



NOTICE OF SELECTION EVENT
Rhythmic Gymnastics
Foundation Programme

In accordance with the GBR Performance Pathway Selection Policy for GBR Rhythmic Foundation Programme 2022, the next Selection Event for the Foundation Programme will be held as follows:

Period of selection: January - November 2022

Eligibility criteria: As per the GBR Performance Pathway Selection Policy.

Date: 10th or 11th December 2021

Times: To Be Confirmed but will be pre-determined and communicated

Venue: LNSC by live assessment

Format:

Ballet (4 videos – can be found on GymNET)

- Performance of the following British Qualification Testing ballet exercises for the gymnast's relevant age group in 2022 (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 Group
 - Pliés (Right & Left)
 - Battement tendu in 5th (Right & Left)
 - Relevé lent (Right & Left)
 - Temps levés (Espoirs individuals only)

Recommended Body Difficulties

- Performance of the following Recommended Body Difficulties for the gymnast's relevant age group in 2022 (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 step 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

- 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 Elements

- 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 Louise Paul louise.paul@british-gymnastics.org