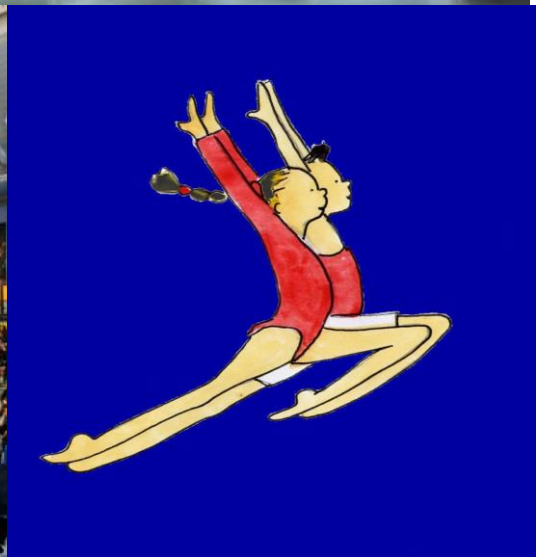


Bristol School of Gymnastics



The Spark
17th May 2020
Bath University

The Spark

This is a competition designed for young gymnasts at the beginning of their competitive gymnastic career.

There will not be any winners. Every gymnast will be presented with a medal: gold, silver or bronze depending on their final score.

The competition has three sections: vault, floor and Range and Conditioning. All the floor work will be on a strip of mat without music.

There are four age groups: 6yrs, 7yrs, 8yrs, 9yrs in the year of the competition.

There is one level for 6yrs and 9yrs. There are two levels for the 7 and 8 yrs.

The competition is open to any gymnast. It's probably not suitable for gymnasts who have passed Compulsory Grade 5 and any 8 years who have passed NDP Grade 6 must do the harder level.

Entry will open 1st March 2020 – entry fee £12 per gymnast

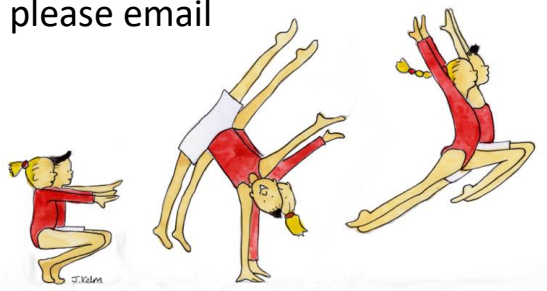
(There will be a restriction on the number of entries. We want to try and keep the atmosphere calm. Not too overpowering.)

If you would like a complete set of rules please email

shirleyclementsbsg@yahoo.co.uk

or go to

www.bristolschoolofgymnastics.co.uk



Rules

Age Groups

1. 6 years in the year of the competition. eg in 2019 gymnasts born in 2014.
2. 7 years in the year of the competition. eg in 2019 gymnasts born in 2013
3. 8 years in the year of the competition. eg in 2019 gymnasts born in 2012
4. 9 years in the year of the competition. eg in 2019 gymnasts born in 2011

Eligibility

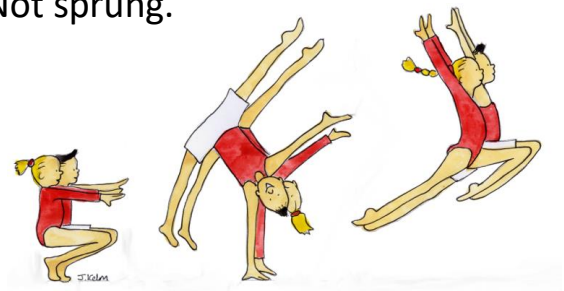
1. Open to any gymnast.
2. We would suggest that any gymnast who has passed Compulsory 5 would find this competition a backward step.
3. Any gymnast who has passed NDP Grade 6 must do Level 1. (The harder level)

Medals

1. Gold medals will be achieved with scores above 39
2. Silver medals will be achieved with scores between 38.9 and 36
3. Bronze medals will be achieved with scores below 36
(This may be adjusted on the day)

Apparatus

1. Vault: run up is a maximum of 12 ms
Box top used lengthways 40cms high
Block is 60cms high, 1m x 2ms
2. Floor is on a 12m x 2m strip of mat. Not sprung.
3. Range is on a 12m x 2m strip of mat. Not sprung.





The Spark

Bath University – 17th May 2020

Entry closing date – 19th April 2020

(Entry opens 1st March)

(There will be a restriction on the entry so don't leave it until the last day. We will let you know when it is full)

Club.....

BG Number

Email address

Coach

BG No.....

Coach.....

BG No.....

You do not need to provide a judge unless you would like to.

Name	DOB	BG Number	Level

It is the responsibility of the club to ensure that the coaches in attendance are qualified for the level of work of their gymnast. I confirm that the above criteria has been adhered to:

Signed Print name.....

Entry fee enclosed @ £12 per gymnast.= £..... All gymnasts must be paid for in advance.

Cheques made payable to **Bristol School of Gymnastics.**

post to Shirley Clements, 116 Thornleigh Road, Horfield, Bristol.BS7 8PJ

You may enter online to: shirleyclementsbsg@yahoo.co.uk. When we receive your entry we will email the account number and sort code so you can pay. Your entry will not be accepted until we receive the entry fee. You will be emailed to let you know we have received it.