

## NOTICE OF SELECTION EVENT

### Rhythmic Gymnastics

### Foundation Programme (Formerly Aspire Programme)

In accordance with the GBR Performance Pathway Selection Policy for GBR Rhythmic Foundation Programme 2020, the next Selection Event for the Foundation Programme will be held as follows:

**Period of selection:** January - November 2020

**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 2019 from their respective Zonal Grades competition (if entering as an individual) or a member of a group in 2019 which qualified minimum Level 4 at Group Seeding in 2019.

**Date:** Saturday 30<sup>th</sup> November 2019

**Time:** To Be Confirmed

**Venue:** Lilleshall National Sports Centre, Newport, Shropshire, TF10 9AT.

**Format:**

- The British Qualification Testing ballet exercises for the gymnast's relevant age group in 2020 (if entering as an individual) or for groups (if entering as a group gymnast);
- If entering as an individual, performance of each of the Recommended Body Difficulties for the gymnast's relevant age group in 2020 (performed in isolation and without apparatus) or
- If entering as a group, performance of the following RBD's, to be performed as a group simultaneously in a formation. To be performed on both sides although gymnasts can choose which leg to show first. *(i.e. 2 gymnasts may perform the Left leg & two perform with the right leg for the first attempt and then reversed for the second attempt.)*
  - Arabesque balance on Releve
  - Passé pivot (knee in turnout)
  - Split Leap
- If entering as an individual or a group, 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 analysed 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.

Any queries please contact either Chris Hughes [chris.hughes@british-gymnastics.org](mailto:chris.hughes@british-gymnastics.org) or Vicki Pearson [Vicki.hawkins@british-gymnastics.org](mailto:Vicki.hawkins@british-gymnastics.org).

Entries must be submitted and an entry fee of £25 per gymnast paid online the below link by no later than 4pm on Friday 25<sup>th</sup> October 2019.

<https://www.british-gymnastics.org/course/25781/pathway-development-camp/?location=>