



2nd London Rhythmic Gymnastics Championship

28-29 April 2018

Invitation

Dear Rhythmic Gymnastics Clubs and Fans,

It is with deepest pride and greatest pleasure that we invite you to participate in the 2nd London Rhythmic Gymnastics Championship to be held on the 28-29th April 2018 in University of East London SportsDock.

The London Rhythmic Gymnastics Championship is aimed at bringing together all clubs in London with the purpose to demonstrate the sheer beauty and elegance of our sport and to encourage its growth and development within the region and beyond.

The organizers will do their best to create a friendly atmosphere for all competitors and viewers, and encourage gymnast to support their fellow teammates. It is the first time we have introduced a regional ranking framework, which will determine the winner of our special award: “Best London RG Club 2018”.

We wish that all participants truly enjoy this event and we hope to create some unforgettable memories!

We look forward to seeing you in April.

London Rhythmic Gymnastics Technical Committee

Competition Timetable

28 April 2018 - SATURDAY

- ▶ **09:30 – 10:00** Judges meeting & Orientation
- ▶ **10:00 – 10:30** Opening ceremony
- ▶ **10:30 – 13:00** Competition for:
 - ▶ 2011 Level 0, 1, 2
 - ▶ 2010 Level 0, 1, 2
 - ▶ 2009 Level 0, 1
- ▶ **13:00 – 13:30** Medal Ceremony & Lunch break
- ▶ **13:30 – 16:00** Competition
 - ▶ 2009 Level 2
 - ▶ 2008 Level 1, 2
 - ▶ 2007 Level 1, 2
 - ▶ 2006 Level 1, 2
 - ▶ Juniors Level 1, 2
 - ▶ Seniors Level 1, 2
- ▶ **16:00 – 16:30** Gala
- ▶ **16:30 – 17:30** Medal Ceremony

29 April 2018 - SUNDAY

- ▶ **09:00 – 09:30** Judges meeting & Orientation
- ▶ **09:30 – 10:00** Opening ceremony
- ▶ **10:00 – 13:30** Competition for:
 - ▶ 2010 Level 3
 - ▶ 2009 Level 3, 4, 5
 - ▶ 2008 Level 3, 4, 5
 - ▶ 2007 Level 4, 5
- ▶ **13:30 – 14:00** Medal Ceremony & Lunch break
- ▶ **14:00 – 17:15** Competition
 - ▶ 2007 Level 3
 - ▶ 2006 Level 3, 4, 5
 - ▶ Juniors Level 3, 4, 5
 - ▶ Seniors Level 3, 4, 5
- ▶ **17:15 – 17:30** Gala
- ▶ **17:30 – 18:30** Medal Ceremony

Apparatus (I)

Categories	Year of Birth	Age	Grade	Level	Number of Routines	Apparatus
BENJAMIN	2011	7	Grade 2	0	max 1 Routine	Free
				1	max 1 Routine	Free
BENJAMIN	2010	8	Grade 3	2	max 1 Routine	Free
				0	max 1 Routine	Free
BENJAMIN	2010	8	Grade 3	1	max 1 Routine	Free
				2	max 1 Routine	Free
BENJAMIN	2010	8	Grade 3	3	max 2 Routines	Free/Rope
				0	max 1 Routine	Free
BENJAMIN	2009	9	Grade 4	1	max 1 Routine	Free
				2	max 1 Routine	Free/Rope
BENJAMIN	2009	9	Grade 4	3	max 2 Routines	Free/Ball/Rope/Hoop
				4	max 2 Routines	Free/Rope
BENJAMIN	2009	9	Grade 4	5	max 2 Routines	Free/Rope
				0	max 1 Routine	Free/Hoop
ESPIOR	2008	10	Grade 5	1	max 1 Routine	Free/Hoop
				2	max 1 Routine	Free/Hoop
ESPIOR	2008	10	Grade 5	3	max 2 Routines	Free/Hoop
				4	max 2 Routines	Free/Ball/Rope
ESPIOR	2008	10	Grade 5	5	max 2 Routines	Free/Rope
				1	max 1 Routine	Free/Rope
ESPIOR	2007	11	Grade 6	2	max 1 Routine	Hoop
				3	max 2 Routines	Hoop
ESPIOR	2007	11	Grade 6	4	max 2 Routines	Free/Ball/Rope/Clubs
				5	max 2 Routines	Ball/Clubs
ESPIOR	2007	11	Grade 6	5	max 2 Routines	Ball/Clubs

Apparatus (II)

Categories	Year of Birth	Age	Grade	Level	Number of Routines	Apparatus
PRE - JUNIOR	2006	12	Grade 7	1	max 1 Routine	Hoop
				2	max 1 Routine	Hoop
				3	max 2 Routines	Ball/Rope/Clubs/Ribbon
				4	max 2 Routines	Ball/Ribbon
				5	max 2 Routines	Ball/Clubs/Ribbon
JUNIOR	2005/2004/2003	13/14/15	Grade 8 & 9	1	max 1 Routine	Ball
				2	max 1 Routine	Ball
	2005/2004/2003	13/14/15	Grade 8 & 9	3	max 2 Routines	Ribbon/Ball/Clubs
	2005/2004/2003	13/14/15	Grade 8 & 9	4	max 2 Routines	Ball/Clubs/Ribbon
	2005/2004/2003	13/14/15	Grade 8 & 9	5	max 3 Routines	Ball/Clubs/Ribbon
SENIOR	2002 and older	16+	Grade 10	1	max 1 Routine	Hoop
				2	max 1 Routine	Hoop
				3	max 2 Routines	Clubs/Hoop/Ribbon
				4	max 2 Routines	Clubs/Hoop/Ribbon
				5	max 3 Routines	Clubs/Hoop/Ribbon

Information for Parents

VENUE

- University of East London SportsDock

PARKING

- Free parking - over 400 spaces available

FOOD

- There is a café at the leisure centre selling hot and cold food and beverages

TICKETS

- Spectator tickets will be available on the day (£10 – adults; £5 – children)

GYMNASTS REGISTRATION

- 9:15AM (Saturday) & 8:45AM (Sunday)

SPECTATORS DOORS OPEN

- 9:30AM (Saturday) & 9:00AM (Sunday)

MEDICAL & WELFARE

- There will be a first aider and a welfare officer on duty during the event.

MEDAL CEREMONIES

- All gymnasts will receive awards and/or certificates during the medal ceremony.
- There will be two medal ceremonies each day (refer to page 3).
- All gymnasts should gather in the warm up area 10 min before the medal ceremony.

Competition Information (I)



¹ Apparatus breakdown per category is provided on pages 4 & 5

Competition Information (II)

MEMBERSHIP

- All clubs must be affiliates of London Gymnastics and registered with British Gymnastics.
- All gymnasts must hold current BG membership to the stated level and be a member of an LG affiliated BG club.
- All coaches must hold current and correct levels of BG membership and qualifications.
- All judges must hold current BG membership and current judging qualification. Clubs must provide a qualified judge or need to pay £50 levy without exception at the time of entry.

PHOTOGRAPHY

- By entering an LG event, there is an acceptance that the participant may be photographed and the photograph may be published by LG. Photos and videos may only be taken and used in accordance with the BG Child Protection Policy. Where the Competition Organiser believes that a person taking or assisting in the taking of photos/videos is in breach of these conditions he or she may require that person to leave the venue. Photos may not be used, distributed or copied for commercial purposes. Flash may not be used at any time while gymnasts are warming up or competing.

PARENTAL SUPPORT

- Parents can support children, and the coaches, at competitions in the following way:
- Ensure that your child remains under the supervision of the coach during the competition.
- Encourage your child to support their partners or team mates.
- Ensure that your child is prepared for the competition by arriving at the stated time and having the correct kit, removing jewelry etc.
- Parents must not approach the officials or judges under any circumstances
- Parents will not be allowed in the warm up gym.

GYMNASTS

- Gymnasts must respect and follow the rules of the host venue
- Hair should be ready dressed.
- Jewelry, body piercing and similar adornments are not allowed.
- Chewing gum is not allowed.
- Gymnasts must not leave the competition arena without the knowledge and agreement of their coach.
- Gymnasts are expected to remain for the duration of the competition including the presentations.

CONTACTS

- London Rhythmic Gymnastics Chairman: Monika Vedrichkova londonrgchair@gmail.com
- Competition Organiser: Kristina Ondon kristina.ondon@yahoo.com
- Judge Coordinator: Daniela Balova dyordanova84@yahoo.com