



## **BRITISH GYMNASTICS ZONE C CHAMPIONSHIPS**

### **RHYTHMIC GYMNASTICS**

**Encompassing Grades 4 -10 and**

**Regional Championships for East, East Midlands & West Midlands**

#### **DATE**

Sunday 19<sup>th</sup> April 2015

#### **VENUE**

GMAC Birmingham

#### **ENTRY**

The online entry system will be open this Friday (6<sup>th</sup> March) and will close at 12 noon on Friday 13<sup>th</sup> March.

Please note that late entries won't be accepted.

#### **ENTRY FEES**

£10 per routine

Those gymnasts competing in the grades competition and also want to compete for the zonal and regional championships must be entered for all events with only one entry fee.

#### **COMPETITION STRUCTURE**

*East Region Championships*

Age Groups U8, U9, U10, U12, Junior, Senior

*East Midlands Championships*

Age Groups U8, U9, U10, U12, Junior, Senior

*West Midlands Championships*

Age Groups U8, U9, U10, U11, U12, Junior, Senior



## *Zone C Championships*

Age Groups U8, U9, U10, U12, Junior, Senior

Zonal Grades

G4 – G10

### **ELIGIBILITY**

The Championships are open to gymnasts who are Bronze Members for U8 and Silver Members for all other age groups of British Gymnastics, and who belong to a Club which is affiliated to their clubs Region and to British Gymnastics.

There is no restrictions on gymnasts nationality and all gymnasts must work in the correct age group in all sections.

### **AWARDS**

Regional Championships Trophies plus medals for the first 3 places will be awarded in each age group e.g. Senior, Junior, U12, U10, etc.

Zonal Championships – Trophies and medals for first 3 places in each age group.

Gymnasts who achieved the grades level will receive a certificate.

WMAGA is responsible for organising trophies and medals and for all expenses incurred in relation to the event

### **JUDGES AND VOLUNGTEERS**

All clubs must supply TWO judges one of which must be a minimun regional level and TWO volunteers (min age 16)

### **COACHES**

When submitting entries, clubs must ensure the nominated coach is at least Level 2 qualified.

### **SHEETS AND MUSIC**

One copy of the Official Tarriff Sheets must be submitted for each gymnast and each exercise, in each Age Group by **11<sup>th</sup> April 2015**

Sheets must be completed according to the Code and emailed in PDF format to Lisa Higgins [lisahiggins42@live.com](mailto:lisahiggins42@live.com)



Music must be submitted on a CD on the day of the competition. One CD for one routine and marked with the name, club, apparatus. Back up music can be provided on a memory stick.

## ZONE/REGIONAL CHAMPIONSHIPS

### COMPETITION REQUIREMENTS

#### SENIOR INDIVIDUAL CHAMPIONSHIPS

3 Voluntaries - Hoop, Clubs, Ribbon  
As per FIG Code

**Maximum Score 20.00 points**

#### JUNIOR INDIVIDUAL CHAMPIONSHIPS

3 Voluntaries - Hoop, Rope, Clubs  
As per Junior FIG Code

**Maximum Score 18.00 points**

#### UNDER 12 CHAMPIONSHIPS

2 Voluntaries - Ball and Hoop or Clubs  
As per Junior FIG Code

**Maximum Score 18.00 points**

#### UNDER 11 CHAMPIONSHIPS – for WEST MIDLANDS

2 Voluntaries - Ball and Hoop  
As per Junior FIG Code

**Maximum Score 18.00 points**

#### UNDER 10 CHAMPIONSHIPS

2 Voluntaries - Free & Hoop

Min 3 max 6 BMD, 1 or 2 from each group.

Min 2 Dance step combinations.

50% Fundamental/Non-Fundamental apparatus.

50% L/R hand elements

Max 2 DER single rotation permitted

**Maximum Score 17.00 points**



### UNDER 9 CHAMPIONSHIPS

2 Voluntaries - Free & Rope

Min 3 max 6 BMD, 1 or 2 from each group.

Min 2 Dance step combinations.

50% Fundamental/Non-Fundamental apparatus.

50% L/R hand elements

Max 2 DER single rotation permitted.

**Maximum Score 17.00 points**

### UNDER 8 COMPETITION

1 Voluntary - Free Exercise

Min 3 max 6 BMD, 1 or 2 from each group

Min 2 Dance step combinations

CAN USE G4 RBD to claim 0.5

**Maximum Score 16.00 points**

Gymnasts must be at least 7 years old in this competition year (born 2007, 2008)

### GRADES 4-10

#### **COMPETITION REQUIREMENTS**

##### Grade 10

3 Voluntaries - Hoop, Clubs, Ribbon  
As per FIG Code

**Maximum Score 20.00 points**

##### Grade 8 & 9

3 Voluntaries - Rope, Hoop and Clubs  
As per Junior FIG Code

**Maximum Score 18.00 points**

##### Grade 7

2 Voluntaries - Ball and Clubs  
As per Junior FIG Code

**Maximum Score 18.00 points**



### Grade 6

2 Voluntaries - Hoop and Ball

As per Junior FIG Code

**Maximum Score 18.00 points**

### Grade 5

2 Voluntaries - Free & Hoop

Min 3 max 6 BMD, 1 or 2 from each group.

Min 2 Dance step combinations.

50% Fundamental/Non-Fundamental apparatus.

50% L/R hand elements

Max 2 DER single rotation permitted.

**Maximum Score 17.00 points**

### Grade 4

2 Voluntaries - Free & Rope

Min 3 max 6 BMD, 1 or 2 from each group.

Min 2 Dance step combinations.

50% Fundamental/Non-Fundamental apparatus.

50% L/R hand elements

Max 2 DER single rotation permitted.

**Maximum Score 17.00 points**

Additionally for G4, G5, G6, G7 and Zonal/Regional U12, U10, U9 Recommended body difficulty can be used and for U8 Championships G4 RBD can be used to claim 0.5 point.