




2019 Rhythmic Gymnastics Competition Handbook©

**British
Gymnastics**

Version History

The Rhythmic Gymnastics Technical Committee reserves the right to make amendments to this Handbook.

Notification of a change to the handbook will be communicated through the British Gymnastics website  and an updated version will be made available to download at the time of change.

All versions will be listed on this page, with reference to amendments made;

Version 1.0

V1.1 – 19.10.18 – P.23 Competition Structure amendment
– P.36 National Junior group apparatus amendment

V1.2 – 19.12.18 – P.22 British Qualification Testing information published

V1.3 – 15.01.19 – P.5 & 8 Supervised Coach definition changed

V1.4 – 14.02.19 – P29&30 Change to Junior and Senior eligibility
P36 Change to National routine apparatus
P29 & 32 Venue name change from Echo to M&S Bank Arena

V1.5 – 21.02.19 – P36 Senior Group apparatus amended

V1.6 – 09.04.19 – P24,28,31& 34 Awards certificates changed

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Definition of Terms

- **Assisting Coach(es)** are coaches who are permitted on the competition floor and/or warm up hall, but who work under the guidance and responsibility of the supervising coach. Assisting coach(es) must meet all of the relevant eligibility requirements.
- **BG** means British Gymnastics
- **BGF** means British Gymnastics Foundation
- **Championships** means any British Championship organised by or on behalf of BG.
- **CJP** – means Chair of Judging Panel
- **Code** means the Code of Points used for the competition, from which technical information and regulations are taken.
- **CPSU** means Child Protection in Sport Unit
- **Criminal Record Certificate** means DBS (previously CRB) Access NI Eligibility or PVG
- **DJ-** means Difficulty Judge
- **Event** means any national competition and championships organised by or on behalf of BG.
- **FIG** means Federation International de Gymnastique
- **GEL** means Gymnastics Enterprise Ltd
- **Lead Coach** – The coach taking overall responsibility for all the gymnasts from their club/region. The Lead Coach must be present in the venue throughout the event to take responsibility for their coaches and gymnasts. The Lead Coach must possess sufficient qualification to cover all the skills that all of their gymnasts will be performing within the competition.
- **Medical Certificate** means a letter on headed paper signed by a Doctor or Physiotherapist confirming the gymnast is unfit to take part in the competition
- **NDP** means National Development Plan
- **Officials** are people recruited to assist with the delivery of the overall event i.e Floor Manager, Ceremonies Manager, Spectator Tickets Manager
- **Organiser** means the Rhythmic Gymnastics National Competition Organiser (NCO) or their designated representative, who is authorised by, or on behalf of BG
- **SJ** – means Superior Jury
- **Coach(es)** are those coaches submitted in the online entry process and who are responsible for the gymnast(s) for the entire event. This coach must have the relevant qualifications and BG membership as defined in the eligibility section of this handbook. Any changes to the supervising coach(es) submitted on the online entry system must be notified to the Events Department prior to the event and in exceptional circumstances if changes are required during the event, these must be notified to the Organisers. Changes to supervising coaches will only be permitted where the replacement coach meets all of the relevant Eligibility requirements
- **TC** means the Rhythmic Gymnastics Technical Committee of BG and/or any Technical Committees appointed from time to time acting with the appropriate delegated authority.
- **Unattached** means gymnasts who are not members of a BG registered club but hold appropriate BG membership.
-  means it is a **hyperlink** to official policy statements and other event related information.

Where no specific point is addressed in the regulations, the current FIG rules apply. However, the Technical Committee and its appointed officials reserve the right to define any regulation conflict as is deemed appropriate to ensure a fair and equitable competition.

Contact Information







Technical Committee

Chair	Vicki Pearson	vicki.hawkins@british-gymnastics.org
National Competition Organiser	Nicky Richards	rhythmic.competitions@british-gymnastics.org
National Judging Co-Ordinator	Karen Crutchley	
Disability Representative	Lisa Higgins	
Coach Education Representative	Sarah Moon	
Technical Committee Member	Rachel Haines	
Technical Committee Member	Ruth Wilson	

British Gymnastics Contact Details

Customer Support	0345 1297129 ext. 2395	customersupport@british-gymnastics.org
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National Competition Calendar

	Event & Date	Opening Date	Closing Date	Venue
	<u>British Qualification Testing</u> 2 nd – 3 rd February	18 th December	Noon 4 th January	Windsor High School, Halesowen
	<u>Open Apparatus Championships (Junior & Senior) and Group Seeding</u> 23 rd – 24 th March	28 th December	Noon 8 th February	Fenton Manor, Stoke on Trent
	<u>NDP Finals and Group League Round 1</u> 8 th – 9 th June	15 th March	Noon 26 th April	Fenton Manor, Stoke on Trent
	<u>British Championships</u> Espoir, Junior, Senior Individuals and Elite Groups 25 th – 28 th July	3 rd May	Noon 14 th June	M&S Bank Arena, Liverpool
	<u>Group League Round 2</u> 13 th October	19 th July	Noon 30 th August	Fenton Manor, Stoke on Trent
	<u>Open Apparatus Championships (Espoir and Pre-Junior) and Group League Round 3</u> 23 rd – 24 th November	30 th August	Noon 11 th October	Fenton Manor, Stoke on Trent

For a complete domestic and international calendar of events please follow link 

Eligibility

Membership

All persons attending BG events in an official capacity, whether as a gymnast, coach, judge are required to hold current BG membership in line with the level of competition entered and awards held.

Coaches, Judges and Gymnasts should carry current membership cards to all competitions and be prepared for these to be checked by the Organiser or their appointed officials.

- **Gymnasts**


Membership level must be Competitive Gymnast, Coach, or Life Members of BG in order to enter a BG Event.

In normal circumstances, gymnasts should also be a member of a BG registered club.

In exceptional cases, where a gymnast does not belong to a BG registered club they must contact the Events Department and request entry into the Event. If granted such gymnasts will be given the classification as being Unattached. In such circumstances the gymnasts must nominate a Supervising Coach and must also meet all other membership requirements.

For all Grades competitions, gymnasts must hold current BG membership at the time of Regional Preliminaries. Anyone discovered to have been without the correct level of membership for these competitions will be disqualified.


- **Lead Coaches**

Lead coaches' membership level must be Coach or Life Members of BG and coaches must be qualified to the level of the skills being performed by all Gymnasts in the club/Region before being allowed to participate in a BG Event. Coaches must have current safeguarding and DBS certificates, please see Safeguarding section. The lead coach may authorise other coaches from their club/region to coach skills at a maximum of one level higher than that coaches' qualification but has responsibility for insuring that they are competent to do so. For further information on the changes introduced this year for Lead and Supervised coaches, please click here. 

- **Coaches**

Supervising coaches' membership level must be Coach or Life Members of BG and coaches must be qualified to a minimum of level 2. Coaches must have a current safeguarding and DBS certificate. Please see Safeguarding section.

- **Supervised Coaches**

With the explicit authorisation of the lead coach, supervising coaches may coach skills at the maximum of 1 level higher than their current qualification before being allowed to participate in a BG Event, in this instance the supervising coaches must have completed the relevant course or module of the next coaching level covering those skills, although they may not yet be signed off as qualified. For further information on the changes introduced this year for Lead and Supervised coaches, please click here. 

- **Assisting Coaches**

Assisting coaches' Membership level must be Assistant Coach (if Level 1), Coach or Life Members of BG before being allowed to participate in a BG Event. Coaches must have a current safeguarding & DBS certificate. Please see Safeguarding section.

- **Chaperones**

Chaperones must have current BG membership and Safeguarding award and will only have access to the warm up hall when in attendance at an event.


- **Judges**

Judges' membership level must be Judge or Life Members of BG for Club/County/Regional Judges, and National/Brevet Judge or Life Members of BG for National and Brevet Judges before being allowed to officiate at a BG Event.

From time to time British Gymnastics may invite international judges to officiate at BG events, as such they will not require BG membership.

Judges must also hold a current cycle of judging award (Cycle 14)

BG does not require judges to complete a criminal record check to judge at BG competitions, as the role that judges fulfil at the event no longer falls within DBS or Access NI Eligibility*. However, some judges are actively involved in club gymnastics and may provide judging instruction to children in a training environment or carry out a supervisory role (or may complete a criminal record check by virtue of another role they undertake e.g. coach). As not all judges use their qualification in the same way, it is the club's responsibility to assess the role the judge is undertaking and determine whether the activities involved fall within the eligibility criteria for a criminal record check. BG no longer requires all judges to complete safeguarding training but clubs should ensure any judge who supervise or instructs children has completed appropriate training.

* Judges who hold Scottish Gymnastics membership should refer to [Scottish Gymnastics](#)  for further guidance as to whether a check is required.

For further information on membership levels please visit the [British Gymnastics website](#). 

Coach Qualifications

When submitting entries for a BG event, clubs/regions must ensure that where applicable the nominated Lead Coach is qualified to the level of performance of all the participants from their club/region. Supervising Coaches must be a minimum of level 2. With the explicit authorisation of the Lead Coach, Supervising Coaches may coach skills at the maximum of 1 level higher than their current qualification. If coaching at one level higher than their current qualification, coaches must have completed the relevant course or module of the next coaching level covering those skills, although they may not yet be signed off as qualified.

All Coaches entered into the event entry MUST be the same ones attending the event. It is unacceptable to enter a coach you know will not be attending. The Lead Coach has the ultimate responsibility for all the participants from their club/region and that of the Supervising Coaches, Assistant Coaches, Chaperones & Choreographers.

Lead Coaches have a duty of care towards their performers and have a responsibility to ensure that all of the coaches under their supervision are both qualified and competent to teach at the appropriate level, as well as ensuring that the participant is adequately prepared, physically and psychologically, for performing their routines in a competition situation.

Additional Assisting Coaches (Level 1 and above) may be accredited, at the discretion of the Organiser, to be present in the competition arena to assist with the pastoral care of the gymnasts. Assisting coaches may not coach the gymnasts unless they fulfil the requirement of holding a recognised qualification suitable to the level of skills being performed.

Additional Chaperones may be accredited; at the discretion of the Organiser, to be present in the warm up arena to assist with the pastoral care of the gymnasts. Chaperones may not coach the gymnasts.

If it is found that a club is in breach of these policies BG reserves the right to reject an entry on the grounds of gymnast safety or, if discovered post performance, to disqualify the competitor and remove their score(s) from the official results.


Safeguarding

All Coaches are required to hold a current BG specific DBS certificate, or Home Nation equivalent, and have current Safeguarding and Protecting Children Awareness training at the time of the event. Coaches who do not fulfil this requirement will not be accredited or allowed to participate at BG Events.

All Gymnasts must have an accredited coach present on the competition floor at all times. If a Gymnast attends a competition without a Supervising Coach they will not be allowed to compete.

The safeguarding courses recognised by British Gymnastics are:

- Sports Coach UK (scUK) Safeguarding Awareness course.
- Local Safeguarding Children's Board (LSCB)
- Football Association (FA) safeguarding training
- Professional prior learning i.e. Social Worker, Teacher etc.

This must be renewed every three years and be valid both at the time of entry and through to the end of the Event. 
For members who have previously completed a face to face course an online refresher update course is available. Coaches are responsible for checking the expiry date of their safeguarding and ensuring they have sufficient time to renew their award prior to the closing date of the event.

Coaches must also have a valid **Criminal Records Certificate**  both at the time of entry and through to the end of the Event before being allowed to officiate at a BG Event.

Nationality

Participation in all British Gymnastics Events is subject to the requirements of membership, club/regional registration and other conditions of entry.

In addition, the following regulations concerning Nationality are applicable to British Gymnastics Events.

British Championships

Only those in possession of a valid United Kingdom passport (and do not hold a FIG licence for another member federation) are eligible to be ranked in the official Competition results, where a British Championships title is being contested. This is effective for individual competitions. In team competitions or where gymnasts compete together as part of a group/partnership, all of the gymnasts must be in possession of a valid United Kingdom passport in order for that team/group/partnership to be ranked in the official Competition results.

At the discretion of the British Gymnastics Technical Committee and with agreement from the British Gymnastics Performance Director (or their appointee), those who are not in possession of a valid United Kingdom passport may take part in Competitions where a British Championships title is being contested. Participation is also subject to approval from their own FIG Member Federation in accordance with FIG statute. They will receive score(s) but will not receive a ranking in the official Competition results. In such circumstances gymnasts will be referred to as Guests.

Gymnasts holding dual citizenship (including a valid United Kingdom passport) are only eligible to receive a ranking in the official results (either as an individual or as part of a team/group/partnership) if they do not hold an FIG License registered by another FIG Member Federation or have not represented another FIG Member Federation.

Gymnasts who are not in possession of a valid United Kingdom passport and who are not members of British Gymnastics may be invited by the British Gymnastics Technical Committee or Performance Director to take part in the British Championships. They will receive score(s) but will not receive a ranking in the official Competition results.

Other British Gymnastics Events:

At the discretion of the British Gymnastics Technical Committee and with agreement from the British Gymnastics Performance Director (or their appointee), non-British citizens may take part in other British Gymnastics' Competitions. Participation is also subject to approval from their own FIG Member Federation in accordance with FIG Statutes.

Those gymnasts who are not in possession of a valid United Kingdom passport must have been a member of British Gymnastics for at least one year prior to the date of the Competition in order to be eligible to take part. During this period the gymnast's sole or main residence must be within the United Kingdom.

They will receive score(s) and will receive a ranking in the official Competition results. This is effective for both individual competitions and competitions where gymnasts compete together as part of a team/group or partnership.

Where a Competition provides a qualification route to take part in a British Championships, the results of a non-British citizen will not lead to the displacement of a British citizen who would have otherwise qualified for the British Championships.

In exceptional circumstances, gymnasts who are not in possession of a valid United Kingdom passport and who are not members of British Gymnastics may be invited by the British Gymnastics Technical Committee or Performance Director to take part in British Gymnastics Events. The Technical Committee with approval from the Performance Director will have the discretion to determine whether their scores will contribute towards the official Competition results.

Disclosure


It is the responsibility of the person making the Competition entry to ensure that all of the gymnasts have declared their nationality within Gymnet online membership portal.

Policy for the Participation of Trans People in Gymnastics Competition

For information on Transgender, please refer to the British Gymnastics Transgender Policy which can be found here 

Competition Entries

Entry Process

Entry to all National BG Events are Online only. Complete instructions for adding an entry via the GymNet online Entry Portal are available to download from the [BG website](#). 

All entries must be fully submitted electronically to BG by the stipulated closing date and time.

Prior to the event, an entry may only be amended by the person making the original entry.

Guests


If a gymnast wishes to compete as a guest (see Nationality section above for details of guest gymnasts) at a British Gymnastics event the club/coach should contact the events department in the first instance before the closing date. Guest gymnasts will be placed on an waiting list. Following the competition closing date a decision will be made between the Technical Committee, the Events Department and the Performance Department as to whether the entry can be accepted. If the entry is accepted the entry fee will then become payable and entered into the club basket.

Disability Gymnastics

Disability Gymnastics is designed to provide competition and development for people whose disability or impairment restricts their mainstream competitive opportunities.

As part of the development of Disability Gymnastics, British Gymnastics has produced its own sport specific Disability Gymnastics Classification Certificate. The classification certificate is contained in a pack which also clearly defines the eligible impairments for Disability Gymnastics Competition.

All clubs and coaches must inform the British Gymnastics Events Team of any of any gymnasts which have medical conditions that require special consideration at BG events. This information should be shared with the BG Events Team at the point of competition entry and will enable the BG events team to make the necessary adjustments where possible to cater for the additional needs of each gymnast.

Gymnasts will be required to provide proof of Disability at least six weeks before the event. Please complete and return the Disability Gymnastics Classification Certificate by following the instructions in the [Disability Classification Pack](#). 

Although there are 44 different eligible classifications (Profile groups) in the Classification Pack, this does not mean that there are 44 different competition categories for Disability Gymnastics competition.

The Disability competition classification categories available can be found within the information pages for each competition which has integrated disability.

Methods of Payment

Payment can be made by Debit Card, Credit Card or BACS payment. BACS payment however may slow the entry process. Payments should be received by BG within 48 hours of the entry being submitted.

Entry fees are non-refundable after the closing date.

Late Entries

Late entries will only be considered in exceptional circumstances and only up to 7 days after the closing date.

In the unlikely event of a late entry being accepted, payment of three times the normal entry fee stated for the competition will be required for individuals (including partnerships and groups). For team late entries the fee will be double (including clubs and

regions.) However, the late entry payments will be capped at £1000 (i.e. the additional payment over and above the normal entry fee per gymnast / partnership / group / team will be capped at £1000).

Late entries must be made in writing to the BG Events department and will then be referred to the Organiser for consideration. The Organiser and BG Events department will have absolute discretion whether to accept a late entry.

Late entry requests may be placed on a reserve list and clubs notified if their entry is accepted following a withdrawal, up to 1 week prior to the event.

Withdrawals and Substitutions

Amendments to an entry before the closing date will not incur a penalty and in the case of withdrawals, the entry fee will be refunded. Entry fees are non-refundable after the closing date.

Where it is necessary to substitute a coach the club must inform the BG Events Department, so the coach can be checked for membership, awards and safeguarding, before they can be accredited for the Event.

Where, through unforeseen circumstances, this is not possible or, where information has not previously been supplied, the substitute must inform the Organiser immediately on arrival at the venue and produce their coaching award certificate, current BG membership card and a current BG specific Criminal Records Check certificate.

Where there are specific rules and/or processes please refer to the specific event page.

Non-Participation Fee

By entering a gymnast (individual/partnership/group) or a team (team events) into an event, the enterer accepts that, should any gymnast or team fail to register to compete by the end of registration for a competition, the appropriate fee for non-participation will be added to the club basket or in the case of regional entries, basket of the person making that entry.

Fees will be charged as follows:

£25 – Individual / Pair

£50 – Trio / Group / Team

Should a gymnast be withdrawn, for whatever reason, the club or coach must inform the Competition Organiser and Events Department in writing via email up to the close of registration for the relevant session. Email addresses are listed in the Contact Information on page 6 of this Competition Handbook. Withdrawals will only be accepted via email.

Failure to inform the Events Team and Competition Organiser as laid out above will result in the non-participation fee being charged.

General Regulations

Coaches' must make adequate provision for the "supervision" of their gymnasts upon arrival at the venue. Gymnasts will not be allowed to register or begin warm up without their coach present.

Registration

Only register your Gymnast(s)/Club/Region when those competing in that section of the event have arrived at the event and intend to compete. Please inform the registration desk of any withdrawals as soon as possible.

During registration accreditation/passes will be issued. Abuse of accreditation/passes may result in disciplinary action taken by BG.

Specific registration processes where appropriate can be found in the event work plan.

Order of Performance

The order of competing for individual events and team events shall be decided according to the competition arrangements made by the Organiser or such officials as may be authorised by the Technical Committee. For the purpose of maintaining the smooth and timely running of the event, or where the safety, security and good performance of the gymnasts is a concern, the TC reserve the right to alter the grouping of gymnasts and/or running order of performances as may be deemed necessary by the Organiser or authorised officials, up to the start of warm up. Once underway the order of performance will only be changed, at the discretion of the Competition Organiser, in extenuating circumstances when a gymnast may be temporarily unable to compete.

Wherever practical the Organiser shall produce and circulate to all participating clubs a provisional start list and running order for an event at least 2 weeks before the day thereof.

Music


All music for competition routines must be uploaded onto the GymNet portal at the latest one week before the competition date (see event page for specific time and date).

Instructions for submitting music electronically may be found within the [Online Entry Guide](#) 

Late Music Submission

Late submission of music will attract a fee of £20.00 per gymnast/partnership/group/team. This fee will be added to your club basket. Music not uploaded by the deadline cannot be guaranteed to be uploaded on the day.

Music Licensing

All music used in competition routines must conform to the relevant licensing requirements. Details may be found at the following link. 

Certain tracks belonging to Disney, Andrew Lloyd Webber and Cirque du Soleil can be used but this should be checked on the PPL website to confirm the track is included within their repertoire.

To check tracks go to <http://www.ppluk.com/> scroll to the bottom of the page and click on 'PPL Repertoire Search' enter the artists name and title. Any music listed as part of the search can be used.

If the track is not included within the listed tracks the club must apply directly to Disney, Andrew Lloyd Webber or Cirque du Soleil to use the track and pay the relevant licensing fees.

Access to Warm up Hall

Access to the warm up hall will be limited to the appropriate number of Coaches, Chaperones and Choreographers (where applicable) as defined in the specific details section for each Event. On arrival, coaches will need to register and collect their accreditation from registration. In the case of events spanning more than one day, accreditation will be issued for each day. At larger national events the FIG/UEG recognised accreditation system will apply.

Abuse of accreditation may result in disciplinary action being taken by BG.

Judges will not be allowed into the warm up hall, once the judges meeting has taken place.

Food and Drink

There may be restrictions within the competition areas with regards to food and drink. This is to manage food intolerances and allergies.

Babies and Young Children

In the interests of safety, for the smooth running and professional presentation of the events, babies and young children are not permitted to enter the warm up hall or field of play, even if they are being supervised by an adult.

Medical Provision

Anyone requiring First Aid assistance should speak to either the Competition Organiser or BG medical team. It is recommended that all coaches have a First Aid kit with them for minor injuries.

At all BG Events an official medical team will be appointed and will be available to treat gymnasts who sustain an injury at the event. The medical team are not able to treat pre-existing or chronic injuries.

Any injury occurring during the official training or competition must be reported to the medical team, to ensure a record can be kept of treatment given and by whom.

The decision of the Organiser, based upon the recommendation of the BG appointed medical officer as to the gymnast's health and medical status and their ability to compete at the Event is absolute and final.

Medal Ceremonies

Except in exceptional circumstances, gymnasts who win a medal at a BG Event are expected to remain in the venue until the completion of the competition and participate in the medal presentation ceremony in order to collect their award in person. Medals will only be distributed at events not by post. Attire for medal ceremonies is according to FIG World Championships and UEG rules.

Tenure of Trophies

All perpetual trophies remain the property of BG.

Perpetual trophies are the responsibility of the winning club or region. The club or region are responsible for the inscription of, as well as safekeeping and maintenance of, the trophy and for returning it to the Organiser prior to the competition the following year by either; -

- Making arrangements for it to be delivered to the competition venue on the day.
- Returning it to the competition organiser at least one week prior to the competition.
- Returning it to the BG offices at least one week prior to the competition.

Failure to do this or loss of a trophy will incur a cost to the individual / club.

Privacy

British Gymnastics Privacy Notice 

At many events, British Gymnastics may produce event merchandise (eg event tshirts). These may include the names and/or clubs of the gymnasts taking part.



Where competing gymnasts have a disability, it may be necessary to share the details of this disability with Performance staff and the Technical Committee in order to discuss if modifications to rules and processes are appropriate arising from this disability.

The scores, results and "Judgecam" videos from British Gymnastics events, where BG Score is present will be made available in the BG Score App and also published on the BG website in the specific event page.

Video, Film and Photography

If you agree for your club to enter you into a BG competition, we will use your personal information to confirm you have been entered into the correct category and to enable you to participate in the event. All BG competitions are large events where filming and photography by BG accredited photographers and the media will be taking place. In some cases, the events will be videoed and/or live streamed by BG TV. Images taken at our events may be used by BG, BGF and GEL for the purposes of promotion, education and development of the sport. They may also be shared with relevant third parties organisations for journalistic/promotional purposes. The results of BG competitions are published and videos of routines performed by participating gymnastics are made available for viewing by BG members.

Any gymnast or parent who does not wish themselves or their child to be photographed/filmed at the event must advise the British Gymnastics Events Department or the Event Organiser. Although it is not always practical to manage the content of live streamed footage, we will ensure any identifiable images of the participant are not published.

Any person wishing to use video, film or take photographs must abide by the [BG Photography at Gymnastics Events policy](#) . Photos may only be taken for personal use. Unless specifically accredited to do so, you may not take photos for sale, other commercial use, or publication in printed or electronic form, such as on websites. Clubs may publish some photos but this may only be done in accordance with [BG Safeguarding & Protecting Children Policy](#) .

Flash may not be used at any time while gymnasts are warming up or competing.

If you have concerns about the identity or actions of any photographer or if you believe that any unsuitable photos are being taken, you should report your concerns to the BG appointed Welfare Officer at the event.

Health & Safety

The health, safety and welfare of all participants (gymnasts, coaches and officials) is the primary consideration. All BG policies and procedures will be rigorously applied with regards to health, safety, welfare and Safeguarding & Protecting Children.

Overnight Stays

Government legislation requires that when a club takes a gymnast(s) under the age of 18 years on a journey involving an overnight stay, the club must ensure that there is a designated trained person responsible for child protection on the trip. To adhere to the CPSU child protection standards this person must not be related to or in a relationship with the coach attending the trip.

The training for the designated person should be BG recognised Safeguarding and Protecting Children Awareness training or Home Country equivalent.

For **Overnight Trips** the appropriate form needs to be completed in full and sent to British Gymnastics **at least** four weeks prior to travel so we can get your trip approved and endorsed by our insurers. Failure to inform British Gymnastics of **any** overnight stays may invalidate your insurance.

Please note that the BG Membership Insurance does not cover Travel or Emergency Medical Expenses, we therefore recommend that where necessary you take out additional Travel Insurance.


Drug Free Sport

The testing programme may affect any elite gymnast performing at a national standard.

Please follow the link to read the [BG policy](#) .

Terms & Conditions of Entry to All Competitions

In addition to BG General Rules & Regulations -

- All entrants agree to be treated by BG appointed medical staff only and be bound by the decision of BG medical staff in relation to their ability to compete in the competition.
- By submitting an inquiry you agree to pay a fee which will be added to the club/region basket.
- You agree to the storing of competition scores. BG will redact your details from the published results unless there is a justifiable reason to reject an objection to publication. 
- You agree to abide by the BG Photography at Gymnastics events policy.
- The person making the online entry on behalf of gymnast(s), a club or a region, undertakes to ensure that those who they are making an entry on behalf of are fully aware of and agree to abide by the contents of this handbook.

Rhythmic Gymnastics Technical Information

Code of Conduct

[British Gymnastics National Technical Committee Code of Conduct](#) 

[Rhythmic Judges Code of Conduct](#)

BG, acting through the Board or its Committees, reserves the right to refuse any entry and disqualify an official, judge, gymnast or team at any time, if they do not comply with BG regulations

Age Policy

Gymnasts' ages for the purpose of entry to all age dependent categories will be taken as the age reached in the year of the competition.

The minimum age for entry to National BG Events is 9 in the year of competition.

To view further information on age, participation and competition please view the [Health & Safety Guidance: Coaching](#)

[Practice document](#)  (available within the Resource Library on GymNet).

Competition			
Year of birth	NDP (Grades)	British Championships	Other national competitions
2011 or later	n/a	n/a	n/a
2010	Grade 4	Under 10	Espoir
2009	Grade 5		
2008	Grade 6		
2007*	Grade 7	Under 12	
2006	Grade 8	1st year Junior	Junior
2005	1st year Grade 9	2nd year Junior	
2004	2nd year Grade 9	3rd year Junior	
2003	1st year Grade 10	Senior	Senior
2002 or earlier	Grade 10		

* For the Open Apparatus Championships only, gymnasts born in 2007 will compete as Pre-Juniors

Competition Attire

- Please refer to Pages 22 and 23 for separate requirements for the British Qualification Testing
- Gymnasts

It must be gymnastic in character and design. Attire must be elegant and complement the artistry of an exercise. It should not divert attention from the performance of the gymnasts nor require adjustment during an exercise.

- A correct gymnastics leotard must be in non-transparent material; therefore, leotards that have some part in lace will have to be lined (from the trunk to the chest).
- The neckline of the front and back of the leotard must be no further down than half of the sternum and the lower line of the shoulder blades.

- Leotards may be with or without sleeves, but dance leotards with narrow straps are not allowed.
- The cut of the leotard at the top of the legs must not go beyond the fold of the crotch (maximum).
- The leotard must be skin tight to enable the judges to evaluate the correct position of every part of the body.
- The leotards of Group gymnasts must be identical (of the same material, style, design and color). However, if the leotard is made of a patterned material, some slight differences due to the cut may be tolerated.
- The wearing of GBR or Home Country attire at BG Events is strictly forbidden
- The removal of leotards on the field of play and in public view is not allowed

It is allowed to wear:

- Long tights down to the ankles, over or under the leotard.
 - A full-length one-piece leotard (unitard) provided that it is skin tight
 - The length and colors(s) of the fabric covering the legs must be identical on both legs (the “harlequin” look is forbidden), only the style (cut or decorations) may be different.
 - A skirt that does not fall further than the pelvic area over the leotard, tights or the unitard.
 - The style of the skirt (cut or decorations) is free, but the skirt must always fall back on the hips of the gymnast (the look of “ballet tutu” is forbidden).
 - Gymnasts may perform their exercises with bare feet or gymnastics slippers.
 - The hair style must be neat and trim and the make-up clear and light.
- Accessories and Aids
 - Jewellery, including earrings and studs, necklaces, rings, bracelets, anklets, nose and navel studs, are not allowed.
 - Bandages or support pieces cannot be in colours and must be of a beige colour.
 - For further details, please see [FIG Code](#)
 - Coaches
 - Coaches must wear a tracksuit or full length tracksuit bottoms with a collared polo shirt or club/regional t-shirt and appropriate gym/training shoes.
 - The wearing of GBR or Home Country attire at BG Events is strictly forbidden
 - Long hair should be braided or tied back so as not to obscure vision.
 - Coaches will not be allowed on the competition floor if wearing ANY jewellery. If it is impossible to remove items of jewellery they should be taped. Exceptions are as per [BG Body Piercing and Adornments policy](#)

Non compliance may result in removal of the coach and consequently, for Health and Safety reasons, their gymnast from the competition.

- Judges (including line judges, timekeepers and side judges)
 - Navy blue jacket with navy blue skirt or full length trousers, white shirt or blouse with a collar (either short or long sleeved)
 - Hair must be neat and not inhibit vision
 - Jewellery, if worn, must be professional in appearance
 - Shoes must be professional in appearance (in particular, no flip flops or trainers)
- Requests can be made to adopt reasonable clothing modifications at any BG competition. All requests must be on the official [BG Clothing Modification Request Form](#) and submitted with the competition entry at least four weeks before the competition closing date, to allow sufficient time for full consideration of the application and any possible health and safety implications.

For competitors, coaches and judges, chewing gum is not allowed at any phase of the competition, including the opening ceremony and presentation of the awards or closing ceremony.

Apart from as required for the running of the competition, gymnasts, coaches, judges and officials must not use mobile phones or any other electronic communication devices including tablets, to make calls, take photographs or be used for other forms of communication in the main arena during the event. Such mobile devices may only be used for monitoring scores and results, where the BG Score App is in operation.

Nominated Judges

The following provisions apply to all clubs, **except** those which are in their first year of national competition, meaning a club which has not entered a gymnast(s) in any national competition (excluding British Qualification Testing) in any calendar years previous to the year of the competition they are entering.

For all competitions other than the British Championships and the British Qualification Testing, all clubs must nominate at least one judge (in accordance with the below) **at the time of entry**. Clubs that do not have an appropriately qualified judge available should consult the Judging Register, approach someone suitably qualified to judge on their behalf and nominate them **at the time of entry**. Clubs must check with the judge(s) they are nominating that they are able and willing to judge on their behalf before nominating them.

Clubs entering 1, 2 or 3 gymnasts must provide a judge of at least County level. Failure to do so will result in the club being refused entry to the competition, unless the Competition Organiser, in their sole discretion, decides otherwise.

Clubs entering 4 or more gymnasts (including those in a Group) must provide two judges:

1. One of these judges must be Regional level or above. Failure to provide a Regional Judge will result in the club being refused entry to the competition, unless the Competition Organiser, in their sole discretion, decides otherwise.
2. The second judge must be County level or above. Failure to provide this judge will result in a levy of £75 being payable. Any levies due will be back-charged to the club after the event. ***Non-payment of the fee(s) may result in future entries to events being denied.***

New clubs in their first year of national competition (as defined above) must provide at least one judge of at least Club level. Failure to do so will result in the club being refused entry to the competition, unless the Competition Organiser, in their sole discretion, decides otherwise.

All nominated judges are expected to be available to judge for the entire competition. This means that if the event spans more than one day, judges should be prepared to judge on all days whether the nominating club has gymnasts performing on that day or not. ***Clubs are responsible for all expenses incurred by their nominated judges***

Nominated Volunteers

For all competitions where two or more gymnasts from the same club are entered, clubs must nominate a volunteer who must be named on the entry form. Volunteers will be allocated roles at the discretion of the Competition Organiser and will be informed in advance of the event whether their attendance is required or not and their role. ***Clubs are responsible for any expenses incurred by their nominated volunteer.***

Competition Apparatus

Apparatus for Seniors and Juniors must conform to the relevant FIG Apparatus Norms, in addition, for the British Championships, each apparatus must have the manufacturer's logo and "FIG approved" logo in the specified place for each apparatus.

Apparatus for Espoirs must conform to the FIG Apparatus Norms for Juniors, with the exception of Hoop which should be appropriate for the size of the gymnast and Ribbon which should be between four and five metres in length.

All apparatus will be officially measured at the British Championships and may, at the request of a responsible judge, be checked at any competition.

A 13 metre x 13 metre rhythmic carpet with base will be used for all National Competitions.

A set of identical apparatus will be placed on two of the four sides of the floor of the arena for use by any gymnast. For Juniors replacement ribbons will be 5 metres in length and those for Espoirs 4 meters in length.

Length of Exercises

- Individuals (all age groups) – 1 minute 15 seconds to 1 minute 30 seconds
- Duet
 - Espoir – 1 minute 15 seconds to 1 minute 30 seconds
 - Junior and Senior – 1 minute 45 seconds to 2 minutes
- Trio
 - Espoir – 1 minute 15 seconds to 1 minute 30 seconds
 - Junior and Senior – 1 minute 45 seconds to 2 minutes
- Group
 - Espoir – 1 minute 45 seconds to 2 minutes
 - Junior and Senior – 2 minutes 15 seconds to 2 minutes 30 seconds

Music Release Form

A music release form must be completed and signed by the coach in respect of each gymnast/Group and submitted to the National Competition Organiser by the date indicated in the event Work Plan

Inquiries

An inquiry is only applicable when BG score is being used to facilitate video feedback. Official Inquiry forms will be published in each event work plan and are available from the Organiser. They must be completed and returned, as soon as possible after the publication of the scores.

A coach may only appeal the Difficulty score; D1/2, D3/4 or both, in accordance with the FIG Code of Points. If both D scores are appealed, two inquiry forms and two fees are required.

In the interests of justice, if the Difficulty Score does not appear to correlate with what was performed, or there is an arithmetical error in the calculation of the Difficulty Value, conversion to the Difficulty Score or in the calculation of the Final Score, an appeal may be made for review to the Superior Jury.

The DJ penalty score may need to be reconsidered if there is a change in the Difficulty Score after the appeal.

Appeals can be made only for the Club's own competitors.

No appeals can be made against Execution scores, time faults or other penalties.

On publication of the Difficulty Score, any appeal for investigation is made at the very latest before the end of the next exercise that follows the release of a score.

The Supervising Coach for the Club of the competing gymnasts places the appeal form with the President of the Superior Jury or designated person.

An appeal form must be delivered without verbal exchange.

The written request for inquiry must be delivered within 4 minutes after the placement of an appeal form, otherwise the appeal becomes obsolete.

The Supervising Coach for the Club/Region of the competing gymnasts places the appeal form with the President of the Superior Jury or designated person.

- First inquiry: £25
- Second inquiry: £50
- Third and subsequent inquiries: £75

The placement of an inquiry form becomes a contract to pay the appropriate fee.

This fee will not be collected in cash at the event, but added to the basket of the club/coach concerned, if the inquiry was not upheld.

The President of the Superior Jury (or delegate) will immediately notify the SJ Difficulty Experts and the CJP of the panel concerned of the appeal. The CJP immediately requests the DJs to review the Difficulty mark.

If a resolution cannot be made before the start time of the next competitors' exercise, the calculated mark will be listed as 'provisional' and will be considered at the end of the round of competition and before any award ceremony.

If the appeal proves correct no fee is levied. If the appeal is rejected, the fee will be placed in the appropriate clubs basket.

The TC cannot accept any photographic analysis at an event unless an official video replay system is available and could be referred to by the D panel for the benefit of every competitor.

British Qualification Testing – Individuals

- Date:** 2nd – 3rd February
- Venue:** Windsor High School, Halesown, West Midlands B63 4BB
- Opening date:** 18th December 2018
- Closing date:** Noon 4th January
- Entry Fee:** £25.00 per gymnast

Eligibility:

- All gymnasts seeking to compete in the mainstream Individual British Championships for which this event forms the first part of the qualification process must meet all the eligibility criteria laid out on Page 29 of this Handbook. The testing is also open to those gymnasts seeking to appear as guest competitors at the mainstream Individual British Championships. Apart from gymnasts born in 2010, to be eligible for testing, gymnasts must have achieved Level 4 or above in the 2018 Zonal Grades or have competed in a Level 4 or above Group in 2018
- Disability gymnasts are not required to undertake British Qualification Testing

Competition Structure:

- This event is mandatory for all gymnasts wishing to compete in the 2019 British Championships, including those wishing to take part as guests apart from the gymnasts who finished 1st, 2nd and 3rd in the 2018 Senior British Championships. There is no other automatic qualification at any level.
- The testing will be in three parts – Flexibility, Ballet and Strength & Conditioning.

In order to pass the British Qualification Testing, gymnasts must achieve the required standard in Flexibility and the required average score across Ballet and Strength & Conditioning.

Gymnast attire:

- Gymnasts must wear leotards or shorts and a vest top (not cropped) which must be tight fitting and adhere to the body. The torso must be covered at all times. The wearing of nude-coloured tights is permitted.

Coach Qualification and Passes:

Competition	Lead Coach Minimum Qualification Required (or equivalent)
All age groups	Rhythmic Gymnastics Level 2 or equivalent

As coaches are not permitted in the testing area and as space is limited, a maximum of two coaches per club will be admitted to the warm up area.

The lead coach/supervising coach must have the relevant qualifications and BG membership as defined in the eligibility section of this handbook. Qualifications must cover the level of the skills being performed by the gymnasts. In the event of an accident, failure to hold the correct level of qualification may lead to your insurance being negated.

Competition	Coaches	Additional Coaches
All age groups	1	1

Tie Breaks:

- Not applicable

Awards:

- No awards will be made

British Qualification Testing – Espoir Groups

- Date:** 2nd – 3rd February
- Venue:** Windsor High School, Halesown, West Midlands B63 4BB
- Opening date:** 18th December 2018
- Closing date:** Noon 4th January
- Entry Fee:** £50.00 per Group

Eligibility:

- All Pre-Espoir or Espoir group gymnasts from clubs with Espoir Groups who achieved Level 4 or 5 at the 2018 Group Seeding in April 2018

Competition Structure:

- Attendance at this event is optional, but encouraged to enable the Technical Committee to collect data with a view to this event potentially becoming part of the qualification process for the British Group Championships and/or Elite Group League in future, and for coaches to establish a baseline for their Groups
- The testing will be in three parts – Ballet, Flexibility and Strength & Conditioning.
- Strength & Conditioning will be judged as per the Individual BQT.
- Ballet will be tested on the Espoir Group ballet programme.
- Flexibility testing will comprise the following exercises from the Espoir Flexibility programme: no. 1 (extended box splits), no 2 (extended front splits) and no 3 (standing fold), together with an additional test of bridge.

Gymnast attire:

- Gymnasts must wear matching leotards or shorts and a vest top (not cropped) which must be tight fitting and adhere to the body. The torso must be covered at all times. The wearing of nude-coloured tights is permitted.

Coach Qualification and Passes:

Competition	Lead Coach Minimum Qualification Required (or equivalent)
All age groups	Rhythmic Gymnastics Level 2 or equivalent

As coaches are not permitted in the testing area and as space is limited, a maximum of two coaches per club will be admitted to the warm up area.

The lead coach/supervising coach must have the relevant qualifications and BG membership as defined in the eligibility section of this handbook. Qualifications must cover the level of the skills being performed by the gymnasts. In the event of an accident, failure to hold the correct level of qualification may lead to your insurance being negated.

Competition	Coaches	Additional Coaches
All age groups	1	1

Tie Breaks:

- Not applicable

Awards:

- No awards will be made

Open Apparatus Championships (Junior & Senior)

Date:	23 rd – 24 th March
Venue:	Fenton Manor Sports Complex, Victoria Road, Fenton Stoke on Trent ST4 2RR
Opening date:	28 th December 2018
Closing date:	Noon 8 th February
Music entry closing date:	Noon 15 th March
Entry Fee:	£15.00 per piece of apparatus
Code:	Juniors will be judged according to the UEG Junior Code and Seniors according to the FIG Code .

Eligibility and apparatus

- Disability - Not applicable for disability gymnasts
- Junior Eligibility
Junior gymnasts as defined in the 'Other national competitions' column of the table on Page 17 of this Handbook who achieved Level 4 or above in the 2018 Zonal Grades Apparatus
Up to three from Rope, Ball, Clubs, Ribbon
- Senior Eligibility
Senior gymnasts as defined in the 'Other national competitions' column of the table on Page 17 of this Handbook who achieved Level 4 or above in the 2018 Zonal Grades Apparatus
Up to three from Hoop, Ball, Clubs, Ribbon

Competition Structure:

- Each apparatus within each age group is a separate competition.

Coach Qualification and Passes:

Competition	Lead Coach Minimum Qualification Required (or equivalent)
All age groups	Rhythmic Gymnastics Level 2 or equivalent

The lead coach/supervising coach must have the relevant qualifications and BG membership as defined in the eligibility section of this handbook. Qualifications must cover the level of the skills being performed by the gymnasts. In the event of an accident, failure to hold the correct level of qualification may lead to your insurance being negated.

Per session	Coaches	Additional Coaches
1 Gymnast/Group	1	
2 Gymnasts/Groups	1	1
3+ Gymnasts/Groups	1	2
<ul style="list-style-type: none"> • Coaches must not represent more than one club during a session 		



Tie Breaks:

- Tie-break rules as per [FIG Regulations \(World Championships\)](#).

Awards:

- Gold Silver & Bronze Medals will be awarded to the top three gymnasts in each section.
- Certificates will be awarded for places 4th – 6th in each section.

Group Seeding

Date:	23 rd – 24 th March
Venue:	Fenton Manor Sports Complex, Victoria Road, Fenton Stoke on Trent ST4 2RR
Opening date:	28 th December 2018
Closing date:	Noon 8 th February
Music entry closing date:	Noon 15 th March
Entry Fee:	£75.00 per Group
Code:	Esplor and Junior Groups will be judged according to the UEG Junior Code  Espoirs will additionally be able to use the recommended body difficulties detailed in the NDP Handbook. For this competition only, elements in the Elite section of the table will have a value of 0.7 while those in the National section will have a value of 0.5. Seniors will be judged according to FIG Code  .

Eligibility and apparatus

Groups may comprise gymnasts from a single club or a combination of clubs with separate eligibility criteria applying in each situation;

Groups comprising gymnasts from a single club;

- Clubs may enter more than one Group in each section.

Groups comprising gymnasts from a combination of clubs;

- May contain gymnasts from any number of clubs (where a gymnast is not a member of the club of the person making the entry, that gymnast will need to be added to this club's list of members. This can be achieved by calling Customer Support at British Gymnastics).
- Only one Group from a combination of clubs may be entered in each club's name in each section.

In both instances;

- Gymnasts may only work in one Group.
- Younger gymnasts may work in an older section but older gymnasts may not work in a younger section.
- Four, five or six gymnasts may be named for an Espoir Group, plus one reserve.
- Five or six gymnasts may be named for a Junior or Senior Group, plus one reserve.
- There is no requirement for reserves to perform.

Esplor (4, 5 or 6 gymnasts)

Eligibility	Esplor gymnasts as defined in the 'Other national competitions' column of the table on Page 17 of this Handbook
Apparatus	1 routine with one Ball per gymnast, performed twice

Junior (5 gymnasts)

Eligibility	At least one Junior gymnast and up to five Espoir gymnasts as defined in the 'Other national competitions' column of the table on Page 17 of this Handbook
Apparatus	1 routine with 5 Ribbons, performed twice

Senior (5 gymnasts)

Eligibility	At least one Senior gymnast and up to five Junior gymnasts as defined in the 'Other national competitions' column of the table on Page 17 of this Handbook
Apparatus	1 routine with 3 Hoops and 4 Clubs, performed twice

Disability	Not applicable for disability gymnasts
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Competition Structure:

- This event is mandatory for Groups wishing to take part in the 2019 Group Leagues and/or seek qualification to the 2019 British Group Championships (see Pages 32 and 35 of this Handbook for further details). All Groups will perform the same routine twice with the higher of the two scores counting.
- The rankings from this event will be used to determine which groups will qualify for the 2019 Elite Group League and/or British Group Championships, which groups will qualify for the 2019 National Group League, and which groups will be classified as Level 3 for 2019.

Coach Qualification and Passes:

Competition	Lead Coach Minimum Qualification Required (or equivalent)
All age groups	Rhythmic Gymnastics Level 2 or equivalent

The lead coach/supervising coach must have the relevant qualifications and BG membership as defined in the eligibility section of this handbook. Qualifications must cover the level of the skills being performed by the gymnasts. In the event of an accident, failure to hold the correct level of qualification may lead to your insurance being negated.

Per session	Coaches	Additional Coaches
1 Gymnast/Group	1	
2 Gymnasts/Groups	1	1
3 Gymnasts/Groups	1	2

- Coaches must not represent more than one club during a session

Tie Breaks:

- Tie-break rules as per [FIG Regulations \(World Championships\)](#) 



Awards:

- As this is a seeding competition for Groups, there will be no awards.

National Development Plan Finals

Date:	8 th – 9 th June
Venue:	Fenton Manor Sports Complex, Victoria Road, Fenton Stoke on Trent ST4 2RR
Opening date:	15 th March
Closing date:	Noon 26 th April
Music entry closing date:	Noon 31 st May
Entry Fee:	£30.00 per gymnast at Grades 4, 5, 6 & 7, £45.00 per gymnast at Grades 8, 9 & 10

Code:

- Grades 4 to 9 judged according to the **UEG Junior Code**  Grades 4 to 7 will additionally be able to use the recommended body difficulties detailed in the NDP Handbook.
- Grade 10 judged according to the **FIG Code** 
- Basic body elements for Disability gymnasts will be upgraded.

Eligibility and apparatus

- The marks required at each Grade in order for gymnasts to qualify for this competition will be published within one week of the fourth and final Zonal Grades competition.
- Disability gymnasts will compete in classification Class 1 – learning disability or Class 2 physical or sensory disability.

Grade 4

Eligibility

Grade 4 gymnasts as defined in the 'NDP (Grades)' column of the table on Page 17 of this Handbook who reached the required standard for this competition but not for the British Championships in Grade 4 in 2019

Apparatus

Mainstream: Free and Rope
Disability: Free routine and Rope elements

Grade 5

Eligibility

Grade 5 gymnasts as defined in the 'NDP (Grades)' column of the table on Page 17 of this Handbook who reached the required standard for this competition but not for the British Championships in Grade 5 in 2019

Apparatus

Mainstream: Free and Hoop
Disability: Free routine and Hoop elements

Grade 6

Eligibility

Grade 6 gymnasts as defined in the 'NDP (Grades)' column of the table on Page 17 of this Handbook who reached the required standard for this competition but not for the British Championships in Grade 6 in 2019

Apparatus

Mainstream: Rope and Clubs
Disability: Ball routine and Clubs/Ribbon elements

Grade 7

Eligibility

Grade 7 gymnasts as defined in the 'NDP (Grades)' column of the table on Page 17 of this Handbook who reached the required standard for this competition but not for the British Championships in Grade 7 in 2019

Apparatus

Mainstream: Clubs and Ribbon
Disability: Ribbon routine and Clubs elements

Grade 8

Eligibility

Grade 8 gymnasts as defined in the 'NDP (Grades)' column of the table on Page 17 of this Handbook who reached the required standard for this competition but not for the British Championships in Grade 8 in 2019

Apparatus

Mainstream: Ball, Clubs and Ribbon
Disability: Two routines from Ball, Clubs and Ribbon

Grade 9

Eligibility

1st year Grade 9 gymnasts as defined in the 'NDP (Grades)' column of the table on Page 17 of this Handbook who reached the required standard for this competition but not for the British Championships Grade 9 in 2019 and 2nd year Grade 9 gymnasts as defined in the 'NDP (Grades)' column of the table on Page 17 of this Handbook who qualified for the 2018 Grade 9 Final

Apparatus

Mainstream: Ball, Clubs and Ribbon
Disability: Ball, Clubs and Ribbon

Grade 10

Eligibility

1st year Grade 10 gymnasts as defined in the 'NDP (Grades)' column of the table on Page 17 of this Handbook who reached the required standard for this competition but not for the British Championships in Grade 10 in 2019 and gymnasts who competed in the Grade 10 Final in at least one of the previous two years

Apparatus

Mainstream: Hoop, Ball and Ribbon
Disability: Hoop, Ball and Ribbon

In the event that a gymnast does not compete all pieces in the overall competition she may still qualify for an Apparatus Medal.

Coach Qualification and Passes:

Competition	Lead Coach Minimum Qualification Required (or equivalent)
All age groups	Rhythmic Gymnastics Level 2 or equivalent

The lead coach/supervising coach must have the relevant qualifications and BG membership as defined in the eligibility section of this handbook. Qualifications must cover the level of the skills being performed by the gymnasts. In the event of an accident, failure to hold the correct level of qualification may lead to your insurance being negated.

Per Session	Coaches	Additional Coaches
1 Gymnast/Group	1	
2 Gymnasts/Groups	1	1
3 Gymnasts/Groups	1	2

- Coaches must not represent more than one club during a session

Tie Breaks:

- Tie-break rules as per [FIG Regulations \(World Championships\)](#) 

Awards:

- Overall Medals will be awarded to the top three gymnasts in each Grade.
- Individual Apparatus medals will be awarded to the top three gymnasts in each Grade on each piece.
- Certificates will be awarded for 4th to 6th place overall and with each piece in each Grade.

Rhythmic British Championships

Date:	25 th – 28 th July
Venue:	M&S Bank Arena, Kings Dock, Liverpool Waterfront, Liverpool L3 4FP
Opening date:	3 rd May
Closing date:	Noon 14 th June
Music entry closing date:	Noon 19 th July
Entry Fee:	£30.00 per Disability gymnast at Under 10 and Under 12, £45.00 per mainstream gymnast at Under 10 and Disability Junior and Senior, and £60.00 per gymnast at mainstream Under 12, Junior and Senior

Code:

- Under 10s, Under 12s and Juniors will be judged according to the **UEG Junior Code** and Seniors according to the **FIG Code**. Under 10s and Under 12s will additionally be able to use the recommended body difficulties detailed in the NDP Handbook. Basic body elements for Disability gymnasts will be upgraded.

Eligibility and apparatus:

- The marks required at each Grade in order for gymnasts to qualify for these Championships will be published within one week of the fourth and final Zonal Grades competition.
- Disability gymnasts will compete in classification Class 1 – learning disability or Class 2 physical or sensory disability.

Nationality:

Gymnasts of foreign nationality or who hold an FIG license for another member federation, must ensure that their nationality is declared on their membership record in order for them to be identified as guests.

Under 10

Eligibility

Under 9 and Under 10 gymnasts as defined in the 'British Championships' column of the table on Page 17 of this Handbook who reached the required standard in Grades 4 and 5 respectively in 2019. Mainstream gymnasts must also have passed the Pre-Espoir British Qualification Testing in February 2019

Apparatus

Mainstream: Free, Rope and Hoop
Disability: Free routine and Rope elements

Under 12

Eligibility

Under 11 and Under 12 gymnasts as defined in the 'British Championships' column of the table on Page 17 of this Handbook who reached the required standard in Grades 6 and 7 respectively in 2019. Mainstream gymnasts must also have passed the Espoir British Qualification Testing in February 2019

Apparatus

Mainstream: Free, Rope, Clubs and Ribbon
Disability: Ball routine and Clubs elements

Junior

Eligibility: Mainstream

1st year Juniors as defined in the 'British Championships' column of the table on Page 17 of this Handbook who reached the required standard in Grade 8 in 2019 and passed the Junior British Qualification Testing in February 2019

2nd and 3rd year Juniors as defined in the 'British Championships' column in the table on Page 17 of this Handbook who reached the required standard in Grade 9 in 2019 and passed the Junior British Qualification Testing in February 2019 .

Eligibility: Disability 1st year Juniors as defined in the ‘British Championships’ column of the table on Page 17 of this Handbook who reached the required standard in Grade 8 in 2019

2nd and 3rd year Juniors as defined in the ‘British Championships’ column in the table on Page 17 of this Handbook who reached the required standard in Grade 9 in 2019

Apparatus Mainstream: Rope, Ball, Clubs and Ribbon
Disability: Ball, Clubs and Ribbon

Senior

Eligibility: Mainstream Senior gymnasts as defined in the ‘British Championships’ column of the table on Page 17 of this Handbook who passed the Senior British Qualification Testing in February 2019 – apart from those who were exempt – and who reached the required standard in Grade 10 in 2019

Eligibility: Disability Senior gymnasts as defined in the ‘British Championships’ column of the table on Page 17 of this Handbook who reached the required standard in Grade 10 in 2019

Apparatus Mainstream: Hoop, Ball, Clubs and Ribbon
Disability: Hoop, Ball and Clubs

Qualification for Apparatus Finals: (mainstream gymnasts only)

Where there are sixteen or more gymnasts in an age group, the top eight eligible gymnasts on each piece of apparatus in the overall competition, plus any guests who finish in the top eight, will compete in the Individual Apparatus finals.

Where there are fifteen or fewer Junior or Senior gymnasts, the top six eligible competitors on each piece of apparatus in the overall competition, plus any guests who finish in the top six, will go forward to the finals.

Where there are between eight and fifteen gymnasts in any of the Espoir age groups, the top six eligible competitors on each piece of apparatus in the overall competition, plus any guests who finish in the top six, will go forward to the finals.

Where there are seven or fewer gymnasts in either of the Espoir age groups, there will be no Individual Apparatus finals, with apparatus titles being awarded on the basis of the scores received in the All-Around competition.

In the event that a gymnast may not compete all pieces in the overall competition she may still qualify for an Individual Apparatus Final.

Coach Qualification and Passes:

Competition	Lead Coach Minimum Qualification Required (or equivalent)
All age groups	Rhythmic Gymnastics Level 2 or equivalent

The lead coach/supervising coach must have the relevant qualifications and BG membership as defined in the eligibility section of this handbook. Qualifications must cover the level of the skills being performed by the gymnasts. In the event of an accident, failure to hold the correct level of qualification may lead to your insurance being negated.

Per Session	Coaches	Additional Coaches
1 Gymnast/Group	1	
2 Gymnasts/Groups	1	1
3 Gymnasts/Groups	1	2

- Coaches must not represent more than one club during a session

Tie Breaks:

- Tie-break rules as per **FIG Regulations (World Championships)** 

Awards:

The following awards will be made in each section

- Gold, Silver and Bronze medals will be presented in each section of the overall, the Gold medal winner will also receive a trophy
- Gold, Silver and Bronze medals will be presented in each section of the Apparatus Finals, the Gold medal winner will also receive a trophy
- Diplomas will be awarded for place 4th – 6th in the overall competition
- A presentation will be made to the coach of the overall Senior Champion

British Group Championships

Date:	25 th – 28 th July
Venue:	M&S Bank Arena, Kings Dock, Liverpool Waterfront, Liverpool L3 4FP
Opening date:	3 rd May
Closing date:	Noon 14 th June
Music entry closing date:	Noon 19 th July
Entry Fee:	£75.00 per group
Code:	Espoirs and Juniors will be judged according to the UEG Junior Code and Seniors according to the FIG Code . Espoir Groups will additionally be able to use the recommended body difficulties detailed in the NDP Handbook.

Eligibility:

Espoir and Junior Groups which qualified for the Elite Group League in the Seeding Competition held in March 2019, and Senior Groups who reached the required standard (to be confirmed) in the Seeding Competition.

Groups may comprise gymnasts from a single club or a combination of clubs with separate eligibility criteria applying in each situation;

Groups comprising gymnasts from a single club;

- Clubs may enter more than one Group in each section.

Groups comprising gymnasts from a combination of clubs;

- May contain gymnasts from any number of clubs.
- Only one Group from a combination of clubs may be entered in each club's name in each section.

In both instances;

- Gymnasts may only work in one Group.
- Younger gymnasts may work in an older section but older gymnasts may not work in a younger section.
- Four, five or six gymnasts may be named for an Espoir Group, plus one reserve.
- Five or six gymnasts may be named for a Junior or Senior Group, plus one reserve.
- There is no requirement for reserves to perform.

Espoir (4, 5 or 6 gymnasts)

Eligibility	Four, five or six Espoir gymnasts as defined in the 'Other national competitions' column of the table on Page 17 of this Handbook (and subject to the separate criteria for Groups from a single club versus a combination of clubs above)
Apparatus	1 Free routine and 1 routine with one Ball per gymnast

Junior (5 gymnasts)

Eligibility	At least one Junior gymnast and up to five Espoir gymnasts as defined in the 'Other national competitions' column of the table on Page 17 of this Handbook
Apparatus	1 routine with 5 Hoops and 1 routine with 5 Ribbons

Senior (5 gymnasts)

Eligibility	At least one Senior gymnast and up to five Junior gymnasts as defined in the 'Other national competitions' column of the table on Page 17 of this Handbook
Apparatus	1 routine with 3 Hoops and 4 Clubs and 1 routine with 5 Balls

Competition Structure:

- In the overall competition all age groups will perform two different routines, once each.
- The results for the overall competition will be determined from the combined scores of the two performances.

Qualification for Apparatus Finals

- Where there are eight or more Groups in a section, the top six Groups on each piece of apparatus in the Overall Competition will compete in the Apparatus finals.
- Where there are seven or fewer Groups in a section, there will be no Apparatus finals, with apparatus titles being awarded on the basis of the scores received in the All-Around competition.
- In the event that a group may not compete both routines in the overall competition they may still qualify for an Apparatus Final.

Coach Qualification and Passes:

Competition	Lead Coach Minimum Qualification Required (or equivalent)
All age groups	Rhythmic Gymnastics Level 2 or equivalent

The lead coach/supervising coach must have the relevant qualifications and BG membership as defined in the eligibility section of this handbook. Qualifications must cover the level of the skills being performed by the gymnasts. In the event of an accident, failure to hold the correct level of qualification may lead to your insurance being negated.

Per Session	Coaches	Additional Coaches
1 Gymnast/Group	1	
2 Gymnasts/Groups	1	1
3 Gymnasts/Groups	1	2
• Coaches must not represent more than one club during a session		

Tie Breaks:

- Tie-break rules as per [FIG Regulations \(World Championships\)](#) 

Awards:

- Medals will be presented to all gymnasts, including reserves, for the 1st/2nd/3rd placed Groups in each section in the overall competition.
- Medals will be presented to all gymnasts, including reserves, for the 1st/2nd/3rd placed Groups in each section in the apparatus finals.
- Certificates will be awarded for places 4th – 6th in each section.
- The winners of each section will also receive a trophy.
- A presentation will be made to the coach of the Senior Group Champion.

Open Apparatus Championships (Espoir and Pre-Junior)

Date:	23 rd – 24 th November
Venue:	Fenton Manor Sports Complex, Victoria Road, Fenton Stoke on Trent ST4 2RR
Opening date:	30 th August
Closing date:	Noon 11 th October
Music entry closing date:	Noon 15 th November
Entry Fee:	£15.00 per piece of apparatus
Code:	<p>Espoirs and Pre-Juniors will be judged according to the UEG Junior Code . Espoirs will additionally be able to use the recommended body difficulties detailed in the NDP Handbook.</p> <p>The Elite elements (Grade 6/7), will carry a value of 0.7 whilst the National elements (Grade 4/5) will carry a value of 0.5.</p>

Eligibility and apparatus

Disability - Not applicable for disability gymnasts

Espoir

Eligibility Espoir gymnasts as defined in the 'Other national competitions' column of the table on Page 17 of this Handbook (apart from those born in 2007) who achieved Level 4 or above in the 2018 Zonal Grades

Apparatus Up to two from Free, Rope, Hoop, Ball, Clubs and Ribbon

Pre-Junior

Eligibility Gymnasts born in 2007 who achieved Level 4 or above in the 2018 Zonal Grades

Apparatus Up to three from Rope, Ball, Clubs, Ribbon (n.b Ribbon must be 5 metres minimum)

Competition Structure:

- Each apparatus within each age group is a separate competition.

Coach Qualification and Passes:

Competition	Lead Coach Minimum Qualification Required (or equivalent)
All age groups	Rhythmic Gymnastics Level 2 or equivalent

The lead coach/supervising coach must have the relevant qualifications and BG membership as defined in the eligibility section of this handbook. Qualifications must cover the level of the skills being performed by the gymnasts. In the event of an accident, failure to hold the correct level of qualification may lead to your insurance being negated.

Per Session	Coaches	Additional Coaches
1 Gymnast/Group	1	
2 Gymnasts/Groups	1	1
3 Gymnasts/Groups	1	2
<ul style="list-style-type: none"> • Coaches must not represent more than one club during a session 		

Tie Breaks:

- Tie-break rules as per [FIG Regulations \(World Championships\)](#) 

Awards:

- Gold Silver & Bronze Medals will be awarded to the top three gymnasts in each section.
- Certificates will be awarded for places 4th – 6th in each section.

Group Leagues



Date: **Round 1** **8th – 9th June**
Venue Fenton Manor Sports Complex, Victoria Road, Fenton Stoke on Trent ST4 2RR
Opening date 15th March
Closing date Noon 26th April
Music deadline Noon 31st May

Date: **Round 2** **13th October**
Venue Fenton Manor Sports Complex, Victoria Road, Fenton Stoke on Trent ST4 2RR
Opening date 19th July
Closing date Noon 30th August
Music deadline Noon 4th October

Date: **Round 3** **23rd – 24th November**
Venue Fenton Manor Sports Complex, Victoria Road, Fenton Stoke on Trent ST4 2RR
Opening date 30th August
Closing date Noon 11th October
Music deadline Noon 15th November

Format: There will be two divisions - Elite and National – for Espoirs and Juniors, and a single Division for Seniors. The division each Espoir and Junior Group is eligible for will be determined from the results of the seeding competition held in March 2019 (see Page 25 of this Handbook)

Entry Fee: £75.00 per Group per Round

Code: Espoirs and Juniors will be judged according to the [UEG Junior Code](#)  and Seniors according to the [FIG Code](#) . Espoir Groups will additionally be able to use the recommended body difficulties detailed in the NDP Handbook.

Eligibility:

All Groups must enter at least two of the three rounds, one of which must be Round 3.

Gymnasts may only work in one Group within each round and should work in the same Group across all rounds unless the Technical Committee has consented to the gymnast moving to a different Group.

Coaches wishing to move a gymnast/gymnasts between Groups within their club at any point in the season after the seeding competition must apply in writing to the Technical Committee at the earliest possible opportunity - and ideally before entries for the next round close - stating the reason for the requested change. No movement of gymnasts between Groups less than 72 hours before a competition will be permitted unless a valid medical note is provided. Only one change of Group per gymnast per season will be permitted

For each round:-

- four, five or six gymnasts may be named for an Espoir Group, plus one reserve
- five or six gymnasts may be named for a Junior or Senior Group, plus one reserve

There is no requirement for reserves to perform.

The maximum number of gymnasts which may be used across all rounds is nine for an Espoir Group and eight for a Junior or Senior Group.

Groups may comprise gymnasts from a single club or a combination of clubs with separate eligibility criteria applying in each situation;

Groups comprising gymnasts from a single club;

- Clubs may enter more than one Group in each section.

Groups comprising gymnasts from a combination of clubs;

- May contain gymnasts from any number of clubs

- Only one Group from a combination of clubs may be entered in each club's name in each section.

In both instances;

- Gymnasts may only work in one Group.
- Younger gymnasts may work in an older section but older gymnasts may not work in a younger section.

Espoir (4, 5 or 6 gymnasts)

Eligibility	Four, five or six Espoir gymnasts as defined in the 'Other national competitions' column of the table on Page 17 of this Handbook
Apparatus	Elite: 1 Free routine and 1 routine with one Ball per gymnast National: Round 1- 1 routine with one Ball per gymnast, performed twice Round 2 & 3- 1 Free routine and 1 routine with one Ball per gymnast

Junior (5 gymnasts)

Eligibility	At least one Junior gymnast and up to five Espoir gymnasts as defined in the 'Other national competitions' column of the table on Page 17 of this Handbook
Apparatus	Elite: 1 routine with 5 Hoops, and 1 routine with 5 Ribbons National: Round 1 - 1 routine with 5 Ribbons, performed twice Rounds 2 & 3 – 1 routine with 5 Hoops and 1 routine with 5 Ribbons

Senior (5 gymnasts)

Eligibility	At least one Senior gymnast and up to five Junior gymnasts as defined in the 'Other national competitions' column of the table on Page 17 of this Handbook
Apparatus	1 routine with 3 Hoops and 4 Clubs, and 1 routine with 5 Balls

Disability	Not applicable for disability gymnasts
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Coach Qualification and Passes:

- Minimum of two coaches when more than one Group in the same session
- At least one coach must be RG Level 2 or equivalent
- Coaches must not represent more than one club during a session

Tie Breaks:

- Tie-break rules as per [FIG Regulations \(World Championships\)](#) 

Awards:

- The Espoir Elite Group League Champions will be determined by taking each Group's top two Free scores and their top two Ball scores from the three rounds and adding them together to give an overall total.
- 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 Elite Group League Champions will be determined by taking each Group's top two Hoop scores and their top two Ribbon scores from the three rounds and adding them 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.
- The Senior Group League Champions will be determined by taking each Group's top two Hoop/Clubs scores and their top two Ball scores from the three rounds and adding them together to give an overall total.
- All five Group League Champions will receive a trophy and medals with all gymnasts, including reserves, in the Groups finishing second and third overall also receiving medals.
- No medals will be presented for the individual rounds but certificates will be awarded to the Groups finishing first to sixth in each section

Appendices

Home Countries, English Regions & Island Associations

Home Countries

England

www.british-gymnastics.org/england

Northern Ireland

www.northernirelandgymnastics.org

Scotland

www.scottishgymnastics.org

Wales

www.welshgymnastics.org

English Regions

East

www.eastgymnastics.org.uk

East Midlands

www.emgymnastics.org.uk

London

www.london-gymnastics.co.uk

North

www.northgymnastics.org.uk

North West

www.nwga.co.uk

South

www.southgymnastics.org.uk

South East

www.segymnastics.org.uk

South West

www.southwestgym.org.uk

West Midlands

www.wmgymnastics.org.uk

Yorkshire

www.yorkshire.gymnasticsengland.org

Island Associations

Isle of Man Gymnastics

www.iomgymnastics.org

Application for Gymnast Waiver

Please complete a separate application form for each Gymnast/Group.

Name of Gymnast/Group:

Club:

1. Matter in respect of which a waiver is sought (e.g. exemption from certain BQT exercises, entry to British Championships, right to participate in GBR Squad selection event, membership of GBR Squad, exemption from competition requirements)
2. Reason for requesting the waiver (e.g. illness/injury/physical limitation*, missed BQT or Grades)

**If the reason relates to illness, limitation or injury please enclose medical evidence in support*

3. Information in support of your application, i.e. why the coach believes that the Gymnast/Group should be allowed to compete in the relevant competition/attend the selection event/be a member of the GBR Squad, together with any supporting information (e.g. scores from recent competitions)

Coach's declaration (by submitting this form the coach agrees to the following)

It is the coach's responsibility to ensure that their gymnast(s) performs/competes only when fit and well enough to do so. The disclosure of the information requested in this form does not impart any responsibility on the RGTC to make this assessment. The coach confirms that the gymnast(s) is/are (or is/are expected to be) fit and well enough to:

- perform the remaining BQT exercises in respect of which a waiver is not sought; AND/OR
- compete in the competition/selection event in respect of which you make this application; AND/OR
- participate in the scheduled GBR Squad sessions

as appropriate, in the context of this application form. If the gymnast(s)'s circumstances change so that this is no longer the case, it is the coach's responsibility to ensure that the gymnast(s) does not put herself/themselves at risk by proceeding with that event.

Coach's signature:

Coach's name:

Date: