



TEAM BATH RG PHASES OF THE YEAR

Overview of competitive rhythmic gymnastics year phases.
This document is a guide only, event dates will change due to British
Gymnastics and club level year planning.



Preparation phase

This means that all gymnasts, will return in September to training and begin with a Preparation phase. This will include but not be limited to regaining their fitness from the summer holidays and a period of skill learning and development, artistry and coordination development. This may or may not include starting routines.

This also allows a period of growth, conversation between gymnasts, coaches and parents and a chance for gymnasts to make friends and be mixed with other girls within the club.

During this phase as there is no competition or displays, the focus is on training and development and regaining physical skills and fitness after the summer break.



01

Pre competition phase

Here the gymnasts will use the skills they have been learning, in their new training groups to create their routines. There will be an opportunity to perform their routines at the Christmas display as well as one or two opportunities to compete, to prepare the girls for competition, and 'test' routines with judges under competition pressure.

The Code of Points (Judging) changes every 4 years after the Olympic games' year, making it important to test the new choreographies.

Here you will see new routines, gymnasts trying out new skills, there maybe many mistakes in performances, due to new skills (they take time to secure skills) and trying out new styles of music and routines.



02

Competition phase

During this phase we will have an internal competition for all gymnasts building on the work at the Christmas display.



This allows as ALL club gymnasts at every level to practice their performance under competition conditions, in a friendly environment and acts as a bridging step between the Christmas Display and the large event of Bath Open.

03

There are many competitions which we travel to. The coaches will invite gymnasts based on their abilities and progress to attend competitions which are suitable, and where the gymnast has the most chance of a successful event.

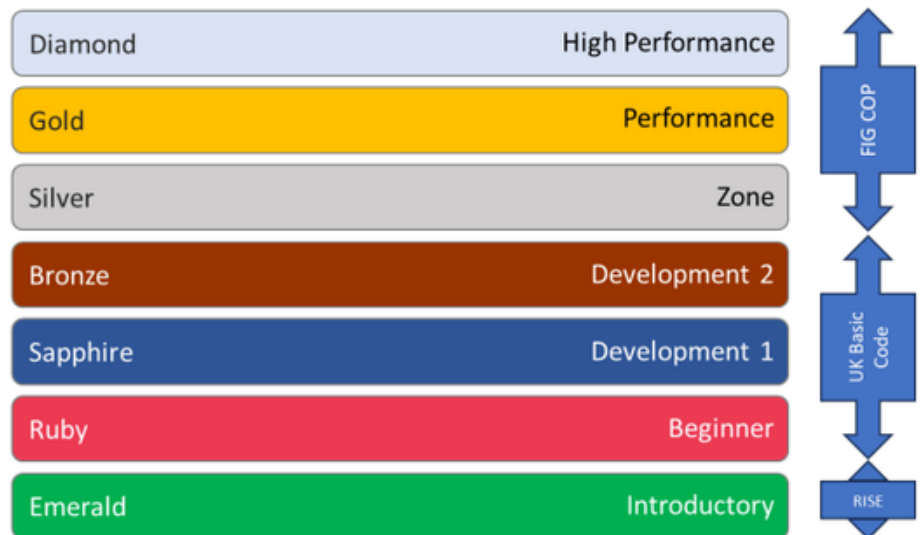
In this phase we would see the routines 'settling', starting to become more consistent and reliable. Changes will still happen as the coaches and gymnasts try/edit and amend difficulties due to the technical nature of the sport to ensure they are counted by the judges.

Ranking event & how to achieve the development stages

In August 2024, British Gymnastics implemented a new development programme. A summary is presented here.

Following the confirmation of rankings the competition path for the remainder of the year is set. Gymnasts stay in that level.

It is important that gymnasts do not jump levels, train and compete at the correct for their abilities right now, this development and progression helps them to stay fit and healthy, mentally and physically.



Diamond: Qualified for British Championships RGI RGG, Diamond Group Competitions

Gold: Qualified for NDP Finals, Gold Group Competitions

Silver: Zonal/Regional Competitions, Qualification Competitions for Gold & Diamond level.

• Gymnast/Group is working at a standard suitable for the FIG CoP or Individual entered Grades but did not qualify for Gold or Diamond Level.

Bronze: Development level 3 progression from Sapphire • Level of gymnast suitable for Basic Code rather than CoP

Sapphire: Development level 2 •

Level of gymnast suitable for Basic Code rather than CoP

Ruby: Development level 1 - First full year of competitions only

Emerald: Set routines will replace the NEXT STEPS programme.

Competition					
Max Age in year of competition	NDP (Grades)	British Championships (RGI)	Other national competitions (RGI)	Groups	
8 and younger	n/a	n/a	n/a	n/a	
9	Grade 8	n/a	Pre-Espoir	Pre-Espoir	
10	Grade 7				
11	Grade 6	Under 12	Espoir		Espoir
12	Grade 5				
13	Grade 4	Under 13	Pre-Junior		
14	Grade 3	Junior	Junior	Junior	
15	Grade 2				
16+	Grade 1	Senior	Senior	Senior	



Peak competition season

Peak competition Season is where the majority of the competitions happen and build up to the National Events – English, Welsh and British Championships. This is where the gymnasts and coaches aim towards peak performance.

In this phase gymnasts will be working towards consistency and ‘clean’ routines, this means with no mistakes.

This phase can be intense with lots of competitions.

The enjoyment comes not from learning new skills, but from achieving the skills and sequences that they have been working on for along time. They will add musicality and more expression to develop the routines to a performance.

04

Rest and recovery

Rest and recovery phase, is just that. TBRG stops for a few weeks to enable everyone to rest. The Summer Camps offer a chance to regain fitness, after the rest and begin to learn new apparatus and new skills for the coming competition season.

Summer camps are very important in the gymnasts’ development as it is the only time when the gymnast is off school and can completely focus on training meaning their skill learning is very fast and effective (Compared with training in the evenings after school).



05

Groups & Individual

Individual RG (RGI) is where a gymnast competes on the floor on their own. Gymnasts compete between 1 and 4 apparatus routines. each one once.

Group RG (RGG) is where the gymnasts compete as a team, known as a group, of 5 gymnasts. In the Development Levels these can be groups of 4 to 6 gymnasts. they perform twice with the same or two different routines. Generally the training squad will be more girls, to account for illness, injury and absence. Therefore 6 may be selected to attend a competition, 5 will compete (meaning 4 gymnasts perform both times, and 2 gymnast will perform once each).