

BSGA Rhythmic Gymnastics Rules and Requirements 2017

General

- There will be 4 SECTIONS: U7 (key stage 1) U9 (Years 3 and 4), U11 (Years 5 and 6), O11 (Key Stage 3,4 &5).
- Gymnasts must work in their own age group or an older one at the discretion of the Head Teacher.
- There will be 2 CATEGORIES of competition in each age group.
- Category A - Gymnasts who train ONLY in a school environment.
- Category B – Gymnasts may be part of a club but must not have competed in the previous or current year at a level 4 or 5 competition or the national seeding competition for groups.
- Schools may enter ALL routines in a SECTION to be classed as a TEAM.
- Schools may enter more than one team in any section.
- In the team event there must be a minimum of 3 gymnasts in Level 1, and a minimum of 2 gymnasts in Level 2. Gymnasts may only perform 1 solo for their team plus either the group routine (Level 1) or a duet (Level 2).
- All winners from Level 1 competition from last year must be entered into Level 2 competition.
- Gymnasts/Schools may enter the OPEN event and participate in any single group, duet or solo of the competition and be eligible to win a medal only in that section. (Providing age and eligibility criteria are met.)
- A trophy will be awarded to the winning School Team in each age group section and at each level.
- The Judith Brown Trophy will be awarded to the highest score of the day in the Level 1 competition.
- Medals will be awarded to 1st, 2nd and 3rd place in each exercise.
- Entry Fee £5 per gymnast.
- Schools may also enter a display routine. This may involve gymnasts of any age, who may or may not also be competing in the competition. This routine will not be judged, but all entrants will receive a certificate. For displays of 5 gymnasts or fewer the entry fee will be £10 per display, for displays of more than 5 the fee will be £20 per display.
- Entries to be sent on the official Entry Form together with the correct entry fee (cheques payable to B.S.G.A Rhythmic)
- Please note all Schools must be affiliated to BSGA and fees should be paid via the BSGA website or direct to the BSGA Regional treasurer well in advance of the closing date.
- Please contact Rachel Haines, rhythmicgymnasticsdevelopment@gmail.com for competition details



Officials

- All schools must provide 1 judge who is either: A British Gymnastics qualified judge; a teacher involved in gymnastics or dance; or an associate of the school with dance or gymnastics experience. All judges must be CRB cleared by the school or a British Gymnastics Club. Those entering the display section only do not need to provide a judge.
- All officials (judges, coaches, teachers) must be familiar with the Next Step BSGA judging criteria.
- All Level 2 routines will be judged by BG qualified judges.
- Failure to provide a judge WILL incur a £50 fine.

Music

- Can be single instrument, full orchestral, or vocal.
- Music should be edited to the following lengths with a clear start and finish: Level 1 – all music 1min. – 1min. 30secs, Level 2 – all music 1min. 15secs. – 1min. 30secs. Display 1 min – 3 min.

Dress

- Level 1 – Gymnasts may wear leotards, or shorts and t-shirts, which should be tucked in. All members of a group must wear the same.
- Level 2 – Female gymnasts must wear leotards/leotards, with or without sleeves and with or without footless tights. Girls may have a skirt which is part of the leotard but the fabric must lie flat against the body and must not be lower than the leg line, as per F.I.G.. Boys may wear shorts and a tight fitting t-shirt or vest. Duet partners should match.
- Display – Any costume may be worn, including leotards, PE kits or a costume that complements the music.

Apparatus

- Must be the same size and type but may be of different colours. Should conform to FIG standards except Ribbons may be shorter (min. 4m in length).

Choreography

- For help with the composition of exercises refer to: British Gymnastics Proficiency Awards, Dance and Handheld Apparatus Charts; British Gymnastics Key Steps Modules; British Gymnastics Next Step Rhythmic Handbook; British Gymnastics Rhythmic Development Plan. Further information available from Rachel Haines.

Level 1 Next Step BSGA Competition

- Teams comprise 2 solo routines and 1 group. There may be between 3 and 20 gymnasts in a group routine. Routines must be performed as set and judged as per judging criteria in the Next Step BSGA handbook.

Under 7	Hoop Solo	Ball Solo	Hoop Group
Under 9	Hoop Solo	Ball Solo	Hoop Group
Under 11	Ribbon Solo	Hoop Solo	Ribbon Group
Over 11	Rope Solo	Ribbon Solo	Rope Group

- All routines are either fully set or have optional skills laid out in the Next Step BSGA Rhythmic Handbook. Routines should be performed as detailed in the handbook and will be judged as per the handbook judging system. To obtain the handbook please contact
- All Next steps routines must be performed as described in the Next Steps Competition Support Book. Any deviation from the set routine will incur a 1.00 mark deduction and body skills performed that are not listed will not be evaluated.

Level 2 Duets and Solos Competition

- Teams comprise 2 solos and 1 duet.

Under 7	Free Duet	Free Solo	Rope Solo
Under 9	Free Duet	Free Solo	Rope Solo
Under 11	Free Duet	Ball Solo	Hoop Solo
Over 11	Ball Duet	Ribbon Solo	Hoop Solo



Requirements

Composition Duets

3 x Body Movement Skills (0.5 each – see Composition Guidelines) (Must show variety. No repetition of body shape)	1.50
3 x Exchanges of apparatus (1 throwing exchange, 2 non-throwing)	1.50
2 x Collaborations (0.5 each)	1.00
Apparatus Skills - (Variety/characteristics of apparatus)	2.00
Dance Step Sequence – lasting 8 seconds minimum	1.00
Duet choreography- Spatial (shapes, patterns, use of the floor, directions, levels)	1.50
- Dynamic (Synchronisation, interpretation, expression & use of music)	1.50
TOTAL	10.00

Composition U9 Free Duet

6 x Body Movement Skills (0.5 each – see Composition Guidelines) (Must show variety. No repetition of body shape)	3.00
3 x Collaborations	3.00
Dance Step Sequence – lasting 8 seconds minimum	1.00
Duet choreography- Spatial (shapes, patterns, use of the floor, directions, levels)	1.50
- Dynamic (Synchronisation, interpretation, expression & use of music)	1.50
TOTAL	10.00

Composition Solos

6 x Body Movement Skills (0.5 each – see Composition Guidelines) (Must show variety. No repetition of body shape)	3.00
Apparatus Skills - (Variety/characteristics of apparatus)	3.00
Dance Step Sequence – lasting 8 seconds minimum	1.00
Choreography - Spatial (shapes, patterns, use of the floor, directions, levels)	1.50
- Dynamic (Synchronisation, interpretation, expression & use of music)	1.50
TOTAL	10.00



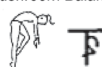

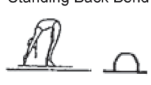





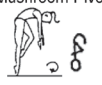

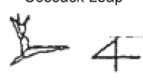


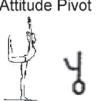









Composition U9 Free Solo

6 x Body Movement Skills (0.5 each – see Composition Guidelines) (Must show variety. No repetition of body shape)	3.00
2 x Dance Step Sequences – lasting 8 seconds minimum each	2.00
Travelling steps, linking movements	1.00
Choreography - Spatial (shapes, patterns, use of the floor, directions, levels)	2.00
- Dynamic (Synchronisation, interpretation, expression & use of music)	2.00
TOTAL	10.00

- Execution** will be judged as per British Gymnastics Basic Code looking at the way both body movements and apparatus skills are performed (clear shapes, control, good technique etc), as well as the group timing/synchronization and the overall presentation and performance.

TOTAL 10.00

Level 2 Composition Guidelines Body Movement Skills should be selected from the following and should show variety and include a range of different types of movement:

Cat Leap 	Passé Balance 	Chainé Turn (single) 	Kneeling Back Bend 
Scissor Leap (low) 	Mushroom Balance 	Chainé Turn (double) 	Splits front/side 
Jump/Hop Turn 180° 	Knee Balance 	Passé Pivot 	Standing Back Bend 
Cabriole 	Back Arch Balance 	Cossack Pivot 	Bodywave front/back/side 
Cat Leap 180° 	High Leg Balance 	Mushroom Pivot 	Tonneau 
Stag Leap 	Attitude Balance 	Fouetté Pivot 	Illusion Turn 
Cossack Leap 	Straight Leg 	Back Arch Pivot 	Front or Side Scale (flat foot) 
Scissor Leap (high) 	Ring Balance 	Attitude Pivot 	Splits Roll 
Arch Jump 	Cossack Balance 	Straight Leg Pivot 	Tiger Stand to Backbend 
Ring Jump 	Table Balance 	Fouetté Leap 	Cobra (Back walkover on stomach) to Angel Lift 
Split Leap 	Fish Leap 	Jump/Hop Turn 360° 	Entrelacé 

NOTES: Straight Leg and High Leg positions may be at the front, back or side of the body

Display Routines: May include any choreography of your choice in the spirit of Rhythmic Gymnastics. Both apparatus and free routines are allowed, and the only requirement is that the coach or teacher working with the group is qualified to teach the skills included. Any lifts and acrobatic elements must comply with the F.I.G. Rhythmic code of points

