

## Rhythmic Technical Committee

Dear all,  
Please find the latest Rhythmic news.

If you no longer wish to receive this information, just email "Rhythmic News Opt Out" to [RG TC Contact](#)  
If you would like to join the mailing list, please send a request to [RG TC Contact](#).

Kind regards  
Ruth Wilson (RG TC Communications)

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### Contents

- RBD for Espoir British
- Open Individual Apparatus & Group Seeding
- English Championships
- North West Championships
- Scottish Championships
- Calendar Update
- BG Online Entry Update
- British Championship Series

### RBD for Espoir British

Please see below a clarification on the use of RBD in the combined U9/U10 & U11/U12 championships.

Each gymnast can use the RBD as appropriate for her age group e.g. U9s use the Grade 4 RBD, U10s the Grade 5 RBD etc. The judges will be advised of the correct age group for the gymnast, and will award accordingly. Each RBD will be worth 0.5.

### Open Individual Apparatus & Group Seeding

Congratulations to everyone who took part in the Open Individual Junior & Senior Competition and Group Seeding event. Overall Results below, full information can be found [here](#).

#### Junior Individual

	<b>Rope</b>	<b>Ball</b>	<b>Clubs</b>	<b>Ribbon</b>
Gold	Saffron Severn	Elizabeth Popova	Elizabeth Popova	Elizabeth Popova
Silver	Agnessa Pavlova	Milda Liepate	Saffron Severn	Marfa Ekimova
Bronze	Velizara Bakardjieva	Leyla Yilmaz	Leyla Yilmaz	Saffron Severn

#### Senior Individual

	<b>Hoop</b>	<b>Ball</b>	<b>Clubs</b>	<b>Ribbon</b>
Gold	Christiana Vitanova	Alice Leaper	Christiana Vitanova	Christiana Vitanova
Silver	Alida Bogdanova	Alida Bogdanova	Alida Bogdanova	Alice Leaper
Bronze	Emily Woodruff	Louise Christie	Alice Leaper	Louise Christie

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### English Championships

The English championships for Group and Individual, will take place on the weekend of June 1<sup>st</sup>-2<sup>nd</sup> in Bath University. Entry is now open via Gymnet, and please note the closing date is Friday 3<sup>rd</sup> May.

### North West Championships

The Northwest Individual Championships for Level 1-3 will take place on Saturday 20<sup>th</sup> July. Please find attached competition information and entry forms. Please note the closing date is Friday 21<sup>st</sup> June. For more information, contact [Ana Blackburn](#).

### Scottish Championships

The Scottish Open Championships will take place in Aberdeen on Saturday 25<sup>th</sup> May, following by a Level 1 & 2 open Individual apparatus competition on Sunday 25<sup>th</sup> May. Please note that Under 8 Free category is now available for Levels 1 & 2. Full competition information can be found in the competition handbook [here](#). Entry is now open via Gymnet, and please note the closing date is Friday 24<sup>th</sup> April. [For more information, contact SG Events](#).

### Calendar Update

Please find attached the latest calendar update.

### BG Online Entry Update

Please note that the online entry system has been updated to allow for coaches and judges to only be entered once on the main page, and not for every competition within the event 😊

### Tickets are now on sale for the 2019 British Gymnastics Championship Series!

From 25-28 July, Britain's best gymnasts from four dynamic disciplines will show off their incredible skills at Liverpool's M&S Bank Arena (formerly Echo Arena). Acrobatic, aerobic, rhythmic, and TeamGym gymnasts will unite under one roof competing for the prestigious British titles. Unreserved seating means you can access the entire event, and wander between the different halls to see all the gymnastics action taking place each day.

#### Choose the best ticket for you!

**Day tickets** give you access to one day of competitions.

**Four day event tickets** give you access to all four days of competition, and is the same cost of two day tickets so you get two extra days for free!

**Group tickets** are discounted for groups of 10+ people, and are perfect for taking your club or large group of friends.

Use your exclusive 20% off member discount by using the code **BGMEMBER** when purchasing day or four day event tickets!

[Buy day or four day event tickets](#)

[Buy group tickets](#)

**Aerobic Gymnastics** is bursting with high energy music and skills. With routines performed either individually or in groups in a blur of muscle-burning jumps, lifts and lunges. The NAC Cup competition takes place on Thursday, alongside qualification for the British Championships, with finals on Friday.

**Rhythmic Gymnastics** is all about spellbinding routines performed on the floor. Watch as gymnasts compete gracefully mastering the ribbon, the hoop, the rope, the clubs and the ball. There are qualifications and finals across Friday, Saturday and Sunday.

**Acrobatic Gymnastics** requires an extraordinary amount of courage and trust. Gymnasts in pairs or groups will perform spectacular choreographed routines with intricate balances, exciting multiple somersaults and with partners being dramatically thrown and caught to wow the crowd. Qualifying will take place on Friday and Saturday with the finals on Sunday.

**TeamGym** is a fantastic combination of floor routines and thrilling somersaults on the tumble track and trampette. Team spirit really shines through the impressive routines providing great entertainment for those watching. British Championships finals will take place on Saturday, while the Micro and TeamGym Challenge groups compete on Sunday.