

## Rhythmic Technical Committee

Dear all,

Please find attached the February newsletter.

As there are a number of key updates this month, please read the details carefully.

Kind regards

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February 2019

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### BQT Results

After review of the BQT Test results, the RGTC would like to feedback that there was an impressive improvement with the overall progress that the clubs have made in the body quality and the use of correct ballet technique, which showed a marked increase in the S & C scores. This has resulted in an increase in the potential number of qualifiers for British Championships, whilst showing an improvement in quality. It is great to see such progress now that these important basics have become an integral part of the gymnast programmes.

### National Coach Announcements – Rhythmic

BG is pleased to announce that the following coaches have been appointed in these positions subject to contract, with effect from April 1st, 2019.

- Lynne Hutchison
- Laura Hogg

Congratulations to Lynne and Laura on their appointments

### Aspire Squad Selection Policy

The notice of test event for the Aspire squad selection from April to November 2019 is now available and can be found on [BG website](#). The test event will take place at Lilleshall on Saturday 6<sup>th</sup> April. Please note the deadline for entries is Friday 8<sup>th</sup> March.

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### GBR Performance Pathway Selection

Congratulations to all gymnasts, their coaches and clubs who have been selected for the following.

- Espoir Group
- Espoir Individual
- Junior Group
- Junior Individual
- Senior Individual

Full selection details can be found on [BG website](#).

### Coaching Courses

Please see below currently available coaching courses.

For enrollment and more information, please see BG Website [here](#).

- |                |                     |        |
|----------------|---------------------|--------|
| • UKCC Level 1 | starting 19th May   | London |
| • UKCC Level 2 | starting 13th April | London |

Please note that the Level 2 course will open for booking after 25th January for the remaining places as priority will be given to the candidates previously booked on this course.

Please also note that a Level 1 Coaching course will shortly also be available in the East Midlands region.

All courses are now being organized centrally with BG, so if you are looking for a course, please make sure to register your interest on the British Gymnastics [Website](#).

### Coaching transfers foreign to GB

Please note that the BG contact for the transfer of foreign coaching qualification is now [Robyn Goddard](#).

### National Judge Course

The national judge course is now open for registrations, please see BG website [here](#). The course will take place on Saturday 27<sup>th</sup>/Sunday 28<sup>th</sup> April 2019 in Birmingham, with the exam taking place on Saturday 18<sup>th</sup> May. For any enquires on this course, please contact [Robyn Goddard](#).

### Judging Updates

Please find below judging updates. All are effective immediately and should be used for 2019 competitions.

- **Disabilities Grades** - Attached are Judging sheets to be used in the evaluation of isolated elements for Disability Grades 1-7. A minimum of two judges should use these sheets to judge the isolated elements, and the gymnast's final score will be the average of those scores. Please note that all Disabilities routines will be judged according to FIG code, but with an Execution mark out of 20.
- **Basic Code** – The judging of Technical faults for Basic Code will be aligned to the use of FIG deductions. The overall execution score will now be out of 20. There will be no change to the judging of Artistic Faults, which will remain as described in the Basic code document. Note that the use of R in Free routines is also valid for Basic Code. The updated Basic code will be available soon on the [BG Website](#). Please note this scoring should be used for all Level 1 & 2 competitions for both Individuals & Groups.
- **Level 3** Execution score will now have a start score of 20 for both Individual and Group.

### FIG Newsletter

See attached latest newsletter from FIG which contains clarifications on the FIG code.

### National Group League – Update

Please note that the National Groups will add a further apparatus piece for Rounds 2 & 3 as follows.

- Espoir
  - Round 1 – one routine with one Ball per gymnast, performed twice,
  - Rounds 2 & 3 – one Free routine and one routine with one Ball per gymnast
- Junior
  - Round 1 – one routine with 5 Ribbons, performed twice,
  - Rounds 2 & 3 – one routine with 5 Hoops and one routine with 5 Ribbons

The Espoir National Group League Champions will be determined by taking each Group's highest Free score across the three rounds, each Group's highest Ball score across the three rounds, and each Group's next highest score, regardless of apparatus and adding these three scores together to give an overall total.

The Junior National Group League Champions will be determined by taking each Group's highest Hoop score across the three rounds, each Group's highest Ribbon score across the three rounds, and each Group's next highest score, regardless of apparatus and adding these three scores together to give an overall total.

### Senior Group Leagues - Apparatus

Please note that the second piece for Senior Group Leagues is Ball, as per British Championships, and not Ribbon as is currently incorrectly stated in the 2019 Competition Handbook.

### Gymnast ratios in 2020 Junior/Senior Group

There will be a change to the eligibility criteria for Junior and Senior Groups composition in 2020 as follows:

- Junior At least three Junior gymnasts and up to three Espoir gymnasts as defined in the competition handbook
- Senior At least three Senior gymnasts and up to three Junior gymnasts as defined in the composition handbook

### R in Free Routines

Please be reminded that R may now be used in Free routines for both Espoir Individual & Group, as defined in the competition requirements, which can be found on BG website [here](#).

### Open Apparatus Espoir and Pre-juniors - Clarification

Please be aware that Pre-Junior need to work with a 5m ribbon for this competition.

### Use of Waivers

Reminder that the waiver system is intended to be used for exceptional circumstances and not as a process to bypass the NDP for gymnast progression. Due to the number of last minute requests for recent events, all waivers and any supporting evidence, must be submitted a minimum of 1 week before the closing date, on the official form, with all supporting documenting evidence in the same email, with the gymnast name club as the subject line.

Please also note that clubs who are requesting exemption from the required number or level of judges and / or number of or qualification level for coaches, must also submit such requests a minimum of 1 week before the closing date for future events.

Due to the high number of recent last minute requests, this will be strictly adhered to in the future.

### Calendar Update

Please find attached the latest calendar update. Please note the clarification that Round 1 of Level 3 Group League will take place on the weekend of 13<sup>th</sup>/14<sup>th</sup> July and not 14<sup>th</sup>/15<sup>th</sup> as previously advised.

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](#).