



East Midlands Rhythmic Technical Committee would like to invite you to the 3rd Winter Cup on Sunday 1st December. This competition is open to BG registered clubs, clubs affiliated to the East Midlands Region and those invited by the East Midlands Rhythmic Technical Committee.

1. **Programme of Work: (individual)**

Next Steps:

Under 10 Step 1

Hoop or Ball SET SEQUENCE

Under 10 Step 2

Ribbon SET SEQUENCE

Under 10 Step 3

Rope SET SEQUENCE

Over 10 Step 1

Hoop or Ball SET SEQUENCE

Over 10 Step 2

Ribbon SET SEQUENCE

Over 10 Step 3

Rope SET SEQUENCE

2. **Programme of Work: (individual)**
code)

Hoop Competition: *(Level 1&2 basic code, Level 3 FIG*

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

3. **Programme of Work: (Small Group)**

Next Steps

Under 10 Step 1

Hoop Set Sequence

Under 10 Step 2

Ribbon Set Sequence

Under 10 Step 3

Rope Set Sequence

Over 10 Step 1

Hoop Set Sequence

Over 10 Step 2

Ribbon Set Sequence

Over 10 Step 3

Rope Set Sequence

4. Age is determined as of 1st January 2019 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 2019 (born in 2011 or 2012). Next Steps Competition gymnasts must be 6 on or before December 1st 2019 (born on or before 01/12/2013)
5. Gymnasts in the Next Steps Competition may train 2 hours/week maximum or have competed in fewer than 3 competitions.
6. The next steps group competition is for small groups with a minimum of 4 gymnasts and a maximum of 9 gymnasts.
7. Gymnasts may compete in either the Hoop Competition OR Next Steps Competition provided they meet the requirement.
8. The organisers reserve the right to split the age group categories if there are high levels of entries.
9. All clubs must provide 2 volunteers.
10. Dress - leotard or cat-suit as per FIG Code of Points regulations.
11. Music - must be as per Next Steps Individual program (60 secs), Next Steps small Group (60secs). For the Hoop 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.
12. 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.
13. Prizes - Medals for 1st, 2nd & 3rd per section & award for the best L3 execution score of the day
14. Entry forms and Fees: L1/2/3 £10 for 1 individual routine
Next Steps £6 for 1 individual routine
Group next steps £35

To enter the Rhythmic Winter Cup please do so via the British Gymnastics online system, closing date is Friday 18th October 2019 12pm.

Payment for the competition must accompany your entry – clubs who have not paid by 18th October will not be permitted to enter.

Any questions or queries please email Hannah Vickers: hannah@evgc.co.uk