

Rhythmic Technical Committee

Dear all,

Please find attached November updates.

Congratulations this month to Claire Morgan on the birth of her daughter Milah ☺

Kind regards

Ruth Wilson

RG TC Information Officer

12th November 2017

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Open Individual Apparatus & Group League Round 3

The open individual apparatus competition for Espoir and Pre-Junior and the round 3 of the Group League will be held at Fenton Manor on the weekend of 25th /26th November. For more information and ticket purchase, please see [here](#).

2018 British Championships

The 2018 British Championships will take place from Friday June 22nd to Sunday June 25th at the International Centre, Telford, with podium training taking place on Thursday June 21st.

RBD for 2018

After review and discussion at the NPRG meeting, the RDB for 2018 have been updated as shown in the attached.

BQT Ballet Updates

Please note for BQT ballet testing in 2018, gymnasts are requested not to wear black tights in any age group. Flesh-coloured tights or shorts are acceptable.

Note also that the “Plies” exercise will be tested on both sides for Pre-Espoir and Espoir age groups.

There have been some small amendments to the Senior ballet exercises for 2018.

The changes are as follows :

- 5th position is to be used instead of 3rd
- A slight alteration in the order of the exercises
- Battement fondu is to be performed at 90°
- Battement frappe is to use cou de pied wrapped and cou de pied back.
- Developpe is to be performed on demi-pointe.

Detailed description can be found in the attached document.

The music for Senior Ballet can be found and downloaded from [RGTC Downloads](#).

Competition Registration - Reminder

Please note that if you are running a competition at any level in the country, we would like to hear from you, have the competition registration completed, and receive the results and judging panels for our database. This allows us to monitor the number of gymnasts which are participating in Rhythmic, and provides validation for the judges on their required competition experience to enable moving to the next level of judge qualification. In addition, we can then publicize your competition through our newsletter.

In the recent NPRG meeting, it was raised that we are not receiving all competition information. The competition registration form is attached for your convenience, and should be sent to [Nicky Richards](#).

Clubs Internationals

Reminder that international competitions, which are available for clubs, can be found on BG Website [here](#).

Group League Round 2

Please find below results from Group League Round 2.

Espoir National

- 1st - I-Star Academy Tigerlillies
- 2nd - Esprit Rhythmic Silver
- 3rd - Lanelli Stars

Junior National

- 1st - I-Star Academy Opals
- 2nd - City of Bath
- 3rd - City of Birmingham Pearls

Senior

- 1st - Esprit Rhythmic
- 2nd - City of Birmingham Thorns
- 3rd - City of Bath

Espoir Elite

- 1st - City of Bath
- 2nd - Deeside
- 3rd - South Essex Purple

Junior Elite

- 1st - City of Birmingham Stars
- 2nd - I-Star Academy Sapphire
- 3rd - Esprit Rhythmic

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

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](#)