

Rhythmic Gymnastics Competition
East Midlands & East Regional Championships
Incorporating Zone C Levels 1, 2, & 3
23 June 2019 Wellingborough, Northampton

DIRECTIVES

Dear Club,

The technical committee of East Midlands Rhythmic Gymnastics Region have the pleasure to invite you the above championships & zone competition.

DISCIPLINE	Rhythmic Gymnastics
HOST REGION	EAST MIDLANDS AGA Contact person: Hannah Vickers e-mail: hannah@evgc.co.uk web site: https://www.british-gymnastics.org/east-midlands
LOCATION	Wellingborough, Northamptonshire
DATES	23 June 2019
VENUE	Name of the Event Hall: Weavers Sports Centre full address: Weavers Sports Centre, Weavers Road, Wellingborough. NN8 3JQ Phone number: 01933 222830 web site: www.weaversacademy.org.uk
APPARATUS SUPPLIER	Gymnova Competition Carpet only
RULES AND REGULATIONS	The event will be organised under the following competition rules, as valid in the year of the event: <ul style="list-style-type: none"> • FIG Code of points • British Gymnastics Basic COP • Correct British Gymnastics Membership • British Gymnastics Competition requirements • Apparatus Norms • A gymnast may not enter more than one section i.e. L1 or L2 or L3. • Clear definitions of a Level 1, 2, 3 & Championships are given these must be observed. • Level1 – A beginner gymnast in their first year of competition in the sport max 5 events • Level2 – Competition for gymnast who are in >1 years of Rhythmic Gymnastics, have not competed at any National / International competitions, have not entered the zone grades in 2019 • Level3 – Competition for gymnasts working with the GBR / UEG/FIG code of points, or have not reached the required level for National grade finals 2019 or above • Dress for gymnasts – leotard or cat suit, with or without sleeves, no spaghetti straps. As per the FIG Code of Points. • Dress for coaches – to comply with BG dress codes for coaches, suitable tracksuit attire, and suitable footwear.

Zone C Level 1 – Individuals	Under 8 – Free Under 10 – Hoop Under 12 – Ball Junior – Ribbon Senior – Hoop	
Zone C Level 2 – Individuals	Under 8 – Free Under 10 – Free Under 10 – Hoop Under 12 – Ball Under 12 – Hoop Junior – Ribbon Junior – Ball Senior – Hoop Senior – Clubs	
Zone C Duets & Trios L1&2 combined	Under 8 Hoop Duet Under 10 Rope Duet Under 12 Ball Duet Junior Clubs Duet Senior Hoop Duet <i>NB This section will be judged on basic code</i>	Under 8 Free Trio Espoir Free Trio Junior Ball Trio Senior Ribbon Trio
Zone C Level 3 – Championships Individuals	Under 8 – Free Under 10 – 2 Routines - Free & Rope or Hoop Under 12 – 2 Routines - Clubs & Rope or Ribbon Junior – 2 Routines – Ribbon & Ball or Clubs Senior – 2 Routines – Hoop & Ball or Ribbon	
East Midlands Regional Championships	Under 8 – Free Under 9 – Free & Rope Under 10 – Free & Hoop Under 12 – Clubs & Rope or Ribbon Junior – Ribbon & Ball or Clubs Senior – Hoop & Ball or Ribbon <i>NB: Eligibility for Championships is L3, L4 or L5 all routines will be judged on FIG COP, with GBR RBD's for U8-U12's & with execution out of 10.000. Any gymnasts competing in the Zone C competition will receive an equivalent score for L3 with an Execution score from 20.000.</i>	
East Regional Championships	Under 8 – Free Under 9 – Free & Rope Under 10 – Free & Hoop Under 12 – Clubs & Rope or Ribbon Junior – Ribbon & Ball or Clubs Senior – Hoop & Ball or Ribbon <i>NB: Eligibility for Championships is determined by the East regional Association.</i>	
Zone C Level 3 – Groups	Espoir – 4,5,6 Ribbons Junior – 5 Ribbons Senior – 3 Hoops 4 Clubs <i>NB: Will be judged as per the requirements outlined in the Level 3 Group league.</i>	