



Rhythmic Gymnastics Handbook

Sept 2010 version



FIG - Rhythmic Gymnastics

Rhythmic Gymnastics is a purely feminine Olympic discipline. Totally based on floor work, it is performed to music and uses five apparatus: the rope, the hoop, the ball, the clubs, and the ribbon.

Individual exercises are limited to 90 seconds per apparatus and emphasize mastery and agility. For example, it is not unusual to see a wide range of highly technical jumps or leaps in rope exercises.

The hoop measuring between 80-90 cm in diameter, is rolled over and around the gymnast's body or used as a prop for highly technical movements on a 13x13 meter floor.

The diameter of the ball is between 18 and 20 cm. Characterized by throws and catches, this apparatus is also used as a prop for floor exercises. The ball is often tossed high up in the air to allow the gymnast to perform rotations before she catches it with any part of her body.

The clubs are 40-50 cm in length. Holding the clubs with both hands, the gymnast performs intricate circular movements. Throws and catches are the significant elements in the handling of this apparatus.

The ribbon measures 6 m and is made of satin. The ribbon creates snakes, spirals, and circular movements, all initiated by the gymnast who is handling the stick to which the ribbon is attached.

In group exercises, five gymnasts work together for a maximum of two and a half minutes per exercise. The choice of the apparatus is determined by the regulations and for each Olympic cycle.

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Section 1

Introduction

The Rhythmic Gymnastics Technical Committee (R.G.T.C.) are delighted to present the first IG Rhythmic Gymnastics Handbook.

This handbook is intended to be a guide to coaches and judges alike. It should be the main source of reference for coaches and judges during the competition year.

This document contains the most relevant information for coaches and judges who wish to be involved in Rhythmic events. It includes many of the relevant sections from the F.I.G code of points and template entry forms. Plus the rules and regulations governing the various competition formats currently in the Rhythmic Gymnastics Technical Committee's competition programme. Rhythmic Gymnastics is a Graceful and elegant discipline which has many benefits for all gymnasts, including those involved in other disciplines. Hopefully this document will help clubs and coaches, and encourage the development and progression of rhythmic in Ireland.

*Any amendments to this document during the year will be made known officially to all clubs by way of email and in addition any changes will be available on the IG website so as to keep the document as accurate and up-to-date as possible.

Section 2 – About Irish Gymnastics

Mission Statement

Irish Gymnastics, through all its disciplines, will promote and develop recreational and competitive gymnastics to the highest level.

Brief History of Irish Gymnastics

The Irish Amateur Gymnastics Association (IAGA) was founded in 1964 and affiliated to the International Gymnastics Federation (FIG) in 1976. We affiliated to the Olympic Council of Ireland (OCI) in 1979. In 1996, Barry MacDonald became the first and only Irish Gymnast to compete at an Olympics when he performed at the Atlanta Games. In 1998, IAGA adopted Trampoline and Sports Aerobics as disciplines. In 1999, IAGA and Irish Sports Acrobatics Federation (ISAF) merged to create a new body: Irish Gymnastics. Rhythmic has only been introduced into the system within the last 5 years.

Structure

Irish Gymnastics consists of 8 regions, and 9 disciplines.

Regions:

Northern
West
South West
Southern
South East
Midlands
North Dublin
South Dublin

Disciplines:

Men's Artistic
Ladies Artistic
Rhythmic
Trampoline
Acrobatic Gymnastics
Tumbling
Sports Aerobics
Gymnastics for All
Disability Gymnastics (GMPD)

The decision making processes of the organisation are made by the Board of Control (BOC). Each region and each discipline has a seat on this board. The board meets 4 times annually. Each year an Annual General Meeting is held where the officers of the association are elected.

The discipline of Rhythmic is run by the Rhythmic Gymnastics Technical Committee (R.G.T.C.). This body is chaired by its only elected member – the Vice President (VP) who is elected by members at the AGM of Irish Gymnastics (IG). The VP then selects the Technical Committee. Further to an agreed proposal at the 2007 AGM and further ratified by the Board of Management (BOM) in 2008, it is intended that all Technical Committees be streamlined for efficiency.

Section 3 – Rhythmic Gymnastics within Irish Gymnastics (2009 – 2010)

Vice President

Cheryl Keenan

Technical Committee Members

Olena Punt (Northern), Valentina Culicova (North East), Claud Tonna-Barthet (North East), Sarah Murray (North East) Claire Higgins (South East), Robert Tsay (Dublin),

Judging Co-Ordinator

Valentina Culicova

Secretary

TBC

Coaching Education Co-Ordinator

Sarah Murray

National Squad Director

Valentina Culicova

Development Squad Director

Olena Punt

Competition & Event Co-ordinator

Cheryl Keenan

Regional Co-Ordinator

Robert Tsay

Treasurer

Claud Tonna Barthet

Child Welfare Liaison Officer

TBC

International Brevet Judges

Valentina Culicova (Category 4)

Coaching Ireland (formerly NCTC) Tutors

Sarah Murray, Valentina Culicova

The RGTC can be contacted through the Irish Gymnastics Office at :

Irish Gymnastics Ltd.,

Sport HQ,

13 Joyce Way

Park West

D12

Tel : 01-6251125

Or by email at: rgtc@irishgymnastics.ie

You can also contact Rhythmic VP - Cheryl Keenan on 086 – 0218814

5 Rampark, Jenkinstown, Dundalk, Co Louth, Ireland

cherylkeenan@eircom.net

Section 4 – Competition Structure

4.1 Regional Qualification Structure

Regional Qualifiers are aimed to be held during the competition year once we have sufficient rhythmic clubs running, at which gymnasts may qualify for the National Finals. These are open competitions at which any IG Level 1 registered competitive gymnast is entitled to compete under direction of their club coach. To enter these competitions, coaches must fill out the Regional Entry Form (Appendix 1), and send it to the Competition/Event Co-ordinator. A copy must also be sent to the Irish Gymnastics Ltd. offices with the appropriate competition fee. The competition fee for Regional Qualification Events is €10. Entries received after the deadline will not be accepted and entries will not be accepted on the day. No entries will be processed without the appropriate entry fee. Clubs must endeavour to provide officials at each competition and must list these in the space provided on the entry form (Appendix 1 & 2). A minimum fine of €50 will be imposed on each club that fails to provide officials. At each level there is a qualification mark (see Appendix 3) which the gymnasts must achieve in order to qualify for the Nationals. Gymnasts compete in separate categories in these events according to the individual year of birth.

4.2 All Ireland Nationals/Open Nationals

Nationals are held at the beginning of each year. Only those who have qualified through the grading qualification structure may compete at the Nationals. To enter gymnasts that have qualified for the Nationals, coaches must fill out the Entry Form (Appendix 2) and send it to Irish Gymnastics Ltd. with the appropriate competition fee. A copy must also be emailed to the Competition/Event Co-ordinator, Cheryl Keenan - cherylkeenan@eircom.net

No entries will be processed without the appropriate entry fee. The competition fee for Nationals is €20 and Regionals €15 per participating gymnast unless otherwise stated.

4.3 Age Groups

The age of the competitor is reckoned by the year of birth. However, please note that under Irish Gymnastics Ltd. rules, gymnasts may not compete until they are 7 years of age. Therefore gymnasts born in 2003 wanting to compete in 2010 must be a minimum of 7 years of age on the day of their competition.

4.4 Dress Code

Competitive participants must wear correct competition attire (ie: skirted leotard and toe shoes) as per FIG COP 2009-2012 regulations.

Failure to do so will result in appropriate deductions by the judging panel. Jewellery should not be worn at any Regional/National or International event.

Section 5 – National Squad & Development Squad

5.1 Selection

For selection to the National and Development Squad, gymnasts and their coaches, must demonstrate a desire to be involved in the National Squad and show that they can work in a group situation taking direction from the National Squad Directors. They must be committed and prepared to travel to attend every monthly squad training. Gymnasts who miss training may be asked to leave the squad as a result of unsatisfactory attendance depending on the degree of absence. The Squad Co-Ordinators may also invite gymnasts to trial for Squad following a good performance at Nationals. Any coach wishing to have a gymnast assessed for National Squad should attend the Annual Squad selection process in November.

5.2 Eligibility

As per Irish Gymnastics rules, all members in good standing, holding a competitive, student or full membership, are eligible to trial for the National Squad but will need to pass Level 1 Grades if they are to be selected.

5.3 Selection to International events

To represent Ireland at FIG level, the gymnast must be a member of Regional or National Squad and have competed (or qualified to compete) at either Regional or National Level.

The gymnast must also hold or be entitled to hold an Irish passport.

5.4 General Squad Rules (Full list available from Squad Directors)

- All gymnasts must arrive to training sessions in good time to participate in warm-up. Persons arriving after the warm-up may be refused permission to join the session.
- A qualified coach should accompany gymnasts from each club at every squad session. This is essential for the coaches to be present to pick up any information that may be given to gymnasts.
- Any injury or illness must be reported by the gymnast to a National Squad Director or VP Rhythmic. Likewise any injury during the session must be reported. After injury when returning to National Squad gymnast must provide evidence of fitness to return to training.
- Positions on the National Squad are conditional upon attendance at all training sessions. Any gymnast failing to attend a National Squad session without a satisfactory reason may be removed from the Squad with immediate effect. A gymnast must provide written notice to the Rhythmic Technical Committee in a case where they know they will be absent from an official Squad event.
- All gymnasts must attend sessions correctly attired. No loose or baggy loose fitting clothes are permitted and hair must be tied back in a bun for training.
- Gymnasts are expected to show due respect to all coaches and other Squad members at all times, failing to comply will also lead to dismissal from the squad. Gymnasts must also apply themselves to all tasks with utmost effort and concentration at all times.
- All National Squad members are expected to show continual dedication to improving their Rhythmic discipline skills and abilities. For this reason, gymnasts should assume that at each session they will be expected to show improvement from the previous session.

5.5 Squad Based Competitions

- All Development and National Squad members are expected to compete at as many club organised international competitions throughout the year as is possible. This is the sole responsibility of the clubs and their coaches to organise and prepare gymnasts for these tournaments.
- Club Coaches must provide Squad Directors with copies of all international competition scores and rankings in relation to each club based squad member.
- Based on Nationals ranking and scores, and after a minimum attendance of 6 months (National Squad) or 9 months (Development Squad), gymnasts, having proven commitment, dedication and improvement of performance may be selected to compete at a FIG Level (Federation of International Gymnastics) competition in representation of Ireland.
- It is the responsibility of the Squad Directors to monitor gymnasts training, routines and progress throughout the year and to liaise with club coaches regarding same.

Section 6 Flexibility & Grades Testing

Flexibility and Grade testing are held on an annual basis, usually in October using compositional requirements compiled for National Championships. Both Grades and Flexibility Tests are divided into two categories – Level 2 (Recreational) and Level 1 (Competitive).

Only gymnasts that have passed Level 1 Grades are eligible to compete at National Level. Only Level 1 Gymnasts will be accepted onto the National Squad and any gymnasts accepted onto the Development Squad must complete their Level 1 Grades within the first 12 months as a Development Squad Member, (ie: if a gymnast is invited to development squad in January but has not passed their Level 1 Grades, they must pass Level 1 Grades in October in order to be entitled to trial for squad selection for the 2nd year commencing the following January).

Flexibility Tests (Competitive & Recreational)

There are various flexibility exercises which will be tested within the clubs according to a gymnast's level, age and category. Only 3-4 of the detailed exercises will be tested on the actual gradings day and the total mark will be given as a percentage mark as follows:

50% - 64% = PASS
65% - 84% = MERIT
85% - 100% = DISTINCTION

The Irish Rhythmic Flexibility Testing Criteria can be downloaded from the IG website or obtained from the VP Rhythmic upon request. The fee for annual flexibility testing is 15.00 euro per gymnast. Please note that flexibility testing is optional for Recreational Level 2 gymnasts.

Level 1 (Competitive) Grades

Routines should be choreographed in accordance to the annually updated compositional requirements criteria for the National Championships (details of which will be available to download on the IG website or can be emailed to you directly from VP Rhythmic). These are then judged by a panel of Judges (Usually D1 & EX) and overall scores with/without apparatus are then ranked accordingly. If 4 routines are performed only the top 3 scores will apply to the final scores.

Competitive leotards and toe shoes should be worn for Level 1 Grades with hair tied back in bun accordingly.

Level 2 (Recreational) Grades

Routines should be choreographed in accordance with the "Standard Recreational Criteria" (available to download from IG website) choosing a total of 8 different difficulties (x2 from each of the Leap, Balance, Pivot and Flexibility categories) for all routines with or without apparatus. Routines are then graded accordingly based on the level chosen for each recreational gymnast.

Music should be a minimum of 1.15min and a maximum of 1.30min in duration. Gymnasts may wear a skirted or non-skirted leotard, with or without matching leggings. Toe shoes are optional for recreational gymnasts.

The fee for both annual Level 1 Grades is 27.50 euro and Level 2 Grades is 22.50 euro per gymnast.

2010 Flexibility & Grades Test Form

Name Of Gymnast: _____
(As you would like to appear on Certificates)

Date of Birth: _____

Address: _____

Contact No: _____

Name of Club: _____

IG Membership No: _____

Flexibility Test

Level 1 (Competitive - Compulsory) €15.00

Grade 4 Grade 5 Grade 6 Grade 7 Grade 8 Grade 9 Grade 10
2002 2001/00 1999 1998 1997 Junior Senior

Level 2 (Recreational) Optional €15.00

Grade 4

Grades Test

Level 1 (Competitive - Compulsory) €27.50

As per the compositional Routine Requirements 2010/2011

Born 2003 2002 2001/00 1999/98 Junior (97-95) Senior (94+)

Level 2 (Recreational - Optional) €22.50

As per the Standard Recreational Routine Requirements

Grade 1 Grade 2 Grade 3 Grade 4 Grade 5

I hereby give consent for my child named above to participate in the IG Rhythmic Flexibility/Grades Test and have enclosed the appropriate fee for same.

Parental Signature: _____ Date: _____

Judges Guide for Regionals & Nationals

Judges & Judging

There are three juries (Judging Panels) in Rhythmic Gymnastics.

Jury A is responsible for evaluating the Artistry of the composition (choreography, musical accompaniment and expression).

Jury D (D1 & D2) evaluate the Difficulty (Technical value) of the routine (number and level of difficulties included plus Apparatus Handling).

Jury E evaluates the Execution (Technical errors)

The final mark/score is obtained by adding the intermediate marks average of A+ D scores: to the E score $A + D / 2 + E = \text{final mark}$.

Penalties and Disqualification

Penalties are applied for apparatus and/or gymnast 'leaving the floor area', the use of unapproved or broken apparatus, contact of the apparatus with the ceiling, timing of the exercise, apparatus and dress/leotard not conforming to the official regulations and all other penalties regarding infringement of the discipline (given for major errors, such as the loss of an apparatus, stepping outside the landing mat, the use of an unapproved or broken apparatus, contact of the apparatus with the ceiling, (ex. coach/gymnast or gymnast/gymnast communication during an exercise. Very precise regulations dictate a gymnast's apparel. For example, a gymnast may be penalised for an inappropriate bra strap or a leotard with a representational design. Penalties go from 0.10 - 0.20 points per error.

Protest - Inquiry

Inquiries on the Difficulty scoring only are allowed. An inquiry can only be made by the Head of Delegation or the Coach of that gymnast. It cannot be made by parents or for a gymnast from another team.

Regional Competitions: will be judged by competently qualified judges of at least Club/Regional level who have sufficient experience in Execution and D1.

Nationals will be judged (where possible) by a full panel of qualified judges of at least National level with at least 18mnths experience.

Open Nationals will be judged (where possible) by a full panel of international brevet level judges with extensive experience of judging.

Generalities:

- 1 ROUTINES as per FIG COP 2009 - 2012. (Unless otherwise stated)
 - 1.1 Length of individual routines 1'15"-1'30" as per FIG COP section 1.3.2
 - 1.2 Length of group routines 2'15"-2'30" as per FIG COP section 1.4.2
 - 1.3 Second attempts at routines are not allowed.
 - 1.3.1 If a gymnast is obviously disturbed in a routine (faulty equipment or substantial external influence or the like), the Chair of Judges Panel may allow another attempt.
(A gymnast's clothing cannot be classed as "equipment".)
 - 1.3.2 Spectator noise, applause and the like would not normally constitute as a disturbance.
 - 1.4 0.05 point will be deducted for each additional or missing second.

2. DRESS CODE - for gymnasts as per FIG COP 2009-2012 (section 6.1)
 - 2.1 Female gymnasts*
 - Skirted Leotard with or without sleeves.
 - RG Toe Shoes
 - 2.2 The wearing of jewellery or watches is not permitted during the competition. Rings without gemstones may be worn if they are taped.
 - 2.3 Members of a team or a synchronised duet/Trio must wear proper uniform dress (As per FIG COP 2009-2012). Failing to do so could result in disqualification of the team, Duet or Trio. This decision is made by the Chair of Judges Panel.

3. WARMING UP
 - 3.1 Immediately prior to competing, each gymnast will be allowed warm-up & orientation on the competition carpet area. In the event that a gymnast abuses this by using the area when not permitted may be subject to disqualification by the panel of judges.
 - 3.2 Each gymnast will enter the carpet area on a signal given by the Chair of Judges Panel.

- 4 JURY COMPOSITION & SCORING
 - 4.1. The Judging Panel where possible will consist of 12 judges – x4 Difficulty (x2 D1 x2 D2) x4 Artistry and x4 Execution (as per section 2.1.1 FIG COP).
 - 4.2 Degree of Faults – Faults will be penalised as per section 3.1.1 FIG COP ie:
 - * 0.10 point for small faults
 - * 0.20 point for medium faults
 - * 0.30 point or more for major faults
 - 4.3 Calculation of Final scores: 30.00 maximum
 - Difficulty (D): average of 2 scores (D1 and D2) = 10.00 point maximum
 - Artistry (A): average of middle 2 scores of 4 judges = 10.00 point maximum
 - Execution (E): average of middle 2 scores of 4 judges = 10.00 point maximum

- 5 APPARATUS
 - 5.1 Apparatus must be FIG approved as specified in the FIG Apparatus Norms.
 - 5.2 Apparatus may be subject to checking prior to a competition.
 - 5.3 Use of non-conforming apparatus will be penalised 0.30 point by the co-ordinator judge as per FIG COP section 5.1.4
 - 5.4 Use of replacement apparatus is allowed as per section 5.2 FIG COP 2009-2012.

- 6 DISCIPLINE
 - 6.1 Penalties will be applicable as per section 7 "Generalities" FIG COP.

- 7 PENALTIES – deducted by the Co-Ordinator Judge (section 8 COP)
 - 7.1 Length of music not conforming to regulations 0.05 point per second under or over time.
 - 7.2 Placing of gymnasts on the floor not conforming to regulations 0.20 point
 - 7.3 Music not conforming to the recording regulations 0.50 point
 - 7.4 Apparatus not conforming to official regulations 0.30 point
 - 7.5 Dress code not conforming to regulations 0.20 – 0.50 point
 - 7.6 Passing or leaving floor area by gymnast or apparatus 0.20 point

Guidelines to hosting a Regional/National Competition

1. Contact the competition/event co-ordinator at least 4-6 months before the pending competition. (If you need to hire a competing Carpet from RGTC this will need to be booked into Calendar as far in advance as possible)
2. The event coordinator needs to know the times that the venue is available, the location of the hall, the floor area and ceiling height at the venue. The following criteria is required for the competition Venue:
 - a) Competing area space minimum 14m x 14m.
 - b) Ceiling height minimum 10-12m.
 - c) Warm-up area with mats.
 - d) Adequate changing room facilities to accommodate participating gymnasts.
 - e) Benches for the competitors.
 - f) Chairs for the spectators.
 - g) Tables & chairs for judges/music and score recorders and medals.
 - h) Podium for medal ceremony.
 - i) First aid kit.
 - j) Extension leads for scorekeeper table and music station.
 - k) Complimentary Tea/Coffee and Lunches for judges.
 - l) P.A. System & Speakers
 - m) Small meeting room for Judges Meeting before competition.
 - n) Preferably 2 competition supervisors, 1 for warm-up & Orientation and the other for the competition itself.
4. The hall needs to be completely set up 30 minutes before the start of the competition orientation.
5. The coordinator will email the program to you one week after the closing date for the entries.
6. The event co-ordinator will help organise score boards, medals, certificates and anything else that you might need, provided plenty of notice has been given.
7. Competition Supervisors are there to help with the smooth running of the competition both in the preparation and on the actual day.
8. The host needs to submit a list of judges available to judge on the day with their own entries. The judging panel/s will be decided / selected by the Competition/Event Co-Ordinator and/or Judging Co-Ordinator.
9. The host needs to provide min 4-6 score runners for the duration of the day.
10. The host also needs to provide Orientation & Competition Sub-Supervisors (a minimum of 2 is recommended)

Competition Supervisors & Orientation Guidelines:

- 1) Make sure that you are ready at least 30 minutes before the competition begins. Come equipped with a pen and a clipboard.
- 2) Introduce yourself to the Competition/Event Co-ordinator at the earliest opportunity as he/she will give you directions throughout the day to make sure everything runs accordingly.
- 3) You need to provide yourself with a final start list and orientation layout
- 4) Cross off names on a programme as they are presented for their routines
- 5) When competitors have finished warming up Orientation supervisors should call out their names and walk them to the competition carpet for practise.
- 5) With youngsters it may be beneficial to have a talk to them first, explain what will happen and who you are etc. This may help them feel at ease and make things easier for you in the end. Remind them about things like not being at the toilet when it is their warm-up turn and orientation time.
- 6) Be organised and ready. Call out the first group of names and tick them off on the programme, ask them to warm-up before proceeding to the competition carpet for their allocated orientation time and competing times.
- 7) Always try and be ahead rather than behind with the competitors. It doesn't really matter if a performer is ready to compete before the previous competitor has finished competing. Better that way than have the judging panel waiting for you to get competitors ready which will lead to the gymnast being penalised and the event running over time.
- 8) Parents, spectators and children must be kept well away from the warm-up area and competing carpet at all times, a friendly but firm approach is best in these kind of circumstances. Gymnasts are only permitted to return to their parents once they have fully finished competing. Under no circumstances are parents allowed to put their own child onto compete other than any parent permitted in the warm-up area who are there to do a specific job.
- 9) Your job as well as to keep the competition running is to check for jewellery, keep the competitors in the right order, look after lost property, deal with the tears and the tantrums and of course keep the competitors and children away from the jury & Scorers and from blocking the view of judges or eager parents. Note: the nearer the supervisors go towards the Competition Carpet, the nearer the gymnasts and parents will also try to.

Warm-Up/Orientation Sub-Supervisors

- 1) Be on time for the competition. About 30 minutes before warm-ups start.. **(They can't start without you, so it is very important you arrive early)**
- 2) Make sure you have a pen & clipboard with a copy of the final Orientation and Running Order
- 3) Call out the name of the group of gymnasts to warm-up as per the Orientation Programme (Loud enough to be heard)
- 4) Make sure you call out the name of the next group while the first one is still warming up so that they are ready for when it is their turn.
- 5) Once the gymnasts have finished their warm-up they need to be called for Orientation on the Competition Carpet. *Only those on the Orientation List are permitted to be on the Competition Carpet at any given time. Failure to comply with these rules can lead to the gymnast being disqualified from competing.
- 6) It is the job of the sub-supervisors to help Supervisors and Competition/Event Co-ordinators make sure that the competition runs smoothly and on time without any problems. If you have any queries please make sure you consult your Supervisor or the Event Co-ordinator!