NOTTINGHAMSHIRE GYMNASTICS ASSOCIATION

**COUNTY FLOOR AND VAULT**

**SUNDAY 6TH October 2019**

**RETFORD GYMNASTICS CLUB**

The Notts Floor and Vault Championships will be held on Sunday 6th October 2019 at Retford Gymnastics Club, Unit 4-10 The old Timber Shed, Retord, DN22 8JZ.

It will be the responsibility of the clubs to inform the scorer of any changes to the program on the day of the competition but please let me know any changes that you become aware of beforehand.

Entries must be returned to me by **September 6th 2019**

The age groups for this competition are :Age groups 8/9 yrs, 10/11 yrs, 12/13yrs, 14+yrs

Time will be confirmed when all the entries have been received.

Entry Fee is £12 per gymnast, Late entries will only be accepted in exceptional circumstances and will be £24 each. Spectators will be £4 for adults, £2 for children.

We have serious problems each year with getting sufficient judges for the County competitions and as such we now require each Club entering gymnasts to either provide a judge or a judge’s assistant. If you enter more than 10 + gymnasts please provide two judges. This is a condition of entry. Club or Regional level judge is acceptable (or higher).

Naomi Johnson

Email entries to

[Naomijohnson18@hotmail.com](mailto:Naomijohnson18@hotmail.com) and entries paid into the County bank account

**HSBC S/C-403518 A-81551914**

Naomi Johnson

Notts county competition secretary

**COMPETITION RULES**

Open to all gymnasts that have not competed at Level 4 or higher in the region. Gymnasts that have competed in Compulsory Grades/ National Grade 4 -1 including in 2017 are not eligible

All Clubs with gymnasts in the County Teams must be affiliated to NGA and gymnasts to have at least bronze memberships. Any gymnast selected to represent NGA, their club must be affiliated to EMGA to be part of the team.

Medals will be awarded to top three gymnasts in each age group. The top 4 gymnasts will be selected to represent NGA at the regional event and the 5th place to be reserve.

**Age groups 8/9 yrs, 10/11 yrs, 12/13yrs, 14+yrs**

This is a county qualifier to the Regional event on **1st December 2019 at New college Leicester.** To allow teams to practice routines a **training day has been organised on the 3rd November 2019** at Inspire GA with county coaches and judges available for any advice. Gymnasts attending must be accompanied by their personal coach. Qualifying gymnasts will need to pay £5 contribution on the competition day towards their Regional entry and for the training day. NGA will add the remaining balance.

UNIFORM

Gymnasts in the team will need to pay a deposit of £10 for the county leotard on the 3rd November and it will be returned at the Regional event when the leotard is returned.

( coaches please make sure your gymnasts are aware of these rules)

County Uniform is available to purchase from PANDR <https://pandr.online> click on dance schools and search for NGA. All qualifying gymnasts must wear the county T Shirt with Black long leggings and white plain trainer socks.

Coaches t shirts can be borrowed or purchased (subject to availability on borrowing) and must be worn with black tracksuit bottoms. Any problems this can be addressed on the training day.

Judging Rules and requirements are attached separately.

**MUSIC**

All music must be on CD and labelled with gymnasts name, number and club.

**ENTRY FORM**

**NOTTS Floor and Vault CHAMPIONSHIPS**

**SUNDAY 6th October 2019, AMBER VALLEY GYMNASTICS CLUB**

NAME OF CLUB …………………………………………………………………… …….

HEAD COACH ………………………………………………… ………………….

CONTACT NAME AND ADDRESS FOR INFORMATION ON THIS COMPETITION TO BE SENT: ……..………………………………………………………………………….

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E-mail address (if an e-mail address is provided, information will be sent by e-mail).

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CLOSING DATE FOR ENTRIES - SUNDAY 6th September 2019

ENTRY FEE: £12 PER GYMNAST

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| **GYMNAST NAME** | **DATE OF BIRTH** | **BG MEMBERSHIP NO** | **AGE GROUP** |
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| **COACH - NAME** | LEVEL | **BG MEMBERSHIP NO** |  |
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| **JUDGE – NAME** | LEVEL | **BG MEMBERSHIP NO** |  |
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