



ELENA'S RGC INVITATIONAL

MARCH 9TH, 2019
EDMONTON, AB

HOSTED BY

ELENA'S RHYTHMIC GYMNASTICS CLUB

Objective: This event is intended to encourage the participation of all levels and ages!
We host an achievement-based adjudicated competition which works well in ensuring that every gymnast receives recognition for her hard work while keeping a competitive atmosphere.

Contact: Elena Mager-Lukjanova or Elena Mager-Tetz at info@ergclub.org (780-903-0464)

When: **Saturday, March 9th, 2019** - 9a.m. to 5:30 p.m. (routines may be capped due to time constraints)

Venue: Mother Margaret Mary High School
2010 Leger Rd NW, Edmonton, AB T6R 0R9

Floors: 1 full size competitive carpet and 1 full size practice carpet for training/warm-up.

Eligibility: Performing and Interclub competitive gymnasts from clubs registered with RGA for 2018-2019. Provincial gymnasts not competing at North Zones on March 11 are welcome. All competitors will be adjudicated using the Interclub guidelines. We will use the standard/LEAP system.

Admission: \$5.00 for 12 and up.

Fees: \$35 per gymnast (performing and competing)
+ \$15 per individual routine
+ \$5 per group routine

Fees are non-refundable without doctor's note. **Late registration penalty is \$25.00/athlete.**

Deadlines: Intent to participate: **January 31, 2019**
Please respond by email to info@ergclub.org with estimate of routines & gymnasts.

Full Registration: February 21, 2019

- Registration Form on KSIS - http://www.rgform.eu/event.php?id_prop=1294
- Skill Sheets (KSIS) – *Chronological Interclub Skill Sheets* (completed by coach, blank attached)
- Music (KSIS) – *Please have a backup on CD/MP3/Phone with audio jack*
- RGA Statutory Declaration (KSIS) – uploaded with Coach's entry
- Fee Payment:
 - One E-transfer from the club to accounting@ergclub.org, answer "ergc"
 - OR, one cheque from the club to ERGC, mailed to:
508 Leger Way NW, Edmonton, AB, T6R 2Y3

2019 ELENA'S RHYTHMIC GYMNASTICS CLUB INVITATIONAL COMPETITION

Facility Description:

The space we will use is a High School gymnasium (AA gym, roughly 700 m2, and regular high ceilings). We will divide the gym into two spaces, one with a full carpet for the competition and the other with a full training carpet. There will be warm up time scheduled before each rotation for the athletes. Everyone is asked to be respectful towards the facility (no running or yelling in the halls, etc.).

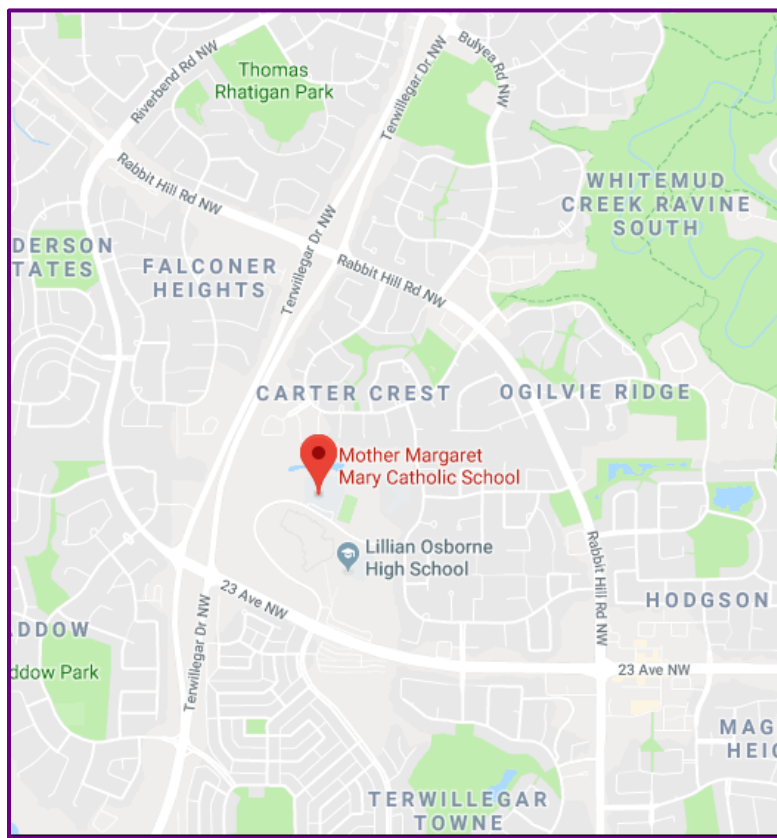
Concession:

A concession will be provided with a wide range of nutritious and delicious drinks and snacks. Cash only. Please support our concession!

Rules:

- **NO Parents in the training gym. Gymnasts and Coaches only.**
- **NO Walking/Leaving/Entering the audience DURING routines. Please wait for the routine to be over.**
- **NO Flash Photography during routines.**
- **NO Running/Yelling in the halls or yelling in the training gym.**
- **This venue requires that footwear be removed at the door in the hallway. No exceptions will be made.**

Coaches will be asked to help enforce these rules with their teams. Otherwise, our volunteers will need to step in. Thank you.



INTERCLUB GUIDELINES

REQUIREMENTS FOR ADJUDICATED ROUTINES:

Our competition will be based on the USAIGC model (LEAP). **Each routine should have 10-12 skills listed on the Skills Sheet in chronological order. All routines (no matter the level) should include AT LEAST one skill from each body category (FIG COP). The top 10 scoring skills will make up the final mark (except for Provincial Stream gymnasts), if there is at least one from each required body category as described below.**

All routines (no matter which level) should include AT LEAST one skill from each body category (FIG COP):

- 1 Leap/Jump
- 1 Balance (can include a flexibility and/or wave)
- 1 Pivot
- 1 Dance series (minimum of 8 steps)
- 1 Pre-acrobatic skill* (cartwheels & variations, walkovers, rolls, elbow stands, chest rolls)

The remaining skills (5) can be additional body skills **OR** apparatus skills (e.g. ball rolls, skipping series with rope, throw with hoop, exchange or collaboration in group). For FREE routines at the lower levels, additional acrobatic skills or pre-A skills (e.g. jump half turn, stride leap, star jump, etc.) can be used to complete the skill requirements.

Difficulty level of body skills (determining whether a skill is an A, B, C, D, etc.) can be found in the Code of Points (COP), which is available on the RGA website.

Blank Chronological Skill Sheets are included in the Registration email. Please fill out one Chronological Skill Sheet per routine (individual or group) and submit them by the deadline. Coaches are responsible for filling out and handing in Chronological Skill Sheets. No extra sheets will be available at the meet.

Overall Impression score sheets will be provided for each routine by the adjudicators (individual or group).

LEVELS

While there are no age categories, participants will be divided into levels based on the skill difficulty in their routines:

<i>Level</i>	<i># of Skills</i>	<i>Types</i>	<i>Length of routine</i>
<i>Level 1</i>	10 skills	primarily pre-A and A (0.1) skills/variations	30sec - 1min30sec
<i>Level 2</i>	10 skills	primarily body skills 0.1-0.2 value, basic handling	1min - 1min30sec
<i>Level 3</i>	10 skills	primarily body skills 0.1-0.3 value, good handling	1min - 1min30sec
<i>Level 4</i>	10 skills	primarily body skills 0.2-0.4 value, good handling	1min - 1min30sec
<i>Level 5</i>	10 skills	primarily body skills 0.2 and higher, good to advanced handling	1min - 1min30sec
<i>Level 6</i>	10 skills	primarily body skills 0.3 and higher, advanced handling	1min - 1min30sec

GUIDELINES FOR PROVINCIAL LEVELS:

Provincial Level gymnast should place the letter "P" after their regular level number in the registration form. This will differentiate them from the Interclub gymnasts.

For example: A gymnast who is level 5A or 5B at the provincial level should register as **5P** on the registration form.

AWARDS & SCORING

All gymnasts who participate will be awarded one medal (Gold, Silver, or Bronze) per routine and receive the adjudicator's comments. Special awards may also be given for remarkable performances at the discretion of the adjudicators.

The rule of Thirds will be used to award placements to ensure consistency among competitions, as recommended by the RGA.

SCORING GUIDELINE FOR ADJUDICATORS

- 1 = Attempted skill (no matter how briefly)
- 2 = Skill performed with major form errors, lack of shape, but somewhat recognizable
- 3 = Skill performed adequately with some errors in form or shape
- 4 = Skill performed well with slight errors in form or shape, or sloppy ending
- 5 = Skill performed with mastery (clean form, clear shape, controlled finish).

A zero (0) will rarely be given. This should only occur, for example, if the gymnast forgets the routine, stands on the floor doing nothing and clearly no attempt to try the skill is even made.

Judge WITHIN each level. Criteria for a 4 or 5 out of 5 at Level 1 is not the same as Level 4 (account for slightly less range of motion, strength, etc.) although the skill content of the routine should reflect the level of the gymnast (Level 1 gymnasts perform primarily A skills). Gold is the top standard.