**NOVICE**

**WEST MIDLANDS TEAM TUMBLING CHAMPIONSHIPS 2017**

**VENUE: Rugby Gymnastics Club**

**DATE: 19th February 2017**

**SET PASSES** - Chose any 3 runs, but only 1 run may have 4 or less skills.

 **NB -** There will only be a 20metre long track available at this competition.

**COMPETITION FORMAT AND RULES**

**Entries open – 3rd January 2017 Entries close – 22nd January 2017**

1. Entries are only accepted via the BG online entry system.
2. Entry fee - £15 per gymnast.
3. No judge fee - £20.
4. Late entries will not be accepted.
5. Competition pass numbers sheet ***(below)*** must be completed and submitted to the programme coordinator (Gill McKee - gill@rugbygymnasticsclub.co.uk) at least 1 week before the competition **10th February 2017**
6. Gymnasts/coaches will not be permitted to make any changes to their passes once submitted, under any circumstances.
7. ***Failure to submit pass numbers before the deadline will result in the club/gymnast being withdrawn from the competition.***
8. Any gymnast who has competed at any of the following events in **2016** will **not** be permitted to compete in this competition:

* Spring event series 1 and 2
* FIG British Championships
* West Midlands Team Tumble
* West Midlands Tumbling Championships *(exception of club grades)*

1. Age Groups are: - **6-7yrs** **8-10yrs 11-13yrs 14yrs+**

Ages are the age achieved in the year of the competition. E.g. A child, who is 10yrs on the day of the competition but reaches his/her 11th birthday before the end of 2017, must be entered into the 11-13yrs age group.

1. A Team consists of 3 or 4 gymnasts. A Team may be all boys, all girls or mixed.
2. A gymnast may compete in only one team. A gymnast may compete in an older age group than his/her own.
3. A gymnast must perform any 3 passes from the above list. However, the gymnast may only compete 1 pass with 4 or less skills. A gymnast can, for example, perform exercises – 1, 2, 6, but not 3, 6, 9.
4. Any gymnast choosing to compete a **short pass** must compete it as their **third pass**, for example 1, 2, 3 and not 3, 2, 1.
5. There will only be a 20metre long track available at this competition.
6. The figure in brackets is the difficulty of the exercise. This is added to the Gymnasts’ Execution Score to give the Final Mark.
7. A trophy will be awarded to the winning team in all of the age groups along with team medals for 1st, 2nd and 3rd placed teams.
8. In addition to the Team Awards in each age group, medals will be awarded to the first three individual boys and the first three individual girls in each age group.
9. It is the club/coaches responsibility to ensure that the selected coach(es) has the correct coaching qualifications to be on the competition floor.
10. Girls Hipsters/shorts are permitted but only if they compliment the colour of the leotard. (Head judge discretion)
11. All gymnasts must compete in their allocated time slots.

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| GYMNAST PASS NUMBERS | | | | | | | | | |
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| * This sheet must be completed and submitted to the programme coordinator (Gill McKee - gill@rugbygymnasticsclub.co.uk) at least 1 week before the competition (noon, **10th February 2017)**. * Gymnasts/coaches will not be permitted to make any changes to their passes once submitted, under any circumstances. * ***Failure to submit pass numbers before the deadline will result in the club/gymnast being withdrawn from the competition.*** | | | | | | | | | |
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| CLUB\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | COACH\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | |
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| Gymnasts name | | Age Group/ M/F | Pass 1 number | Pass 2 number | | Pass 3 number (short pass) |
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