

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

East Region

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: • 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.	

CLUB DELEGATIONS	 Neither gymnasts nor coaches will be allowed to wear jewellery in the warm-up or floor area. Only gymnasts and their nominated coach/s will be allowed in the warm-up area. Music - As per the competition requirements sheet. Music may be of any type in line with current FIG COP. All music must be submitted in advance by email or by the online system(GYMNET), music must be in mp3 format with the gymnast's name club and apparatus. Deadline 12 noon 14/6/2019. Clubs must have backup copies of music to hand on the day. Clubs must supply 2 judges 1 minimum regional level. 		
CLUB DELEGATIONS	Participation: Coaches: Minimum 2 Judges: Minimum 2		
	Volunteers : Minimum 2 Gymnasts: Unlimited		
AGE LIMITS	Age is determined as of January 1st 2019. Gymnasts must be aged 7 minimum by the 23/6/2019.		
COMPETITION	Entry Deadline – 31.5.2019		
DEADLINES	Music Submission – 14.6.2019		
ENTRY FEES	The Entry fee for this event will be: £10.00 per Routine for all Individuals £50.00 per Group Penalty to supply judges £50.00 per wrong level or missing judge		
FIRST AID	TBC		
INSURANCE	EMGA will not be held responsible for any liabilities in case of accidents illness and the like. All participating clubs are responsible for making their own arrangements to		
	have the necessary valid insurance coverage against illness, accidents for all the members of their Delegation.		
	All delegation members gymnasts, coaches & judges must have the required British Gymnastics membership as designated by their role.		
JUDGES AND JURIES	All Judges must have a current valid qualification (XIV cycle)		
	If the club will not be able to provide a judge, there would be a penalty amounting to £50 for each missing judge.		
BANK ACCOUNT INFORMATION	All payments must be settled on or before the 31.5.2019.		
INI ORMATION	Late entries will NOT be accepted. Entries without fees will not be accepted Payments by Bank transfer are acceptable.		
	Entries will be via GYMNET		
	https://www.british-gymnastics.org/gymnet/member		
VOLUNTEERS	Each Club must nominate two volunteers names to be submitted latest by 14.6.2019.		
ZONE C MEDALS & AWARDS	Medals 1 st , 2 nd , 3 rd will be awarded for each apparatus in L1 & L2. Medals 1 st , 2 nd , 3 rd , will be awarded for overall in L3 Individuals Medals 1 st , 2 nd , 3 rd , will be awarded for overall in L3 Groups		
HOW TO ENTER?	All entries will be via gymnet please only put your gymnast in one section. i.e. If Freda is eligible for both the EM Champs & Zone L3 please enter her in the Zone C L3 section, only gymnasts that are eligible for only the regional Championships i.e. L4 & 5 gymnasts should be entered in this section. All L3 gymnasts will automatically be entered into the EM regional Championships.		

Zone C Level 1 – Individuals Zone C Level 2 – Individuals	Under 8 – Free Under 10 – Hoop Under 12 – Ball Junior – Ribbon Senior – Hoop 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 NB This section will be judged on be	Under 8 Free Trio Espoir Free Trio Junior Ball Trio Senior Ribbon Trio pasic code
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 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.	
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 NB: Eligibility for Championships is determined by the East regional Association.	
Zone C Level 3 – Groups	Espoir – 4,5,6 Ribbons Junior – 5 Ribbons Senior – 3 Hoops 4 Clubs NB: Will be judged as per the requirements outlined in the Level 3 Group league.	