



9th December 2018 - Weavers Sports Centre, Weavers Road, Wellingborough, NN8 3JQ

1. Organised by the East Midlands Gymnastics Association Rhythmic Technical Committee & open to BG registered gymnasts of an East Midlands Affiliated Club or Invited Club.

2. Programme of Work

Next Steps

Under 10 Step 1	1 Exercise	Hoop or Ball SET SEQUENCE
Under 10 Step 2	1 Exercise	Ribbon SET SEQUENCE
Under 10 Step 3	1 Exercise	Rope SET SEQUENCE
Over 10 Step 1	1 Exercise	Hoop or Ball SET SEQUENCE
Over 10 Step 2	1 Exercise	Ribbon SET SEQUENCE
Over 10 Step 3	1 Exercise	Rope SET SEQUENCE

Programme of Work

Ball Competition Level 1 & 2 Basic Code, Level 3 FIG Code

Under 8	1 Exercise	L1/2/3
Under 10	1 Exercise	L1/2/3
Under 12	1 Exercise	L1/2/3
Junior	1 Exercise	L1/2/3
Senior	1 Exercise	L1/2/3

*L3 competition only -Recommended Body Skills may be claimed in age. Ug RBDs are also valid for U8s

3. Age is determined as of 1st January 2018 as per the BG Rhythmic Competition Handbook. Level 1/2/3 Competition gymnasts must enter within their own age group. Under 8s participating in the L1/2/3 Competition MUST turn 7 or 8 in 2018 (born in 2010 or 2011). Next Steps Competition gymnasts must be 6 on or before December 9th 2018 (born on or before 09/12/2012)

4. Gymnasts in the Next Steps Competition may train 2 hours/week maximum or have competed in fewer than 3 competitions.

5. Gymnasts may compete in either the Ball Competition OR Next Steps Competition provided they meet the requirement.

6. The organisers reserve the right to split the age group categories if there are high levels of entries.

7. Dress - leotard or cat-suit as per FIG Code of Points regulations.

8. Music - must be as per Next Steps Program (60 secs). For the Ball Competition music must be per FIG rules (1.15 - 1.30) Clubs may submit a memory stick with each gymnast's music clearly labelled with the gymnast's name and apparatus OR gymnast must have her own CD and both the CD & the box labelled with name, club & apparatus

9 Judging - Judged on the Next Steps/Basic Code or FIG judging guidelines dependent on competition and level. Each Club must provide two qualified judges for the competition (2017 - 2020 cycle). At least one judge to be Regional level or above. Clubs unable to provide the required number of judges must pay £50 penalty per missing judge.

10. Prizes - Medals for 1st, 2nd & 3rd per section & award for the best L3 execution score of the day

11. Entry forms and Fees L1/2/3 £10 for 1 individual routine

 Next Steps £6 for 1 individual routine

Entry for the Rhythmic Gymnastics Winter Cup 2018 via the British Gymnastic online system. Closing date is 2nd November.

Payment for the competition must accompany your entry – clubs who have not paid by 02nd November will not be permitted to enter.