

## Rhythmic Technical Committee

Dear all,

Welcome to our first newsletter of 2022. We hope you all staying safe and well.

Please find the latest Rhythmic updates

Kind regards,  
Stefano

### Newsletter sign up

Please note if you would like to receive the RGTC News Bulletins, your club will need to enroll using this [link](#) or by scanning this code.



Information will be circulated to club's official representatives only (i.e., club secretary, head coach and judge). Independent Judges can also enroll to receive judging updates.

Alternately, you can check for regular updates on:

<https://www.british-gymnastics.org/technical-information/discipline-updates/rhythmic>

### January 2022

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## Rhythmic Technical Committee

### **COP Q&As for coaches and judges**

The RGTC would like to support all judges and coaches with any queries they might have regarding the new COP. Please insert any questions or doubts via this [form](#) or use the QR code below. Keep sending your questions, we will create a FAQ available to all at regular intervals.



A list of the most recent questions can be found attached.

### **Updated Competition Requirements**

Please see attached updated competition requirements to reflect the updated version of the Code of Points issued by the FIG in December 2021. Please note that there are no changes to the Individual requirements, only the Groups, however the whole document is being published for completeness. Changes for group are in Red for easy identification.

You can find the file by clicking on this [link](#)

### **Recommended Body Difficulties**

We have updated the notes to the RBDs to clarify some recent questions we have been asked about them. Please see updated document attached. Please note that these are the same RBDs as were in force last year, it is just the clarificatory notes which have changed.

### **Cycle 15 Judging sheets**

Please find attached judging sheets for cycle 15.

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### **Zonal Grades dates**

Due to some venues accessibility some grades dates have changed

- ZONE C: Sat 5th Feb (East, East Mid, West Mids) – Worcester University
- ZONE A: Sat 19th/20 Sun Feb (London) – Redbridge sport Centre
- ZONE D: Sun 13th Feb (North, North West, Yorkshire & Scotland) - Manchester
- ZONE B Sun 20th Feb (Wales, South West, South East, South & Gibraltar & Northern Ireland) - Cardiff

### **Regional Teams Competition**

The Rhythmic TC has met with all the regional chairs to present the regional teams competition format. The competition will be held on 19<sup>th</sup>/20<sup>th</sup> Nov 2022. Each regional chair will inform clubs within their region about the event.

If you no longer wish to receive this information, just email “Rhythmic News Opt Out” to [RG TC Contact](#)