

ENGLISH GYMNASTICS


RHYTHMIC ENGLISH CHAMPIONSHIPS 2019

COMPETITION HANDBOOK

V2 – 10.4.19

Version History

The English Rhythmic Gymnastics Technical Committee reserves the right to make amendments to this Handbook.

Notification of a change to the handbook will be communicated through the English Gymnastics [website](#)  and an updated version will be made available to download at the time of change.

All versions will be listed on this page, with reference to amendments made:

Version 1.0 - Original

Version 2.0 – Amended 11.4.19


Page 15 : Removal of Pre-Esprit Group and Esprit Group now amended to include U9, U10, U11 & U12 age groups.

Contents

Definition of Terms.....	5
Contact Information.....	6
Technical Committee.....	6
English Gymnastics Contact Details.....	6
British Gymnastics Contact Details.....	6
Eligibility.....	7
Membership.....	7
Coach Qualifications.....	8
Safeguarding.....	8
Nationality.....	9
Competition Entries.....	9
Entry Process.....	9
Guests.....	9
Entry Fees.....	10
Methods of Payment.....	10
Late Entries.....	10
Withdrawals and Substitutions.....	10
General Regulations.....	11
Registration.....	11
Order of Performance.....	11
Music.....	11
Late Music Submission.....	11
Music Licensing.....	11
Access to Warm up Hall.....	12
Food and Drink.....	12
Babies and Young Children.....	12
Medical Provision.....	12
Medal Ceremonies.....	12
Privacy.....	12
Video, Film and Photography.....	13
Health & Safety.....	13
Overnight Stays.....	14
Drug Free Sport.....	14
Spectator Tickets.....	14
Terms & Conditions of Entry.....	14
Rhythmic Gymnastics Technical Information.....	15
Code of Conduct.....	15
Age Policy.....	15
Competition Attire.....	15

Nominated Judges	16
Competition Apparatus.....	17
Length of Exercises	17
Music Release Form.....	17
English Rhythmic Championships (Individuals).....	18
English Rhythmic Championships (Groups)	19
Home Countries, English Regions & Island Associations	21
EGA Clothing Modification Form.....	22
Music Release Form (Individual)	23
Music Release Form (Group).....	24
Group Declaration Form	25

Definition of Terms

- Assisting Coach(es) are coaches who are permitted on the competition floor and/or warm-up hall, but who work under the guidance and responsibility of the supervising coach. Assisting coach(es) must meet all of the relevant eligibility requirements.
- EGA means the English Gymnastics Association
- BG means British Gymnastics
- Championships means any English Championships organised by or on behalf of the EGA
- CJP – means Chair of the Judging Panel
- Code means the Code of Points used for the competition, from which technical information and regulations are taken
- CPSU means Child Protection in Sport Unit
- Criminal Record Certificate means DBS (previously CRB), Access NI Eligibility or PVG
- DJ – means Difficulty Judge
- Event means any national competition and Championships organised by or on behalf of the EGA
- FIG means Federation International de Gymnastique
- Lead Coach is the coach taking overall responsibility for all the gymnasts from their club. The Lead Coach must be present in the venue throughout the event to take responsibility for their coaches and gymnasts. The Lead Coach must possess sufficient qualification to cover all the skills that all of their gymnasts will be performing within the competition.
- Medical Certificate means a letter on headed paper signed by a Doctor or Physiotherapist confirming the gymnast is unfit to take part in the competition
- NDP means National Development Plan
- Officials are people recruited to assist with the delivery of the overall event ie Floor Manager, Ceremonies Manager, Spectator Ticket Manager etc
- Organiser means the Rhythmic Gymnastics Competition Organiser (CO) or their designated representative, who is authorised by, or on behalf of, the EGA.
- SJ – means Superior Jury
- Coach(es) are those coaches submitted in the online entry process and who are responsible for the gymnast(s) for the entire event. This coach must have the relevant qualifications and BG membership as defined in the eligibility criteria section of this Handbook. Any changes to the supervising coach(es) submitted on the online entry system must be notified to the England Event Enquiries via email prior to the event and, in exceptional circumstances if changes are required during the event, these must be notified to the Organisers. Changes to supervising coaches will only be permitted where the replacement coach meets all of the relevant Eligibility requirements.
- TC means the Rhythmic Gymnastics Technical Committee of the EGA and/or any Technical Committees appointed from time to time acting with the appropriate delegated authority.
- Unattached means gymnasts who are not members of a BG registered club but hold appropriate BG membership
-  Means there is a hyperlink to official policy statements and other event related information
- Where no specific point is addressed in the regulations, the current FIG rules apply. However, the Technical Committee and its appointed officials reserve the right to define any regulation conflict as is deemed appropriate to ensure a fair and equitable competition.

Contact Information

Technical Committee

Chair	Vicki Pearson	vicki.hawkins@british-gymnastics.org
Competition Organiser	Rachel Haines	rhythmicgymnasticsdevelopment@gmail.com
Judging Co-ordinator	Rebecca Bunce	bexbunce@hotmail.com

English Gymnastics Contact Details

Chairman	Martin Laws	martin.laws@englishgymnastics.org.uk
EGA Admin Manager	Jan Charlton	jan.charlton@englishgymnastics.org.uk
Event Enquiries		engevents@englishgymnastics.org.uk

British Gymnastics Contact Details

Customer Support	0345 1297129 Ext 2395	customersupport@british-gymnastics.org
Coach/Judge Education	0345 1297129	coaching@british-gymnastics.org

Eligibility

Membership


All persons attending EGA events in an official capacity, whether as a gymnast, coach, judge are required to hold current BG membership in line with the level of competition entered and awards held.

Coaches, judges and gymnasts should carry current membership cards to all competition and be prepared for these to be checked by the Organiser or their appointed officials.

Gymnasts

- Membership level must be Competitive Gymnast, Coach or Life Member of BG in order to enter an EGA event. In normal circumstances, gymnasts should also be a member of a BG registered club.
- In exceptional cases, where a gymnast does not belong to a BG registered club, they must contact the English Event Enquiries (via email) and request entry into the event. If granted, such gymnasts will be given the classification as being Unattached. In such circumstances, the gymnasts must nominate a Supervising Coach and must also meet all other membership requirements.


Lead Coaches

- Lead Coaches' membership level must be Coach or Life Members of BG and coaches must be qualified to the level of the skills being performed by all gymnasts in the club before being allowed to participate in an EGA event. Coaches must have current safeguarding and DBS certificates (please see Safeguarding section). The lead coach may authorise other coaches from their club to coach skills at a maximum of one level higher than that coaches' qualification, but has responsibility for ensuring that they are competent to do so. For further information on the changes introduced this year for Lead and Supervised coaches, please click [here](#) 

Coaches

- Supervising coaches' membership level must be Coach or Life Members of BG and coaches must be qualified to a minimum of Level 2. Coaches must have a current safeguarding and DBS certificate (please see Safeguarding section).

Supervised Coaches

- With the explicit authorisation of the lead coach, supervising coaches may coach skills at the maximum of 1 level higher than their current qualification before being allowed to participate in an EGA event, in this instance the supervising coaches must have completed the relevant course or module of the next coaching level covering those skills, although they may not yet be signed off as qualified. For the further information on the changed introduced this year for Lead and Supervising coaches, please click [here](#) 

Assisting Coaches

Assisting coaches' Membership level must be Assistant Coach (if Level 1), Coach or Life Members of BG before being allowed to participate in an EGA event. Coaches must have a current safeguarding & DBS certificate. Please see Safeguarding section.

Chaperones

Chaperones must have current BG membership and Safeguarding award and will only have access to the warm-up hall when in attendance at an event.


Judges


Judges' membership level must be Judge or Life Members of BG for Club/County/Regional Judges and National/Brevet Judge or Life Members of BG for National and Brevet Judges before being allowed to officiate at an EGA event.

Judges must also hold a current cycle of judging award (Cycle 14).

The EGA do not require judges to complete a criminal record check to judge at EGA competitions, as the role that judges fulfil at the event no longer falls within DBS or Access NI Eligibility*. However, some judges are actively involved in club gymnastics and may provide judging instruction to children in a training environment or carry out a supervisory role (or may complete a criminal record check by virtue of another role they undertake eg coach). As not all judges use their qualification in the same way, it is the club's responsibility to assess the role the judge is undertaking and determine whether the activities involved fall within the eligibility criteria for a

criminal record check. The EGA no longer requires all judges to complete safeguarding training, but clubs should ensure any judge who supervise or instructs children has completed appropriate training.

* Judges who hold Scottish Gymnastics membership should refer to [Scottish Gymnastics](#)  for further guidance as to whether a check is required.

For further information on membership levels, please visit the [British Gymnastics website](#) 

Coach Qualifications

When submitting entries for an EGA event, clubs/regions must ensure that, where applicable, the nominated Lead Coach is qualified to the level of performance of all the participants from their club/region. Supervising Coaches must be a minimum of Level 2. With the explicit authorisation of the Lead Coach, Supervising Coaches may coach skills at the maximum of 1 level higher than their current qualification. If coaching at one level higher than their current qualification, coaches must have completed the relevant course or module of the next coaching level covering those skills, although they may not yet be signed off as qualified.

All coaches entered into the event entry MUST be the same ones attending the event. It is unacceptable to enter a coach you know will not be attending. The Lead Coach has the ultimate responsibility for all the participants from their club/region and that of the Supervising Coaches, Assistant Coaches, Chaperones and Choreographers.

Lead Coaches have a duty of care towards their performers and have a responsibility to ensure that all of the coaches under their supervision are both qualified and competent to teach at the appropriate level, as well as ensuring that the participant is adequately prepared, physically and psychologically, for performing their routines in a competition situation.

Additional Assisting Coaches (Level 1 and above) may be accredited, at the discretion of the Organiser, to be present in the competition arena to assist with the pastoral care of the gymnasts. Assisting Coaches may not coach the gymnasts unless they fulfil the requirement of holding a recognised qualification suitable to the level of skills being performed.

Additional Chaperones may be accredited; at the discretion of the Organiser, to be present in the warm-up arena to assist with the pastoral care of the gymnasts. Chaperones may not coach the gymnasts.

If it is found that a club is in breach of these policies, the EGA reserves the right to reject an entry on the grounds of gymnast safety or, if discovered post performance, to disqualify the competitor and remove their score(s) from the official results.


Safeguarding

All coaches are required to hold a current BG specific DBS certificate, or Home Nation equivalent, and have current Safeguarding and Protecting Children Awareness training at the time of the event. Coaches who do not fulfil this requirement will not be accredited or allowed to participate at EGA events.

All gymnasts must have an accredited coach present on the competition floor at all times. If a gymnast attends a competition without a Supervising Coach, they will not be allowed to compete.

The Safeguarding Courses recognised by BG and the EGA are:

Sports Coach UK (scUK) Safeguarding Awareness course
Local Safeguarding Children's Board (LSCB)
Football Association (FA) Safeguarding Training
Professional prior learning ie Social Worker, Teacher etc

This must be renewed every three years and be valid both at the time of entry and through to the end of the **event** 

For members who have previously completed a face to face course, an online refresher update course is available. Coaches are responsible for checking the expiry date of their safeguarding and ensuring they have sufficient time to renew their aware prior to the closing date of the event.

Coaches must also have a valid **Criminal Records**  both at the time of entry and through to the end of the event, before being allowed to officiate at an EGA event.

Nationality


Participation in all English Gymnastics events is subject to the requirements of membership, club/regional registration and other conditions of entry.

In addition, the following regulations concerning Nationality are applicable to all English Gymnastics events:

The gymnast must be a British Citizen, holding a British passport (or be in the process of obtaining British citizenship and/or passport) and have lived in England for a period exceeding 48 months.

The mother, father or a grandparent of a gymnast must have been born in England.

AND

The gymnast must not be a member of a Squad of any other Commonwealth country or previously represented another Commonwealth country, unless the consents required by **Byelaw 17(3) of the Constitutional Documents of the Commonwealth Games Federation**  (CGF) have been obtained.

If a gymnast does not meet any of the above Criteria, but nevertheless wishes to be considered for entry, the gymnast may petition the English Gymnastics Approval Panel in writing via the **EGA Admin Manager**. The Approval Panel shall be consisted of the Chairman and Vice Chairman of English Gymnastics, together with the individual Chairperson, in England, of the specific discipline within which the gymnast is seeking to compete. The Approval Panel's decision in this regard shall be final. Decisions on these matters are not open to appeal.

Disclosure


It is the responsibility of the person making the Competition entry to ensure that all of the gymnasts have declared their nationality within Gymnet online membership portal.

Policy for the Participation of Trans People in Gymnastics Competition

For information on Transgender, please refer to the British Gymnastics Transgender Policy which can be found **here** 

Competition Entries

Entry Process


Entry to all EGA events will be made online only. Complete instructions for adding an entry via the BG Online Entry portal are available for download **here** 

All entries must be fully submitted electronically by the stipulated closing date and time.

Prior to the event, an entry may only be amended by the person making the original entry.

Guests

Gymnasts who are not English may be invited by English Gymnastics to take part in the English Championships.

They will receive scores(s) but will not receive a ranking in the official competition results. If a gymnast, wishes to compete as a Guest (see Nationality section page 9) at an English Gymnastics event, the club/coach/Home Nation should email the [English Event Enquiries](#)  before the closing date. A decision will be made by the ENG RHY Technical Committee as to whether the entry can be accepted. If the entry is accepted, the entry fee will then become payable and entered into the club basket.

Only those gymnasts classed as English (using the Nationality criteria on page 9), are able to be ranked in the official competition results where an English title is being contested. English Gymnastics will award a medal to a Guest, but they will not take part in the official medal ceremony.

Where a competition provides a qualification route to take part in the English Championships, the result of a non-English gymnast will not lead to the displacement of an English gymnast who would have otherwise qualified for the English Championships.

Participation is also subject to approval from their FIG member Federation/Home Nation in accordance with FIG statute. They will receive score(s) but will not receive a ranking in the official competition results. In such circumstances, the gymnasts will be referred to as Guest.

Entry Fees

Entry fee for the English Championships will be:


Individual Gymnasts	£15.00 per routine
Groups	£75.00 per Group

Methods of Payment

Payment can be made by Debit Card or Credit Card **ONLY** at the time of entry and no later than **48 hours** of the entry being submitted. **Entry fees are non-refundable after the closing date.**

Late Entries

Late entries will only be considered in exceptional circumstances.


In the unlikely event of a late entry being accepted, payment of twice the normal entry fee stated for the competition (up to a maximum late entry fine of £500, not including the original entry fee) will be required for individuals (including partnerships and groups). Late entries must be made via email to the [English Event Enquiries](#)  and will then be referred to the Organiser for consideration. The Organiser will have absolute discretion whether to accept a late entry.

Applications will normally only be considered up to 7 days after the closing date.

Late entry requests may be placed on a Reserve List and clubs notified if their entry is accepted following a withdrawal. If the competition Draw has already been made, late entries will be placed in a group at the discretion of the Organiser. There is no guarantee that the name of gymnasts entered late will be included in the Spectator Programme.

Withdrawals and Substitutions

Amendments to an entry before the closing date will not incur a penalty and in the case of withdrawals, the entry fee will be refunded. **Entry fees are non-refundable after the closing date.**

Where it is necessary to substitute a coach, the club must inform the [English Event Enquiries](#)  so the coach can be checked for membership, awards and safeguarding, before they can be accredited for the event. Where, through unforeseen circumstances, this is not possible or, where information has not previously been supplied, the substitute(s) must inform the Organiser immediately on arrival at the venue and produce their coaching award certificate, current BG membership card and current BG specific DBS and Safeguarding certificates or they will be unable to access the competition floor.

General Regulations

Coaches must make adequate provision for the “supervision” of their gymnasts upon arrival at the venue. gymnasts will not be allowed to register or begin warm up without their coach present.

Registration

Only register your gymnast(s)/club when those competing in that section of the event have arrived at the event and intend to compete. Please inform the registration desk of any withdrawals as soon as possible.


During registration accreditation/passes will be issued. Abuse of accreditation/passes may result in disciplinary action taken by the EGA.

Order of Performance

The order of competing for individual events and team events shall be decided according to the competition arrangements made by the Organiser or such officials as may be authorised by the English RHY TC. For the purpose of maintaining a smooth and timely running of the event, or where the safety, security and good performance of the gymnasts is a concern, the English RHY TC reserve the right to alter the grouping of gymnasts and/or running order of performances as may be deemed necessary by the Organiser or authorised officials, up to the start of warm-up.

Wherever practical, the Organiser shall produce and circulate to all participating clubs a provisional Start List and running order for an event at least 2 weeks before the day thereof.


Music


All music for competition routines must be uploaded onto the GymNet portal at the latest **Noon** on Friday 23rd May 2019. Instructions for submitting music electronically may be found within [the online entry guide](#) . Two separate CD/memory stick copies of each routine are to be brought to the competition and one copy of each is to be handed in on registration. The coach must carry the spare CD/memory stick on her person when the gymnast/groups is performing.

Late Music Submission

Late submission of music will attract a fee of £20 per gymnast/partnership/group/team. This fee will be added to your club basket. Music not uploaded by the deadline cannot be guaranteed to be uploaded on the day.

Music Licensing

All music used in competition routines must conform to the relevant licensing requirements. Details may be found at the following [link](#) .

Certain tracks belonging to Disney, Andrew Lloyd Webber and Cirque du Soleil can be used, but this should be checked on the [PPL website](#)  to confirm the track is included within their repertoire. To check tracks, scroll to the bottom of the page and click on ‘PPL Repertoire Search’. Enter the artists name and title. Any music listed as part of the search can be used.

If the track is not included within the listed tracks, the club must apply directly to Disney, Andrew Lloyd Webber or Cirque du Soleil to use the track and pay the relevant licensing fees.

Access to Warm-Up Hall

Access to the warm-up hall will be limited to the appropriate number of Coaches and Choreographers as defined in the specific details section for each event. On arrival, coaches will need to register and collect their accreditation from registration. In the case of events spanning more than one day, accreditation will be issued for each day. At larger national events the FIG/UEG recognised accreditation system will apply.

Abuse of accreditation may result in disciplinary action being taken by the EGA.

Judges will not be allowed into the warm-up hall, once the judges' meeting has taken place.

Food and Drink

There may be restrictions within the competition areas with regards to food and drink. This is to manage food intolerances and allergies.

Babies and Young Children

In the interests of safety, for the smooth running and professional presentation of the events, babies and young children are not permitted to enter the warm-up hall or field of play, even if they are being supervised by an adult.

Medical Provision

Anyone requiring First Aid assistance should speak to either the Competition Organiser or EGA medical team. It is recommended that all coaches have a First Aid kit with them for minor injuries.

At all English Gymnastics events, an official medical team will be appointed and will be available to treat gymnasts who sustain an injury at the event. The medical team are not able to treat pre-existing or chronic injuries.

Any injury occurring during the official training or competition, must be reported to the medical team to ensure a record can be kept of treatment given and by whom.

The decision of the Organiser, based upon the recommendation of the EGA appointed medical officer, as to the gymnast's health and medical status and their ability to compete at the event, is absolute and final.

Medal Ceremonies

Medals will be presented for First, Second and Third in each age group in the Overall Championships and in each Apparatus section. Except in exceptional circumstances, gymnasts who win a medal at an English Gymnastics event, are expected to remain in the venue until the completion of the competition and participate in the medal presentation ceremony in order to collect their award in person. Medals will only be distributed at events – not by post. Attire for medal ceremonies is according to FIG rules for World Championships and UEG rules.

Privacy

British Gymnastics Privacy Notice

At many events, English Gymnastics may produce event merchandise (eg event t-shirts). These may include the names and/or clubs of the gymnasts taking part.


Where competing gymnasts have a disability, it may be necessary to share the details of this disability with the Organising Committee in order to discuss if modifications to Rules and processes are appropriate arising from this disability.



The scores and results from English Gymnastics events, will be published on the EGA Website in the specific event page.

The scores, results and “Judgecam” videos from English Gymnastics events, where BG Score is present, will be made available in the BG Score App and also published on the EG website in the specific event page.

Video, Film and Photography


If you agree for your club to enter you into an English Gymnastics competition, we will use your personal information to confirm you have been entered into the correct category and to enable you to participate in the event. All EGA competitions are large events where filming and photography by EGA accredited photographers and the media may be taking place. In some cases, the events will be videoed and/or live streamed by BG TV. Images taken at our events may be used by BG, BGF and GEL for the purposes of promotion, education and development of the sport. They may also be shared with relevant third party organisations for journalistic/promotional purposes. The results of EGA competitions are published and videos of routines performed by participating gymnastics may be made available for viewing by BG members.

Any gymnast or parent who does not wish themselves or their child to be photographed/filmed at the event must advise the [English Event Enquiries](#)  or the Event Organiser. Although it is not always practical to manage the content of live streamed footage, we will ensure any identifiable images of the participant are not published.


Any person wishing to use video, film or take photographs must abide by the [BG Photography at Gymnastics Events policy](#) . Photos may only be taken for personal use. Unless specifically accredited to do so, you may not take photos for sale, other commercial use, or publication in printed or electronic form, such as on websites. Clubs may publish some photos but this may only be done in accordance with [BG Safeguarding & Protecting Children Policy](#) .

Flash may not be used at any time while gymnasts are warming up or competing. If you have concerns about the identity or actions of any photographer or if you believe that

EGA accredited photographers may be present at EGA events and in some cases, events could be videoed and/or live streamed by other organisations. These images may be used by the EGA/BG and our subsidiary companies for the purposes of promotion, education and development of the sport. They may also be shared with relevant third-party organisations for journalistic/promotional purposes.

Clubs must ensure that gymnasts/parents are informed of the photography arrangements for the relevant event. EGA will also announce the photography/filming arrangements at the event. Any gymnast or parent who does not wish themselves or their child to be photographed/filmed, at the event must email the [English Event Enquiries](#) .

Although it is not always practical to manage the content of live steamed footage, the EGA/BG will ensure any identifiable images of the participant are not published.

Any person wishing to use video, film or take photographs must abide by the [BG Photography at Gymnastics Events policy](#) . Photos may only be taken for personal use. Unless specifically accredited to do so, you may not take photos for sale, other commercial use, or publication in printed or electronic form, such as on websites.

Flash may not be used **at any time** while gymnasts are warming up or competing.

If you have concerns about the identity or actions of any photographer or if you believe that any unsuitable photos are being taken, you should report your concerns to the EGA appointed Welfare Officer at the event or any of the EGA Team.

Health & Safety

The health, safety and welfare of all participants (gymnasts, coaches and officials) is the primary consideration. All BG policies and procedures will be rigorously applied with regards to health, safety, welfare and Safeguarding & Protecting Children.

Overnight Stays


Government legislation requires that when a club takes a gymnast(s) under the age of 18 years on a journey involving an overnight stay, the club must ensure that there is a designated trained person responsible for child protection on the trip. To adhere to the CPSU child protection standards, this person must not be related to or in a relationship with the coach attending the trip.

The training for the designated person should be BG recognised Safeguarding and Protecting Children Awareness training or Home Country equivalent.

For **Overnight Trips**, the appropriate form needs to be completed in full and sent to British Gymnastics **at least** four weeks prior to travel so they can get your trip approved and endorsed by their insurers. Failure to inform British Gymnastics of **any** overnight stays may invalidate your insurance.

Please note that the BG Membership Insurance does not cover Travel or Emergency Medical Expenses and we, therefore, recommend that (where necessary) you take out additional Travel Insurance.

Drug Free Sport

The testing programme may affect any elite gymnast performing at a national standard. Please follow the link to read the [BG policy](#) 

Spectator Tickets

Spectator tickets will be available to purchase on the door at the event as follows:

Adult Day	£10
Concession Day **	£5
Family ticket (2 adults and up to 4 children)	£25

** *Concession is Over 65 and Under 15*

Terms and Conditions of Entry

In addition to the EGA General Rules & Regulations:-

- All entrants agree to be treated by EGA appointed medical staff only and be bound by the decision of EGA medical staff in relation to their ability to compete in the competition.
- By submitting an inquiry, you agree to pay a fee which will be added to the club/region basket.
- You agree to the storing of competition scores. The EGA will redact your details from the published results unless there is a justifiable reason to reject an objection to publication.
- You agree to abide by the BG Photography at Gymnastics events policy.
- The person making the online entry on behalf of gymnast(s), a club or a region, undertakes to ensure that those who they are making an entry on behalf of are fully aware of and agree to abide by the contents of this handbook.

Rhythmic Gymnastics Technical Information

Code of Conduct

British Gymnastics National Technical Committee [Code of Conduct](#) 


Rhythmic Judges [Code of Conduct](#) 

The EGA, acting through the Board or its Committees, reserves the right to refuse any entry and disqualify an official, judge, competitor or team at any time, if they do not comply with EGA/BG regulations.

Age Policy

Gymnasts' ages, for the purpose of entry to all age dependent categories, will be taken as the age reached in the year of the competition.

The minimum age for entry to English Gymnastics National events is 9 in the year of competition.

To view further information on age, participation and competition, please view the [Health & Safety Guidance: Coaching Practice document](#) 

Year of Birth	Age Group (Individuals)	Age Group (Groups)
2010	U9	Espoir
2009	U10	
2008	U11	
2007	U12	
2004, 2005, 2006	Junior	Junior
2003 or earlier	Senior	Senior

Competition Attire

Gymnasts


It must be gymnastic in character and design. Attire must be elegant and complement the artistry of an exercise. It should not divert attention from the performance of the gymnasts nor require adjustment during an exercise.

- A correct gymnastics leotard must be non-transparent material; therefore, leotards that have some part in lace will have to be lined (from the trunk to the chest)
- The neckline of the front and back of the leotard must be no further down than half of the sternum and the lower line of the shoulder blades
- Leotards may be with or without sleeves, but dance leotards with narrow straps are not allowed
- The cut of the leotard at the top of the legs must not go beyond the fold of the crotch (maximum)
- The leotard must be skin tight to enable the judges to evaluate the correct position of every part of the body
- The leotards of Group gymnasts must be identical (of the same material, style, design and colour). However, if the leotard is made of a patterned material, some slight differences due to the cut may be tolerated
- The wearing of GBR or Home Country attire at EGA events is strictly forbidden
- The removal of leotards on the field of play and in public view is not allowed


It is allowed to wear:

- Long tights down to the ankles, over or under the leotard
- A full-length one-piece leotard (unitard) provided that it is skin tight
- The length and colour(s) of the fabric covering the legs must be identical on both legs (the “harlequin” look is forbidden) – only the style (cut or decorations) may be different
- A skirt that does not fall further than the pelvic area over the leotard, tights or the unitard
- The style of the skirt (cut or decorations) is free, but the skirt must always fall back on the hips of the gymnast (the look of the “ballet tutu” is forbidden)
- Gymnasts may perform their exercise with bare feet or gymnastics slippers
- The hair style must be neat and trim and the make-up clear and light

Accessories & Aids:

- Jewellery, including earrings and studs, necklaces, rings, bracelets, anklets, nose and navel studs are not allowed
- Bandages or support pieces cannot be in colours and must be of a beige colour
- For further details, please see [FIG Code](#) 


Coaches

- Must wear a tracksuit or full-length tracksuit bottoms with a collared polo shirt or club/regional t-shirt and appropriate gym/training shoes
- The wearing of GBR or Home Country attire at EGA events is strictly forbidden
- Long hair should be braided or tied back so as not to obscure vision
- Coaches will not be allowed on the competition floor if wearing ANY jewellery. If it is impossible to remove items of jewellery, they should be taped. Exceptions are as per the [BG Body Piercing and Adornments Policy](#) 

Non-compliance may result in removal of the coach and consequently, for Health & Safety reasons, their gymnasts from the competition.

Judges (including line judges, timekeepers and side judges)

- Navy blue jacket with navy blue skirt or full-length trousers, white shirt or blouse with collar (either short or long sleeved)
- Hair must be neat and not inhibit vision
- Jewellery, if worn, must be professional in appearance
- Shoes must be professional in appearance (in particular, no flip flops or trainers)

Requests can be made to adopt reasonable clothing modifications at any EGA competition. All requests must be on the official EGA Clothing Modification Request Form (attached at Appendix 1) and submitted to the EGA Admin Manager via [email](#)  at least four weeks before the competition closing date, to allow sufficient time for full consideration of the application and any possible health and safety implications.

For competitors, coaches and judges, chewing gum is not allowed at any phase of the competition, including the presentation of awards.

Apart from as required for the running of the competition, gymnasts, coaches, judges and officials must not use mobile phones or any other electronic communication devices including tablets, to make calls, take photographs or be used for other forms of communications in the main arena during the event.

Nominated Judges

The following provisions apply to all clubs. All clubs must nominate at least one judge (in accordance with the below) at the time of entry. Clubs that do not have an appropriately qualified judge available should consult Judging Register, approach someone suitably qualified to judge on their behalf and nominate them at the time of entry. Clubs must check with the judge(s) they are nominating that they are able and willing to judge on their behalf before nominating them.

Clubs entering 1 or 2 individual gymnasts must provide a judge of at least County level for each day of competition. Failure to do so will result in the club being issued a levy of £75 per day.

Clubs entering 3 or more individual gymnasts must provide two judges for each day:

1. One of these judges must be Regional level or above. Failure to provide a Regional judge will result in the club being issued a levy of £75 per day.
2. The second judge must be at Club or County level or above. Failure to provide this judge will result in a levy of £75 per day being payable. *Levies due will be added to the event charge wherever possible or invoiced direct to the club. Non-payment of the levy(s) may result in future entries to EGA events being denied.*

Clubs entering 1 Group must provide a judge of at least Regional level for each day. Failure to do so will result in the club being issued a levy of £75 per day.

Clubs entering 3 or more Groups must provide two judges per day:

1. One of these judges must be Regional level or above. Failure to provide a Regional judge will result in the club being issued a levy of £75 per day.
2. The second judge must be at National level or above. Failure to provide this judge will result in a levy of £75 per day being payable. *Levies due will be added to the event charge wherever possible or invoiced direct to the club. Non-payment of the levy(s) may result in future entries to EGA events being denied.*

All nominated judges are expected to be available to judge for the entire competition. This means that if the event spans more than one day, judges should be prepared to judge on all days whether the nominated club has gymnasts performing on that day or not. *Clubs are responsible for all expenses incurred by their nominated judges (accommodation and travel).*

Selection of judges will be at the discretion of the Judging Convenor. Clubs must provide a judge(s) as per the above. Please contact Rebecca Bunce if you cannot meet these requirements, for assistance. The Clubs will be responsible for the travel/accommodation expenses of the judge(s) provided.

Competition Apparatus

Apparatus for EGA events must conform to the relevant FIG Apparatus Norms. Apparatus for Espoirs must conform to the FIG Apparatus Norms for Juniors, with the exception of Hoop, which should be appropriate for the size of the gymnast and Ribbon which should be between four and five metres in length.

A 13 metre x 13 metre rhythmic carpet with base will be used for all EGA Rhythmic competitions.

Length of Exercises

- Individuals (all age groups) – 1 minute 15 seconds to 1 minute 30 seconds
- Group
 - Espoir – 1 minute 45 seconds to 2 minutes
 - Junior & Senior – 2 minutes 15 seconds to 2 minutes 30 seconds

Music Release Form

A Music Release Form must be completed and signed by the coach in respect of each gymnast/Group and submitted to the EGA Judging Co-ordinator by the date indicated in the event Work Plan.

RHYTHMIC ENGLISH CHAMPIONSHIPS (INDIVIDUALS)

- Date:** Saturday 1st – Sunday 2nd June 2019
- Venue:** Sports Training Village, University of Bath
Claverton Down, Bath BA2 7AY
- Opening Date:** Wednesday 3rd April 2019
- Closing Date:** Friday 3rd May 2019 at noon
- Music Entry Closing Date:** Thursday 23rd May at Noon
- Music Release forms submitted to Rebecca Bunce by:** Friday 24th May at Noon
- Entry Fee:** £15 per Individual Routine
- Code:** The competition will be run under FIG and British Gymnastics Rules and Regulations
- Eligibility:** All gymnasts who have passed the British Qualification Testing for the year in which the Championships are held can enter all apparatus.
- Competition Format:** Overall All Around & Qualification

Apparatus Finals – Apparatus Finals – If there are more than 16 gymnasts in the competition, the top 8 in the qualification competition for each Apparatus will compete. Where there are less than 16 gymnasts, the top 6 in the qualification competition for each Apparatus will compete.
- Competition Requirements:** As per British Championships 2019
- Apparatus:** Senior : Hoop, Ball, Clubs, Ribbon
Junior : Rope, Ball, Clubs, Ribbon
U12 : Clubs, Ribbon, Rope
U11 : Clubs, Ribbon, Rope
U10 : Rope, Hoop
U9 : Rope, Hoop
- Tie Breaks:** Tie-break rules as per FIG Regulations (World Championships)

RHYTHMIC ENGLISH CHAMPIONSHIPS (GROUPS)

- Date:** Saturday 1st – Sunday 2nd June 2019
- Venue:** Sports Training Village, University of Bath
Claverton Down, Bath BA2 7AY
- Opening Date:** Wednesday 3rd April 2019
- Closing Date:** Friday 3rd May 2019 at noon
- Music Entry Closing Date:** Thursday 23rd May at Noon
- Music Release forms submitted to Rebecca Bunce by:** Friday 24th May at Noon
- Entry Fee:** £75 per Group
- Code:** The competition will be run under FIG and British Gymnastics Rules and Regulations
- Eligibility:** All groups of Level 4 or 5 can compete in the English Group Championships. All groups and gymnast must be members of a RHY Club located in England. The club must be affiliated to their English Region. No member must have competed for another Home Country.
- Gymnasts may only work in one Group within the whole competition. No movement of gymnasts between Groups less than 72 hours before a competition will be permitted unless a valid medical note is provided. Only one change of Group per gymnast per season will be permitted.
- Groups may comprise of gymnasts from a single club or a combination of clubs. Only one Group from a combination of clubs may be entered into each club's name in each section. In both instances, younger gymnasts may work in an older section, but older gymnasts may not work in a younger section.
- Competition Format:** General Competition & Qualification : Both scores to count.
- Group Finals – Apparatus Finals – If there are more than 12 groups competing in a section the top 8 in the qualification competition for each apparatus will compete. Where there are less than 12 groups the top 6 in the qualification competition for each apparatus will compete.
- Competition Requirements:** As per British Championships 2019

Group Construction: Senior – 5 gymnasts plus 1 reserve. If a reserve is named, they do not have to compete. Maximum number of gymnasts = 6.

Junior – 5 gymnasts plus 1 reserve. If a reserve is named, they do not have to compete. Maximum number of gymnasts = 6.

Espoir – 4 to 6 gymnasts, plus 1 reserve ie a Group of 6 may have a team of 7 named. There is no requirement for the reserve to compete.

Apparatus: Senior : 1 ex. with 3 hoops & 4 clubs and 1 ex. with 5 balls
Junior : 1 ex. with 5 hoops and 1 ex. with 5 Ribbons
Espoir : 1 ex. with 4, 5 or 6 Balls and 1 ex. Free (no App)

Tie Breaks: Tie-break rules as per FIG Regulations (World Championships)

Home Countries, English Regions & Island Associations

Home Countries

Northern Ireland

Scotland

Wales

Website Address

www.northernirelandgymnastics.org

www.scottishgymnastics.org

www.welshgymnastics.org

English Regions

East

East Midlands

London

North

North West

South

South East

South West

West Midlands

Yorkshire

www.eastgymnastics.org.uk

www.emgymnastics.org.uk

www.london-gymnastics.co.uk

www.northgymnastics.org.uk

www.nwga.co.uk

www.southgymnastics.org.uk

www.segymnastics.org.uk

www.southwestgym.org.uk

www.wmgymnastics.org.uk

www.yorkshire.gymnasticsengland.org

Island Associations

Isle of Man Gymnastics

www.iomgymnastics.org



ENGLISH GYMNASTICS

Clothing Modification Request Form







Competition:	
Entrants Name:	DOB:
Club Name:	
Religion / Disability:	Discipline:
Please provide details of any clothing modifications and provide reasons for this request	
I confirm that the details on this form are accurate	
Signed _____ Date _____	
Address	

Postcode _____	Contact no _____
NB: If the gymnast is under the age of fourteen, their parent/carer must sign the form on their behalf.	
This form should be submitted to the EGA Events Team via email at engevents@englishgymnastics.org.uk . The request will receive full consideration and club and entrant will be informed of the outcome within 10 working days of receipt of the request. In the event the request is declined, the entry fee will be refunded in full, providing that this form was submitted prior to the closing date.	

MUSIC RELEASE FORM (Individual)

Please complete one form per gymnast and return to Rebecca Bunce (bexbunce@hotmail.com)
by 12:00 on Friday 24th April

Gymnast name	
Club	
Contact details (in case of queries only)	






Apparatus	Length (seconds)	Words (Y/N)	Title	Artist/composer
				
				
				
				
				
				

By submitting this form, the club confirms that the music conforms to the licensing requirements as per the
2019 Competition Handbook

MUSIC RELEASE FORM (Group)

Please complete one form per gymnast and return to Rebecca Bunce (bexbunce@hotmail.com)
by 12:00 on Friday 24th April

Group name	
Club	
Contact details (in case of queries only)	

Apparatus	Length (seconds)	Words (Y/N)	Title	Artist/composer
				
				
				
				
				

By submitting this form, the club confirms that the music conforms to the licensing requirements as per the
2019 Competition Handbook

Group Declaration Form

Please complete one form per group and hand it in at registration.

Group Name	
Club	
Signature of the person submitting form	

First Routine

1.	
2.	
3.	
4.	
5.	
6.	
Reserve	

Second Routine

Tick here if the same as the first routine or fill in the names below.

1.	
2.	
3.	
4.	
5.	
6.	
Reserve	