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Chair

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Partners and sponsors
Introduction
This handbook contains details of the forthcoming competitions and the entry procedures, rules and regulations relating to the competition programme.

**FIG & BG regulations will apply at all Scottish Competitions unless stated otherwise.**

This handbook must be read in conjunction with the British Gymnastics Rhythmic Competition Handbook (available from the BG website).

Abbreviations - In this handbook the following abbreviations have been used:

<table>
<thead>
<tr>
<th>FIG</th>
<th>International Gymnastics Federation</th>
<th>RG</th>
<th>Rhythmic Gymnastics</th>
<th>NDP</th>
<th>National Development Plan</th>
</tr>
</thead>
<tbody>
<tr>
<td>BG</td>
<td>British Gymnastics</td>
<td>RGTP</td>
<td>Rhythmic Gymnastics Technical Panel</td>
<td>SG</td>
<td>Scottish Gymnastics</td>
</tr>
</tbody>
</table>
## Domestic & National Competition Calendar 2018

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Venue</th>
<th>Closing Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>British Qualification Testing</td>
<td>3(^{rd})/4(^{th}) February</td>
<td>Windsor High School</td>
<td>22(^{nd}) December (noon)</td>
</tr>
<tr>
<td>Open Apparatus Championships &amp; Group Seeding</td>
<td>3(^{rd})/4(^{th}) March</td>
<td>Fenton Manor</td>
<td>19(^{th}) January (noon)</td>
</tr>
<tr>
<td>NDP Grades – Zone D</td>
<td>TBC</td>
<td>North West</td>
<td>TBC</td>
</tr>
<tr>
<td>Scottish Open Championships</td>
<td>26(^{th}) May</td>
<td>[EN]GAGE</td>
<td>26(^{th}) April (noon)</td>
</tr>
<tr>
<td>Level 1 &amp; Level 2 Competition</td>
<td>27(^{th}) May</td>
<td>[EN]GAGE</td>
<td>26(^{th}) April (noon)</td>
</tr>
<tr>
<td>NDP Finals &amp; Group League Round 1</td>
<td>9(^{th})/10(^{th}) June</td>
<td>Fenton Manor</td>
<td>27(^{th}) April (noon)</td>
</tr>
<tr>
<td>British Championships</td>
<td>22(^{nd})-24(^{th}) June</td>
<td>International Centre, Telford</td>
<td>11(^{th}) May (noon)</td>
</tr>
<tr>
<td>Scottish Open Apparatus Competition</td>
<td>10(^{th}) November</td>
<td>Beacon</td>
<td>11(^{th}) October (noon)</td>
</tr>
<tr>
<td>Group League Round 2</td>
<td>6(^{th})/7(^{th}) October</td>
<td>Fenton Manor</td>
<td>24(^{th}) August (noon)</td>
</tr>
<tr>
<td>Open Apparatus Championships &amp; Group League Round 3</td>
<td>24(^{th})/25(^{th}) November</td>
<td>Fenton Manor</td>
<td>12(^{th}) October (noon)</td>
</tr>
<tr>
<td>Scottish Club Team Championships &amp; Next Steps Competition</td>
<td>8(^{th}) December</td>
<td>[EN]GAGE</td>
<td>8(^{th}) November (noon)</td>
</tr>
</tbody>
</table>
Eligibility

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

Coaches, Judges and Gymnasts should carry current membership cards to all competitions and be prepared for these to be checked by the Organiser or their appointed officials.

- **Gymnasts**
  Membership level must be Recreational/Competitive Gymnast (depending on the specific event), Coach, or Life Members of SG in order to enter a SG Event.

- **Supervising Coaches**
  Supervising coaches’ membership level must be Coach or Life Members of SG/BG and coaches must be qualified to the level of the skills being performed by their gymnasts before being allowed to participate in a SG Event. Coaches must have a current valid safeguarding certificate and PVG. Please see Safeguarding section.

- **Assisting Coaches**
  Assisting coaches’ membership level must be Assistant Coach (if Level 1), Coach or Life Members of SG/BG before being allowed to participate in a SG Event. Coaches must have a current valid safeguarding certificate and PVG. Please see Safeguarding section.

- **Judges**
  Judges’ membership level must be Judge or Life Members of SG/BG for Club/County/Regional Judges, and National/Brevet Judge or Life Members of SG/BG for National and Brevet Judges before being allowed to officiate at a SG/BG Event.

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

Judges must also hold a current cycle of judging award (Cycle 14)

SG does not require judges to hold a PVG to judge at SG competitions, as the role that judges fulfil at the event does not meet criteria for accessing a PVG. 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 PVG 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 PVG.

It is recommended that judges attend safeguarding training.
Coach Qualifications
When submitting entries for a SG event, clubs must ensure that the nominated Supervising Coach(es) is/are qualified to the level of the participant’s performance. The practice of supervising participants working above the level of the coach’s qualification is not allowed.

The caveat that permits coaches to practice one level above their coaching qualification (appropriately supervised) in the coaching syllabus refers to a training environment only and is not permitted at SG events. Its purpose is to enable coaches to practice within the post course guided learning environment following attendance at a course and in preparation for the examination, under the supervision of a SG mentor coach.

Supervising 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. Supervising Coaches have a duty of care towards their performers and have a responsibility to ensure that they 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. If it is found that a club is in breach of these policies SG 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.

Safeguarding
All Coaches are required to hold a current PVG certificate through SG, or Home Nation equivalent, and have current valid Safeguarding training at the time of the event. Coaches who do not fulfil this requirement will not be accredited or allowed to participate at SG Events.

All Gymnasts must have an accredited coach present on the competition floor at all times. If a Gymnast attends a competition without a Supervising Coach they will not be allowed to compete. Coaches must also have a valid PVG both at the time of entry and through to the end of the event before being allowed to officiate at a SG Event.

Nationality
Participation in all Scottish Gymnastics events is subject to the requirements of membership, club/regional registration and other conditions of entry.

For more information regarding Scottish Eligibility please follow the link here

Disclosure
It is the responsibility of the person making the competition entry to ensure that all of the gymnasts have their nationality declared within GymNet online membership portal.
Competition Entries

Entry Process
Entry to all SG Events are online only. 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 BG by the stipulated closing date and time.

Prior to the event, an entry may only be amended by the person making the original entry.

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

As part of the development of Disability Gymnastics, British Gymnastics has produced its own sport specific Disability Gymnastics Classification Certificate. The classification certificate is contained in a pack which also clearly defines the eligible impairments for Disability Gymnastics Competition.

All clubs and coaches must inform the British Gymnastics Events Team of any of any gymnasts which have medical conditions that require special consideration at BG events. This information should be shared with the BG Events Team at the point of competition entry and will enable the BG events team 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.

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 competition.

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

Methods of Payment
Payment must be made at the time of entry via Debit or Credit Card.

Entry fees are non-refundable after the closing date.

Late Entries
Late entries will only be considered in exceptional circumstances and only up to 7 days after the closing date.

In the unlikely event of a late entry being accepted the following penalty structure will be imposed:
Late entries received up to 48 hours after the closing date, if accepted, are charged at double entry fee.

Late entries received after 48 hours after the closing date, if accepted, are charged at triple entry fee.

Late entry payments will be capped at £1,000 (i.e. the additional payment over and above the normal entry fee per gymnast / partnership / group / team will be capped at £1000).

Late entries must be made in writing to the SG Events department and will then be referred to the Organiser for consideration. The Organiser and SG Events department 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 prior to the event.

Withdrawals and Substitutions
Amendments to an entry before the closing date will not incur a penalty and in the case of withdrawals, the entry fee will be refunded. Entry fees are non-refundable after the closing date.

Where it is necessary to substitute a coach the club must inform the SG Events department, so the coach can be checked for membership, awards, safeguarding and PVG, 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 and safeguarding award certificate, current SG/BG membership card and a current SG specific PVG certificate.
General Regulations

Coaches’ must make adequate provision for the “supervision” of their gymnasts upon arrival at the venue. Gymnasts will not be allowed to register or begin warm up without their coach present.

Registration
Only register your Gymnast(s)/Club/ 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 Conduct In Sport action being taken by SG.

Order of Performance
The order of competing for individual events and team events shall be decided according to the competition arrangements made by the Organiser or such officials as may be authorised by the Technical Panel. For the purpose of maintaining 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.

For competitions where there is an official podium training no changes will be made to the running order without the consultation of the coach and gymnast affected.

Wherever practical the Organiser shall produce and circulate to all participating clubs a provisional start list and running order for an event at least 2 weeks before the day thereof.

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 submission of music will attract a fee of £20.00 per gymnast/partnership/group/team. 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.
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' enter the artists 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.

Access to Warm Up Area
Access to the warm up hall will be limited to the appropriate number of coaches as defined. On arrival, coaches will need to register and collect accreditation from the Competition Organiser. In the case of an event spanning more than one day, separate accreditation may be issued for each day.

Judges will not be allowed into this area once the judges meeting has taken place.

Food and Drink
There may be restrictions within the competition areas with regards to 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 they are being supervised by an adult.

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

At all SG 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 treatment given and by whom.

The decision of the Organiser, based upon the recommendation of the SG 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 SG 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.

Tenure of Trophies
All perpetual trophies remain the property of SG.

Perpetual trophies are the responsibility of the winning club or region. The club or region are responsible for the inscription of, as well as safekeeping and maintenance of, the trophy and for returning it to the Organiser prior to the competition the following year. Failure to do this or loss of a trophy will incur a cost to the individual / club.

Video, Film & Photography
In accordance with current SG policy, flash photography is not permitted during the warm up or competition phases of any Scottish Gymnastics event. SG accredited photographers may be present at SG events and in some cases events may be videoed. These images/footage may be used by SG and our partners for the purposes of promotion, education and development of the sport. They may also be shared with relevant third part organisations for journalistic/promotional purposes.

Clubs must ensure that gymnasts/parents are informed of the photography arrangements for the relevant event. Any gymnast or parent who does not wish themselves or their child to be photographed/filmed at the event must advise Scottish Gymnastics Events Department.

The SG photography guidelines are available on the Scottish Gymnastics website.

Health and Safety
The safety of all participants (gymnasts, coaches and officials) is the primary consideration. All SG policies will be rigorously applied with regards to health, safety and welfare and child protection. Coaches are reminded of their responsibility in relation to their gymnasts – in the competition environment this will specifically include ensuring the gymnasts are adequately prepared (physically and psychologically) for performing their routines in a competition situation. Anyone requiring first aid assistance should speak to either a member of the events team or the competition organiser.

Terms & Conditions of Entry to All Competitions
In addition to SG General Rules & Regulations -
- All entrants agree to be treated by SG appointed medical staff only and be bound by the decision of SG medical staff in relation to their ability to compete in the competition.
- You agree to the storing of competition scores. SG will redact your details from the published results unless there is a justifiable reason to reject an objection to publication.
- SG reserve the right to refuse any entry and disqualify a competitor or team at any time if they do not comply with Scottish Gymnastics regulations.
- You agree to abide by the SG Photography policy.
• The person making the online entry on behalf of gymnast(s)/a club undertakes to ensure that those who they are making an entry on behalf of are fully aware of and agree to abide by the contents of this handbook.
Code of Conducts & Competition Attire

Gymnast Code of Conduct

- Clothing indicating national team representation should not be worn by gymnasts or coaches at domestic competition. Gymnasts must not remove leotards until they are in the competitors' seating area. Any gymnasts found breaking this rule will receive a deduction for an attire violation in accordance as per FIG code of points.
- All competitors are expected to enter the arena 'smartly dressed'. Gymnasts should wear either a zipped club tracksuit or leotard. Non-uniformed t-shirts and outdoor shoes are not accepted for march on.
- Gymnasts should ensure that long hair is tied back, and any tattoos are covered up.
- No jewellery, body piercing or adornments of any kind are permitted in training or competition.
- Gymnasts will not be allowed to compete at any Scottish gymnastics event with jewellery on.
- Gymnasts are expected to maintain high standards to behaviour at all times showing respect for their fellow competitors, competition officials and coaches.

Gymnast Attire

Regulations of dress are contained in the F.I.G Code of Points and must be adhered to.

Coach Code of Conduct

- Coaches are expected to maintain a high standard of dress. Standard dress would include trainers, full-length tracksuit bottoms, t-shirt or polo shirt and tracksuit top / fleece identifiable with their own club logo.
- Coaches should ensure that long hair is tied back, and must ensure that all jewellery is removed (or adequately covered up), small stud earrings and wedding bands are permitted.
- Coaches are not permitted to use mobile phones or any other electronic communication devices including tablets, to make calls, take photographs/video footage or be used for any other forms of main communication in the main arena during a competition.
- Coaches must ensure that their language and behaviour at all times is appropriate, reflecting highly on their club, themselves and the sport.
- Coaches are not permitted to eat or chew whilst in the competition arena.
- Coaches are expected to show respect for their fellow coaches and competition officials at all times.
- Coaches are not permitted to approach the judges at any time during the competition.

Judge Code of Conduct

- Judges are expected to march into the competition arena prior to the march in of the competing gymnasts, unless notified otherwise.
- Judges should keep their tables clean and only have on the table items required for judging, keeping all outdoor clothing and bags stored out of sight.
- Judges are not allowed to access mobile phones, tablets or other items on the competition floor
- Judges are required to stay at the venue until released by the Competition Organiser in case they are required to assist with the checking of scores.
Judge Attire

- Black or navy blue jacket with black or 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)

Spectator Code of Conduct

Clubs should take responsibility for the behaviour of their members and supporters, spectators must:

- Switch mobile phones to silent during the competition.
- Remain supportive throughout the competition, and must not interfere with other spectators’ enjoyment or disturb any of the gymnasts.
- Refrain from moving about the seating area whilst gymnasts are competing.
- Remain in the spectator seating area and not enter controlled areas including competition field of play and the control desk.
- Treat the competition venues with respect, particularly in respect of food and drink rules.
- Respect all competitors, coaches and competition officials. The Competition Organiser reserves the right to remove any spectators in breach of this code of conduct.
Rhythmic Technical Information

Gymnast Membership Requirements
Gymnasts competing NDP Grades 4-10 or above require SG/BG silver competitive gymnast membership or above. All lower levels require SG/BG bronze/gymnast membership or above.

Age Policy
Gymnasts’ ages for the purpose of entry to all age depended competitions will be taken at the age reached in the year of competition.

<table>
<thead>
<tr>
<th>Year of Birth</th>
<th>Age Group</th>
<th>Grade</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>2010 or later</td>
<td>Under 8</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>2009</td>
<td>Under 9</td>
<td>Grade 4</td>
<td></td>
</tr>
<tr>
<td>2008</td>
<td>Under 10</td>
<td>Grade 5</td>
<td>Espoirs</td>
</tr>
<tr>
<td>2007</td>
<td>Under 11</td>
<td>Grade 6</td>
<td></td>
</tr>
<tr>
<td>2006</td>
<td>Under 12</td>
<td>Grade 7</td>
<td></td>
</tr>
<tr>
<td>2005</td>
<td>1st Year Junior</td>
<td>Grade 8</td>
<td></td>
</tr>
<tr>
<td>2004</td>
<td>2nd Year Junior</td>
<td>Grade 9</td>
<td>Juniors</td>
</tr>
<tr>
<td>2003</td>
<td>3rd Year Junior</td>
<td>Grade 9</td>
<td></td>
</tr>
<tr>
<td>2002</td>
<td>1st Year Senior</td>
<td>Grade 10</td>
<td>Seniors</td>
</tr>
<tr>
<td>2001 or earlier</td>
<td>2nd Year Senior</td>
<td>Grade 10</td>
<td></td>
</tr>
</tbody>
</table>

Music - Use of Music with words
As permitted by FIG code, two routine may have a music selection which includes words for Individual and one for Group. Note that the two routines option will apply for all Individual age groups.

Please be reminded that the choice of music must be appropriate for the age of the gymnasts, both in terms of actual lyrics and the subject matter of the music. Swear words, sexual references, or ethnic implications are not considered acceptable.

Music Release Sheets
Music release forms must be completed and signed by the coach in respect of each gymnast competing in 3 or more pieces in any competition and submitted to the Judge Coordinator by the date indicated on the entry form.
Disability Programme
CLICK HERE to download the RG NDP Supplement – Disability Programme

Length of Exercises
- Individuals (all age groups) - 1 minute 15 seconds to 1 minute 30 seconds

Competition Apparatus (Reference, BG Handbook)
Apparatus for Seniors and Juniors must conform to the relevant FIG Apparatus Norms.

Apparatus for Espoirs must conform to the FIG Apparatus Norms for Juniors, with the exception of 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 rhythmic carpet will be used for all National 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 replacement ribbons will be 5 metres in length and those for Espoirs 4 meters in length.

Duets, Trios and Groups please see the Rhythmic Gymnastics Competition Requirements available on the British Gymnastics website: www.british-gymnastics.org / Technical Information / Rhythmic / 2017 Competition Requirements Groups V1

Appendix A
Apparatus for Scottish Championships, L1 & L2 Competition

<table>
<thead>
<tr>
<th>Individual</th>
<th>Under 8</th>
<th>Under 9</th>
<th>Under 10</th>
<th>Under 11</th>
<th>Under 12</th>
<th>Junior</th>
<th>Senior</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 1</td>
<td>Free</td>
<td>n/a</td>
<td>Free Hoop</td>
<td>n/a</td>
<td>Hoop Ball</td>
<td>Ball or ribbon</td>
<td>Hoop Clubs</td>
</tr>
<tr>
<td>Level 2</td>
<td>Free</td>
<td>n/a</td>
<td>Free Hoop</td>
<td>n/a</td>
<td>Hoop Ball &amp; Ball &amp; Ribbon</td>
<td>Ball &amp; Ribbon</td>
<td>Hoop &amp; Clubs</td>
</tr>
<tr>
<td>Level 3</td>
<td>n/a</td>
<td>Free Rope</td>
<td>Free Rope</td>
<td>Ball Clubs</td>
<td>Ball Ribbon</td>
<td>Ribbon Clubs</td>
<td>Clubs Hoop</td>
</tr>
<tr>
<td>Level 4</td>
<td>n/a</td>
<td>Free Rope</td>
<td>Free Rope</td>
<td>Ball Clubs</td>
<td>Ball Ribbon</td>
<td>Ball Clubs Ribbon</td>
<td>Hoop Clubs Ribbon</td>
</tr>
<tr>
<td>Level 5</td>
<td>Free Rope</td>
<td>Free Rope Hoop</td>
<td>Free Ball Clubs</td>
<td>Free Ball Clubs Ribbon</td>
<td>Free Ball Clubs Ribbon</td>
<td>Hoop Ball Clubs Ribbon</td>
<td>Hoop Ball Clubs Ribbon</td>
</tr>
</tbody>
</table>

The TP and the competition organisers reserve the right to combine Levels 4 & 5 dependent on numbers and BG qualification in any or all age groups. This being the case level 4 pieces will apply for overall medals.

<table>
<thead>
<tr>
<th>Duets</th>
<th>Under 8</th>
<th>Under 10</th>
<th>Under 12</th>
<th>Espoir</th>
<th>Junior</th>
<th>Senior</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 2</td>
<td>Hoop</td>
<td>Rope</td>
<td>Ball</td>
<td>Rope</td>
<td>Clubs</td>
<td>Hoop</td>
</tr>
</tbody>
</table>
## Appendix B

### Apparatus for Scottish Open Apparatus

<table>
<thead>
<tr>
<th>Level 3</th>
<th>Rope</th>
<th>Ball</th>
<th>Ribbon</th>
<th>Ribbon</th>
<th>Hoop</th>
<th>Clubs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trios</td>
<td>Under 8</td>
<td>Under 10</td>
<td>Under 12</td>
<td>Espoir</td>
<td>Junior</td>
<td>Senior</td>
</tr>
<tr>
<td>Level 2</td>
<td>Free</td>
<td>Free</td>
<td>Free</td>
<td>Free</td>
<td>Ball</td>
<td>Ribbon</td>
</tr>
<tr>
<td>Level 3</td>
<td>Hoop</td>
<td>Hoop</td>
<td>Ball</td>
<td>Hoop</td>
<td>Ribbon</td>
<td>2 Hoop / 1 Ball</td>
</tr>
<tr>
<td>Groups</td>
<td>Espoir</td>
<td>Junior</td>
<td>Senior</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Level 2</th>
<th>4,5 or 6 Balls</th>
<th>5 Ropes</th>
<th>5 Hoops</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 3</td>
<td>4,5 or 6 Balls</td>
<td>10 Clubs</td>
<td>3 Ball / 2 Ropes</td>
</tr>
<tr>
<td>Level 4</td>
<td>4,5 or 6 Balls</td>
<td>10 Clubs</td>
<td>3 Ball / 2 Ropes</td>
</tr>
<tr>
<td>Level 5</td>
<td>4,5 or 6 Free, 4,5 or 6 Ball</td>
<td>10 Clubs</td>
<td>5 Ribbons</td>
</tr>
</tbody>
</table>

### Individual

<table>
<thead>
<tr>
<th>Individual</th>
<th>Under 8</th>
<th>Under 9</th>
<th>Under 10</th>
<th>Under 11</th>
<th>Under 12</th>
<th>Junior</th>
<th>Senior</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 1</td>
<td>Free</td>
<td>n/a</td>
<td>Max One Free, Hoop Ball</td>
<td>n/a</td>
<td>Max One Hoop Ball Ribbon</td>
<td>Max One Hoop Clubs Ribbon</td>
<td>Max One Hoop Club Ribbon</td>
</tr>
<tr>
<td>Level 2</td>
<td>Free</td>
<td>n/a</td>
<td>Max Two Free, Hoop Ball</td>
<td>n/a</td>
<td>Max Two Hoop Ball Ribbon</td>
<td>Max Two Hoop Clubs Ribbon</td>
<td>Max Two Hoop Club Ribbon</td>
</tr>
<tr>
<td>Level 3</td>
<td>n/a</td>
<td>Max Two Free, Rope</td>
<td>Max Two Ball Clubs Ribbon</td>
<td>Max Two Ball Clubs Ribbon</td>
<td>Max Two Ball Hoop Ball Clubs Ribbon</td>
<td>Max Two Ball Hoop Clubs Ribbon</td>
<td></td>
</tr>
<tr>
<td>Level 4</td>
<td>n/a</td>
<td>Max Two Free, Rope</td>
<td>Max Two Ball Clubs Ribbon</td>
<td>Max Three Ball Clubs Ribbon</td>
<td>Max Three Ball Hoop Ball Clubs Ribbon</td>
<td>Max Three Ball Hoop Clubs Ribbon</td>
<td></td>
</tr>
<tr>
<td>Level 5</td>
<td>Ribbon</td>
<td>Ribbon</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>n/a</td>
<td>Max Two Clubs Rope Hoop</td>
<td>Max Two Free, Rope Hoop</td>
<td>Max Two Ball Clubs Ribbon</td>
<td>Max Two Ball Clubs Ribbon</td>
<td>Max Three Hoop Ball Clubs Ribbon</td>
<td>Max Three Hoop Ball Clubs Ribbon</td>
<td></td>
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</tbody>
</table>

The TP and the competition organisers reserve the right to combine Levels 4 & 5 dependent on numbers and BG qualification in any or all age groups.

<table>
<thead>
<tr>
<th>Duets</th>
<th>Under 8</th>
<th>Under 10</th>
<th>Under 12</th>
<th>Espoir</th>
<th>Junior</th>
<th>Senior</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 2</td>
<td>Hoope</td>
<td>Rope</td>
<td>Ball</td>
<td>Rope</td>
<td>Clubs</td>
<td>Hoop</td>
</tr>
<tr>
<td>Level 3</td>
<td>Rope</td>
<td>Ball</td>
<td>Ribbon</td>
<td>Ribbon</td>
<td>Hoop</td>
<td>Clubs</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Trios</th>
<th>Under 8</th>
<th>Under10</th>
<th>Under 12</th>
<th>Espoir</th>
<th>Junior</th>
<th>Senior</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 2</td>
<td>Free</td>
<td>Free</td>
<td>Free</td>
<td>Free</td>
<td>Ball</td>
<td>Ribbon</td>
</tr>
<tr>
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<td>Hoop</td>
<td>Ball</td>
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<td>Ribbon</td>
<td>2 Hoop / 1 Ball</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Groups</th>
<th>Espoir</th>
<th>Junior</th>
<th>Senior</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 2</td>
<td>4,5 or 6 Balls</td>
<td>5 Ropes</td>
<td>5 Hoops</td>
</tr>
<tr>
<td>Level 3</td>
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<tr>
<td>Level 4</td>
<td>4,5 or 6 Balls</td>
<td>10 Clubs</td>
<td>3 Ball / 2 Ropes</td>
</tr>
<tr>
<td>Level 5</td>
<td>4,5 or 6 Free 4,5 or 6 Ball</td>
<td>10 Clubs 5 Ribbons</td>
<td>5 Hoops 3 Balls/2 Ropes</td>
</tr>
</tbody>
</table>
Nomination of Judges

Failure to supply the required number of judges will result in a £50 non-judge penalty fee being applied to the event entry. Clubs MUST ensure they have the agreement of the judge in question to officiate at the competition entered PRIOR to submitting their entry. Failure to do so may result in a further £30 administration fee being levied. Judges must be available for the duration of the event.

Clubs entering 1 or 2 gymnasts must provide a judge of at least County level.

Clubs entering 3 or more gymnasts must provide two judges one of which must be at least Regional level.

New Club’s Nominating Judges

During the first 12 months of competition organized by Scottish Gymnastics, a club may apply for exemption from the £50 penalty for not nominating a qualified judge. The following procedure should be followed:

- A written request for exemption from the £50 fee must be submitted to the SG Events department prior to entering the event.
  - Note: The nominated judge does not have to be a member of the club making the nomination.

Volunteering Regulations

By entering a Scottish Gymnastics rhythmic competition, clubs are required to provide 2 volunteers who will be available to assist on the day of the competition.

Procedure

When the competition programme goes out, each club will be contacted and asked to provide a volunteer for an allocated time slot(s) over the competition day/weekend, failure to do so will incur a penalty for the club.

- Club contact (person who submitted the entry) must provide the volunteers names when requested.
- The named volunteers must be at least 16 years of age, and preferably aged over 18. Please indicate if the volunteers are under 18 years of age.
- Any coaches named as accompanying gymnasts on the floor at the competition may not also be named as volunteers.
- The volunteers contact e-mail address and phone number must be provided.
- The volunteer and club will be advised of the allocated role/s. It is the club’s responsibility to ensure that the nominated volunteers are in receipt of their role at the competition, what is expected from them and the time there are required to volunteer for. (Please ask the nominated RGTP official if unsure)
- The volunteers should report to the Competition Organiser at their allocated time slot.

Please note that some volunteers may have agreed in advance to officiate as Floor Manager, Computer or Manual Scorer etc. at specific competitions and they may be nominated as the volunteer from their club for those competitions.

If a volunteer cannot attend for any reason it is the club’s responsibility to find a replacement. Failure to do will result in the club being charged a £30 penalty fee.
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Closing Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>26 May</td>
<td><strong>Scottish Open Championships</strong></td>
<td>26 April (noon)</td>
</tr>
</tbody>
</table>

**Venue**
[EN]GAGE Sports Centre, Napier University, 9 Sighthill Court, Edinburgh, EH11 4BN

**Eligibility**
All gymnasts must be current members of SG/BG or their national federation
All gymnasts competing for Scottish medals must meet the eligibility criteria set by Scottish Gymnastics

**Age Groups & Rules**

<table>
<thead>
<tr>
<th>Individual Level 3, 4 &amp; 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under 9</td>
</tr>
<tr>
<td>Under 10</td>
</tr>
<tr>
<td>Under 11</td>
</tr>
<tr>
<td>Under 12</td>
</tr>
<tr>
<td>Junior</td>
</tr>
<tr>
<td>Senior</td>
</tr>
</tbody>
</table>

**Groups**
Espoir
Junior
Senior

*Please see appendix A for apparatus*

**Disability**
As per the BG Disability Rhythmic National Development Plan

To qualify for the overall all gymnasts must compete all pieces as stated.

**Music Release Forms**
Music release forms must be submitted to Judy Warrack: judywarrack@btinternet.com

**Awards**
Overall Medals 1st/2nd/3rd in each class both Open & Scottish

**Entry Fees**
Individual - £12.00 – per piece of apparatus
Group - £50.00
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Closing Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>27 May</td>
<td><strong>Level 1 and 2 Competition</strong></td>
<td>26 April (noon)</td>
</tr>
</tbody>
</table>

**Venue**
[EN]GAGE Sports Centre, Napier University, 9 Sighthill Court, Edinburgh, EH11 4BN

**Eligibility**
All gymnasts must be current members of SG/BG

<table>
<thead>
<tr>
<th><strong>Age Groups &amp; Rules</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Individual</strong></td>
</tr>
<tr>
<td><strong>Level 1 &amp; 2</strong></td>
</tr>
<tr>
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<tr>
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</tr>
<tr>
<td>Senior</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Duets &amp; Trios</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Under 8</td>
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</tr>
<tr>
<td>Junior</td>
</tr>
<tr>
<td>Senior</td>
</tr>
</tbody>
</table>

*Please see appendix A for apparatus*

**Disability**
As per the BG Disability Rhythmic National Development Plan

**Awards**
Overall Medals 1st/2nd/3rd in each class both Open & Scottish

**Entry Fees**
- Individual - £12.00 – per piece of apparatus
- Duets - £24.00
- Trios - £36.00

Music release forms must be submitted to Judy Warrack: judywarrack@btinternet.com
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Closing Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 Nov</td>
<td><strong>Scottish Open Apparatus Competition</strong></td>
<td>11 Oct (noon)</td>
</tr>
<tr>
<td>Venue</td>
<td>Beacon Centre, Kepplehills Road, Bucksburn, Aberdeen, AB21 9DG</td>
<td></td>
</tr>
<tr>
<td>Eligibility</td>
<td>All gymnasts must be current members of SG/BG</td>
<td></td>
</tr>
</tbody>
</table>

**Age Groups & Rules**

<table>
<thead>
<tr>
<th>Individual</th>
<th>Level 1 &amp; 2</th>
<th>Level 3, 4 &amp; 5</th>
</tr>
</thead>
<tbody>
<tr>
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<tr>
<td>Under 12</td>
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<td></td>
</tr>
<tr>
<td>Junior</td>
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<tr>
<td>Senior</td>
<td>Senior</td>
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<table>
<thead>
<tr>
<th>Groups</th>
<th>Espoir</th>
<th>Junior</th>
<th>Senior</th>
</tr>
</thead>
</table>

**Duets & Trios**

| Under 8    | Under 10 | Under 12 |
| Junior     | Senior    |          |

**Please see appendix B for apparatus**

**Disability**

As per the BG Disability Rhythmic National Development Plan

**To qualify for the overall all gymnasts must compete all pieces as stated.**

Each apparatus within each age group is a separate competition

Rules - as per SG & NDP Rhythmic handbooks

**Music Release Forms**

Music release forms must be submitted to Judy Warrack: judywarrack@btinternet.com

**Awards**

Medals 1st/2nd/3rd in each class both Open & Scottish

**Entry Fees**

Individual - £12.00 – per piece of apparatus
Duets - £24.00
Trios - £36.00
Groups - £50.00
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Closing Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 Dec</td>
<td><strong>Scottish Club Team Championships &amp; Next Steps Competition</strong></td>
<td>8 Nov (noon)</td>
</tr>
</tbody>
</table>

**Venue**

[EN]GAGE Sports Centre, Napier University, 9 Sighthill Court, Edinburgh, EH11 4BN

**Eligibility**

All gymnasts must be current members of SG and/or BG. All gymnasts must be from the same club.

**Competition Structure**

Currently being reviewed.

**Results**

Currently being reviewed.

**Awards**

Medals 1st/2nd/3rd in each section

**Entry Fees**

- Individual - £12.00 – per piece of apparatus
- Duets - £24.00
- Trios - £36.00
- Group - £50.00