  
Bronze - Rachel Allen (Elite)

##### Grade 10

Gold - Emily Woodruff (Canterbury)  
Silver - Louise Christie (Beacon)  
Bronze - Diana Punt (Castle)

#### Group League Round 1

##### Espoir National

1<sup>st</sup> - Llanelli Stars  
2<sup>nd</sup> - Esprit Rhythmic  
3<sup>rd</sup> - City of Canterbury

##### Junior National

1<sup>st</sup> - I-Star Hurricane  
2<sup>nd</sup> - Deeside  
3<sup>rd</sup> - South Essex Falcons

##### Senior

1<sup>st</sup> - I-Star Academy Storm  
2<sup>nd</sup> - City of Birmingham Thorns  
3<sup>rd</sup> - Esprit Rhythmic

##### Espoir Elite

1<sup>st</sup> - Llanelli Diamonds  
2<sup>nd</sup> - Worcester Red  
3<sup>rd</sup> - Elena

##### Junior Elite

1<sup>st</sup> - City of Birmingham Stars  
2<sup>nd</sup> - I-Star Eclipse  
3<sup>rd</sup> - Elena

Full results can be accessed [here](#).

### **British Championships Results**

#### **Senior Individual Overall**

Gold – Laura Halford (Llanelli)  
Silver – Hannah Martin (I-Star)  
Bronze – Gemma Frizelle (Llanelli)

#### **Under 12 Individual Overall**

Gold – Elizabeth Popova (Llanelli)  
Silver – Emily Cullen (Llanelli)

#### **Under 10 Individual Overall**

Gold – Grace Owen (Llanelli)  
Silver – Elizabeth Anne Pineda (Hendon)  
Bronze – Jersey Aylward (Finesse)

#### **Senior Group Overall**

Gold – Team Bath  
Silver – Esprit Rhythmic  
Bronze – I-Star Storm

#### **Espoir Group Overall**

Gold – Worcester Red  
Silver – Llanelli Diamonds  
Bronze – Gib Gems

Full results on BG Website [here](#).

#### **Junior Individual Overall**

Gold – Alice Leaper (Ribby Hall)  
Silver – Leyla Yilmaz (Elite)  
Bronze – Skyla Simms (Cardiff Central)

#### **Under 11 Individual Overall**

Gold – Eirlys Jones (Esprit)  
Silver – May-Jun Ho (Canterbury)

#### **Junior Group Overall**

Gold – Ribby Hall  
Silver – Team Bath  
Bronze – Elena

### FIG Communication

## FEDERATION INTERNATIONALE DE GYMNASTIQUE

### Sports Department OFFICIAL COMMUNICATION

**To:**

- **The affiliated Federations;**
- **The Continental Unions.**

**cc:**

- **The FIG Authorities;**
- **RG Apparatus Manufacturers**

*LAUSANNE (SUI), FIG Office, June 8, 2018:*

Dear Presidents,

You have been informed about the following decision of the Executive Committee (EC) immediately after the EC meeting in Istanbul. Here is additional important information concerning this decision and its implementation:

#### **1. Decision of the EC:**

- *The EC unanimously decided to extend the transition period - for gymnasts only - concerning the changes of the Apparatus Norms decided by the EC in May 2016. The dates of enforcement will change from 1 September 2018 to 1 January 2019.*
- *Likewise, the EC decided that Art. 4.1.1 of the "Generalities" Chapter in the RG Code of Points will only be applied and enforced from 1 January 2019.*
- *The Executive Committee decided to withdraw the certificates of the Apparatus Manufacturers who have not adapted their products by 31 May 2018 to the norms decided in May 2016. They were given an original transition period until 1 January 2018.*

#### **2. Reasoning:**

The gymnasts should not suffer from a few Apparatus Manufacturers who have violated the FIG Rules. Coaches and gymnasts have bought apparatus in 2017 and 2018 which were offered to them as FIG Certified.

## Rhythmic Technical Committee

The decision to change the Apparatus Norms (adding the Apparatus Manufacturers Logo and the Logo "FIG Approved" was taken by the EC in May 2016. The Apparatus Manufacturers were informed at the meeting with the partners and the Apparatus Commission Meeting before this date. A transition period was given until 1<sup>st</sup> January 2018.

Between May 2016 and to date, all Apparatus Manufacturers when prolonging their certificates - have confirmed in writing that they have adapted their products to the norms.

However, a few of them, in spite of this written declaration, have not done so and continued to produce and sell apparatus without respecting the norms.

This was discovered after a reminder of the valid norms and the provisions in the CoP was sent to our member federations and the Apparatus Manufacturers in March 2018.

The RG TC and the Presidential Commission, in the interest of the Gymnasts, then prolonged the transition period (for the gymnasts only) from 1<sup>st</sup> January 2018 to 1<sup>st</sup> September 2018.

At the same time, all Apparatus manufacturers were requested to send a set of apparatus immediately to the FIG Secretariat for verification and approval. In spite of reminders, this was not yet done by some of them.

### **3. List of FIG Certified RG Hand Apparatus**

As mentioned in the decision of the EC (see point 1), all certificates of RG Hand Apparatus of manufacturers who have not adapted their products in due time as requested have been withdrawn.

Please consult our website, where the list of today's RG Hand Apparatus with valid certificates is published and is updated regularly. You may also see today's list by clicking [here](#).

Please inform your clubs, coaches and gymnasts to consult this list and make sure that they only buy FIG certified Hand Apparatus if they wish to use the apparatus at an FIG recognised competition. Their "old" apparatus may be used until the end of this year in competition, provided they pass the check prior to the competition. (see point 4. here below).

### **4. Control of Apparatus at all FIG approved events in the current of this year and at the 2018 RG World Championships in Sofia (BUL)**

Due to the EC decision to postpone the enforcement of the changes of the Apparatus Norms, decided by the EC in May 2016, to 1st January 2019, all RG Hand Apparatus will be checked at all competitions as in the past. This means that all gymnasts will have to present their Hand Apparatus to be checked with the measuring table prior to competing. As in the past, gymnasts will not be allowed to compete with Hand Apparatus which do not fulfil the measurements and criteria as requested. We also use this opportunity to inform you that at the World Championship in Sofia, the FIG test Institute will also continue tests measurements of the balls.

Please don't hesitate to contact our responsible Sports Manager for Rhythmic Gymnastics, Ms. Sylvie Martinet ([smartinet@fig-gymnastics.org](mailto:smartinet@fig-gymnastics.org)) should you have any questions.

Kind regards.

FEDERATION INTERNATIONALE DE GYMNASTIQUE

**André F. Gueisbuhler**  
**Secretary General**

## Rhythmic Technical Committee

**About the FIG:** *The International Gymnastics Federation is the governing body for Gymnastics worldwide. It is the oldest established international federation of an Olympic sport and has participated in the Olympic Games since their revival in 1896. The FIG governs eight sports: Gymnastics for All, Men's and Women's Artistic Gymnastics, Rhythmic Gymnastics, Trampoline -including Double Mini-trampoline and Tumbling-, Aerobics, Acrobatics, and Parkour. It counts 146 national member federations and has its headquarters in the Olympic Capital of Lausanne (SUI).*