



# **RHYTHMIC GYMNASTICS 2019/2020 HANDBOOK**

# LONDON GYMNASTICS

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## Version History

The London Rhythmic Gymnastics Technical Committee reserves the right to make amendments to this Handbook. Notification of a change to the handbook will be communicated via email from the Chairman to all London Gymnastics Rhythmic Member Clubs and the latest version of this Handbook will be available to download through the London Gymnastics website.

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

Version 2

## Contact Information

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Camp Organiser	Open Position	
Pre Espoir-Squad Coach	Open Position	
Junior Squad Coach	Open Position	

## Regional Competition Calendar

Date	Name	Location
16-17 <sup>th</sup> Nov 2019	London Open	Redbridge
29-1 <sup>st</sup> Mar 2020	London RG Championship Series	Redbridge
28-29 <sup>th</sup> Mar 2020	Zone A Regional Grades	Redbridge
11-12 <sup>th</sup> Jul 2020	London RG Championship Series	Redbridge
14-15 <sup>th</sup> Nov 2020	London RG Championship Series	Redbridge

## Regional Camp and Courses Calendar

21-24 <sup>th</sup> Oct 2019	London Squad Camps	Anna's Gymnastics (Chelsea)
17-21 <sup>st</sup> Feb 2020	London Squad Camps	TBC
25-28 <sup>th</sup> May 2020	London Squad Camps	TBC
26-29 <sup>th</sup> Oct 2020	London Squad Camps	TBC

**For full competition calendar (including National events), please refer to Appendix 1.**

## LONDON REGIONAL SQUAD

The London Regional Squad will be selected every November based on results from the November London Championships. Gymnasts who have been selected will be invited to Regional Camp training.

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## LONDON REGIONAL EVENTS ELIGIBILITY

The London RG TC follows the British Gymnastics TC competition eligibility requirements regarding membership, coach qualifications and safeguarding. For further details, please refer to the [British Gymnastics Competition Handbook 2019](#), page 8 and 9.

### Rules and Regulations for LG events 2019

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.

- All clubs must be BG registered. LG club affiliation is required for all London Championships. LG club affiliation is not required for London Open, for clubs outside London Region.
- Gymnasts at Levels 1 & 2: Bronze BG membership
- Gymnasts at Levels 3 +: Silver BG membership.

### Gymnasts Age Policy

- Minimum 6 years in the year of competition
- Age categories:

2019		2020	
Individuals	Groups	Individuals	Groups
Born in 2012	Espoir (Under 8)	Born in 2013	Espoir (Under 8)
Born in 2011		Born in 2012	
Born in 2010	Espoir (Under 10)	Born in 2011	Espoir (Under 10)
Born in 2009		Born in 2010	
Born in 2008	Espoir (Under 12)	Born in 2009	Espoir (Under 12)
Born in 2007		Born in 2008	
Junior (Born in 2006, 2005, 2004)	Junior	Junior (Born 2007, 2006, 2005)	Junior
Senior (2003 and older)	Senior	Senior (2004 and older)	Senior

- For Groups only: younger gymnasts may work in an older section, but older gymnasts may not work in a younger section.

### Levels

Basic Code

- Level 1: Club = First 5 competitions only
- Level 2: Club = Level of gymnast suitable for Basic Code rather than Code of Points

UEG/FIG Code

- Level 3: Zonal/Regional = Took Grades but did not qualify for NDP Finals or is working at a standard suitable for the Code of Points
- Level 4: National = Qualifier for NDP Finals National Group League/NDP Finals
- Level 5: Elite = Qualifier for British Championships Elite Group League/British Championships

The London RG TC has the right to merge levels (1 & 2 or 4 & 5) if less than 6 gymnasts/groups are entered in a level/category.

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The London RG TC has the right to change the level of the gymnast (from L1 to L2 and/or from L2-L3), during the London Championship Series, if (i) the gymnast has scored above the pass bar and/or (ii) the Level of gymnast suitable for Code of Points rather than Basic Code.

## Individual Gymnasts

### Apparatus for Individual Gymnasts Level 1 and 2

2019		2020	
Born in 2012	Free	Born in 2013	Free
Born in 2011		Born in 2012	
Born in 2010	Free/Hoop	Born in 2011	Free/Hoop
Born in 2009		Born in 2010	
Born in 2008	Hoop/Ball	Born in 2009	Rope/Hoop
Born in 2007		Born in 2008	
Junior	Ball/Ribbon	Junior	Hoop/Clubs/Ribbon
Senior	Hoop/Clubs	Senior	Ball/Clubs/Ribbon

### Apparatus for Individual Gymnasts Level 3,4 and 5

2019		2020	
Born in 2012	Free/Rope/ Ball/Hoop	Born in 2013	Free/Rope/ Ball/Hoop
Born in 2011		Born in 2012	
Born in 2010	Free/Rope/Ball/ Hoop/Clubs/Ribbon	Born in 2011	Free/Rope/Ball/ Hoop/Clubs/Ribbon
Born in 2009		Born in 2010	
Born in 2008	Rope/Ball/Hoop Clubs/Ribbon	Born in 2009	Rope/Ball/Hoop Clubs/Ribbon
Born in 2007		Born in 2008	
Junior	Rope/Ball/Hoop Clubs/Ribbon	Junior	Rope/Ball/Hoop Clubs/Ribbon
Senior	Ball/Hoop Clubs/Ribbon	Senior	Ball/Hoop Clubs/Ribbon

### Number of Routines for Individual Gymnastics

- Level 1,2: Allowed to perform 1 routine
- Level 3,4: Allowed to perform up to 2 routines.
- Level 5: Allowed to perform up to 3 routines.

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## Pass Bars

- All gymnasts who have scored above the bar for their age group must upgrade to the next level  
Example: A Level 1 gymnast born in 2010 has scored 17.20 for her free routine at the last London Championship. The coach must move this gymnast to Level 2 for the next competition.

2019				
	Pass Bar from L1 to L2		Pass Bar from L2-L3	
	Free	App	Free	App
Born in 2012	15.00	-	17.00	-
Born in 2011	16.00	-	17.00	-
Born in 2010	16.50	15.00	17.50	17.00
Born in 2009	17.00	16.00	18.00	18.00
Born in 2008	-	16.00	-	18.00
Born in 2007	-	16.00	-	18.00

## Competition Requirements for Individuals

Please refer to the British Gymnastics Group Competition Requirements table ([click here](#))

Exceptions: The highest 8 body difficulties can be awarded in **free** routines for all ages/levels (max 3 per difficulty group)

## Duet, Trio and Groups

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

Groups comprising gymnasts from a single club;

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

Groups comprising gymnasts from a combination of clubs;

- May contain gymnasts from any number of clubs (where a gymnast is not a member of the club of the person making the entry, that gymnast will need to be added to this club's list of members. This can be achieved by calling Customer Service at British Gymnastics).
- Only one Group from a combination of clubs may be entered in each club's name in each section.

In both instances;

- Gymnasts may only work in one Group.
- Younger gymnasts may work in an older section, but older gymnasts may not work in a younger section.
- Four, five or six gymnasts may be named for an Espoir Group, plus one reserve.
- Five or six gymnasts may be named for a Junior or Senior Group, plus one reserve.
- There is no requirement for reserves to perform.

## Number of Routines

**Duets and Trios will perform their routine once. Groups will perform their routine twice and the sum of the two total scores will determine the final score.**

## Age Category

Younger Gymnasts can be moved to an upper age category, however, older gymnasts cannot be moved to a younger age category to create a group.

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## Apparatus for Duets

Age	Regional Level 2019	Regional Level 2020
Under 8	Free or 2 Ropes	Free or 2 Hoops
Under 10	Free or 2 Balls	Free or 2 Ropes
Under 12	Free or 2 Ribbons	2 Balls
Junior	2 Balls or 2 Hoops	2 Ropes
Senior	2 Balls or 4 Clubs	4 Clubs

## Apparatus for Trio

Age	Regional Level 2019	Regional Level 2020
Under 8	Free or 3 Hoops	Free
Under 10	Free or 3 Hoops	Free
Under 12	Free or 3 Balls	Free
Junior	3 Balls or 3 Ribbons	3 Ribbons
Senior	3 Balls or 2 Hoops & 1 Ball	2 Hoops 1 Ball

## Apparatus for Groups - Regional Level

Age	Regional Level 2019	Regional Level 2020
Under 8	Free	Free
Under 10	Free	Free
Under 12	Free or Balls	Ribbons
Junior	Balls or Ribbon	Balls
Senior	Balls or Hoops & 4 Clubs	3 Hoops & 2 Ribbons

## Apparatus for Groups - National Level

Age	National Level 2019	National Level 2020
Under 8	N/A	N/A
Under 10	N/A	N/A
Under 12	Free or Balls	Free or Ribbons
Junior	Hoops or Ribbons	5 Ribbons or 5 Balls
Senior	Balls or Hoops & 4 Clubs	5 Balls or 3 Hoops & 4 Clubs

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## Group Competition Requirements

Please refer to the British Gymnastics Group Competition Requirements table ([click here](#))

## Event Entry

- Entry is online and must be completed by the competition entry closing date.
- Payment should be completed, by the competition entry closing date
- Supervising & assistant coaches must be nominated on the online entry.

## Judges and Volunteers

Clubs must nominate at least one named, qualified, judge at the time of entry to be eligible to enter the event.

- Clubs with 1-20 gymnasts = 1 judge
  - Clubs with 21-40 gymnasts = 2 judges
  - Clubs with 41-60 gymnasts = 3 judges
  - Clubs with 60+ gymnasts = 4 judges
- Clubs must nominate at least one named volunteer at the time of entry to be eligible to enter the event.
    - Clubs with 1-20 gymnasts = 1 volunteer
    - Clubs with 21-40 gymnasts = 2 volunteers
    - Clubs with 41-60 gymnasts = 3 volunteers
    - Clubs with 60+ gymnast = 4 volunteers
  - The final judging panel/s will be selected from the nominated judges
  - Clubs not nominating the correct number of qualified judges and volunteers or for non-attendance of a judge/volunteer will pay a retrospective levy of £50.00 per judge/volunteer per day.
  - 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.
  - The TC may refuse to let gymnasts compete if the designated judge and volunteer do not turn up on the day. 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 and volunteers provided by the clubs.

## Inquiries

- Coaches must not approach the judges under any circumstances.
- Written inquiries only are permitted in accordance with FIG regulations, with a payment of £25.00 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.

## Fees

- Entry fees are non-refundable after the closing date. Clubs must ensure they are submitting the correct number of routines (as per the invite). Additional routines (3<sup>rd</sup> routine for Level 3,4 & 5) can be considered by the London Gymnastics TC upon request.
- 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 online 2-3 weeks prior to the event (music delay will be included in the competition invite).

## Information

- Competition invitation will be sent to all clubs 2 months prior the event and clubs are responsible for distributing all relevant information supplied by the TC to their members.
- The TC will send out draft lists and running order for the clubs to check two 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.

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- 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.
- Coaches should "check in" their gymnasts via the London RG TC system, as well as check the music attached to each routine. Any issues to be escalated to the competition organiser and remediated prior to the start of the event.

## Attire

- Attire for all coaches, gymnasts in line with British Gymnastics requirements.
- Participants may be disqualified if their attire is not in line with the policies.

## Access to the warm up hall

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

## Results

- All Gymnasts are expected to remain until the medal ceremony for their age group
- Results will be published on the London gymnastics webpage after the event.
- Coaches should collect their tariff sheets immediately after the end of the event.

## 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

- In line with the British Gymnastics requirements for photography. For further details, please refer to the [British Gymnastics Competition Handbook 2019](#), page 8 and 9.
- By entering an LG event, there is an acceptance that the participant may be photographed and the photograph may be published in LG communications.

## In addition to London Gymnastics General Rules & Regulations

- The person making the online entry on behalf of 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

## 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

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.



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## 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 gymnast's 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 British Gymnastics.
- 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 British Gymnastics & London Gymnastics
- Ensure that all Participants are members of British Gymnastics and conform to the British Gymnastics Standards of Conduct.

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	<i>Date</i>	<i>Event</i>	<i>Location</i>	<i>Entry Level</i>
<b>2019</b>				
<b>October</b>	21st - 22nd Oct	London Squad Camps (Under 9)	Anna's Gym (Chelsea)	
	23rd - 24th Oct	London Squad Camps (Under 12)	Anna's Gym (Chelsea)	
<b>November</b>	16 <sup>th</sup> - 17 <sup>th</sup> Nov	London Open Championship	Redbridge	
	23 <sup>rd</sup> - 24 <sup>th</sup> Nov	Open Individual Apparatus (Espoir & Pre-Junior)	Fenton Manor	Level 4,5
	23 <sup>rd</sup> - 24 <sup>th</sup> Nov	Round 2 Elite and National Group Leagues	Fenton Manor	Level 4,5
<b>2020</b>				
<b>February</b>	1-2 <sup>nd</sup> Feb	BQT	TBC	Level 4
	17 <sup>th</sup> - 18 <sup>th</sup> Feb	London Squad Camps (Under 9)	TBC	
	19 <sup>th</sup> - 20 <sup>th</sup> Feb	London Squad Camps (Under 12)	TBC	
	29 <sup>th</sup> Feb - 1 <sup>st</sup> Mar	London Championship	Redbridge	
<b>March</b>	21-22 <sup>nd</sup> Mar	Open Championship (Junior and Senior)	Fenton Manor	Level 4,5
	21-22 <sup>nd</sup> Mar	Group Seedings	Fenton Manor	
	28-29 <sup>th</sup> Mar	Regional Grades	Redbridge	
<b>April</b>				
<b>May</b>	25 <sup>th</sup> - 26 <sup>th</sup> May	London Squad Camps (Under 9)	TBC	
	27 <sup>th</sup> - 28 <sup>th</sup> May	London Squad Camps (Under 12)	TBC	
<b>June</b>	13-14 <sup>th</sup> Jun	NDP Finals	Fenton Manor	Level 4
	13-14 <sup>th</sup> Jun	Round 1 Elite and National Group Leagues	Fenton Manor	Level 4
<b>July</b>	11-12 <sup>th</sup> Jul	London Championship	Redbridge	
	18-19 <sup>th</sup> Jul	English Championship	Bath	BQT Pass
	30-31 <sup>st</sup> Jul	British Championships (Ind and Group)	Liverpool	Level 5
<b>August</b>	1-2 <sup>nd</sup> Aug	British Championships (Ind and Group)	Liverpool	Level 5

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<b>September</b>				
<b>October</b>	11 <sup>th</sup> Oct	Round 2 Elite and National Group Leagues	Fenton Manor	Level 4
	26 <sup>th</sup> - 27 <sup>th</sup> Oct	London Squad Camps (Under 9)	TBC	
	28 <sup>th</sup> - 29 <sup>th</sup> Oct	London Squad Camps (Under 12)	TBC	
<b>November</b>	14-15 Nov	London Open Championship	Redbridge	
	21-22 <sup>nd</sup> Nov	Open Individual Apparatus (Espoir & Pre-Junior)	Fenton Manor	Level 4,5
	21-22 <sup>nd</sup> Nov	Round 2 Elite and National Group Leagues	Fenton Manor	Level 4,5

## Appendix 1: Calendar of Regional and National Events