

Gymnast Age and Ability Level Entrance Rules

Training Hours

<i>Up to 2 hours per week</i>	<i>Beginner</i>
<i>Over 2 hours to 4 hours per week</i>	<i>Intermediate</i>
<i>Over 4 hours per week</i>	<i>Advanced</i>

Age Levels

<i>9 and under</i>	<i>DOB - 2009, 2008</i>
<i>11 and under</i>	<i>DOB – 2007, 2006</i>
<i>13 and under</i>	<i>DOB – 2005, 2004</i>
<i>15 and under</i>	<i>DOB - 2003, 2002</i>
<i>16 and above –Ladies</i>	<i>DOB – 2001 and older</i>
<i>16 and above - Men's</i>	<i>DOB – 2001 and older</i>

Enter Age Groups

- *No Gymnasts in ANY category can have competed in an artistic or on an NDP pathway competition in any other gymnastics discipline for a minimum of 2 years.*
- *Gymnasts training towards artistic or other NDP pathway competitions in the future, who are using the floor and vault competition for gaining experience should be entered into the advanced category only, despite hours trained.*
- *All age categories have the opportunity to enter the three different categories of Beginner, Intermediate and Advanced.*

