

## Rhythmic competition Information

**SUITS:** - Athletes can wear their BGC competition suits or rent a rhythmic suit! Normally athletes have specific suits for each of their routines, but this is DEFINITELY NOT NECESSARY! We do rhythmic suits available at the gym for rental (Most are \$30) and can be used for the rest of the season! If you would like to do this and there isn't a suit that fits your athlete let me know and I will try to find one for you! Athletes can wear cut-off tights if they would prefer – but will need to start practicing in them so they can understand the feel.

**SHOES:** Rhythmic athletes compete with 'toe shoes' small stretchy shoes that go over only the toes and ball of the foot. I have these for people to purchase, they are only 20.00. Please send 20.00 with your athlete or e-transfer [Kelsee.douglas@gmail.com](mailto:Kelsee.douglas@gmail.com).

**HAIR:** Hair is similar to Artistic Competitions except buns need to be on the TOP OF THE HEAD! Let me know if you need help with this!

**MAKEUP:** For rhythmic competitions it is normal to wear VERY LIGHT stage makeup This includes 1. Foundation (powder or liquid) 2. Blush 3. Brown Eyeshadow 4. Lipstick, Let me know if you have questions or concerns about this.

**APPARATUS:** If your athlete is using a BGC piece of equipment I will have athletes take them home before their first competition. Please let me know if they would like to purchase their own apparatus (and booths to purchase may be available at the competitions)

### Competition information:

1. Rhythmic competitions are held over two (or three) days. Athletes may need to compete both days!
2. After each routine the audience is allowed ( and encouraged) to throw stuffed onto the carpet. These can be brought from home or usually can be purchased at the competition as well.
3. The competition area is normally the competition carpet in one area and the practice and Warm-up area in another. Only athletes and coaches are generally allowed in the practice/warm up area during the competition.
4. Each athlete will receive 2.5 minutes on the competition carpet to go through their routine and make sure they know which way is front and where they start and finish their routine.
5. Scores are flashed on a projector at the competition and are available online as well.
6. Award ceremonies are at the end of the day(s). You do not need to stay for awards if you would rather start making your way home, but athletes are encouraged to if possible.
7. Not all of our BGC athletes will be competing for All-Around – which means they will not be asked on to the podium for the last portion of awards.
8. During the competition there will be apparatus flying around, this is normal but we ask that you do not toss any apparatus that may come into the stands back into the carpet area!
9. Cheering is encouraged during routines! Especially when the athlete is walking out from the podium!

## Normal competition schedule for a Day

<b>Walk on</b>	All athletes who are present will do a walk on to present each club.
<b>Session 1</b> (Example : Level 1A,B&C 2A,B)	Each Session includes <ul style="list-style-type: none"> <li>- Times warm up 2.5 min per routine</li> <li>- Routines</li> <li>- Flashed scores for each routine (except pre-novice Rhythm Cat)</li> </ul>
<b>Session 2</b> Example: Level 2C, 3ABC,4A	
<b>Lunch</b>	
<b>Walk-on</b>	
<b>Session 3</b> Ex: Level 3C 4ABC,5ABC,6ABC	
<b>Session 4</b> Ex: Level 4BC,5BC,6BC	
<b>Awards</b>	Awards include <ul style="list-style-type: none"> <li>- Walk on of all present athletes</li> <li>- Awards for all complete routines</li> <li>- Opportunity for photos</li> </ul>

## FAQ

When should my athlete arrive?	Athletes should arrive about 1.5 hours early if possible. This will allow them to watch some routines and then do a good warm up and practice on the rhythmic carpet and with the tall roof. You will have specific information for when you need to arrive for each competition.
When can we leave?	This depends on how the competition is set up. After you athlete has finished competing their routine(s) they are allowed to leave and come back for Awards (but staying for awards is not mandatory)
What is "Timed Warm Up"	This is the 2.5 min each athlete gets on the competition warm up to situate their routine on the competition carpet.
Who does the athletes hair and Makeup	It is expected that parents or guardians do the hair and make up for the athlete. Only in emergency situations will the coach be expected to do this. If you see this being a problem, please contact Kelsee.
What do I need to bring?	<ul style="list-style-type: none"> <li>- Snacks (protein heavy)</li> <li>- Water</li> <li>- All competition suits and apparatus</li> <li>- Extra hair pins</li> <li>- Headphones (if possible)</li> <li>- BGC clothing for wards and walk ons.</li> </ul>