



NOTICE OF SELECTION EVENT
Rhythmic Gymnastics
Foundation Programme Formerly

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 2021

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 2020

Gymnasts who wish to be selected for Foundation Programme 2021 will be assessed on the following format. This will be done through video submission & live analysis.

Deadline for video submission: TBC after 2nd December 2020

Date for Live On-line assessment: TBC after 2nd December 2020

Format:

Ballet (1 video in 4 parts – can be found on GymNET)

- Performance of the following British Qualification Testing ballet exercises for the gymnast's relevant age group in 2021 (if entering as an individual) or for groups (if entering as a group gymnast);
 - Pre-espoir Individual
 - Demi-pliés (Right & Left)
 - Battement tendus in 1st (Right & Left)
 - Relevé lent and relevés (Right & Left)
 - Plié-relevé & temps levés
 - Espoir Individual & Espoir Group
 - Pliés (Right & Left)
 - Battement tendu in 5th (Right & Left)
 - Relevé lent (Right & Left)
 - Temps levés (Espoirs individuals only)

Recommended Body Difficulties (LIVE Assessment TBC)

- Rhythmic Body Difficulty (RBD) will be assessed through a 'live' video assessment with a Lead Coach from the Foundation Programme & a Rhythmic Brevet judge
- A 20-minute slot will be allocated for the 'live' assessment, maximum of 5 gymnasts can be on a Zoom call/slot.
- The 'live' assessment **will be confirmed after 2nd December 2020, the allocated slot will be emailed out a week in advance** of the live assessment taking place on Zoom.

Performance of the following Recommended Body Difficulties for the gymnast's relevant age group in 2021 (performed in isolation and without apparatus for individuals):

- Grade 4 Under 9
 - Split Leap
 - Arabesques Balance Releve to Releve
 - Side Splits Balance with help on flat foot
 - Passé pivot (knee in turnout) en d'hors
- Grade 5 Under 10
 - Split Leap
 - Attitude Balance Releve to Releve
 - Side Splits Balance with help, flat foot to Releve
 - Double Passé pivot (knee in turnout) en d'hors or 2 x Fouette Pivot
- Grade 6 & 7 Under 11 & 12
 - Split Leap
 - Ring Balance with help (Fish) Releve to Releve
 - Side Splits Balance with help, Releve to Releve
 - 3 x Fouette Pivot (knee in turnout)

OR Performance of the following RBD's for groups the following elements 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.)*

- Split Leap
- Arabesque balance Releve to Releve
- **Passé pivot (knee in turnout) en dedan or en d'hors**

Apparatus submission (1 video – can be found out on GymNET)

- 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 during the recordings/live analysis of at least a level 2 qualification from the gymnast's own club.

Any queries please contact either Harriet Barnes harriet.barnes@british-gymnastics.org or Vicki Pearson Vicki.hawkins@british-gymnastics.org .

Expressions of interest to be submitted by Wednesday 2nd December at 5pm, please click the link and fill out form 1: <https://form.jotformeu.com/203133368977362>

Firm Entries must be submitted and there will be no entry fee on this occasion.