



ENGLISH GYMNASTICS

National Competition Handbook 2022 Rhythmic

Version 2.0

RHY

www.english-gymnastics.org.uk



Version History

English Gymnastics reserves the right to make amendments to this handbook.

Notification of a change to the handbook will be communicated through the [EGA Gymnastics Website](#). All updated versions will be made available to download at the time of change.

All versions will be listed on this page, regarding amendments made:

Version 2.0

Title	Amendment	Page range
Competition Handbook	Branding update, grammatical alterations, links, page numbers	Whole document
Competition Handbook	Formatting, alignment of both English Gymnastics & British Gymnastics policies & processes.	Whole document
Coach requirements / Membership	Clarify the requirement of coach ratio, volunteer ratio, and supervising adults where only one gymnast	12 – 14
Entry costs – Spectators	Added in links for online spectating tickets for RHY English events	21
Provision of Judges	Clarification of required judges	22



About

English Gymnastics

The English Gymnastics Association Limited (EGA) was originally formed in 1982 by the 10 English Regions, to ensure that England was represented in the Commonwealth Games and other International events. English Gymnastics is recognised by Commonwealth Games England and the Commonwealth Gymnastics Federation. We have also been instrumental in ensuring that English Championships now enjoy a major event status in the British Gymnastics calendar.

The English Gymnastics Strategy aims to meet the following vision and core purpose:

- To unite and reflect the common purpose of the Regions
- To deliver and facilitate opportunities to develop and retain all involved in gymnastics



British Gymnastics

British Gymnastics (BG) is proud to be the UK Governing Body for the sport of Gymnastics. We exist to support, lead, and inspire all those involved or interested in Gymnastics.

British Gymnastics provides a national directive and structure for the sport; delivering a range of opportunities across the age spectrum to take part and stay in gymnastics, as well as developing talent and delivering top-level success.

The British Gymnastics strategy aims to meet the following vision and core purpose:

- Gymnastics is a passion shared by millions.
- To create and inspire lasting success for Gymnastics.





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Covid-19 Related Preface

Covid-19 and the associated restrictions have had a huge impact upon all our lives and our communities. The implications have been clear in relation to English Gymnastics 2020 and 2021 events, where all planned activity in both years were cancelled.

However, with the vaccine roll-out continuing at pace, it is with greater hope that we look forward to re-starting our events programme in 2022.

Whilst our planning is progressing on the basis that social distancing, to all intents and purposes, has come to an end, we will be taking all reasonable steps to create a Covid-19 secure environment at events in line with current Government guidance.

This may require limiting capacity of both entries and spectators within event venues to ensure social distancing can be maintained, increased cleaning and hand hygiene provision and the implementation of personal protection equipment (where necessary).

It is important that everyone planning to attend an event understands that, although measures will be put in place to decrease the likelihood of transmission or contraction of Covid-19, the risk cannot be eliminated.

As such, there is an increased risk associated with attendance at an event and everyone must consider their own circumstances, which includes (but is not limited to) personal underlying health conditions (of themselves or someone within their household), when making an assessment about attending events.

It is also important that each individual understands the responsibilities they have to keep, not only themselves safe, but to work together to make sure we can create a safe environment for all – we really do need everyone's help!

We ask coaches to make the appropriate assessment of a gymnast's ability level and their readiness, both physically and mentally, to take part in future events, based on your own particular circumstances.

It is fully acknowledged that some flexibility and changes to the normal way events are staged will be necessary for the foreseeable future.

We are, therefore, extremely grateful for everyone's patience, understanding and co-operation in trying to regain some much-needed normality in these incredibly challenging times.



Definition of Terms

Championships means any English Championships organised by the EGA.

Code means the Code of Points used for the competition, from which technical information and regulations are taken such as EGA, BG or FIG.

EGA means English Gymnastics Association.

Event means any National competition and Championships organised by the EGA.

FIG means Federation International de Gymnastique.

Organiser(s) means the Competition Organiser

RHY means Rhythmic.

Supervising Coach(es) are those coaches submitted in the online entry process and who are responsible for the gymnast(s) for the entire event. Any changes to the supervising coach(es) submitted on the [British Gymnastics Online Entry System \(GymNET\)](#) must be notified via email to [English Gymnastics Events](#), prior to the event and, in exceptional circumstances, if changes are required during the event, these must be notified to the Organisers.

Unattached means gymnasts who are not members of a British Gymnastics registered club but hold appropriate British Gymnastics membership.

Where no specific point is addressed in these Regulations, the current FIG Rules apply. However, the Technical Committee and its appointed officials reserve the right to define any Regulation conflict as is deemed appropriate to ensure a fair and equitable competition.



Key contacts

English Gymnastics RHY Technical Committee:

England Technical Chairman (ETC):	Vicki Pearson Email: Vicki.hawkins@british-gymnastics.org
England Judging Coordinator (RHY):	Rebecca Bunce Email: bexbunce@hotmail.com
England Competition Organiser:	Rachel Haines Email: Rhythmicgymnasticsdevelopment@gmail.com
England Talent Officer (RHY):	Amy Shanahan

English Gymnastics Contact Details:

Chairman:	Martin Laws Tel: 01634 855507 Email: martin.laws@englishgymnastics.org.uk
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EGA Admin Manager:	Jan Charlton Tel: 0345 1297129 Ext 2640 Email: jan.charlton@englishgymnastics.org.uk
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British Gymnastics Contact Details:

EGA Event Enquiries	Email: engevents@englishgymnastics.org.uk
BG Customer Support (GymNET Entries etc.)	Email: customersupport@british-gymnastics.org



1. Competition details – Overview

Competition Event Calendar 2022 & 2023

Date & Venue:	Events:	Entry Opening Date:	Entry Closing Date:	Other Information
6 th – 8 th May 2022 Sports Training Village, University of Bath, BA2 7AY	Rhythmic English Championships 2022 Individuals	17/03/2022	31/03/2022	Friday 6 th May 6pm – 9:30pm Saturday 7 th May 9am – 6:30pm Sunday 8 th May 9am – 6:30pm
6 th – 8 th May 2022 Sports Training Village, University of Bath, BA2 7AY	Rhythmic English Championships 2022 Groups	09/04/2022	12/04/2022	Friday 6 th May 6pm – 9:30pm Saturday 7 th May 9am – 6:30pm Sunday 8 th May 9am – 6:30pm



2. Eligibility & Membership

This is open to all British Gymnastics registered clubs, **who must be affiliated to their respective English region**. All persons attending English Gymnastics events in an official capacity, whether as a gymnast, coach, judge or official, are required to hold current British Gymnastics membership in line with the level of competition entered and/or qualifications held i.e., Complimentary, Silver, Gold, Joint Gold, or Life Membership of British Gymnastics.

Eligibility

Individuals

All gymnasts who have been classified as level 5 and have passed Stage 1 from the Zonal Grades in 2022.

Groups

- The top 6 ranked English groups from the National Seeding event on 9th/ 10th April 2022.
- Groups will need a minimum of 3 English gymnasts in order to participate at the English Championships.
- Gymnasts may only work in one Group within the whole competition. No movement of gymnasts between Groups less than 72 hours before a competition will be permitted unless a valid medical note is provided.
- Groups may comprise of gymnasts from a single club or a combination of clubs. Only one Group from a combination of clubs may be entered into each club's name in each section. In both instances, younger gymnasts may work in an older section, but older gymnasts may not work in a younger section.

Nationality

- Participants in all English Gymnastics events are subject to the requirements of Membership, Club/ Regional Registration, and other conditions of entry.
- Participants must be a British Citizen, holding a British Passport (or be in the process of obtaining British Citizenship and/ or Passport) **and** have lived in England for a period exceeding 36 months. The mother, father or a grandparent of a Gymnast must have been born in England.
- Participants must not be a member of a Squad of any other Commonwealth country or previously represented another Commonwealth country, unless the consents required by [Byelaw 17\(3\) of the Constitutional Documents of the Commonwealth Games Federation \(CGF\)](#) have been obtained.
- If a participant does not meet any of the above Criteria, but nevertheless wishes to be considered for entry, the participant may petition the English Gymnastics Approval Panel in writing, via email to the [English Gymnastics Events](#). The Approval Panel's decision in this regard shall be final. The Approval Panel shall be consisted of the Chairman and Vice Chairman of English Gymnastics, together with the individual Chairperson, in England, of the specific Gymnastics discipline within which the participant is seeking to compete. The Panel's decision in this regard shall be final. Decisions on these matters are not open to appeal.
- Disclosure: It is the responsibility of the person making the Competition Entry to ensure that all gymnasts have their Nationality declared within the GymNET Online Entry portal or as soon as possible via email to the [English Gymnastics Events](#).
- Groups wishing to enter the English Championships will need 50% of the group to be English (minimum 3 gymnasts) in order to be classified in the ranking. The remaining gymnasts must not be part of any other home nation.

Policy for the Participation of Trans People in Gymnastics Competition

For information on trans people in gymnastics competition, please refer to the [Club Hub - Resources](#).

Order of Performance

The order of performance will only be confirmed once all entries have been received. All start lists and timetables will be published on the [British Gymnastics Find an Event](#) and the [EGA Website](#) alongside the official's lists.



The order of performance will also be emailed to all participating clubs at least **one week before the first day** of the competition.

The competition organisers reserve the right to:

- Adjust the timing of the events across the competition weekend if required.
- Run up to one hour ahead of schedule.
- Make changes/ alterations to the groupings and panels to enable the competition to run on time and smoothly.

To maintain a smooth and timely running of the event, or where the safety, security and good performance of the gymnasts is a concern, the ETC reserves the right to alter the grouping of gymnasts and/ or running order of gymnast.

Judge, Coach, Gymnast requirements

The following provides requirements for Judges, Coaches, and Gymnasts that are to be involved within this event.

Note: Only Clubs affiliated to their respective Regions will be allowed to enter English Gymnastics events

Membership

All persons attending EGA events in an official capacity, whether as a Gymnast, Coach or Judge, are required to hold current British Gymnastics Membership upon entry to and in attendance, in line with the level of competition entered and awards held.

Coaches, Judges and Gymnasts should carry proof of British Gymnastics Membership to all competitions and be prepared for these to be checked by the Organisers or their appointed officials.

- **Gymnasts**

Membership level must be Competitive Gymnast, Coach or Life Member of British Gymnastics to enter an EGA event.

In normal circumstances, Gymnasts should also be a member of a British Gymnastics Registered Club.

In exceptional cases, where a Gymnast does not belong to a British Gymnastics Registered Club, they must email [English Gymnastics Events](#), and request entry into the event. If granted, such Gymnasts will be given the classification as being 'Independent'. In such circumstances, the Independent Gymnasts must nominate a Coach and must also meet all other Membership requirements.

- **Lead Coaches**

Lead Coaches' Membership level must be Coach or Life Member of British Gymnastics.

Coaches must be qualified to the level of the skills being performed before being allowed to participate in an EGA event.

Lead Coaches must have a current Safeguarding and DBS Certificates – See [Safeguarding Section](#).

The Lead Coach may authorise other Coaches from their club to coach skills of a maximum of 1 level higher than that coach's qualification (Supervised Coach) but has responsibility for ensuring that they are competent to do so.

Further information on the **Lead Coach Guidance** can be found within on the [British Gymnastics website > Technical Information > Competition Handbook](#).

Maximum one (1) supervising coach will be allowed on the field of play at any time.



Coach to gymnast ratio:

Number of Competitor Entries per day	Number of Coaches Required per day
1 gymnast	1 suitably qualified coach
2+ gymnasts And/ or 1+ groups	2 suitable supervising adults One (1) must be a suitably qualified coach

- **Coaches**

Coaches' membership level must be Coach or Life Member of British Gymnastics and must be qualified to a minimum of Level 2.

Coaches must be qualified to the level of all the skills being performed by the gymnast for which they are responsible.

Coaches must have current Safeguarding and DBS Certificates. See [Safeguarding Section](#).

- **Supervised Coaches**

To be a Supervised Coach, you must be a minimum of Level 2. With the explicit authorisation of the Lead Coach, Supervised Coaches may coach skills at the maximum of 1 level higher than their current qualification.

Before being allowed to participate in an EGA event, the Supervised 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.

Further information on the **Lead Coach Guidance** can be found within on the [British Gymnastics website > Technical Information > Competition Handbook](#).

- **Assisting Coaches**

Assisting Coaches' Membership level must be Assistant Coach (if Level 1), Coach or Life Member of British Gymnastics before being allowed to participate in an EGA event.

Assisting Coaches must have a current Safeguarding and DBS Certificate - See [Safeguarding Section](#).

Assisting Coaches cannot be responsible for the gymnasts.

- **Disability Chaperone**

Chaperones may be permitted to provide pastoral care to gymnasts in certain circumstances. Under no circumstances may a Chaperone coach a gymnast.

In the case where a gymnast has a disability, the nature of which indicates that it is deemed necessary to have additional support, they will be entitled to have a carer present with them throughout the competition.

The carer:

- Will not be insured by British Gymnastics to take part in any type of recognised gymnastics activity.
- Will be required to sign a Code of Conduct to ensure they understand the role they are fulfilling within the event environment.
- Will be required to be dressed appropriately if entering the warm-up hall or field of play.

- **Medical Chaperone**



In exceptional circumstances, upon written request, a Chaperone may be approved to provide pastoral care to a gymnast with a medical condition.

Written medical verification of the need for the carer (from GP or other medical practitioner) will be required to be submitted to the [English Gymnastics Events](#) email at least one week prior to the start of the event.

The carer:

- Will not be insured by British Gymnastics to take part in any type of recognised gymnastics activity.
 - Will be required to sign a Code of Conduct to ensure they understand the role they are fulfilling within the event environment.
 - Will be required to be dressed appropriately if entering the warm-up hall or field of play.
- **Supervising Chaperone**
The Organisers may authorise Supervising Chaperones to assist with pastoral care for gymnasts. These entitlements, if applicable, will be defined in the specific competition pages.

In these circumstances, the Supervising Chaperones must either be qualified as a Level 1 Assistant Coach or be a Club Welfare Officer and hold the relevant membership and qualifications, DBS and SPC for their position(s).

Supervising Chaperones will not be permitted to enter the Field of Play.

- **Volunteers**

Volunteers are vital to help with the smooth running of the competitions. We always welcome volunteers who will be willing to help setup and break down of the competition floor at the start and the end of the event. The EGA welcome all young leaders and would be happy to find jobs for all who wish to volunteer to help make our competitions run smoothly.

➤ This event requires a **minimum of one (1) nominated volunteer** to support the running of the event.

Additional information can be found in [Appendix 2 - Volunteering at English Events](#) regarding roles available.

Volunteers are added upon the entry on GymNET.

- **Judges**

Judges must hold a suitable level of British Gymnastics membership before being allowed to officiate at an EGA event – see [British Gymnastics website \(membership\)](#) for further details.

Judges must also hold a current Cycle of Judging Award (Cycle 15).

The EGA does not required Judges to complete a Criminal Record Check (DBS) to Judge at EGA 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. British Gymnastics no longer requires all Judges to complete Safeguarding Training, but Clubs should ensure any Judge who supervises or instructs children has completed appropriate training.

For further information on Membership levels, please visit the [British Gymnastics Website](#).



Coach Qualifications

When submitting entries for an EGA event, Clubs must ensure that the nominated Supervising Coach(es) is/are qualified to the level of the participant's performance. The practice of supervising participants working above the level of the Coach's qualification is not allowed.

All Coaches must have completed the [British Gymnastics Positive Coaching Module](#).

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.

It is the Club's responsibility to ensure that only accredited Coaches are on the Field of Play and Warm-Up areas. Coaches who are used to push mats must be at least a Level 2. Lead Coaches have a duty of care towards their performers and have 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.

If it is found that a Club is in breach of these policies, the EGA 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, Lead Coaches, Supervised Coaches and Assisting Coaches are required to hold a valid 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 British Gymnastics Events.

All **gymnasts must have an accredited coach**, present on the field of play and in the warmup hall at all times. If a gymnast attends a competition without a suitably qualified coach or supervised coach, they will not be allowed to compete.

More information about our safeguarding requirements and the training/certificates that we accept, can be found on our website via the [Safeguarding and Safe Sport page](#) under 'Safeguarding', and by scrolling down to 'Training'.

Coaches must also have a **valid home country criminal record check both at the time of entry and through to the end of the event before being allowed to participate at a British Gymnastics Event.**

These changes are applicable to British Gymnastics members. Wales are reviewing their own and Scotland always deal with theirs separately.

Guests

Gymnasts who are not English may request or be invited by English Gymnastics to take part in the English Event Series and Championships. They will receive scores(s) but will not receive a ranking in the official competition results.



If a gymnast wishes to compete as a Guest (see [Nationality Eligibility section](#)) at an English event series competition or championships, the club/ coach/ Home Nation should email the [English Gymnastics Events](#) before the closing date.

Following the application, a decision will be made by the EGATTC as to whether the entry can be accepted. If the entry is accepted, the entry fee will then become payable and entered into the club basket.

Only those gymnasts classed as English (using the [Eligibility criteria](#)), are able to be ranked in the official competition results where an English title is being contested. English Gymnastics will award a medal to a Guest, but they will not take part in the official medal ceremony.

Where a competition provides a qualification route to take part in the English Championships, the result of a non-English gymnast will not lead to the displacement of an English gymnast who would have otherwise qualified for the English Championships.

Participation is also subject to approval from their FIG member Federation/ Home Nation in accordance with FIG statutes. They will receive score(s) but will not receive a ranking in the official competition results. In such circumstances, the gymnasts will be referred to as Guest.

The Club/ Coach of a gymnast that represents another Country or Home Nation and wishes to compete as a Guest at an English Gymnastics event, must contact the EGA Event Enquiries via email in the first instance. Guest gymnasts will be allowed subject to prior approval by the Organisers of the event.

Foreign Competitors and Coaches: Gymnasts who are not normally resident in the UK, must request permission from the Organisers via the EGA Event Enquiries email prior to entry. The Organising Committee will not be held responsible for any liabilities in case of accidents, illness, repatriation, and the like. **All** participating foreign competitors and Coaches are, therefore, responsible for making their own arrangements to have the necessary valid Insurance coverage against illness, accidents and for repatriation. Insurance Cover Note or photocopy of the valid Insurance Policy should be sent through to the [English Gymnastics Events](#) team via email prior to the start of the event. Delegation Members with insufficient Insurance Cover must inform the Organisers via the [English Gymnastics Events](#) email in advance.

Publication of Results

After individual events & the final qualification event, results will be collated, ranked, and verified before publication. Results and standings will be sent out as soon as possible in the week following the competition.

A link to the results and tables will be placed in the [British Gymnastics Find an Event](#) and on the [EGA Website](#).

Age Policy

For entry to all age dependent categories, a gymnast's age will be taken as the age reached in the year of the competition.

Year of Birth	Age Group (Individuals)	Age Group (Groups)
2013	Pre-Espoir	Espoir
2012		
2011		
2010	Espoir	
2007, 2008, 2009	Junior	Junior
2006 or earlier	Senior	Senior



Club, County, Region	<p>This is open to all British Gymnastics registered clubs, who must be affiliated to their respective English region.</p> <p>Clubs from other Home Nations will be accepted as Guests if approved by the Organisers.</p>
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Notes:

- 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 the English Gymnastics National events is 9 in the year of competition.
- Enquiries relating to this English Gymnastics event **will not** be accepted from parents and these should be always directed **via the Club**.

To view further information on age, participation, and competition see [Club Hub – Resources \(Health, Safety, & Welfare Guidance: Safe Coaching\)](#).

3. Event Details

Type, level, and pathway

Competition type: Rhythmic English Championships

Competition Format:

Overall, All around, & Qualification – Both scores to count.

Apparatus finals – Only Junior & Senior individuals will have finals. If there are more than 16 gymnasts in the competition, the top 8 in the qualification competition for each apparatus will compete. Where there are less than 16 gymnasts, the top 6 in the qualification competition for each apparatus will compete

Code of Points

Competition Requirements:

As per British Championships 2022.

The competition will be run under FIG and British Gymnastics Rules and Regulations.

Apparatus

The following equipment and apparatus will be used for this competition:

Category	Individual apparatus	Group apparatus
Seniors	Hoop Ball Clubs Ribbon	Senior (Groups): 1 ex. with 3 Ribbons & 2 Balls and 1 ex. with 5 Hoops
Junior	Hoop Ball Ribbon	Junior (Groups): 1 ex. with 5 Ropes and 1 ex. with 5 Balls
Espoir	Clubs Ribbon	Espoir*: 1 ex. with 5 or 6 Balls and 1 ex. Free (no App)
Pre-Espoir	Ball Free	
All	Floor area	13m x 13m rhythmic carpet base will be used



Notes:

- * The same number of gymnasts must compete both routines.
- If a Gymnast fails to compete on any piece, please inform the Judges in order that a zero score can be entered.
- Apparatus for EGA events must conform to the relevant FIG Apparatus Norms.
- Apparatus for Espoir must conform to the FIG Apparatus Norms for Juniors, except for Hoop, which should be appropriate for the size of the gymnast and Ribbon which should be between four and five meters in length.
- Tie Break Rules as per FIG Regulations (World Championships).

Performance details

	For Individuals	For Groups
Length of Exercises:	All Age Groups: 1 minute 15 seconds to 1 minute 30 seconds	Espoir: 1 minute 45 seconds to 2 minutes Junior & Senior: 2 minutes 15 seconds to 2 minutes 30 seconds
Notes:		Senior & Junior: 5 gymnasts plus 1 reserve. Maximum number of gymnasts = 6. Espoir: 5 to 6 gymnasts, plus 1 reserve i.e., a Group of 6 may have a team of 7 named. <i>There is no requirement for the reserve to compete.</i>
Apparatus Finals:	Apparatus Finals: If there are more than 16 gymnasts in the competition, the top 8 in the qualification competition for each Apparatus will compete. Where there are less than 16 gymnasts, the top 6 in the qualification competition for each Apparatus will compete. There will be no individual apparatus finals for Pre-Espoirs and Espoirs, with apparatus titles being awarded on the basis of the scores received in the all-around competition	There will be no individual apparatus finals for all groups, with apparatus titles being awarded based on the scores received in the all-around competition



Music requirements

Music submission date:	29 th April 2022 at noon
Music submission method:	Via GymNet
Music format:	Instructions for submitting music electronically may be found within the Online Entry Guide
Late Music Submission:	£20 per gymnast/ partnership/ group/ team (This will be invoiced by the EGA Events Team)

Music licencing (where applicable)

All music used in competition routines must conform to the relevant licensing requirements. Details may be found on the [Club Hub - Resources](#).

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 the [PPL website - music checker](#) and 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.

The Event Organiser isn't liable for any damages for of music devices brought on the day, this the responsibility of the Club/ Coach.

You may hear the organiser/ host venue playing music, this will also abide by the PPL/ PRS licencing laws.

Event day music requirements

The Coach must carry a backup copy of the uploaded music via flash drive in case of technical issues.

The music must be within a MP3 format and clearly labelled with:

Name – Club – Age Group – Apparatus



4. Entry Process

Entry to the English events is completed via the [British Gymnastics Online Entry System \(GymNET\)](#).

Complete instructions for adding an entry via the GymNET Online Entry Portal are available to download from the [British Gymnastics Website](#).

All entries must be fully submitted electronically by the stipulated closing date/ time.

Queries relating to the process, to initially be directed via email to [English Gymnastics Events](#).

Method of Payment

Payment can **ONLY** be made by **Debit/ Credit Card** – British Gymnastics will reject payment made by any other method (i.e., cheque or BACS). Payments are required at the same time as the entry is submitted. **Entry fees are non-refundable after the closing date.**

Entries are made via the [British Gymnastics Online Entry System \(GymNET\)](#).

Late Entries

Late entries will only be considered in exceptional circumstances.

In the unlikely event of a late entry being accepted, payment of twice the normal entry fee stated for the competition (up to a maximum late entry fine of £500, not including the original entry fee) will be required for Individuals.

Applications will normally only be considered up to seven (7) days after the closing date.

Late entries must be made via email to [English Gymnastics Events](#), and will then be referred to the Organiser for consideration. The Organiser will have absolute discretion whether to accept a late entry.

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 (minus a 3% admin charge).

Entry fees are non-refundable after the closing date.

Where it is necessary to substitute a coach, the club must inform the [English Gymnastics Events](#) so that 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(s) must inform the Organiser immediately on arrival at the venue and produce their coaching award certificate, current British Gymnastics membership and current British Gymnastics specific DBS and Safeguarding certificates, otherwise they will be unable to access the competition floor.



5. Entry Fees

Entry costs – Individuals & Groups

Entry cost for individual gymnasts per routine:	£17.50
Entry cost per group	£90

Entry costs – Spectators

Ticket type	Cost per spectator ticket
Adult All Day Ticket	£10
Concession Day ticket (Junior U15 / Senior Over 65)	£5
Family Ticket (2 adults, 2 children)	£25
Friday Evening only Ticket	£5
Weekend Individual Ticket (Friday – Sunday)	£20
Weekend Family Ticket (2 adults, 2 children) (Friday – Sunday)	£40

Tickets will only be able to be purchased prior to the event via the [GymData website](#).

Car Parking

Parking at the Sports Training Village is by pay and display or permit only.

For more information can be found on the [University Website](#).

Privacy

[English Gymnastics Privacy Notice](#).

At many events, English Gymnastics may produce event merchandise (e.g., 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 the Organising Committee in order to discuss if modifications to rules and processes are appropriate arising from this disability.

The scores and results from English Gymnastics events, will be published on the [English Gymnastics Website](#) in the specific event page upon receipt from GymData although are available on the [GymData website](#) immediately. English Gymnastics will not redact your details from the published results unless there is a justifiable reason to reject an objection to publication.

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.



6. Provision of Officials

The **EGA will not be responsible** for booking any rooms or pay any expenses towards judges' travel or accommodation during the English events.

Clubs will be required to nominate judges for the English when entering gymnasts online.

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 nominated club has gymnasts performing on that day or not

Judges for the English Rhythmic Championships should ideally hold the **County Judge qualification as a minimum**.

However, judges of a lower qualification may be considered for development purposes and should email the [English Gymnastics Events](#) in the first instance although the Organiser will have absolute discretion whether to accept a lower qualified judge for sustainability of the event.

Officials required for events

Number of Competitor Entries per day	Number of Officials Required per day
1, 2, or 3 gymnasts And/ or 1 group	1 suitably qualified judge
4+ gymnasts And/ or 2+ groups	2 suitably qualified judges One (1) must be Regional qualified

Missing judges

If clubs cannot supply the required number of judges, the club will be required to pay a fine of £100 per missing judge per day, with a maximum charge of £600 for any one club at any one competition. This is so the organisers can try and supply an independent judge to make up for the missing judge/ official.

Where a club is unable to supply a judge and accepts the missing judge fine (as per above), they are to email the [English Gymnastics Events](#) stating:

- Their Club
- Number of gymnasts being entered into the event (ideally these will be prepared on GymNET, ready to submit)
- Number of missing judges
- Acceptance of missing judge fee

Upon receipt of this application, the English Gymnastics Administrations Team will confirm the missing judge fee and apply this to the Clubs GymNET event application.

Clubs that do not have an appropriately qualified judge available, should contact the English Judge Coordinator to consult with 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.

Officials such as marshals, floor security, door officials can't be accepted as a replacement for a judge for the English Rhythmic Championships and [Officials required for events section](#) must be adhered to. See [Membership section](#) for requirements of Volunteers.



Withdrawal/ Change of Officials

Clubs must inform the judging co-ordinator as soon as possible if there are any withdrawals or changes in the judges prior to the competition.

Please note that any withdrawals of a judge up to two days before the competition will result in a £100 fine per judge per day, UNLESS another judge of equal or better quality replaces them.

If a judge is withdrawn in the two days before or on the day of the competition, the fine will increase to £200 per judge per day, UNLESS a suitable replacement is found to replace the missing judge.

Note: Illness on the day DOES NOT permit clubs to withdraw judges without replacing them with another.

Fines will be invoiced via EGA Events.

7. Competition Attire

Gymnasts

In order to make EGA events more inclusive and accessible, a British Gymnastics Policy has recently been approved by the British Gymnastics Board, following consultation with the National Technical Committee, and having adopted feedback received from the community.

The discipline specific policies and references in the [Code of Points](#) are to be adhered to. Some of the specific point to highlight are:

- Leotard must be in non-transparent material; therefore, leotards that have some parts in lace will have to be lined (from the trunk to the chest).
- The pelvic/ crotch area (with or without a skirt) should be covered with non-transparent material up to the hip bones and a small lace or transparent area for connection/ decoration is tolerated.
- The style of neckline of the front and back of the leotard is free.
- Leotards may be with or without sleeves; the leotards with narrow straps also allowed.
- The cut of the leotard at the top of the legs must not go beyond the fold of the crotch (maximum); undergarments worn beneath the leotard should not be visible beyond the seams of the leotard itself.
- The leotard must be tight-fitting to enable the judges to evaluate the correct position of every part of the body.
- The leotard must be all in one piece. It is not possible for a gymnast to wear a leotard and separate additional "socks," "gloves," decorative legwarmers, belt, etc.

The Policy seeks to break down barriers to participation by, for example, removing gender specific requirements for competition attire.

These overarching principles may be found in the [Club Hub - Resources \(Clothing Attire at Events Policy\)](#). The implementation of this Policy will be monitored for the first year and reviewed accordingly, but Coaches are encouraged to email the [English Gymnastics Events](#) or their respective Competition Organiser should they have any queries about the attire that they propose for their gymnast to wear at EGA events.

Advertising must adhere to the [Club Hub - Resources \(Advertising on Clothing & Competition Attire at Events Policy\)](#). When representing your Club, the wearing of GBR or Home Country attire at EGA events is strictly forbidden. For the avoidance of doubt, any inclusion of the Union Flag (or other Home Nation Flag) within the design of any leotard is expressly forbidden.

The removal of leotards on the Field of Play is not allowed.

English Gymnastics has a strict **no jewellery policy** during training or performance. Ensure all piercings and body adornments are removed prior to the competition.



Bandages or support pieces cannot be in colours and must be of a skin colour.

Exceptions are as per the [Club Hub - Resources \(Health & Safety Guidance: Safe Coaching\)](#)

Coaches

- Coaches must wear a tracksuit with full length tracksuit bottoms or full-length tracksuit bottoms with a collared polo shirt or club t-shirt and appropriate gym/ training shoes.
- The wearing of GBR or Home Country attire at EGA events is strictly forbidden - unless on International duty for your Home Country.
- Long hair should be braided or tied back so as not to obscure vision.
- Coaches will not be allowed to support on the competition floor if wearing ANY jewellery. Exceptions are as per the [Club Hub - Resources \(Health & Safety Guidance: Safe Coaching\)](#).

Non-compliance may result in removal of the Coach and consequently, for health and safety reasons, their Gymnast(s) from the competition.

Judges Uniform

- Dark blazer or suit jacket
- Dark trousers or Skirt
- White shirt
- Black shoes (no stiletto heels allowed on the competition floor)
- For men: a navy blue or English Gymnastics ties
- For ladies: an English Gymnastics scarf should be worn
- Recorders, computer operators and other officials who may be working alongside the judges should dress similarly.
- Hair must be neat and not inhibit vision.

Requests can be made to adopt reasonable clothing modifications at any EGA event on religious or disability grounds. All requests must be submitted using the EGA Clothing Modification Form (see [Appendix 3 – Clothing Modifications Form](#)) to be sent via email to the [English Gymnastics Events](#), as soon as an entry is registered to allow enough time for full consideration of the application and any possible health and safety implications.

8. 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. All gymnasts must have an accredited coach present at the event. If a gymnast attends a competition without a Supervising Coach, they will not be allowed to compete.

Registration

You may only register your gymnast(s)/ club when those competing in that section of the event have arrived at the competition venue and intend to compete. Please inform the Registration Desk of any withdrawals as soon as possible.

During registration, accreditation/ passes will be issued. Accreditation/ passes are non-transferable, and any infringement of this rule may result in disciplinary action being taken by the EGA.

Terms & Conditions of Entry to All Competitions

In addition to the EGA General Rules & Regulations:



All gymnasts that agree to be treated by the EGA appointed medical staff will be bound by the decision of the EGA medical staff in relation to their suitability to compete in the competition.

By entering the competition, you are agreeing to abide by the [Club Hub - Resources \(Photography Policy\)](#) that the EGA have adopted.

The person making the online entry on behalf of gymnast(s), or a club undertakes to ensure that those who they are submitting an entry on behalf of are fully aware of and agree to abide by the contents of this Handbook.

Code of Conduct

English Gymnastics will follow the [British Gymnastics website > Technical Information > Technical Committees > National Technical Committees - Code of Conduct](#).

Rhythmic Judges [Code of Conduct](#).

EGA, 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 EGA or British Gymnastics Regulations.

Enquiries

There will be no inquiries accepted at the English Rhythmic Championships.

Access to Warm-Up Hall

The EGA will make every effort to provide a warm-up hall where space is available. The EGA will aim to provide a floor area to complete a body warm-up. Where space permits, the EGA will look to have warm-up equipment to help prepare athletes' warm-up off the competition floor.

Access to the warm-up hall will be limited to the appropriate number of coaches as defined in the specific details section for each event. On arrival, coaches will need to register and collect their accreditation from the Accreditation Desk. In the case of events spanning more than one day, accreditation may be issued for each day.

Judges will not be allowed into the warm-up hall once the Judges' Meeting has taken place.

The warm-up will be defined by time allotted in the Timetable. If your gymnast was late to the warm-up, they will not be afforded extra time. It is up to the coach and performer to be on time and ready to warm-up and compete.

Food & Drink

There may be restrictions within the competition areas with regards to food and drink. This is to manage food intolerances and allergies. This does not extend to personal drinks in sealable bottles, which will be allowed within the competition area.

The chewing of gum is not allowed anywhere on the competition floor at any phase of the competition, including the opening ceremony and presentation of the awards or closing ceremony.

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.



Medal Ceremonies

Except in exceptional circumstances, gymnasts who win a medal at EGA events 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 Rules for World Championships](#).

Medals for first, second and third place in each age group in the Overall Championships and in each Apparatus, section will be awarded.

Privacy

[English Gymnastics Privacy Notice](#).

At many events, English Gymnastics may produce event merchandise (e.g., 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 the Organising Committee in order to discuss if modifications to rules and processes are appropriate arising from this disability.

The scores and results from English Gymnastics events, will be published on the [English Gymnastics Website](#) in the specific event page upon receipt from GymData although are available on the [GymData website](#) immediately. English Gymnastics will not redact your details from the published results unless there is a justifiable reason to reject an objection to publication.

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.

Etiquette

While sport can be a highly competitive activity, please ensure you support every gymnast, coach and parent/ guardian involved. Everyone has been involved at some point and every competition/ event is a celebration of those efforts.

It is important that the access to the 'Official's area' (judges, scoring etc.) is restricted to authorised personnel only.

The Competition Organiser has the right to withdraw any entry/ entries where appropriate etiquette and professionalism is not upheld before, during and after the event. This, therefore, could affect future attendance at events and become a welfare issue.

Photography

It is your responsibility as the Coach in charge of your entered team/ club to be aware, and have records, of anyone that can/ can't have their photo/ video taken for media purposes. If you have anyone that can't, please ensure the Competition Organiser, via the [English Gymnastics Events](#) email, is aware prior to the date of the event so they can inform the appropriate persons so that any photography/ video of them is avoided.

All English Gymnastics competitions are large events, where filming and photography by English Gymnastics accredited Photographers will be taking place.

For the 2022 Rhythmic Championships, there is no Official Photographer will be – There currently isn't a photographer, in the case this is amended clubs involved will be notified.



Images taken at our events may be used by English Gymnastics for the purposes of promotion, education, and development of the sport.

Anyone who does not wish themselves or their child to be photographed at the event, must email the Organisers via [English Event Enquiries](#). The EGA will make every effort to ensure that any identifiable images of the participant are not published.

The EGA will display clear signage and make announcements about photography and filming at its events. Any footage of children and individuals who are vulnerable will be published in accordance with the [Club Hub - Resources \(Safeguarding Policy and Procedure\)](#).

To make our events entertaining and easy to follow for our audience and fans, we announce and publish information about participants, including Nationality, scores, and achievements.

The results of English Gymnastics competitions are published and made available for viewing by members of the public via the [English Gymnastics Website](#) and [British Gymnastics Find an Event](#).

Any person wishing to use video, film, or take photographs must abide by the [Club Hub - Resources \(Health, Safety, & Welfare Guidance\)](#). 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 the [Club Hub - Resources \(Photography Policy\)](#) and in conjunction with the [Club Hub - Resources \(Safeguarding Policy and Procedure\)](#).

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 Field of Play during the event. Such mobile devices may only be used for monitoring scores and results, where a Scoring App is in operation.

If you **have any 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 **English Gymnastics appointed Welfare Officer or English Gymnastics Events Director at the event**. In the interests of child protection, please do let us know of anything that may be damaging to the welfare of a child.

The **use of flash or supplementary lighting is not permitted** at any time while gymnasts are warming up or competing. Please make sure that the flash is turned off on any device being used as your camera.

The **use of live streaming is not permitted** during any part of this event.

If the Competition Organiser/ Welfare Officer suspects inappropriate photography or filming, the Officer/ Organiser should exercise their powers under the conditions to request the person to leave the venue and to surrender any film and/ or delete any images relating to the event.

Complaints and grievances

Complaints about any aspect of the English Championships or any of the qualification events must be raised in writing by either the head coach or club secretary. Please email your complaints to the [English Event Enquiries](#). Your complaint will be responded to within 14 days of receipt. No complaints will be entertained if sent by a parent or gymnast.

Drug Free Sport

English Gymnastics follows all British Gymnastics policies and procedures relating to Drugs in sport. The British Gymnastics Guidelines on Anti-Doping are available [here](#).



9. Health and Safety

Overview

The health, safety, and welfare of all participants (gymnasts, coaches, and officials) is the primary consideration. All British Gymnastics policies and procedures will be rigorously applied with regards to health, welfare and safeguarding and protecting children.

The intention of the event is to create a friendly and no-stress/ low-pressure environment for all those involved, while allowing gymnasts the opportunity to challenge themselves to do their best. Ensuring the safety of the gymnasts, no matter their age, is a priority in the event set up, programme design and risk assessment, using the guidance set out by British Gymnastics within the [Club Hub - Resources \(Health, Safety, & Welfare: Safe Coaching\)](#) document.

Risk assessments

Risk assessments have been carried out for this event, but if you feel there is something/one that may require additional assessment, please contact [English Event Enquiries via email](#) ASAP with specific details.

While risk assessments for the event have been completed, your club is responsible for specific risk assessments related to your club e.g., travelling to and from the event etc.

Welfare

As part of your risk assessments and preparation for the event, please consider the welfare of individual Gymnasts, including such items:

- Clothing not being revealing/ embarrassing for males, females, and transgender Gymnasts/ Coaches/ Judges.
- Age of Gymnasts when changing, socialising etc.

The British Gymnastics Health, Safety and Welfare Policy has guidance on such areas and there are a few videos/ courses which may help you also:

Resource Title	Type	Link
British Gymnastics Health, Safety and Welfare policy	Policy	Link
Risk assessment training for clubs	British Gymnastics eLearning course	Link
GDPR Data Security	British Gymnastics eLearning course	Link
GDPR Implementation	British Gymnastics eLearning course	Link

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 British Gymnastics recognised Safeguarding & Protecting Children Awareness training.

Please note that the British Gymnastics Membership Insurance does not cover Travel or Emergency Medical Expenses and we, therefore, **recommend that**, where necessary, **you take out additional Travel Insurance as required**. Travel guidance is outlined within the [Club Hub – Resources \(Health, Safety, & Welfare Guidance – Safe Trips\)](#).



Medical Provision

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

At all EGA 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 or injury requiring treatment 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 Competition Organiser based upon the recommendation of the EGA appointed medical officer as to the gymnast's health and medical status and their ability to compete at the event is absolute and final.

Emergencies

As part of event, everyone attending must adhere to the emergency procedures and follow the professional guidance of the Competition Organiser and members of staff from the venue. Below is a brief guide of the venue emergency procedures.

In the event of the emergency alarms sounding, please evacuate via one of the following routes:

- These will be highlighted on the day during a safety briefing

Coaches are to ensure all their gymnasts are kept together until registered and then handed back to their responsible adult.

Allergies

As part of the safety for everyone, please ensure you pass on the message to all your coaches, gymnasts, judges, and parents/spectators that any food being brought to the event should be **nut free** and keep in mind any other potential allergies that could be affected by food being brought.

Terms and conditions

By entering this event your club is agreeing to the rules, regulations, and standards within this Handbook. The person making the online entry on behalf of Gymnast(s) or a 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.

Failure to comply may see your club being excluded from the event without refund. In addition:

- All entrants agree to be treated by EGA appointed medical staff only and be bound by the decision of EGA medical staff in relation to their ability to compete in the competition.
- You agree to the storing of competition scores. The EGA will redact your details from the published results unless there is a justifiable reason to reject an objection to publication.
- You agree to abide by the [British Gymnastics Photography Policy](#).
- The person making the online entry on behalf of the gymnast(s), a club, or a region, 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.



Appendix 1 – English Gymnastics and English Regional Websites

English Gymnastics:

England: www.englishgymnastics.org.uk

English Regions:

East: www.british-gymnastics.org/east
East Midlands: www.emgymnastics.org.uk
London: www.london-gymnastics.co.uk
North: www.northgymnastics.org.uk
North West: www.nwga.org.uk
South: www.british-gymnastics.org/south
South East: www.british-gymnastics.org/south-east
South West: www.british-gymnastics.org/south-west
West Midlands: www.wmgymnastics.org.uk
Yorkshire: www.british-gymnastics.org/yorkshire



Appendix 2 – Volunteering at English Events

ENGLAND VOLUNTEERS



Would like to help with the organising or running of the competition?

We are looking for volunteers both adult & children. Completing your Duke of Edinburgh Award Scheme or feel a need to volunteer your time to the sport that is close to the hearts of us all. Come along and help make the days of Qualification and Championships competitions smoother.

If you're interested, email our [English Gymnastics Events](#) team.

Jobs available:

March on Managers
Warm Up Managers
Welfare Officer
Judge Refresher

Medal Ceremony (Children Only)
Door Staff (Adults only)
Ticket Sellers (Adults Only)
Check in Staff

Thank you in advanced for any help you can provide



Appendix 3 – Clothing Modification Request Form



Clothing Modification Request Form

Competition:	
Entrants Name:	DOB:
Club Name:	
Religion / Disability:	Discipline:
Please provide details of any clothing modifications and provide reasons for this request	
I confirm that the details on this form are accurate	
Signed:	Date:
Address:	
Postcode:	Contact no:
NB: If the gymnast is under the age of fourteen, their parent/ carer must sign the form on their behalf. This form should be submitted via email to the English Gymnastics Events with the entry details. An electronic version of this form is available upon request. The request will receive full consideration and club and entrant will be informed of the outcome within 10 working days of receipt of the request. In the event the request is declined, the entry fee will be refunded in full, providing that this form was submitted prior to the closing date.	