



Welsh Gymnastics
Gymnasteg Cymru

Llawlyf Cystadleuaeth Gymnasteg Rhythmig 2024

Rhythmic Gymnastics Handbook 2024

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Section 1 - Version Control

The Welsh Gymnastics Rhythmic Gymnastics Technical Panel reserves the right to amend this Handbook.

Notification of a change to the handbook will be communicated through the Welsh Gymnastics website, and an updated version will be made available to download at the time of change.

Any text in this font colour and underlined means it is a hyperlink to official policy statements and/or other related information.

Where no specific point is addressed in the regulations, the current FIG rules apply. However, the Technical Panel and its appointed officials reserve the right to define any regulation conflict as is deemed appropriate to ensure a fair and equitable competition.

Contacts

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- Rhythmic Technical Panel Lead – Linda Thomas
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Version 1.1 01/10/2024

- Amendment of Cymru Cup date (pages 5 & 25)
- Amendment of Winter Future Hopes Dates (page 33)

Section 2 - Definition of Terms

Term	Definition
Assisting Coach(es)	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.
BG	British Gymnastics
Championships	Any Welsh Championship organised by or on behalf of WG
Code / CoP	The Code of Points used for the competition, from which technical information and regulations are taken.
CPSU	Child Protection in Sport Unit
Criminal Record Certificate	DBS (previously CRB)
DBS	Disclosure & Barring Service
DJ	Difficulty Judge
Event	A national competition and / or championships organised by or on behalf of WG
FIG	Federation International de Gymnastique
Lead Coach	The coach taking overall responsibility for all the gymnasts from their club/region. 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 qualifications to cover all the skills that all of their gymnasts will be performing within the competition
Medical Certificate	A letter on headed paper signed by a Doctor or Physiotherapist confirming the gymnast is unfit to take part in the competition
NDP	National Development Plan
Officials	People recruited to assist with the delivery of the overall Event, i.e. Floor Manager, Ceremonies Manager, Spectator Tickets Manager
Organiser	Rhythmic Gymnastics National Competition Organiser (NCO) or their designated representative, who is authorised by, or on behalf of WG
SJ	Superior Jury
Coach(es)	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 section of this handbook. Any changes to the supervising coach(es) submitted on the online entry system must be notified to the Events Department before the Event. 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
TP	the Rhythmic Gymnastics Technical Panel of WG and/or any Technical Panels appointed from time to time acting with the appropriate delegated authority.
Unattached	gymnasts who are not members of a BG registered club but hold appropriate BG membership
WG	Welsh Gymnastics

Section 3 - Competition Calendars

British National Competition Calendar 2024

Date	Event	Venue
23rd – 24th March 2024	BQT	Lilleshall
6th-7th April 2024	Open Apparatus Championships – all age groups	Northumbria University
6th-7th April 2024	Open Apparatus Championships – Junior & Senior	Northumbria University
15th – 16th June	NDP Finals	Northumbria University
19th & 20th July	British Championships	Telford

Welsh National Competition Calendar 2024

Date	Event	Closing Date	Venue	For
10th – 11th February	Zone B Grades & Groups	6 th January	Sport Wales National Centre	L 3-5 gymnasts, 9 in year and older – entry to NDP pathway
27th April	Spring Stars	23 rd March	Llandarcy Academy of Sport	Recreational (General class), L1 – L3 gymnasts – 6 in year and older
6th-7th July	Welsh Championships	24 th May	Sport Wales National Centre	L1-5 gymnasts, 8 in year and older
19th October	Autumn Stars	14 th September	Llandarcy Academy of Sport	Recreational (General class), L1 & L2 gymnasts – 6 in year and older
7th – 8th December	Cymru Cup	1 st November	Sport Wales National Centre	L1-5 gymnasts – 6 in year and older

Section 4 - Eligibility

Welsh Championship Titles

Gymnasts are eligible to compete and win Welsh titles if they fulfil the eligibility requirements as specified below:

- Be eligible to hold a UK Passport
- Hold correct British / Welsh Gymnastics membership

and

- Be born in Wales;

or

- The mother, father or a grandparent of the gymnast was born in Wales;

or

- The gymnast lives in Wales and has done so for a continuous period that exceeds 48 months

For further information and details of evidence required to establish eligibility to compete for Welsh titles, please email performance@welshgymnastics.org, giving the name of the gymnast, discipline and brief details of eligibility before the closing date for the Welsh Championships.

Welsh Open Events

Any invited gymnasts are eligible to compete in Open events provided they fulfil the relevant membership requirements.

NDP Grades

For eligibility into NDP Grade events, please refer to the British Gymnastics eligibility requirements found within the BG Competition Handbook

Section 5 Rhythmic Gymnastics Technical Information

The Rhythmic Judges' Code of Conduct can be downloaded [here](#).

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

Age Policy

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

To view further information on age, participation and competition, please view BG's Health & Safety Guidance: Safe Coaching document, which can be downloaded [here](#).

Rule	Penalty
Clubs must have an appropriately qualified coach on the competition floor	Gymnasts/Group Withdrawn from competition
Coach displaying aggressive behaviour/foul language	Removal of coach from the competition floor
Coaches must be appropriately dressed	Coach will not be permitted on the competition floor
Gymnasts, coaches and volunteers only permitted on competition floor at appropriate time	Unpermitted individuals will be asked to leave the competition floor and 0.5 deducted from the final score of gymnast /group
If applicable - Each gymnast should have a backup copy of their floor music on a CD clearly marked with the gymnast's name, number and club.	0.5 marks deducted from the gymnast's final score
Gymnasts and coaches are not permitted to wear any jewellery	0.3 deducted from the apparatus score
Gymnast's attire not conforming to regulations / CoP	0.3 deducted from score
Supports/bandages must be matched to the skin tone of the gymnast	0.3 deducted from score
Chewing gum is not allowed at any phase of the competition, including the opening and closing ceremonies and presentation of awards	Coach/gymnast will be asked to leave the competition floor

Year of Birth	Age in 2024	Competition Ages	WG Local & Regional Competitions	WG & BG National Competitions	Groups Competitions
2019 or later	5 or younger	Under 5			
2018	6	Under 6	Under 6		
2017	7	Under 7	Under 8		
2016	8	Under 8			
2015	9	Under 9	Under 10	Under 10	Espoir
2014	10	Under 10			
2013	11	Under 11	Under 12		
2012	12	Under 12			
2011	13	Under 13	Under 13		Can compete as Espoir or Junior, but not both
2010	14	Junior 1	Junior		Junior
2009	15	Junior 2			
2008 or earlier	16+	Senior			

Gymnasts' Competition Attire

Competition and event attire for gymnasts must be:

- Safe for the level of skill the gymnast is performing.
- Appropriate in conjunction with the ethical standards upheld within the sport.
- Suitable to ensure the integrity of the competition can be upheld.
- The overarching principles may be found in the Competition Attire at Events for Gymnasts Policy, which can be downloaded [here](#).
- When representing your Club (excluding Regional Team Finals – Home Nations only), the wearing of GBR or Home Country attire at WG Events is strictly forbidden. Furthermore, for the avoidance of doubt, any inclusion of the Union Flag (or home nation flag) within the design of any leotard is expressly forbidden.
- 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 gymnasts' performance nor require adjustment during an exercise.

In line with the changes to the Code of Points for 2022-2024, the following rules now apply for leotards worn for rhythmic gymnastics:

- A correct gymnastics leotard must be in non-transparent material; therefore, leotards that have some parts in lace will have to be lined (from the trunk to the chest). The pelvic/crotch area (with or without a skirt) should be covered with non-transparent, non-skin-coloured material up to the hip bones, and a **small** lace or transparent or skin-coloured area for connection/decoration is tolerated if the following is respected:
 - A solid, coloured connection between the front and the back of the leotard is required.

- The connection may be from fabric or applications but must give the impression of a whole material (not separate pieces)
- The connection must appear at the hip bones or lower.
- The style of neckline of the front and back of the leotard is free.
- Leotards may be with or without sleeves; leotards with narrow straps are also allowed.
- The cut of the leotard at the top of the legs must not go beyond the fold of the crotch (maximum); undergarments worn beneath the leotard should not be visible beyond the seams of the leotard itself.
- The leotard must be tight-fitting to enable the judges to evaluate the correct position of every part of the body.
- The leotard must be all in one piece. It is not possible for a gymnast to wear a leotard and separate additional “socks,” “gloves,” decorative legwarmers, belts, etc.

It is allowed to wear:

- Long tights over or under the leotard
- A full-length one-piece leotard, provided that it is tight-fitting.
- The length and colours (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 look of a ballet “tutu” is forbidden.
- Gymnasts may perform their exercises with bare feet or gymnastics slippers.
- Decorative appliques or details on the leotard are allowed:
 - Decorative details should not jeopardise the safety of the gymnast. It is not allowed to decorate leotards with light-emitting diodes (LED)
 - Design of a leotard with words or symbols is allowed if the design meets ethical standards and based on RG COP
- The hairstyle must be neat and compact. Decorative details are allowed but must not be bulky and/or jeopardise the gymnast's safety. Hair decorations must be close to the bun/compact to the hair.
- Make-up should be clear and light (theatrical masks are not allowed)
- Emblems or publicity must conform to the official norms of the Event.
- Bandages or support pieces must be of skin colour and cannot be in other colours.
- The hairstyle must be neat and trim, and the make-up clear and light.
- Jewellery, including earrings and studs, necklaces, rings, bracelets, anklets, nose and navel studs, are not allowed.

For further details, please see the FIG Code of Points, which can be downloaded [here](#).

Nominated Judges

For all competitions, clubs must nominate judges in accordance with the specific competition rules and regulations, which may differ from competition to competition at the time of entry. Clubs that need an appropriately qualified judge available should consult the WG / BG 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.

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 nominating club has gymnasts performing on that day or not. Clubs are responsible for all expenses incurred by their nominated judges.

Competition Apparatus

Apparatus for Seniors and Juniors must conform to the relevant FIG Apparatus Norms. In addition, for the British Championships, each apparatus must have the manufacturer's logo and "FIG approved" logo in the specified place for each apparatus.

Apparatus for Espoirs must conform to the FIG Apparatus Norms for Juniors, except for 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 a base will be used for all Competitions.

A set of identical apparatus will be placed on two of the four sides of the floor of the arena for use by any gymnast. For Juniors and below, replacement ribbons will be 5 metres in length.

Length of Exercises

Individuals (all age groups) – 1 minute 15 seconds to 1 minute 30 seconds

Duet: Espoir – 1 minute 15 seconds to 1 minute 30 seconds

Junior and Senior – 1 minute 45 seconds to 2 minutes

Trio: Espoir – 1 minute 15 seconds to 1 minute 30 seconds

Junior and Senior – 1 minute 45 seconds to 2 minutes

Group: Espoir – 1 minute 45 seconds to 2 minutes

Junior and Senior – 2 minutes 15 seconds to 2 minutes 30 seconds

Section 6 – Welsh Gymnastics Competitions 2024

Zone B NDP (Grades 4-10)

DATE 10th / 11th February 2024

VENUE Sport Wales National Centre, Sophia Gardens, Cardiff, CF11 9SW

ENTRY FEE £15 per apparatus

ELIGIBILITY The **Grading** event is open to all Zone B gymnasts with Competitive membership. Gymnasts must enter all pieces of apparatus set for their grade.

Disability gymnasts will compete in classification Class 1 – learning disability or Class 2 – physical or sensory disability.

SECTIONS

Under 9 (Grade 4): gymnasts born 2015
Free and Hoop
Disability: Free routine, Hoop elements

Under 10 (Grade 5): gymnasts born 2014
Free and Ball
Disability: Free routine, ball elements

Under 11 (Grade 6): gymnasts born 2013
Hoop and Clubs
Disability: Hoop routine, clubs elements

Under 12 (Grade 7): gymnasts born 2012
Hoop and Clubs
Disability: Hoop routine, clubs elements

Under 13 (Grade 8): gymnasts born 2011
Hoop, Ball and Clubs
Disability: Two routines from Hoop, Ball and Clubs

Junior (Grade 9): gymnasts born 2009 - 2010
Hoop, Ball and Clubs
Disability: Two routines from Hoop, Ball and Clubs

Senior (Grade 10): gymnasts born 2008 or earlier
Hoop, Ball and Ribbon
Disability: Two routines from Hoop, Ball and Ribbon

Entry will be via the WG Sport80 online entry system.

RULES, REGULATIONS AND REQUIREMENTS

It is **not** mandatory for individuals wishing to compete at level 3 in 2024 to compete at the Zonal Grades competition. However, if a gymnast does compete at the Zonal Grades competition but they

do not reach the qualification score for Level 4, then they will be Level 3 for the remainder of 2024. There is no requirement for individual gymnasts and groups who were Level 3 in 2023 to remain at Level 3 in 2024 – if the coach considers it appropriate for them to move back to Level 2 for 2024 this is acceptable, and they should not enter the Zonal Grades competition. Coaches are encouraged to carefully consider the most appropriate competition pathway for their gymnasts.

For all rules, regulations and competition requirements, plus recommended body elements, please refer to the following documents:

[BG RG Competition Handbook](#)

[NDP Recommended Body Elements](#)

AWARDS

Medals will be awarded for the overall 1st, 2nd and 3rd placed gymnast for each grade.

CLOSING DATE: 7pm, 12th January 2024

Zone B Group Zonal Qualification Competition

DATE 10th / 11th February 2024

VENUE Sport Wales National Centre, Sophia Gardens, Cardiff, CF11 9SW

ENTRY FEE £60 per group

ELIGIBILITY AND APPARATUS

Groups may comprise gymnasts from a single club or a combination of clubs with separate eligibility criteria applying in each situation;

Groups comprising gymnasts from a single club;

- Clubs may enter more than one Group in each section.

Groups comprising gymnasts from a combination of clubs;

- May contain gymnasts from any number of clubs (where a gymnast is not a member of the club of the person making the entry, that gymnast will need to be added to this club's list of members. This can be achieved by calling Customer Service at British Gymnastics).
- Only one Group from a combination of clubs may be entered in each club's name in each section.

In both instances;

- Gymnasts may only work in one Group.
- Younger gymnasts may work in an older section, but older gymnasts may not work in a younger section.
- Five or six gymnasts, plus one reserve, may be named for an Espoir Group.
- Five gymnasts, plus one reserve, may be named for a Junior or Senior Group.
- There is no requirement for reserves to perform.

Espoir (5 or 6 gymnasts)

Eligibility

- Espoir gymnasts as defined in the 'Groups competitions' column of the table on [Page 18](#) of this Handbook

Apparatus

- 1 routine with one Hoop per gymnast, performed twice

Junior (5 gymnasts)

Eligibility

- At least three Junior gymnasts and up to three Espoir gymnasts as defined in the 'groups competitions' column of the table on [Page 18](#) of this Handbook

Apparatus

- 1 routine with 5 Hoops, performed twice

Senior (5 gymnasts)

Eligibility

- At least three Senior gymnasts and up to three Junior gymnasts as defined in the 'Groups competitions' column of the table on [Page 18](#) of this Handbook

Apparatus

- 1 routine with 3 Ribbons and 2 Balls, performed twice

Disability: Not applicable for disability gymnasts

Competition Structure:

This event is mandatory for Groups wishing to participate in the 2024 Groups National and British Championships. All Groups will perform the same routine twice, with the higher of the two scores counting.

The rankings from this event will be used to determine which groups will qualify for the 2024 British Group Championships and which groups will qualify for the 2024 National Groups Championships.

Groups wishing to compete at Level 3 for 2024 do not need to compete at this competition.

Awards:

Medals will be awarded for the 1st, 2nd and 3rd placed groups in each category.

RULES, REGULATIONS AND REQUIREMENTS

It is **not** mandatory for groups wishing to compete at level 3 in 2024 to compete at the Zonal Group Qualification competition. However, if a group does compete at the Zonal Group Qualification competition but they do not reach the qualification score for Level 4, then they will be Level 3 for the remainder of 2024. There is no requirement for groups who were Level 3 in 2023 to remain at Level 3 in 2024 – if the coach considers it appropriate for them to move back to Level 2 for 2024 this is acceptable, and they should not enter the Zonal Group Qualification competition. Coaches are encouraged to carefully consider the most appropriate competition pathway for their gymnasts.

For all rules, regulations and competition requirements, plus recommended body elements, please refer to the following documents:

[BG RG Competition Handbook](#)

[NDP Recommended Body Elements](#)

CLOSING DATE: 7pm, 12th January 2024

Spring Stars

DATE 27th April 2024

VENUE Welsh National Rhythmic Training Centre, Llandarcy

CATEGORIES

Individuals:

- Recreational (General Class / Level 0)
- Level 1
- Level 2
- Level 3

Groups:

- Level 1&2
- Level 3

AGE GROUPS

Individuals: Under 6, Under 8, Under 10, Under 12, Under 13, Junior, Senior.
Please note that age groups may be split or combined depending on the numbers entering. This will be done to ensure a fair competition for all gymnasts

Groups: Espoir, Junior, Senior
*Please note that Under 13s may compete in either Espoir groups **or** Junior Groups, but not both.*

ENTRY FEE

Individual: £10 per gymnast, per apparatus
Groups: £50 per group
Entry will be via the Sport80 online entry system.
Late entries incur double the entry fee.

CLOSING DATE 7pm – 31st March 2024

APPARATUS - INDIVIDUALS

	Under 6	Under 8	Under 10	Under 12	Under 13	Junior	Senior
Level 0 (General Class / Recreational)	Free – set routine	Free – set routine	Free – set routine	Free – set routine	Hoop – set routine	Hoop – set routine	Hoop – set routine
Level 1 (Max 1)	Free	Free	Free	Hoop	Ball	Ball	Ribbon
Level 2 (Max 1 U6 & U8; Max 2 U10-Senior)	Free	Free	Free Ball	Free Hoop	Ball Clubs	Ball Clubs	Ball Ribbon

	Under 6	Under 8	Under 10	Under 12	Under 13	Junior	Senior
Level 3 (Max 1, U6 & U8, max 2, U10 & U12, max 3 U13, Junior & Senior)	Free	Free	Free Ball	Hoop Clubs	Hoop Ball Clubs	Hoop Ball Clubs	Hoop Ball Ribbon

SET ROUTINES

Level 0 – under 6, under 8, under 10 – Free routine:

<https://youtu.be/woWfhrd8kmA>

Level 0 - under 12 – Free routine: <https://youtu.be/j1mKi0QRwZ0>

Level 0 – under 13, Junior, Senior - Hoop routine:

https://youtu.be/bkJ7MtoT_oc

APPARATUS – GROUPS

	Espoir	Junior	Senior
Level 1 & 2	4, 5, or 6 hoops	5 Hoops	5 Hoops
Level 3	4, 5, or 6 hoops	5 Hoops	5 Hoops

JUDGING CRITERIA

Level 0 – set routines – See Appendix 1

Levels 1 & 2 – Basic code – see appendix 2, with RBDs as per Appendix 3

Level 3 – FIG Code of Points

MEDALS

Level 0 - All gymnasts will receive a medal for each routine they perform – bronze, silver or gold, depending on their score.

Levels 1 - 3 - Medals will be awarded per apparatus to the top 3 gymnasts in each category and age group.

Rhythmic Welsh Championships & Welsh Open 2024

DATE	6th & 7th July 2024 <i>The day and schedule will be released following the entry deadline and will be determined by numbers within each age group.</i>
VENUE	Sport Wales National Centre, Sophia Gardens, Cardiff, CF11 9SW
CATEGORIES	Elite (Level 5) Intermediate (Level 4) Novice (Level 1 – 3)
AGE GROUPS	Under 9, Under 10, Under 11, Under 12, Under 13, Junior, Senior. <i>Please note that all age groups may be split or combined depending on the numbers entering. This will be done to ensure a fair competition for all age groups and levels of gymnasts.</i>
ENTRY FEE	£15 per gymnast, per apparatus. (NB: Gymnasts in levels 2, 3, 4 & 5 can choose to compete in 1 or more apparatus; however, Welsh members not competing in all apparatus for their age group will not be eligible for the AA Welsh competition) Entry will be via the Sport80 online entry system. A how-to guide can be found here .
CLOSING DATE	7pm – 24th May 2024
ELIGIBILITY	Please note that the process of establishing eligibility for Welsh titles must be started before the closing date. Further information on how to go about this can be found here.

ELITE

AGE GROUPS

Under 9, Under 10, Under 12, Under 13, Junior, Senior

The Junior & Senior competition will be a two-day event – Competition II on Saturday, Competition III on Sunday [top 6 or 8 for finals dependent on numbers: please note that age groups for finals will depend on the numbers entering].

We reserve the right to split or combine age groups depending on numbers entering to ensure a fair and equitable competition for all gymnasts.

APPARATUS

AGE GROUP	Under 9	Under 10	Under 11 (max 3)	Under 12 (max 3)	Under 13	Junior	Senior
	Free	Free	Free	Free	Hoop	Hoop	Hoop
	Hoop	Rope	Hoop	Hoop	Ball	Ball	Ball
	Ball	Ball	Clubs Ribbon	Clubs Ribbon	Clubs Ribbon	Clubs Ribbon	Clubs Ribbon

For competition requirements, please refer to: <https://www.british-gymnastics.org/technical-information/discipline-updates/rhythmic>

ELIGIBILITY

Elite level is for gymnasts that have qualified for British Championships, plus Welsh national squad gymnasts.

Closed competition: Any competitive member of Welsh Gymnastics

Open competition: Any invited gymnasts and clubs

MEDALS

Closed competition: Medals will be awarded to the top 3 All-Around (AA) winners. A trophy will be given to the AA winner.

Open competition: Medals will be awarded per apparatus to the top 3 gymnasts in each category and age group for Under 9s, Under 10s and Under 12s only. Under 13s, Juniors and Seniors will go forward and compete in Apparatus finals.

In the Junior & Senior categories, medals will also be awarded for the All-Around top 3, with a trophy to the AA winner.

INTERMEDIATE

AGE GROUPS Under 9, Under 10, Under 12, Under 13, Junior, Senior

APPARATUS

AGE GROUP	Under 9	Under 10	Under 12	Under 13	Junior	Senior
	Free	Free	Hoop	Hoop	Hoop	Hoop
	Hoop	Ball	Clubs	Ball	Ball	Ball
				Clubs	Clubs	Ribbon

For competition requirements, please refer to <https://www.british-gymnastics.org/technical-information/discipline-updates/rhythmic>

ELIGIBILITY Intermediate level is for gymnasts that have qualified for National Finals, plus Welsh 8-10 Age Group squad gymnasts.

Closed competition: Any competitive member of Welsh Gymnastics

Open competition: Any invited gymnasts and clubs

MEDALS Closed competition: Medals will be awarded to the top 3 All-Around (AA) winners. A trophy will be given to the AA winner.

Open competition: Medals will be awarded per apparatus to the top 3 gymnasts in each category and age group.

[Please note: dependent on numbers across levels 4 and 5 in the Junior & Senior age groups, Intermediate (level 4) gymnasts may be selected for finals on day 2. This will be confirmed post-entry deadline.]

NOVICE LEVELS

AGE GROUPS Under 10, Under 12, Under 13 Junior, Senior

APPARATUS

	Under 10	Under 12	Under 13	Junior	Senior
Level 1* (max 1)	Free	Hoop	Ball	Ball	Ribbon
Level 2* (max 2)	Free Ball	Free Hoop	Ball Clubs	Ball Clubs	Ball Ribbon
Level 3 (max 2, U10 & U12, max 3 U13, Junior & Senior)	Free Ball	Hoop Clubs	Hoop Ball Clubs	Hoop Ball Clubs	Hoop Ball Ribbon

For competition requirements, please refer to <https://www.british-gymnastics.org/technical-information/discipline-updates/rhythmic>

*Level 1 and 2 gymnasts will be judged on the Basic code. Please see Appendix 2 for Basic Code, and Appendix 3 for Recommended Body elements.

ELIGIBILITY

Closed competition: Any competitive member of Welsh Gymnastics

Open competition: Any invited gymnasts and clubs

Level 1: Gymnasts in their first 5 competitions, competing under Basic code only.

Level 2: Gymnast competed in 6 or more competitions and of the level suitable for Basic code rather than full Code of Points (CoP)

Level 3: Any gymnast that took Grades but did not qualify for National Finals, or any gymnast of the level suitable for full Code of Points, but who did not take Grades

MEDALS

Closed competition: Medals will be awarded to the top 3 overall winners in Level 3 only. A trophy will be given to the overall winner in Level 3, and they will be awarded the title of Welsh Novice Champion.

Levels 1 and 2 will be awarded medals for the top 3 gymnasts in each apparatus and age group. There is no overall award for level 1 and 2 gymnasts.

Open competition: Medals will be awarded per apparatus to the top 3 gymnasts in each category and age group.

JUDGES

Please see link for judge requirements in the WG Competition Handbook.

Summer Future Hopes

Please note: this competition will run alongside the Welsh Championships.

DATE	6th and / or 7th July, 2024
VENUE	Sport Wales National Centre, Sophia Gardens, Cardiff, CF11 9SW
CATEGORIES	Level 1 Level 2 Level 3 (Welsh Squad gymnasts only)
AGE GROUPS	Under 6, Under 7, Under 8 <i>Please note that age groups may be split or combined depending on the numbers entering. This will be done to ensure a fair competition for all gymnasts</i>
ENTRY FEE	£15 per gymnast, per apparatus. Entry will be via the Sport80 online entry system Late entries incur double the entry fee.
CLOSING DATE	7pm – 14th May 2024 Entry will be via the WG Sport80 online entry system

APPARATUS

	Under 6	Under 7	Under 8
Level 1 & 2 Max 1	Free	Free	Free
Level 3 Max 1, U6 & u7; Max 2 – U8 only	Free	Free	Free Hoop

MEDALS	Medals will be awarded per apparatus to the top 3 gymnasts in each category and age group.
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Autumn Stars

DATE	19th October 2024
VENUE	Welsh National Rhythmic Training Centre, Llandarcy
CATEGORIES	<p>Individuals:</p> <ul style="list-style-type: none"> • Recreational (General Class / Level 0) • Level 1 • Level 2 • Level 3 <p>Groups:</p> <ul style="list-style-type: none"> • Level 1&2 • Level 3
AGE GROUPS	<p>Individuals: Under 6, Under 8, Under 10, Under 12, Under 13, Junior, Senior. <i>Please note that age groups may be split or combined depending on the numbers entering. This will be done to ensure a fair competition for all gymnasts</i></p> <p>Groups: Espoir, Junior, Senior <i>Please note that Under 13s may compete in either Espoir groups or Junior Groups, but not both.</i></p>
ENTRY FEE	<p>Individual: £10 per gymnast, per apparatus Groups: £50 per group Entry will be via the Sport80 online entry system Late entries incur double the entry fee.</p>
CLOSING DATE	7pm – 14th September 2024 Entry will be via the WG Sport80 online entry system

APPARATUS – INDIVIDUALS

Please note: Apparatus choices may be added to allow gymnasts to compete their 2025 apparatus

	Under 6	Under 8	Under 10	Under 12	Under 13	Junior	Senior
Level 0 (General Class / Recreational)	Free – set routine	Free – set routine	Free – set routine	Free – set routine	Hoop – set routine	Hoop – set routine	Hoop – set routine
Level 1 (Max 1)	Free	Free	Free	Hoop	Ball	Ball	Ribbon

	Under 6	Under 8	Under 10	Under 12	Under 13	Junior	Senior
Level 2 (Max 1 U6 & U8; Max 2 U10-Senior)	Free	Free	Free Ball	Free Hoop	Ball Clubs	Ball Clubs	Ball Ribbon
Level 3 (Max 1, U6 & U8, max 2, U10 & U12, max 3 U13, Junior & Senior)	Free	Free	Free Ball	Hoop Clubs	Hoop Ball Clubs	Hoop Ball Clubs	Hoop Ball Ribbon

SET ROUTINES

Level 0 – under 6, under 8, under 10 – Free routine:

<https://youtu.be/woWfhrd8kmA>

Level 0 - under 12 – Free routine: <https://youtu.be/j1mKiOQRwZ0>

Level 0 – under 13, Junior, Senior - Hoop routine:

https://youtu.be/bkI7MtoT_oc

APPARATUS – GROUPS

	Espoir	Junior	Senior
Level 1 & 2	4, 5, or 6 hoops	5 Hoops	5 Hoops

JUDGING CRITERIA

Level 0 – set routines – See Appendix 1

Levels 1 & 2 – Basic code – see appendix 2, with RBDs as per Appendix 3.

Level 3 – FIG Code of Points

MEDALS

Level 0 - All gymnasts will receive a medal for each routine they perform – bronze, silver or gold, depending on their score.

Levels 1 – 3 - Medals will be awarded per apparatus to the top 3 gymnasts in each category and age group.

Cymru Cup

DATE 7th – 8th December, 2024

VENUE Sport Wales National Centre, Sophia Gardens, Cardiff, CF11 9SW

**CATEGORIES
& AGE
GROUPS -
INDIVIDUALS**

YEAR OF BIRTH	CYMRU CUP AGE GROUP					
	Level	Diamond	Gold	Silver	Bronze	Sapphire
2008 and older	Senior					
2009	Pre-Senior					
2010	Junior					
2011						
2012	Pre-Junior					
2013	Espoir					
2014						
2015	Pre-Espoir					
2016						

- **Diamond:** gymnasts who competed at level 5 in 2024; performance RBDs permitted
- **Gold:** gymnasts who competed at level 4 in 2024; performance RBDs permitted
- **Silver:** gymnasts who competed at level 3 in 2024; min level for Home Nation Squad gymnasts; performance RBDs permitted
- **Bronze:** Development level 3 - progression from Sapphire – Judged on Basic code; CoP DBs value 0.4 and below permitted; development RBDs permitted
- **Sapphire:** Development level 2 – 2nd year of competition onwards – Judged on Basic code; CoP DBs value 0.3 and below permitted; development RBDs permitted
- **Ruby:** Development level 1 - 2024 is first year of competition at Level 1 (competing only in Fundamentals / Next Steps competitions does not count towards years of competition); CoP DBs value 0.2 and below permitted; development RBDs permitted

Please note that all age groups may be split or combined depending on the numbers entering. This will be done to ensure a fair competition for gymnasts of all ages and levels

**CATEGORIES
& AGE
GROUPS –
GROUPS**

Level	Diamond	Gold	Silver	Bronze	Sapphire	Ruby
Age Group						
Pre-Espoir (YoB 2014 – 2016)	Performance Pre-Espoir			Development Pre-Espoir		
Espoir (YoB 2012 – 2014)	Performance Espoir			Development Espoir		
Junior (YoB 2010 – 2011)	Performance Junior			Development Junior		
Senior (YoB 2009 or earlier)	Performance Senior			Development Senior		

ENTRY FEE Individuals: £15 per gymnast, per apparatus.
Groups: £60 per group

(NB: Gymnasts in levels Bronze - Diamond can choose to compete in 1 or more apparatus; however, those gymnasts not competing in all apparatus for their age group will not be eligible for the Overall title)

Entry will be via the Sport80 online entry system

CLOSING DATE 12pm – 9th November 2024

JUDGES Please see link for judge requirements in the WG Competition Handbook.

MEDALS Apparatus: Medals will be awarded per apparatus to the top 3 gymnasts in each category and age group

All Around: Gymnasts who have competed all pieces of apparatus for their age group and category will be eligible for the AA title. Medals will be awarded to the top 3 All-Around (AA) winners for each age group and category.

APPARATUS – INDIVIDUALS

Levels Silver, Gold & Diamond – Judged on FIG Code of Points				
	Year of Birth	Maximum number of routines	Apparatus	Notes
Senior	2008 and older	3*	Hoop Ball Ribbon	DB: Min 3 (min 1 from each body group) – highest 8 counted R: Max 4 DA: Max 15 2 dance step combinations: min (8") Dynamic changes/ effects: min 2
Pre-Senior	2009	3	Hoop Ball Ribbon	DB: Min 3 (min 1 from each body group) – highest 8 counted R: Max 4 DA: Max 15 2 dance step combinations: min (8") Dynamic changes/ effects: min 2
Junior	2010 – 2011	3	Hoop Ribbon Clubs	DB: Min 3 (min 1 from each body group) – highest 6 counted R: Max 3 DA: Min 1; Max 12 2 dance step combinations: min (8") Dynamic changes/ effects: min 2
Pre-Junior	2012	3	Hoop Clubs	DB: Min 3 (min 1 from each body group) – highest 6 counted R: Max 3 DA: Min 1; Max 12 2 dance step combinations: min (8") Dynamic changes/ effects: min 2
Espoir	2013 – 2014	2	Ball Clubs	DB: Min 3 (min 1 from each body group) – highest 6 counted RBDs as per 2025 age R: Max 3 DA: Min 1; Max 12 2 dance step combinations: min (8")

				Dynamic changes/ effects: min 2
Pre-Espoir	2015 - 2016	2	Free Ball (2015) Hoop (2016)	DB: Min 3 (min 1 from each body group) – highest 6 counted, highest 5 apparatus, RBDs as per 2025 age R: Max 3 DA: Min 1; Max 10 (NB: n/a for Free routines) 2 dance step combinations: min (8") Dynamic changes/ effects: min 2

* 2024 Senior Level 5 gymnasts may perform 4 apparatus; however their clubs routine score will not count towards the final results. Please liaise with competition lead to organise additional entries.

Bronze – Judged on Basic Code				
	Year of Birth	Maximum number of routines	Apparatus	Notes
Senior	2008 and older	2	Ribbon Ball	DB: Min 3 (min 1 max 2 from each body group counted) – highest 7 counted R: Max 2 DA: Min 1; Max 15 2 dance step combinations: min (8") Dynamic changes/ effects: min 1
Pre-Senior	2009	2	Ribbon Ball	DB: Min 3 (min 1 max 2 from each body group counted) – highest 7 counted R: Max 2 DA: Min 1; Max 15 2 dance step combinations: min (8") Dynamic changes/ effects: min 1
Junior	2010 – 2011	2	Ball Clubs	DB: Min 3 (min 1 max 2 from each body group counted) – highest 5 counted R: Max 2 DA: Min 1; Max 12 2 dance step combinations: min (8") Dynamic changes/ effects: min 1
Pre-Junior	2012	2	Hoop Clubs	DB: Min 3 (min 1 max 2 from each body group counted) – highest 5 counted R: Max 2 DA: Min 1; Max 12 2 dance step combinations: min (8") Dynamic changes/ effects: min 1
Espoir	2013 – 2014	2	Hoop Ribbon	DB: Min 3 (min 1 max 2 from each body group counted) – highest 5 counted R: Max 2 DA: Min 1; Max 12 2 dance step combinations: min (8") Dynamic changes/ effects: min 1
Pre-Espoir	2015 – 2016	2	Ball Hoop	DB: Min 3 (min 1 max 2 from each body group counted) – highest 5 counted R: Max 2 DA: Min 1; Max 10 (Bronze) 2 dance step combinations: min (8") Dynamic changes/ effects: min 1

Sapphire – Judged on Basic Code				
	Year of Birth	Maximum number of routines	Apparatus	Notes
Senior	2008 and older	1	Ball	DB: Min 3 (min 1 max 2 from each body group counted) – highest 6 counted R: Max 2 (can be single rotation) DA: Min 1; Max 12 2 dance step combinations: min (8") Dynamic changes/ effects: min 1
Pre-Senior	2009	1	Ball	DB: Min 3 (min 1 max 2 from each body group counted) – highest 6 counted R: Max 2 (can be single rotation) DA: Min 1; Max 12 2 dance step combinations: min (8") Dynamic changes/ effects: min 1
Junior	2010 – 2011	1	Ball	DB: Min 3 (min 1 max 2 from each body group counted) – highest 4 counted R: Max 2 (can be single rotation) DA: Min 1; Max 10 2 dance step combinations: min (8") Dynamic changes/ effects: min 1
Pre-Junior	2012	1	Hoop	DB: Min 3 (min 1 max 2 from each body group counted) – highest 4 counted R: Max 2 (can be single rotation) DA: Min 1; Max 10 2 dance step combinations: min (8") Dynamic changes/ effects: min 1
Espoir	2013 – 2014	1	Hoop	DB: Min 3 (min 1 max 2 from each body group counted) – highest 4 counted R: Max 2 (can be single rotation) DA: Min 1; Max 10 2 dance step combinations: min (8") Dynamic changes/ effects: min 1
Pre-Espoir	2015 – 2016	1	Ball	DB: Min 3 (min 1 max 2 from each body group counted) – highest 4 counted R: Max 2 (can be single rotation) DA: Min 1; Max 8 2 dance step combinations: min (8") Dynamic changes/ effects: min 1

Ruby – Judged on Basic Code				
	Year of Birth	Maximum number of routines	Apparatus	Notes
Senior	2008 and older	1	Ball	DB: Min 3 (min 1 max 2 from each body group counted) – highest 5 counted R: Max 2 (nb: single rotation only) DA: Min 1; Max 12 2 dance step combinations: min (8") Dynamic changes/ effects: min 1
Pre-Senior	2009	1	Ball	DB: Min 3 (min 1 max 2 from each body group counted) – highest 5 counted R: Max 2 (nb: single rotation only) DA: Min 1; Max 12 2 dance step combinations: min (8") Dynamic changes/ effects: min 1
Junior	2010 – 2011	1	Hoop	DB: Min 3 (min 1 max 2 from each body group counted) – highest 4 counted R: Max 2 (nb: single rotation only) DA: Min 1; Max 10 2 dance step combinations: min (8") Dynamic changes/ effects: min 1
Pre-Junior	2012	1	Hoop	DB: Min 3 (min 1 max 2 from each body group counted) – highest 4 counted R: Max 2 (nb: single rotation only) DA: Min 1; Max 10 2 dance step combinations: min (8") Dynamic changes/ effects: min 1
Espoir	2013 – 2014	1	Hoop	DB: Min 3 (min 1 max 2 from each body group counted) – highest 4 counted R: Max 2 (nb: single rotation only) DA: Min 1; Max 10 2 dance step combinations: min (8") Dynamic changes/ effects: min 1
Pre-Espoir	2015 – 2016	1	Free	DB: Min 3 (min 1 max 2 from each body group counted) – highest 4 counted R: Max 2 (nb: single rotation only) 2 dance step combinations: min (8") Dynamic changes/ effects: min 1

APPARATUS – GROUPS

Levels Silver, Gold & Diamond – Performance Groups – Judged on FIG Code of Points				
	Year of Birth	Maximum number of routines	Apparatus	Notes
Senior (5 gymnasts)	2009 and older	1 performed twice (best score counts)	3 Balls, 2 Hoops	DB: Min 4, Max 5 ED (Exchange difficulties): Min 4, Max 5 Max 9 BD/ED combined R: Max 1 DC (Collaboration): Min 9, Max 14 CC; Min 3, CR; Min 3, C (arrows); Min 3 2 dance step combinations: min (8") Dynamic changes/ effects: min 4
Junior (5 gymnasts)	2010 - 2011	1 performed twice (best score counts)	5 Hoops	DB: 3 ED: 3 6 BD/ED combined R: Max 1 DC (Collaboration): Min 6, Max 10 CC: Min 2, CR: Min 2, C (arrows): Min 2 2 dance step combinations: min (8") Dynamic changes/ effects: min 4
Espoir (4, 5, or 6 gymnasts)	2012 - 2014	1 performed twice (best score counts)	4, 5, or 6 Balls	DB: 3 ED: 3 6 BD/ED combined R: Max 1 DC (Collaboration): Min 6, Max 10 CC: Min 2, CR: Min 2, C (arrows): Min 2 2 dance step combinations: min (8") Dynamic changes/ effects: min 2
Pre-Espoir (4, 5, or 6 gymnasts)	2014 - 2016	1 performed twice (best score counts)	4, 5, or 6 Hoops	DB: Max 3 ED: Min 2 Max 6 BD/ED combined R: Max 1 DC (Collaboration): Min 4, Max 8 CC: Min 1, CR: Min 1, C (arrows): Min 1 2 dance step combinations: min (8") Dynamic changes/ effects: min 2

Levels Ruby, Sapphire & Bronze – Development Groups – Judged on Basic Code				
	Year of Birth	Maximum number of routines	Apparatus	Notes
Senior (5 gymnasts)	2009 and older	1 performed twice (best score counts)	5 Ribbons	DB: Min 3, Max 4 ED: Min 3, Max 4 Max 7 BD/ED combined R: Max 1 DC (Collaboration): Min 7, Max 10 CC (Collaboration): Min 2 CR (Collaboration): Min 1 CR; C (arrows) Min 1 2 dance step combinations: min (8") Dynamic changes/ effects: min 2
Junior (5 gymnasts)	2010 - 2011	1 performed twice (best score counts)	5 Hoops	DB: Min 3 ED: Min 2 Max 6 BD/ED combined R: Max 1 DC (Collaboration): Min 5, Max 8 CC (Collaboration): Min 2 CR (Collaboration): Min 2 CR, C (arrows) Min 1 2 dance step combinations: min (8") Dynamic changes/ effects: min 2
Espoir (4, 5, or 6 gymnasts)	2012 - 2014	1 performed twice (best score counts)	4, 5, or 6 Balls	DB: Min 3 ED: Min 2 Max 6 BD/ED combined
Pre-Espoir (4, 5, or 6 gymnasts)	2014 - 2016	1 performed twice (best score counts)	4, 5, or 6 Hoops	R: Max 1 DC (Collaboration): Min 5, Max 8 CC (Collaboration): Min 2 CR (Collaboration): Min 2 CR, C (arrows): Min 2 2 dance step combinations: min (8") Dynamic changes/ effects: min 2

Winter Future Hopes

DATE **7th – 8th December, 2024**
This competition will run alongside the Cymru Cup

VENUE Sport Wales National Centre, Sophia Gardens, Cardiff, CF11 9SW

CATEGORIES & AGE GROUPS

YEAR OF BIRTH	WINTER FUTURE HOPES AGE GROUP		
	Silver	Sapphire/Bronze	Ruby
2017	Aspire	Aspire	Aspire
2018		Hopes 2	Hopes 2
2019		Hopes 1	Hopes 1

Please note that all age groups may be split or combined depending on the numbers entering. This will be done to ensure a fair competition for gymnasts of all ages and levels

ENTRY FEE Individuals: £15 per gymnast, per apparatus.

Entry will be via the Sport80 online entry system

CLOSING DATE **12pm – 9th November 2024**

JUDGES Please see link for judge requirements in the WG Competition Handbook.

MEDALS Medals will be awarded per apparatus to the top 3 gymnasts in each category and age group

APPARATUS

Silver – Judged on FIG code				
	Year of Birth	Maximum number of routines	Apparatus	Notes
Aspire	2017	2	Free Hoop	DB: Min 3 (min 1 max 2 from each body group counted) – highest 6 counted R: Max 3 DA: Min 1; Max 10 2 dance step combinations: min (8") Dynamic changes/ effects: min 2
Sapphire / Bronze – Judged on Basic Code				
	Year of Birth	Maximum number of routines	Apparatus	Notes
Aspire	2017	1	Free	DB: Min 3 (min 1 from each body group) – highest 5 counted R: Max 3 in free (can be single rotation) 2 dance step combinations: min (8") Dynamic changes/ effects: min 1 NB: Music 1 minute to 1m30
Hopes 2	2018	1	Free	
Hopes 1	2019	1	Free	
Ruby – Judged on Basic Code				
	Year of Birth	Maximum number of routines	Apparatus	Notes
Aspire	2017	1	Free	DB: Min 3 (min 1 from each body group) – highest 4 counted R: Max 3 (can be single rotation) DA: Min 1; Max 8 2 dance step combinations: min (8") Dynamic changes/ effects: min 1 NB: Music 1 minute to 1m30
Hopes 2	2018	1	Free	
Hopes 1	2019	1	Free	

Appendix 1 – Spring /Autumn Stars Judging Sheets

Under 6, Under 7, Under 8, Under 9 – Free Routine

Difficulty Evaluation

Elements attempted by gymnast	Forward Roll	Full Turning Jump	Passe Balance	Side Body Wave	2 Chaine Turns	Passe Pirouette
Elements awarded by Judge (Please Circle)	0.00 0.50	0.00 0.50	0.00 0.50	0.00 0.50	0.00 0.50	0.00 0.50

Total Difficulty Score: _____

Artistry and Execution Evaluation

Artistic	Rhythm	Body Expression	Facial Expression	Unity (major interruption in the exercise)
(please circle)	0.1 0.2 0.3 0.4 0.5 0.6 0.7 0.8 0.9 1.0	0.0 0.3 0.5 0.7	0.0 0.3 0.5 0.7	0.5
Execution				

Total Deductions: _____ Score Awarded from 10.00 _____

Total Score Awarded: _____/13

Under 10, Under 11 – Free Routine

Difficulty Evaluation

Elements attempted by gymnast	Cartwheel	Stag Leap	Horizontal Balance	Forward Body Wave	2 Chainé Turns	Passe Pirouette
Elements awarded by Judge	0.00	0.00	0.00	0.00	0.00	0.00
(Please Circle)	0.50	0.50	0.50	0.50	0.50	0.50

Total Difficulty Score: _____

Artistry and Execution Evaluation

Artistic	Rhythm	Body Expression	Facial Expression	Unity (major interruption in the exercise)
(please circle)	0.1 0.2 0.3 0.4 0.5 0.6 0.7 0.8 0.9 1.0	0.0 0.3 0.5 0.7	0.0 0.3 0.5 0.7	0.5
Execution				

Total Deductions: _____ Score Awarded from 10.00 _____

Total Score Awarded: _____/13

Under 12 and older – Hoop Routine

Difficulty Evaluation

Elements attempted by gymnast	4 Walks with Rotations on Hand	4 Skips FWD through hoop	Passe pirouette pass hoop	Twiddle on floor with dance	Chasse split leap rotations on hand	BWD Body Wave, twiddle on floor
Elements awarded by Judge (Please Circle)	0.00 0.50	0.00 0.50	0.00 0.50	0.00 0.50	0.00 0.50	0.00 0.50
Elements attempted by gymnast	Boomerang With hops	Cartwheel on elbows	Side roll with rotations	Arabesque balance, toss hoop	3 skips BWD with throw, catch on skip	Roll hoop on floor
Elements awarded by Judge (Please Circle)	0.00 0.50	0.00 0.50	0.00 0.50	0.00 0.50	0.00 0.50	0.00 0.50

Total Difficulty Score: _____

Artistry and Execution Evaluation

Artistic	Rhythm	Body Expression	Facial Expression	Unity (major interruption in the exercise)
(please circle)	0.1 0.2 0.3 0.4 0.5 0.6 0.7 0.8 0.9 1.0	0.0 0.3 0.5 0.7	0.0 0.3 0.5 0.7	0.5
Execution				

Total Deductions: _____ Score Awarded from 10.00 _____

Total Score Awarded: _____/16

Appendix 2 – Basic Code

Cycle 15 Basic Code can be downloaded from [here](#).

Appendix 3 – Level 1 & 2 RBDs

RBDs for Level 1 & 2 gymnasts can be downloaded from [here](#).