



**NOTICE OF SELECTION EVENT**  
**Rhythmic Gymnastics**  
**Aspire Programme**

In accordance with the GBR Performance Pathway Selection Policy for GBR Rhythmic Aspire Individual Programme 2019-20, the next Selection Event for the Aspire Programme will be held as follows:

**Period of selection:** April to November 2019

**Eligibility criteria:** As per the GBR Performance Pathway Selection Policy. With the following amendments;

- Under 9 Gymnasts no restriction
- All other gymnasts must either have passed BQT 2019 or qualified minimum Level 4 in 2018 from their respective Zonal Grades competition.

**Date:** 6 April 2019

**Time:** To Be Confirmed

**Venue:** Jubilee Hall, Lilleshall National Sports Centre, Newport, Shropshire TF10 9NB

**Format:**

- The British Qualification Testing ballet exercises for the gymnast's relevant age group (if entering as an individual) or for groups (if entering as a group gymnast);
- Performance of each of the Recommended Body Difficulties for the gymnast's relevant age group (performed in isolation and without apparatus); and
- Performance of the following apparatus elements:
  - rope: split leap through the rope
  - rope: series of skips (4 boxer skips, 4 cross skips (2 sets of cross/uncross), 2 turning skips, single skip with legs together, two consecutive double skips with legs together)
  - rope: throw and catch of the rope from a medium/large throw with one end in each hand
  - rope: release and catch of one end of the rope in wheel plane (release behind back)
  - rope: table lasso
  - ball: series of bounces (2 large, 3 small) (performed standing) – performed in each hand
  - ball: roll of the ball across the arms held out to the side, in front of the head – performed from each hand
  - ball: figure of eight of the ball – performed in each hand
  - ball: throw and catch of the ball with one hand from a medium/large throw

For those gymnasts who have entered as a group, the gymnasts' scores will be added together to give a score for the group

Please note that all gymnasts must be accompanied by a coach of at least Level 2 qualification from the gymnast's own club

**Entries must be submitted and an entry fee of £25 per gymnast paid online via online enrolment for course reference: 19BG00R24460 by no later than 4pm on Friday 8 March 2019.**

<https://www.british-gymnastics.org/course/24460/pathway-development-camp/?location>