



Veterans British Championships 2012

Competition Format Guide

Information for Competitors and Coaches

- Gymnasts /Coaches are required to register their gymnasts upon arrival at City of Newcastle Gymnastics Academy, registration will be signposted.
- Gymnasts /Coaches will receive a startlist and competitor's numbers.
- Competitor numbers are not required to be worn, however they are to be shown prior to each performance and will be acknowledged by the judges.
- The competition format will take place in rounds, with rounds 1-8 in the morning and 9-14 in the afternoon.
- Gymnasts/Coaches will walk between pieces when instructed by the announcer; Gymnasts/Coaches are requested to not leave the competition floor until their competition is complete.
- A three minute warm up will be available on each piece before competition commences.
- Gymnasts will compete in the order stipulated by the Startlist provided to all Gymnasts/Coaches at registration.
- Gymnasts/Coaches are asked to submit their vault height at registration and will be grouped according to vault height for the 3 minute warm up. Gymnasts will compete in the order specified in the warm up.
- Gymnasts who will not be competing on all pieces are required to stay with their group and present to the judges, during the 3 minute warm up Gymnasts are to inform the judges they will not be competing.

Good luck