



Rhythmic Gymnastics

Event Calendar

2021-2022

SAVE THE DATES !



The purpose of this document is to provide an insight into competition planning, prior to the full competition handbook availability. Note that the Bitesize competition series will also be extended, and will sit alongside the competitions below. Information on this will be issued in a separate document. Once the full competition handbook is available, it will replace the information contained in this document.

Rhythmic Events Overview

2021	VENUE	EVENT NAME
29th August	Online	Bitesize 3
26 September	Hybrid	Scottish Championships
9-10 October	National	Junior/Senior Individual Open
14 November	Online	Bitesize 4
20-21st November	National	Espoir/Pre-Junior Individual Open
4th December	Hybrid	Thistle Cup

2022	VENUE	EVENT NAME
Beg February	tbc	NDP Grades
26-27 March	National	BQT
9-10 April	National	Junior/Senior Open Individual & Group Seeding
20-22 May	National	British Championships
11 June	tbc	Level 1 / 2 Event
12 June	tbc	Scottish Championships
2-3 July	National	NDP Finals / Group League Round 1
24 September	tbc	Level 1 / 2 Event
25 September	tbc	Scottish Individual App
8-9 October	National	Group League Round 2
19-20 November	National	Group League Round 3 / Espoir/Pre-Junior Open Individual
3rd December	tbc	Thistle Cup

The competitions during 2021, Scottish Championships and Thistle Cup, are intended for gymnasts aiming for Zonal Grades 2022 and Groups aiming for Group Seeding 2022. Alternative competition opportunities for other gymnasts will be provided, through the Bitesize series.

These two competitions will be run as “hybrid” events, with gymnasts competing in their own training venues, their performance broadcast live on zoom, and with a virtual judging panel, and virtual spectators from own and other clubs.

The competitions for 2022 are intended to run as in-person events. More information will be provided when available.

Scottish Championships 2021

Due to the extended return to training phase, the overall Scottish Championships will be decided on the pieces highlighted in **blue** in the table below. As there are no current gymnast levels, there will be no separate competitions for Levels 3, 4 or 5.

All individual gymnasts may compete in their 2021 age groups, but with apparatus selected as preparation for 2022 NDP Grades. All age groups will be judged according to the BG competition requirements for that age group, as defined in the 2020 NDP. Gymnasts may also choose to compete one year above, i.e. in their 2022 age group.

All group gymnasts will compete in their 2022 age groups, with apparatus selected as preparation for 2022 Group Seeding.

Note that Disability gymnasts not preparing for Grades will also be able to enter the Disability category.

DISABILITIES	YOB	APP 1	APP 2	APP 3
<8	2013	Free	Rope Elements*	
Grade 4	2012	Hoop	Ball Elements*	
Grade 5	2011	Hoop	Ribbon Elements*	
Grade 6	2010	Ribbon	Club Elements*	
Grade 7	2009	Hoop	Clubs	
Grade 8/9**	2008/2007/2006	Hoop	Clubs	Ribbon
Grade 10+	2005+	Ball	Clubs	Ribbon

*Please refer to 2020 NDP for the required elements

**2 of 3 apparatus pieces to be selected

GROUP	YOB*	APP 1	APP 2
ESPOIR	2013-2010	5/6 Free	5/6 Balls
JUNIOR	2009-2007	5 Ropes	5 Balls
SENIOR	2006+	5 Hoops	3 Ribbons/2Balls

* Note also that some gymnasts may work in the age group above, please refer to 2020 NDP for permitted combinations of gymnasts

INDIVIDUAL	YOB*	APP 1	APP 2	APP 3	APP 4
< 8	2013	Free	Rope	(Ball)	
Grade 4	2012	Hoop	Ball	(Free)	
Grade 5	2011	Hoop	Ribbon	(Free)	
Grade 6	2010	Hoop	Ribbon	(Free)	(Clubs)
Grade 7	2009	Hoop	Ribbon	(Free)	(Clubs)
Grade 8/9	2008/2007/2006	Hoop	Clubs	Ribbon	(Ball)
Grade 10+	2005+	Ball	Clubs	Ribbon	(Hoop)

* Pre-Esprit/Espoir gymnasts should work RBD elements according to their 2022 age Apparatus which is shown in () are those pieces added for Level 5 competitions, and is for information only.

Thistle Cup 2021

Gymnasts may enter a maximum of 3 pieces and may use any of the pieces in the table above, relevant to their age group. All gymnasts will be expected to compete in their 2022 age groups.

Again there will be no separate Level 3, 4 or 5 competitions. The competition will run as an individual apparatus, with medals for each apparatus piece in the age categories.

Note that Disability gymnasts not preparing for Grades will also be able to enter the Disability category.

Competition Pieces as follows

DISABILITIES	YOB	APP 1	APP 2	APP 3	APP 4
Pre-Espoir	2013-2012	Free	Rope Elements*	Hoop	Ball Elements*
Espoir	2011-2010	Hoop	Ribbon Elements*	Ribbon	Club Elements*
Junior	2009/2008/2007	Hoop	Clubs	Ribbon	
Senior	2006+	Ball	Clubs	Ribbon	

*Please refer to 2020 NDP for the required elements

GROUP	YOB*	APP 1	APP 2
ESPOIR	2013-2010	5/6 Free	5/6 Balls
JUNIOR	2009-2007	5 Ropes	5 Balls
SENIOR	2006+	5 Hoops	3 Ribbons/2Balls

* Note also that some gymnasts may work in the age group, below please refer to 2020 NDP for permitted combinations of gymnasts

INDIVIDUAL	YOB*	APP 1	APP 2	APP 3	APP 4
Pre-Espoir	2013-2012	Hoop	Rope	Ball	Free
Espoir	2011-2010	Hoop	Clubs	Ribbon	Free
Junior	2009/2008/2007	Hoop	Clubs	Ribbon	(Ball)
Senior	2006+	Hoop	Clubs	Ribbon	Ball

*Reminder that Pre-Espoir/Espoir gymnasts should work RBD elements according to their 2022 age