



Welsh Gymnastics
Gymnasteg Cymru

Llawlyfr Cystadleuaeth Gymnasteg Rhythmig 2023

Rhythmic Gymnastics Handbook 2023

Contents

Section 1 Version Control	4
Section 2 Definition of Terms	5
Section 3 Competition Calenders	6
British National Competition Calendar	6
Welsh National Competition Calendar	6
Section 4 Eligibility	7
Welsh Championship Titles	7
Welsh Open Events	7
NDP Grades	7
Section 5 Qualifications and Membership	7
Gymnasts	7
Lead Coaches	8
Coaches	8
Supervised Coaches	8
Assisting Coaches	8
Choreographer	8
Chaperones	8
Judges	8
Coach Qualifications	9
Section 6 Safeguarding	9
Policy for the Participation of Trans People in Gymnastics Competitions	10
Section 7 Competition Entries	10
Entry Process	10
Volunteers	11
Disability Gymnastics	11
Late Entries	11
Withdrawals and Substitutions	12
Section 8 General Regulations	12
Registration	12
Order of Performance	13
Access to Warm-up Hall	13
Food and Drink	13

Babies and Young Children	13
Medical Provision	13
Medal Ceremonies	14
Tenure of Trophies	14
Protests	14
Privacy	14
Section 9 Music	14
Late Music Submission	15
Music Licensing	15
Section 10 Video, Film and Photography	15
Section 11 Health & Safety	16
Section 12 Safe Trips	16
Section 13 Drug-Free Sport	16
Section 14 Terms and Conditions of Entry to All Competitors	18
Section 15 Rhythmic Gymnastics Technical Information	19
Age Policy	19
Gymnasts' Competition Attire	19
Coach Attire	21
Nominated Judges	21
Competition Apparatus	22
Length of Exercises	22
Zone B NDP (Grades 4-10)	23
Zone A and B Group Zonal Qualification Competition	25
Rhythmic Welsh Championships & Welsh Open 2023	27
Cymru Christmas Cup	31

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.

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

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.

Version 1.1 10/02/2023

Updated apparatus for novice section of Welsh Championships & Welsh Open 2023

Version 1.2 15/03/2023

Addition of fines for withdrawal of judges and specification of judges for Welsh Championships

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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 Calenders

British National Competition Calendar

Event & Date	Opening Date	Closing Date	Venue
British Qualification Testing, 1 st – 2 nd April	6 th January	Noon 17 th February	Llilleshall NSC, Newport
Open Apparatus Championships (Junior & Senior) and Groups 2023, 22 nd – 23 rd April	27 th January	Noon 10 th March	Fenton Manor, Stoke on Trent
NDP Finals 2023, 3 rd – 4 th June	10 th March	Noon 21 st April	Fenton Manor, Stoke on Trent
National Group Finals 2023, 3 rd – 4 th June	10 th March	Noon 21 st April	Fenton Manor, Stoke on Trent
Rhythmic Individual British Championships 2023, 7 th – 9 th July	14 th April	Noon 26 th May	Telford International Centre

Welsh National Competition Calendar

Event & Date	Opening Date	Closing Date	Venue
Zone B NDP (Grades 4 – 10), 17 th -18 th February		Noon, 6 th January	Sport Wales National Centre, Cardiff
Zone A & B Groups Qualification Competition		Noon, 6 th January	Sport Wales National Centre, Cardiff
Welsh Championships and Open L1 – 5, 30 th June – 2 nd July	TBC	TBC	Sport Wales National Centre, Cardiff
Cymru Christmas Cup, 1 st – 3 rd December	TBC	TBC	Welsh National Rhythmic Training Centre, Llandarcy

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 grandparents 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 full details of eligibility information and evidence requirements, please click [here](#)

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 Qualifications and Membership

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

Gymnasts

Membership level must be Competitive Gymnast, Coach, or Life Member of BG to enter a WG Event. In normal circumstances, gymnasts should also be a member of a BG/WG registered club.

In exceptional cases, where a gymnast does not belong to a BG/WG registered club, they must contact the Events Department 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 meet all other membership requirements.

Welsh Gymnastics retain the rights to utilise the power of discretion to ensure any judgement made is with the best interests of the gymnasts involved.

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/Region before being allowed to participate in a WG Event. In addition, coaches must have current Safeguarding and DBS certificates; please see the [Safeguarding](#) section for further information.

Coaches

Supervising coaches' membership level must be Coach, or Life Members of BG and coaches must be qualified to a minimum of level 2. In addition, coaches must have a current safeguarding and DBS certificate. Please see the [Safeguarding](#) section for further information.

Supervised Coaches

Please note that Supervised Coaches' requirements have now reverted to pre-COVID levels.

To be a Supervised Coach, you must be a minimum of Level 2. With the explicit authorisation of the Lead Coach, Supervised Coaches may coach skills at a maximum of 1 level higher than their current qualification. Before being allowed to participate in a Welsh Gymnastics Event, the Supervised 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 further information on the changes introduced for Lead and Supervised coaches, please click [here](#)

Assisting Coaches

Assisting coaches' Membership level must be Assistant Coach (if Level 1), Coach or Life Member of BG before being allowed to participate in a WG Event. In addition, coaches must have a current safeguarding & DBS certificate. Please see the [Safeguarding](#) section for further information.

Choreographer

Choreographers' Membership level must be Competitive Gymnast, Assistant Coach (if Level 1), Coach or Life Member of Welsh / British Gymnastics before being allowed to participate in a Welsh Gymnastics Event. Choreographers must have current safeguarding and DBS certificates. Please see Safeguarding section.

Chaperones

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. Chaperones must be a minimum of 18 years old. Individuals must have current WG/BG membership and safeguarding and DBS certificates 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 a WG Event. Judges must hold a current cycle of judging award (2022-2024)

From time to time, Welsh Gymnastics may invite international judges to officiate at WG events; as such, they will not require BG membership.

BG and WG do not require judges to complete a criminal record check to judge at WG competitions, as the role that judges fulfil at the Event no longer falls within DBS 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, e.g. 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. WG no longer requires all judges to complete safeguarding training, but clubs should ensure any judge who supervises or instructs children has completed appropriate training.

Coach Qualifications

When submitting entries for a WG 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. Supervising Coaches must be a minimum of level 2.

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 and that of the Supervising Coaches, Assistant Coaches, Chaperones & 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, WG 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.

Section 6 Safeguarding

All Coaches are required to hold a current BG specific enhanced DBS certificate 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 WG/BG Events.

All Gymnasts must always have an accredited coach present on the competition floor. If a Gymnast attends a competition without a Supervising Coach, they will not be allowed to compete.

Initial Safeguarding training, which is valid for 3 years, must either be a face to face workshop or an online classroom and delivered by a recognised training organisation. The SPC 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/virtual course an online refresher update course is available [here](#). Coaches are responsible for checking the expiry date of their safeguarding and ensuring they have sufficient time to renew their award prior to the closing date of the event.

British Gymnastics & Welsh Gymnastics accept training from the following providers:

- Local Authority Safeguarding
- FA Safeguarding
- UK Coaching Safeguarding and Protecting Children
- NHS Safeguarding
- Specific professional prior learning (Social Worker, Teacher, Police Officer etc)
- (Or Home Country equivalent approved by Scottish Gymnastics/Welsh Gymnastics/Gymnastics N Ireland)

A nominated Welfare Officer will be present at all WG Competitions.

Policy for the Participation of Trans People in Gymnastics Competitions

For more information, please refer to the policy for the participation of trans people in gymnastics competitions which can be found [here](#).

Section 7 Competition Entries

Entry Process

Entry to the majority of Area and National WG Events are online. Complete instructions for adding an entry via the GymNet online Entry Portal are available to download from the BG website. All entries must be fully submitted electronically to WG/BG by the stipulated closing date and time. Where a competition entry is not available via GymNet, the entry form should be completed in full and returned by the entry deadline.

If a club enters a gymnast into an event, they are assumed to be confirming that the gymnast is eligible to compete (according to the rules in place). Should a gymnast be deemed ineligible prior to the event, the gymnast will not be permitted to compete, and the score will not stand (if the competition has begun). A refund will not be permitted.

Volunteers

No GymNet entries will be accepted without a nominated volunteer. Volunteers / clubs will be allocated a role for the day of the competition and this will be communicated via the Competition Organiser. It is the responsibility of a club to communicate this with their nominated volunteer. If a volunteer (or an appropriate replacement) does not attend on the day of the competition, then a fine of £50 will be applied. Volunteers must also be available to assist the whole section of competition assigned – should the volunteer leave part way through, the fine will be applied to the GymNet shopping basket via the Welsh Gymnastics office staff. Clubs are responsible for any expenses incurred by their nominated volunteer.

Judges

If a club is unable to provide the proportionate number of judges, they will be unable to enter the competition. In exceptional circumstances, where a club is unable to provide judges, they must request permission in writing from the competition organiser to enter without a judge and a £100 fine per judge / day will be added to the club's GymNet shopping basket. Please note this does not apply for the Welsh Championships (see Section 15).

Should a nominated judge (or appropriate replacement) fail to attend the nominated event or withdraw without replacement, a £200 (per judge / day) fine will be applied. Judges must also be available to judge the whole day of competition – should the judge leave part way through the fine will be applied to the GymNet shopping basket via the Welsh Gymnastics office staff.

Disability Gymnastics

Disability Gymnastics is designed to provide competition and development for people whose disability or impairment restricts their mainstream competitive opportunities.

All clubs and coaches must inform the Welsh Gymnastics competition organiser of any gymnasts with medical conditions requiring special consideration at WG events. This information should be shared with the WG competition organiser at the point of competition entry and will enable the WG competition organiser to make the necessary adjustments where possible to cater for the additional needs of each gymnast.

Gymnasts will be required to provide proof of Disability at least six weeks before the Event. Please complete and return the Disability Gymnastics Classification Certificate by following the instructions in the Disability Classification Pack, which can be found [here](#).

Although there are 44 different eligible classifications (Profile groups) in the Classification Pack, this does not mean that there are 44 different competition categories for Disability Gymnastics competitions.

The Disability competition classification categories available can be found within the information pages for each competition which has integrated disability.

Late Entries

Late entries will only be considered in exceptional circumstances and only up to seven days after the closing date.

In the unlikely event of a late entry being accepted, payment of two times the standard entry fee stated for the competition will be required for individuals (including groups). For team late entries,

the fee will be double (including clubs and regions). However, the late entry payments will be capped at £1000 (i.e. the additional payment over and above the standard entry fee per gymnast / partnership / group / team will be capped at £1000).

Late entries must be made in writing to the Welsh Gymnastics staff member. The Organiser will have absolute discretion whether to accept a late entry.

Late entry requests may be placed on a reserve list, and clubs notified if their entry is accepted following a withdrawal up to 1 week before the Event.

Withdrawals and Substitutions

Amendments to an entry before the closing date will not incur a penalty. Any changes made after the closing date will be charged an administration fee (equivalent to a late entry fee), which will be added to the club's GymNet. Amendments must be made in writing to the relevant Welsh Gymnastics staff member and will then be referred to the Organiser for consideration. The Organiser and Welsh Gymnastics will have absolute discretion whether to accept the amendment. In the case of withdrawals, the entry fee will be refunded – prior to the closing date.

Where it is necessary to substitute a coach, the club must inform Welsh Gymnastics and the competition organiser 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 must inform the Organiser immediately on arrival at the venue and produce their coaching award certificate, current WG/BG membership number and a current BG-specific Enhanced DBS Certificate.

Please refer to the specific event page where there are specific rules and/or processes.

Should a gymnast be withdrawn, for whatever reason, the club or coach must inform the Competition Organiser and Events Department in writing via email or notifying the Competition Organiser/registration desk up to the close of registration for the relevant session.

Section 8 General Regulations

Coaches must make adequate provision for the supervision of their gymnasts upon arrival at the venue. Gymnasts will only be allowed to register or begin warm-up with their coach present.

Registration

Only register your Gymnast(s)/Club/Region 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 WG.

Specific registration processes, where appropriate can be found in the event work plan.

Order of Performance

The order of competing for individual events and group events shall be decided according to the competition arrangements made by the Organiser or such officials as may be authorised by the Technical Panel. To maintain the smooth and timely running of the Event, or where the safety, security and good performance of the gymnasts is a concern, the TP 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. Once underway, the order of performance will only be changed, at the discretion of the Competition Organiser, in extenuating circumstances when a gymnast may be temporarily unable to compete.

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

Access to Warm-up Hall

Access to the warm-up hall will be limited to the appropriate number of Coaches, Chaperones and Choreographers (where applicable) 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 may apply.

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

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 regarding 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 an adult is supervising them.

Medical Provision

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

At all WG 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 the treatment given and by whom.

The decision of the Organiser, based upon the recommendation of the WG-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

Except in exceptional circumstances, gymnasts who win a medal at a WG 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 World Championships and UEG rules.

Tenure of Trophies

All perpetual trophies remain the property of WG.

Perpetual trophies are the responsibility of the winning club. The club is responsible for the inscription of, as well as safekeeping and maintenance of, the trophy and for returning it to the Organiser before the competition the following year by either:

- Making arrangements for it to be delivered to the competition venue on the day.
- Returning it to the competition organiser at least one week before the competition.
- Returning it to the WG offices at least one week before the competition.

Failure to do this or loss of a trophy will incur a cost to the individual / club.

Protests

Official WTP protest forms are available from the Competition Organiser and must be completed and returned (with £10.00 fee) to them within 15 minutes of the coach receiving the score slip. A coach may protest the D score only.

Photographic analysis/evidence will not be accepted at an event

Privacy

The full Welsh Gymnastics Privacy Notice can be downloaded [here](#).

If you agree for your club to enter you into a WG 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.

At some events, Welsh Gymnastics may produce event merchandise (e.g. 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 Performance staff and the Technical Panel in order to discuss if modifications to rules and processes are appropriate arising from this disability.

The scores and results will be published on the WG website on the specific event page.

Section 9 Music

All music for competition routines must be uploaded onto the GymNet portal at the latest one week before the competition date (see event page for specific time and date).

Instructions for submitting music electronically may be found within the Online Entry Guide.

Late Music Submission

Late music submission will attract a fee of £10.00 per gymnast/group. 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 upon logging into the Club Hub Resources Website and accessing the PPL/PRS page via the “Places” tab [here](#).

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 go to <http://www.ppluk.com/>, scroll to the bottom of the page and click on ‘PPL Repertoire Search’ and enter the artist’s 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.

Section 10 Video, Film and Photography

All WG competitions are large events where filming and photography by WG approved photographers and the media will take place. Images taken at our events may be used by WG 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.

Any gymnast or parent who does not wish themselves or their child to be photographed/filmed at the Event must advise the Welsh Gymnastics Event Organiser. We will ensure that 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, which can be downloaded [here](#). Photos may only be taken for personal use. Unless specifically accredited, 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’s Safeguarding Policy, and the BG Health, Safety & Welfare Policy, both of which can be downloaded [here](#) or the Photography Policy, linked above.

Flash photography 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 believe that any unsuitable photos are being taken, you should report your concerns to the WG-appointed Welfare Officer at the Event.

Section 11 Health & Safety

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

Should at any time during a competition, a Welsh Gymnastics Floor Manager, TP member, Head Judge or National Coaching Team member/employed staff, believe the elements performed put the gymnast at risk, they will intervene and make a decision on whether the gymnast is capable of performing the skill/routine. A review and discussion with the personal coach and/or club will also take place post-competition to ensure the safety and well-being of all gymnasts is paramount.

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 communication in the main arena during the Event. Such mobile devices may only be used for monitoring scores and results where the BG Score App is in operation. It will be part of the role of the Floor Manager to monitor this area. Any coaches identified as filming their gymnasts' performances from the competition floor or using their devices inappropriately will be asked to leave the floor.

Section 12 Safe Trips

Any attendance at competitions needs to be in line with British Gymnastics' safe trip policy. To access this, please click [here](#).

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 WG/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 we can get your trip approved and endorsed by our insurers. Failure to inform British Gymnastics of any overnight stays may invalidate your insurance.

Section 13 Drug-Free Sport

The testing programme may affect any elite gymnast performing at a national standard. For more information please see the anti-doping section of our website [here](#) or read the BG policy [here](#)

Section 14 Terms and Conditions of Entry to All Competitors

In addition to WG General Rules & Regulations -

- All entrants agree to be treated by WG-appointed medical staff only and be bound by the decision of WG 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. WG 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 WG / BG Photography at Gymnastics events policy.
- The person making the online entry on behalf of the gymnast(s) or club undertakes to ensure that those whom they are making an entry on behalf of are fully aware of and agree to abide by the contents of this handbook.

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

Section 15 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.

The minimum age for entry to WG Events is 8 in the year of 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](#).

Year of Birth	Age in 2023	Competition Ages	WG National Competitions	BG National Competitions	Groups Competitions
2018 or later	5 or younger	Under 5			
2017	6	Under 6			
2016	7	Under 7			
2015	8	Under 8	Under 10		
2014	9	Under 9		Under 10	Espoir
2013	10	Under 10			
2012	11	Under 11	Under 12		
2011	12	Under 12			
2010	13	Junior 1	Junior		Junior
2009	14	Junior 2			
2008	15	Junior 3			
2007 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 British Gymnastics 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](#).

British Gymnastics Competition at Events for Gymnasts Policy is accessible [here](#).

Coach Attire

- As per BG protocol, coaches should wear full-length tracksuit bottoms, a polo shirt / t-shirt and trainers or similar. Coaches will not be permitted onto the competition floor if they are not dressed appropriately (as set out in this section).
- No flip-flops/sliders should be worn by coaches on the competition floor. Coaches will not be permitted onto the competition floor if they are not dressed appropriately (as set out in this section).
- The wearing of GBR or Home Country attire at WG Events is strictly forbidden
- Long hair should be braided or tied back so as not to obscure vision.
- Jewellery, body piercing and similar adornments are not allowed. Coaches will not be allowed on the competition floor if wearing jewellery (ear studs are permitted, wedding rings if taped). Exceptions are as per BG's Health & Safety Guidance: Safe Coaching document, which can be downloaded [here](#).

Noncompliance may result in the removal of the coach and, consequently, for Health and Safety reasons, their gymnast from the competition.

Judge Attire (including line judges, timekeepers and side judges)

- Navy blue jacket with a navy blue skirt or full-length trousers, white shirt or blouse with a 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)

For gymnasts, coaches and judges, chewing gum is not allowed at any phase of the competition, including the opening ceremony and presentation of the awards or closing ceremony.

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 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.

New clubs in their first year must provide at least one judge of at least Club level. Failure to do so will result in the club being refused entry to the competition unless the Competition Organiser, in their sole discretion, decides otherwise.

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

Zone B NDP (Grades 4-10)

DATE **18th February 2023**

VENUE Sport Wales National Centre

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 Grade 4: gymnasts born 2014
Free and Rope
Disability: Free routine & rope elements

Grade 5: gymnasts born 2013
Hoop and Ball
Disability: Hoop routine and ball elements

Grade 6: gymnasts born 2012
Ball and Hoop
Disability: Hoop routine and ribbon elements

Grade 7: gymnasts born 2011
Ball and Hoop
Disability: Ribbon routine & Clubs elements

Grade 8: gymnasts born 2010
Ribbon, Hoop and Ball
Disability: Two routines from Hoop, Clubs & Ribbon

Grade 9: gymnasts born 2008 – 2009
Ribbon, Hoop & Ball
Disability: Two routines from Hoop, Clubs & Ribbon

Grade 10: gymnasts born 2007 or earlier
Clubs, Ribbon & Hoop
Disability: Ball, Clubs & Ribbon

Entry will be via the BG online entry system.

RULES, REGULATIONS AND REQUIREMENTS

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: Noon, 6th January 2023

Zone A and B Group Zonal Qualification Competition

DATE **18th February 2023**

VENUE Sport Wales National Centre

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 Ropes, 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 2023 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 2023 British Group Championships, which groups will qualify for the 2023 National Groups Championships, and which groups will be classified as Level 3 for 2023.

Awards:

- As this is a qualification competition for Groups, there will be no awards

CLOSING DATE: Noon, 6th January 2023

Rhythmic Welsh Championships & Welsh Open 2023

DATE **30th June & 1st July 2023**

The day and schedule will be released following the entry deadline and will be determined by numbers within each age group.

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

CATERGORIES Elite (Level 5)
Intermediate (Level 4)
Novice (Level 1 – 3)

ENTRY FEE £15 per gymnast, per apparatus (tbc).

(N.b.: Gymnasts in levels 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 BG online entry system

Late entries incur double the entry fee.

CLOSING DATE **Midday - Nth May 2023**

ELITE

SECTIONS Under 10, Under 12, Junior, Senior

Age as of 1st January or for all 8-year-olds, 8 in the year of the competition

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]

APPARATUS

	Under 10	Under 12	Junior	Senior
AGE GROUP	Free, rope and choice from hoop and ball	Free	Hoop	Hoop
		Ball	Ball	Ball
		Hoop	Clubs	Clubs
		Ribbon	Ribbon	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.

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

INTERMEDIATE

SECTIONS Under 10, Under 12, Junior, Senior

Age as of 1st January or for all 8-year-olds, 8 in the year of the competition

APPARATUS

	Under 10	Under 12	Junior	Senior
AGE GROUP	Choice of 2 from free, rope, hoop, and ball	Hoop	Hoop	Hoop
		Ball	Ball	Clubs
			Ribbon	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, level 4 gymnasts may be selected for finals on day 2. This will be confirmed post-entry deadline.]

NOVICE LEVELS

SECTIONS

Under 10, Under 12, Junior, Senior

Age as of 1st January or for all 8-year-olds, 8 in the year of the competition

APPARATUS

AGE GROUP	LEVEL 1*	LEVEL 2*	LEVEL 3
UNDER 10	Free and or Hoop	Rope or Hoop	
UNDER 12	Ball and or Hoop	Ball and or Hoop	
JUNIOR	Ribbon and or Hoop	Clubs and or Ribbon	
SENIOR	Clubs and or Ball	Ribbon and or Clubs	
<p>For competition requirements, please refer to https://www.british-gymnastics.org/technical-information/discipline-updates/rhythmic</p> <p>*Level 1 and 2 gymnasts will be judged on the Basic code.</p> <p>Apparatus are tbc</p>			

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

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.

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

JUDGES

Clubs must provide 2 judges to enter this competition. No entries will be able to be accepted without a judge, a fine in replacement for a judge is not allowed.

Those clubs entering the elite section, please supply a judge holding national qualification or above.

Cymru Christmas Cup

FULL DETAILS OF THE SECTION AND FORMAT OF THIS EVENT WILL BE COMMUNICATED BY THE MIDDLE OF 2023.

DATE 1st – 3rd December 2023

VENUE Welsh National Rhythmic Training Centre, Llandarcy TBC

SECTIONS

LEVELS & FORMAT

ELIGIBILITY This competition is open to all invited clubs

MEDALS

ENTRY FEE

CLOSING DATE Midday - Nth October 2021

Entry will be via the BG online entry system

Nominated Judges