



**Presents**

# **The Four Seasons Tournament**

**A competition for L1 and L2 Rhythmic  
Gymnasts and Aesthetic Gymnastics**

### **Competition Dates**

#### **Sunday 24th February 2013**

Bexleyheath (A&V gymnastics Venue)

#### **Sunday 2nd of June 2013**

Edmonton Leisure Centre (Elite Gymnastics venue)

Closing date – 18<sup>th</sup> May 2013

#### **Sunday 21st of July 2013**

Bexleyheath (A&V gymnastics Venue)

Closing date – 6<sup>th</sup> July 2013

### **General Rules:**

- All participating clubs MUST be registered with both, London and British Gymnastics.
- All clubs MUST provide one qualified judge, at least level 1 if five or less gymnasts or two qualified judges if six or more gymnasts. £50 cheque MUST be paid to London Rh Tc same time with entry submission, this cheque will be cash in if the judges don't turn up or return to the club at the end of the competition if they show up.
- Coaches MUST be registered with BG and hold a British Gymnastics CRB
- Coaches taking gymnasts to the competition floor MUST be at least level 2
- The four seasons tournament follows BG and FIG rules

**Sheets:** Please send all difficulty sheets to Carlota Viguer by Friday 15th February [viguercarlota@gmail.com](mailto:viguercarlota@gmail.com)

### **FEE FOR ENTRY**

Individual Gymnasts: £10 per routine.

- Aesthetic Groups: £7 per person and per routine.

Payments must be done to London Rh Tc and have to be sent with the entry forms to Olga Berzing at 46 Kingsmead, Barnet, London, EN5 5AY.

### **ADDITIONAL INFORMATION**

WINTER COMPETITION IS A HOOP APPARATUS.

DIFFICULTY SHEETS MUST BE SEND TO CARLOTA ([viguercarlota@gmail.com](mailto:viguercarlota@gmail.com))

FEES ONE CHEQUE PER CLUB (NO INDIVIDUAL PAYMENTS WILL BE ACCEPTED)

All clubs MUST provide one qualified judge, at least level 1 if five or less gymnasts or two qualified judges if six or more gymnasts. £50 cheque MUST be paid to London Rh Tc same time with entry submission, this cheque will be cash in if the judges don't turn up or return to the club at the end of the competition if they show up

## **RHYTHMIC GYMNASTICS COMPETITION**

### **DESCRIPTION**

The tournament is a league that follows a four competition scheme for novice and recreational gymnasts. Each competition will be held in a different season and every gymnast will perform only one piece of apparatus in each season. The apparatus will be the same for each age group and level. The competition is open to two Levels in each age group:

Autumn: 11<sup>th</sup> of November 2012 -> Rope-Venue: Elite Gymnastics Club.  
Edmonton Leisure Centre

Winter: 24<sup>th</sup> of February 2013 -> Hoop-Venue: A & V Club. South London

Spring: 2<sup>nd</sup> of June 2013 -> Ball- Venue: Elite Gymnastics Club. Edmonton  
Leisure Centre.

Summer: 21<sup>st</sup> of July 2013 -> Ribbon- Venue: A & V Club. South London

There will be 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> position for each category per section and an Overall 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> at the end of the last season competition, in this case, after the summer season competition.

Gymnasts are strongly requested to participate in all of the competitions as this is a league tournament. However they may not do, if so they must be aware of the fact that they won't qualify for the overall rank.

This tournament is for L1 (first year of competition, trains once or twice per week, NOT in grades, sheets not required) and L2 (some competition experience, can be in grades, not in grades finals the previous season). If a gymnast is registered to compete in a group that is not according to her level she may be disqualified and please, bear in mind that downgrading difficulties is NOT allowed.

### **CATEGORIES**

CT1: Gymnasts born in 2004

CT2: Gymnasts born in 2003

CT3: Gymnasts born in 2002

CT4: Gymnasts born in 2001

CT5: Gymnasts born in 2000

CT6: Gymnasts born in 1999

### **COMPOSITION REQUIREMENTS**

Length of the routine: 1' 15 - 1' 30''

Music: As per FIG and BG requirements

Risks: Maximum of two risks but not a requirement

**Novice 1 – L1:** first year of competition, trains once or twice per week, NOT in grades. Sheets not required. Mastery not required during difficulties but equipment must have some movement.

**L1-CT1 and CT2**

**November-Autumn**

**ROPE** 6 difficulties X-E (two from each GCO and one of each GCNO)

2 risks (both of them single rotation minimum or one single and one double)

D2 max 4 points

**February-winter**

**HOOP** 6 difficulties X-E (even)

2 risks (both of them single rotation minimum or one single and one double)

D2 max 4 points

**June-spring**

**BALL** 6 difficulties X-E (two from each GCO and one of each GCNO)

2 risks (both of them single rotation minimum or one single and one double)

D2 max 4 points

**July-summer**

**RIBBON** 6 difficulties X-E (two from each GCO and one of each GCNO)

2 risks (both of them single rotation minimum or one single and one double)

D2 max 4 points

The ribbon must be no shorter than 4 metres

**L1 - CT3 and CT4**

**November-Autumn**

**ROPE** 8 difficulties X-F (three of each GCO and one of each GCNO)

2 risks (one single and one double)

D2 max 4 points

**February-winter**

**HOOP** 8 difficulties X-F (even)

2 risks (one single and one double)

D2 max 4 points

**June-spring**

**BALL** 8 difficulties X-F (two of each GCO and one of each GCNO minimum)

2 risks (one single and one double)

D2 max 4 points

**July-summer**

**RIBBON** 8 difficulties X-F (two of each GCO and one of each GCNO minimum)

2 risks (one single and one double)

D2 max 4 points. The ribbon must be no shorter than 4 metres

**L1- CT5 and CT6**

### **November-Autumn**

**ROPE** 9 difficulties X-G (three of each GCO and one of each GCNO minimum)

2 risks (one single and one double minimum)

D2 max 4 points

### **February-winter**

**HOOP** 9 difficulties X-G (even)

2 risks (one single and one double minimum)

D2 max 4 points

### **June-spring**

**BALL** 9 difficulties X-G (three of each GCO and one of each GCNO minimum)

2 risks (one single and one double minimum)

D2 max 4 points

### **July-summer**

**RIBBON** 9 difficulties X-G (three of each GCO and one of each GCNO minimum)

2 risks (one single and one double minimum)

D2 max 4 points

The ribbon must be no shorter than 5 metres

**Novice 2 – L2:** some competition experience, can be in grades, not in grades finals the previous season.

### **L2-CT1 and CT2**

#### **November-Autumn-**

**ROPE** 8 difficulties X-E (three from each GCO and one of each GCNO minimum)

2 risks (both of them single rotation minimum or one single and one double)

D2 max 5 points

#### **February-winter**

**HOOP** 8 difficulties X-E (even)

2 risks (both of them single rotation minimum or one single and one double)

D2 max 5 points

#### **June-spring**

**BALL** 8 difficulties X-E (three from each GCO and one of each GCNO minimum)

2 risks (both of them single rotation minimum or one single and one double)

D2 max 5 points

#### **July-summer**

**RIBBON** 8 difficulties X-E (three from each GCO and one of each GCNO minimum)

2 risks (both of them single rotation minimum or one single and one double)

D2 max 5 points

The ribbon must be no shorter than 4 metres

### **L2 - CT3 and CT4**

#### **November-Autumn**

**ROPE** 9 difficulties X-F (three of each GCO and one of each GCNO minimum)  
2 risks (one single and one double or both double)  
D2 max 5 points

**February-winter**

**HOOP** 9 difficulties X-F (even)  
2 risks (one single and one double or both double)  
D2 max 5 points

**June-spring**

**BALL** 9 difficulties X-F (three of each GCO and one of each GCNO minimum)  
2 risks (one single and one double or both double)  
D2 max 5 points

**July-summer**

**RIBBON** 9 difficulties X-F (three of each GCO and one of each GCNO minimum)  
2 risks (one single and one double or both double)  
D2 max 5 points. The ribbon must be no shorter than 4 metres

**L2- CT5 and CT6**

**November-Autumn**

**ROPE** 10 difficulties X-G (three of each GCO and one of each GCNO minimum)  
2 risks (one single and one double minimum)  
D2 max 5 points

**February-winter**

**HOOP** 10 difficulties X-G (even)  
2 risks (one single and one double minimum)  
D2 max 5 points

**June-spring**

**BALL** 10 difficulties X-G (three of each GCO and one of each GCNO minimum)  
2 risks (one single and one double minimum). D2 max 5 points

**July-summer**

**RIBBON** 10 difficulties X-G (three of each GCO and one of each GCNO minimum)  
2 risks (one single and one double minimum)  
D2 max 5 points  
The ribbon must be no shorter than 5 metres