

## Rhythmic Technical Committee

Dear all,

Hope you all had a good Easter break. Please find below and attached the April updates.

If you would like to receive our newsletters, please send a request to [RG TC Contact](#). Previous newsletters can be found [here](#). If you no longer wish to receive this information, then please send an email with the subject "Rhythmic News Opt Out" to [RG TC Contact](#)

Good luck to all our gymnasts in their Zonal Grades competitions this month.

Kind regards  
Ruth Wilson  
RG TC Information Officer

6<sup>th</sup> April 2016

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### Coaching Update

Please find below the latest available coaching courses.

#### UKCC Level 1 Coach – West Midlands

Venue : Elena Gymnastics Club, Unit 1 & 2, Wellington Street. Oldbury. B69 4PH

Dates : 11<sup>th</sup> and 26<sup>th</sup> June & 3<sup>rd</sup> July 2016

Exam Date : 25<sup>th</sup> September 2016

Closing Date : 27<sup>th</sup> May 2016

Course Organiser : Katy Cuddington

Contact : [katy.cuddington@british-gymnastics.org](mailto:katy.cuddington@british-gymnastics.org)

### Competitions News

Congratulations to everyone who survived the Group Seeding and Open Individual Apparatus competition. Full results are available on BG Website [here](#).

The West Midlands Level 1 to 3 Individual Championships and Open Disabilities Competition, will take place on Sunday 8<sup>th</sup> May in Worcester. Full competition information is now attached. The online entry system is now open and will close at 12 noon on Friday April 15<sup>th</sup>

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### Judging Feedback

Please find below feedback from the Open Individual Apparatus and Group Seeding event, where comments from the Control panel were as follows:

- great to see so many groups, and to welcome some clubs who were new to this competition
- some interesting choreography, including use of different timings and more complex collaborations
- without hands and out of visual field criteria can only be added to CR, CRR and CRRR, not to C, CC or throw of 2 apparatus by one gymnast
- a small number of groups had the wrong number of exchanges and/or body difficulties
- a few occasions of static hoops during collaborations
- the 'on the floor' criteria is only valid for the catch of an exchange, not for the throw.
- several DERs were not counting because the gymnast performs 'chassee' to catch the apparatus. If the gymnast does this, the whole DER is not counted.
- the passe pivot recommended body difficulty for Espoirs must be performed with leg to the side, not the front (new for 2016)
- rotation of the hoop on the hand requires 3 rotations to be valid - all 3 must be performed during the actual difficulty, not during preparation etc.
- small throw and catch requires both the throw and catch to be performed on the difficulty. Some coaches were claiming this on leaps which means the gymnast must throw and catch the apparatus during the flight of the leap!
- full turn straight jump is often performed in group exercises but was not generally well done - ensure the gymnasts turn 360 degrees in the air, with legs together

### GBR Representation

Please find below results from more recent GBR international representation.

#### World Cup, Lisbon, Portugal

On the 18<sup>th</sup>-24<sup>th</sup> March, Laura Halford represented GBR, supported by Nia Evans as coach, scoring 15.650 in Hoop and 13.650 in Ball.

#### World Cup, Pesaro, Italy

On the 1<sup>st</sup>-3<sup>rd</sup> April, Laura Halford represented GBR, supported by Nia Evans as coach and Vicki Pearson as Judge, achieving 46<sup>th</sup> position with an overall score of 63.950.

### BQT Ballet for 2017

The new BQT Ballet program for pre-Espoir, Espoir and Juniors has been developed for 2017 and will be available shortly. As part of the roll-out, we intend to run two ballet workshops, to enable coaches to have an opportunity to see the exercises with the music and ask questions relating to the understanding of the new program. Provisional dates for the diary are as follows. More information will follow when available.

Sunday 19<sup>th</sup> June – North, venue tbc

Saturday 2<sup>nd</sup> July – South, venue tbc

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### English Championships

Reminder that the English Championships will take place on Sunday 3<sup>rd</sup> July in GMAC, Birmingham and the closing date is Friday 5<sup>th</sup> May.

Note that there will be a further opportunity for medalists at NDP Finals in June to enter the English championships, but entry forms must be completed and full payment made by the end of the NDP Finals competition. Entry forms will be available on the day, and announcements will be made during the competition, but it is the responsibility of the coach to ensure this is completed, as there will be no further opportunity for entry to English championships.

For further information, please contact [Rachel Haines](#).

### Sheet Templates

An update to the sheets template and symbols table for constructing sheets for both Individual & Group can now be found on RG Downloads [here](#).

### Cycle 14 FIG International Judging Course

Please find attached information and application form for the selection of GBR judges to attend a Cycle 14 FIG International Judging Course and Exam. If you wish to be considered for selection by GBR to attend an FIG International Judges course and exam to become an FIG Brevet Judge in the next cycle, you must complete and return the attached form to [Vicki Pearson](#) by **Friday 15<sup>th</sup> April**.

### British Championships

Please see below provisional timetable for the British Championships. More detailed information will be provided closer to the event

- Thursday July 28<sup>th</sup> - Orientation
- Friday July 29<sup>th</sup> - Junior/Senior Individual two pieces, first routine for Groups, Espoir tbc
- Saturday July 30<sup>th</sup> - Junior/Senior Individual two pieces, second routine for Groups, Espoir tbc
- Sunday July 31<sup>st</sup> - Apparatus Finals - Individuals and Groups