

## NW Handbook 2015 / 2016

# **THE BRITISH GYMNASTICS** **NORTH WEST ACROBATIC GYMNASTICS** **GUIDELINES**

This handbook has been approved and issued by the North West Region Acrobatic Gymnastics Technical Committee.

It is intended to be a first point of reference regarding the structure and organisation of Acrobatic Gymnastics in the North West Region. It also gives details and regulations on Acrobatic Gymnastics competitions run by the North West Region.

The Technical Committee reserves the right to make amendments to this and the Roles & Responsibilities Handbook.

Every effort will be made to communicate any changes at least 8 weeks before the event to which they relate.

Notification of a change to the Handbook will be sent via e-mail to each club contact.

### **Contact Information:**

#### **Technical Committee 2015/ 2016**

Chairperson	Nicola Bradley <a href="mailto:nicola.gosling@hotmail.co.uk">nicola.gosling@hotmail.co.uk</a>
Secretary	Jackie Grimshaw <a href="mailto:jgrim@hotmail.co.uk">jgrim@hotmail.co.uk</a>
Treasurer	Clare Jaskolka <a href="mailto:c.jaskolka@yahoo.co.uk">c.jaskolka@yahoo.co.uk</a>
Competition Organiser	Pete Daulby <a href="mailto:peted@wigan-seagulls.co.uk">peted@wigan-seagulls.co.uk</a>
Judging Organiser	Emma Shields <a href="mailto:emma.shields69@gmail.com">emma.shields69@gmail.com</a>
Club Liason Officer	Marion Lawrenson <a href="mailto:marion/lawrenson1@btinternet.com">marion/lawrenson1@btinternet.com</a>
Performance Development Officer	Marie Gardner <a href="mailto:mariegardner55@sky.com">mariegardner55@sky.com</a>
Disability Gymnastics Acrobatic Representative	Andy Thurlow <a href="mailto:andy@acronova-gymnastics.co.uk">andy@acronova-gymnastics.co.uk</a>

**British Gymnastics** 0845 129 7129

Safeguarding & Compliance ext 2347 [ethics@british-gymnastics.org](mailto:ethics@british-gymnastics.org)

Member Services ext 2395 [membership@british-gymnastics.org](mailto:membership@british-gymnastics.org)

## **Regional Competition Calendar 2016**

Prelims	1 <sup>st</sup> March	Robin Park, Wigan
NW Tariff	28 <sup>th</sup> June	Robin Park, Wigan
NW Invitational	4 <sup>th</sup> October	Robin Park, Wigan
NW Championships	29 <sup>th</sup> November	Robin Park, Wigan

## **ACROBATIC CLUB CONTACTS:**

Acronova	Andy Thurlow	<a href="mailto:andy@acronovagymnastics.co.uk">andy@acronovagymnastics.co.uk</a>
Birkenhead Gymnastics Academy	Dawn Mitchell	<a href="mailto:dawn.mitchell02@btinternet.com">dawn.mitchell02@btinternet.com</a>
Blackburn with Darwen	Elaine Riley	<a href="mailto:bwdacrogymclub@hotmail.co.uk">bwdacrogymclub@hotmail.co.uk</a>
	Marion Lawrenson	<a href="mailto:marion.lawrenson1@btinternet.com">marion.lawrenson1@btinternet.com</a>
City of Lancaster	Marie Gardner	<a href="mailto:mariegardner55@sky.com">mariegardner55@sky.com</a>
	Leah Gardner	<a href="mailto:leahgardner55@gmail.com">leahgardner55@gmail.com</a>
Cheshire Academy	Iain Chalmers	<a href="mailto:cheshireacadem@aol.com">cheshireacadem@aol.com</a>
Eclipse	Clare Jaskolka	<a href="mailto:c.jaskolka@yahoo.co.uk">c.jaskolka@yahoo.co.uk</a>
Fylde Coast Gym Club	Julie Heslop	<a href="mailto:juheslop@gmail.com">juheslop@gmail.com</a>
Wigan Seagulls	Pete Daulby	<a href="mailto:peted@wigan-seagulls.co.uk">peted@wigan-seagulls.co.uk</a>

# ACROBATIC GYMNASTICS COMPETITIONS

## GENERAL REGULATIONS

Unless otherwise stated the following regulations will apply at all North West Region AGTC competitions.

### 6. BRITISH GYMNASTICS AND NORTHERN REGION MEMBERSHIP

All persons attending North West organised BG events in an official capacity, whether as a gymnast, coach, judge or official are required to hold current BG membership in line with the level of competition entered and awards held. Gymnasts performing at North West organised competitions must be affiliated to the North West by sending the gymnast's name and BG membership number with a payment of £5.00 (at least 4 weeks prior to the competition date) to the NW Regional Secretary

Sue Langley. 17 Shepley Drive, Hazel Grove Stockport SK7 6LE	Email Website	<a href="mailto:n.w.g.a@btinternet.com">n.w.g.a@btinternet.com</a> <a href="http://www.northwestgym.org.uk">www.northwestgym.org.uk</a>
	Tel No	0161 456 3573

### 7. ENTRY FEES

An entry fee of **£10.00** per gymnast per discipline will apply for all NW Competitions with exception to Prelims which will be £12.00 to cover certificate and badge costs. Payments should be posted to the Treasurer or made by BACS payment within 7 days of the closing date for entries.

### 8. CHANGES TO PARTNERSHIPS

Changes to one person in a **pair or group** entry may not be made. If the coach wishes the changed partnership to compete, then this will be treated for the purposes of the competition as a "guest" entry.

### 9. LATE ENTRIES / PAYMENTS

#### **No late entries will be accepted.**

Closing date for entries will always be the Saturday at midnight 3 weeks before the competition. If acknowledgment of receipt has not been received by the following Sunday at noon then contact the programme maker immediately. (2016 programme maker Carol Rait)

### 10. COACHES IN ATTENDANCE

Coaches must wear appropriate gymnastic clothing such as club tracksuit or sweatshirt / polo shirt or they may be asked by the competition organiser to leave the competition area.

### 11. JUDGES IN ATTENDANCE

Judges must wear the prescribed judges uniform. Each club is expected to nominate at least one judge. Judges are to abide by the BG rules of exclusion. Do not speak with any member of the public, gymnasts, club members, friends or family during competitions. Mobile phones are strictly forbidden during competition.

### 12. COMPETITION YEAR FOR AGE

The competition year is 1st January to 31st December. The minimum age of entry into a AGTC competition leading to a National final is 8, 9 in the year of competition. For all other competitions refer to the guidelines for that competition.

### 13. GYMNASTS CHANGING CLUBS

Individuals may normally only compete for one acrobatic gymnastics club during the competition year.

### 10. WARM UPS AT COMPETITIONS

A general warm up area will be provided at all competitions. Please note that a **suitably qualified coach must be in attendance with the gymnasts**. All competitors will also be entitled to the following specific warm ups (provided they are present at the specified warm up timings).

- A general warm up period allotted to them of not less than 10 minutes on an appropriate floor.
- Details in competition programme. Maximum number in each warm up group to be decided by the competition organiser.
- An orientation period of 3 minutes approximately on the competition floor.

### 11. RULE CHANGES

The AGTC reserves the right to amend competition rules as it feels necessary. For significant changes of competition rules a minimum of two calendar months notice shall be given to prospective participants before such changes can be effected except where such changes are demanded by British Gymnastics within a shorter period of time.

### 12. DISPUTES

In the event of a dispute which cannot be resolved by reference to the rules, the competition organiser and / or the chair of the AGTC will make a decision which shall be final. The situation shall be brought before the AGTC at the next available meeting for a ruling for future events.

### 13. GYMNASTS ATTIRE

Competition attire must be in accordance to National guidelines for Acrobatic gymnastics competitions but particular note must be taken of the following :-

- No jewellery should be worn.
- The cut of the leg of the leotard must not go above the iliac crest (hipbone) at any point during the performance of the routine.
- Complimentary shorts can be worn at all North West competitions **with the exception of Prelims as this leads to a National competition**.

### 14. PARTNERSHIPS

For all NW organised competitions except the North West Preliminaries

An individual may enter pairs at any level and with a different partner provided they are in different disciplines.

An individual may enter both pair and group events at the same or a different grade.

An individual may be a member of two different groups provided the top acts as a base in the second group or the base becomes a top (the middle is considered as a base). Two members of any such group must be different from the original grouping.

NW Preliminaries gymnasts may only enter one category / one discipline.

### 15. DISABILITIES

Gymnasts entering Disability Acrobatics NDP Competition will be required to complete and return the Disability Gymnastics Classification Certificate by following the instructions in the Disability Classification Pack

Further eligibility criteria can be found in the Disability Acrobatics NDP accessed from the BG website.

15. MUSIC

Music must be submitted at the time of registration on an **individual** CD. The CD and cover should be clearly marked with the competition number, names of the gymnasts, their club, their discipline, their level and where appropriate their routine (i.e. balance, dynamic or combined). Only one routine should be on each CD. It is recommended that coaches carry a back up copy of all music.

Copyright laws forbid the use of music by Disney, Cirque de Soleil and Andrew Lloyd Webber.

Length of the music is 2 minutes with the exception of the following who are allowed 2 minutes 30 seconds.:

- Disability NDP grades
- 12-18 years age group
- 13-19 years age group
- Seniors

16. TARIFF SHEETS

2 copies of all tariff sheets must be handed in at the time of registration.

It is the responsibility of the coach **not** the CJP that the routine fulfils all tariff requirements.

17. SIZE

At the start or end of all warm up sessions every gymnast should be available to be measured for "size" deductions.

18. APPEALS

The Competition Organiser may only consider an Appeal as soon as possible after the publication of the scores with the appropriate fee of £10

A coach may only appeal the Difficulty score, in accordance with the FIG Code of Points.

The DJ penalty score may need to be reconsidered if there is a change in the Difficulty Score after the appeal.

Appeals can be made only for the Clubs own competitors.

No appeals can be made against Execution or Artistic scores, time faults or other penalties.

On publication of the Difficulty Score, any appeal for investigation is made at the very latest before the end of the next exercise that follows the release of a score.

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There is a £10 fee for the appeal, which increases with each appeal made by the Club.

The request of an appeal becomes a contract to pay the appropriate fee to the Competition Organiser by the end of the competition.

The CJP will immediately review the Difficulty mark with the DJ.

If a resolution cannot be made before the start time of the next competitors' exercise, the calculated mark will be listed as 'provisional' and will be considered at the end of the round of competition and before any award ceremony.

If the appeal proves correct, the fee is returned. If the appeal is rejected, the fee is forfeited and transferred to the North West Committee.

The TC cannot accept any photographic analysis at an event.

19. ADVICE FOR COACHES

On arrival at the competition you must notify the competition organiser of any gymnasts who are to be withdrawn. You should note the following:-

- CD's are handed in as per paragraph 15.
- Gymnasts are ready to compete 30 minutes before the published times in case timings are altered.
- Gymnasts are ready to take the floor immediately the previous competitors have completed their routine.
- Gymnasts wait until they have been announced to go onto the floor.
- Gymnasts are available for the individual march on before the start of their morning or afternoon session.
- Gymnasts who are medallists are available for presentations at the published times.
- Music is collected at the end of the competition.
- Coaches preparing gymnasts for FIG grade competitions are advised to seek early advice from an International judge with regard to routine requirements.
- Ensure that no members of your club or parents etc. approach the scorers or the Judges panel areas.

## 21. ROUTINE REQUIREMENTS

The rules and regulations concerning the construction and requirements of floor routines are as given in the National Development Plan (NDP 8) or in the FIG Acrobatic gymnastics Handbook available from British Gymnastics.

## 22. ELECTRONIC COMPETITION ENTRIES

At present all entries are to be sent to [carol@rait.org](mailto:carol@rait.org)

All gymnasts must be NW Affiliated and BG registered.

Affiliation Numbers and D.O.B. should be input on the entry forms provided by Carol.

## 23. PENALTIES FOR FAILING TO PROVIDE A JUDGE

A charge of £50 per club will be levied upon failure to provide a judge.

### 23.1 PENALTIES FOR PERSISTENT FLASH PHOTOGRAPHY

A charge of £50 per club will be levied for persistent use of flash photography by parents from that club during the competition

## 24. USE OF PHOTOGRAPHIC AND FILMING EQUIPMENT AT COMPETITIONS

The vast majority of people involved in gymnastics derive their interest and pleasure from the performances and enjoyment shown by the participants.

Competitions, by their very nature, is in a public arena and when entering for the event, the participant and Parent/Guardian acknowledges this fact, which will include the possibility of the recording of his/her image, by either the Parent/Guardian, or approved Photographer of the Parent/Guardian, Club Official or Official Photographer previously organised by the Competition Organiser.

## 26. 'TIE-BREAK' RULES

In the event of a tie for a medal position, the following procedure will be used to decide placing

- a) The competitors with the highest execution score will be placed higher
- b) If a tie still exists the competitors with the highest artistry score will be placed higher
- c) If a tie still exists the competitors with the highest difficulty value will be placed higher
- d) If a tie still exists the score of the CJP(s) will decide the placing
- e) If there is still a tie, the scores of all the judges will be considered

For FIG levels on floor, FIG rules will apply

# North West Prelims

- ✓ **Date:** 13<sup>th</sup> March 2016
- ✓ **Venue:** Robin Park Arena, Loire Drive, Newtown, Wigan. WN5 0UH.  
01942 828550
- ✓ **Closing Date:** Sunday 21<sup>st</sup> February at noon.  
Entries to; [carol@rait.org](mailto:carol@rait.org)

✓ **Entry Fee:** £12.00 per gymnast.

✓ **Closing Date for Payments:** 15<sup>th</sup> February 2015

- ✓ **Entry Fee:** £12.00 per gymnast. Cheques payable to 'NWGA/SA'  
Post to the Treasurer: Clare Jaskolka  
748 Ripponden Road  
Grains Bar  
Oldham  
OL4 2LP

**OR**

BACS payment to: HSBC, Sort code 40-35-26  
Account, NWGA/SA Coaching 51734466  
Reference: CLUB NAME

**2 Copies** of Tariff Sheets should be given to the CJP on the day of the competition.

✓ **Tariff Sheets:** Grades 5 and above should send their Tariff sheets to:

no later than

**2 Copies** of Tariff Sheets should be given to the CJP on the day of the competition.

- ✓ **TROPHIES:** Vivienne Kirkham Award for the 'Highest Technical Score of the day' in Grades 1 to 6  
Highest Overall Score of the Day in Disability

These will be awarded at the end of the competition during the medal ceremony.

Gymnasts are permitted to compete in only one (1) discipline and one (1) partnership in this competition.

This Competition Covers:  
NDP8 Acrobatics, NDP8 Disability & FIG Categories

Women's Pair, Men's Pair, Mixed Pair, Women's Group and Men's Group at;

- Grade 1 (Pairs only) – Age capped at 11 years
- Grade 2 (Pairs only) – Age capped at 12 years
- Grade 2 (Group any gender combination) – Age capped at 12 years
- Grade 3 No more than 7 years age difference in partnership – Age capped at 16 years
- Grade 4 No more than 7 years age difference in partnership
- Grade 5 No more than 7 years age difference in partnership
- Grade 6 No more than 7 years age difference in partnership
- Out of Age Top must be a minimum of 11 years of age, the oldest base a minimum of 19 years of age.  
TO COMPETE IN THIS CATEGORY YOU MUST NOT BE IN AGE TO COMPETE IN ANY OF THE OTHER NDP LEVELS.

### Disability NDP 8 Grades

Women's Pair, Men's Pair, Mixed Pair, Trios and Quartets at;

- Grade 1 (Pairs competitions only)
- Grade 2 (Pairs competitions only)
- Grade 2 (Group any gender combination)
- Grade 3 (Pairs competitions only)
- Grade 4 (Pairs competitions only)

All Disability Grades exercises have a maximum duration of 2 minutes and 30 seconds; there is no minimum duration.

F.I.G. categories are invited to compete in their own competition.

ALL entry criteria MUST be filled out on the **attached** entry form.

1. Names
2. North West Affiliation Number
3. British Gymnastics Number
4. Date of Birth

## GRADE 1

### Womens Pairs

EXAMPLE		Club				
1	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center; color: green;">NAMES</td> <td style="color: green;">Freda Flinstone &amp; Jenny Backup</td> </tr> <tr> <td style="text-align: center; color: green;">DOB</td> <td style="color: green;">16/05/04 &amp; 02/03/05</td> </tr> </table>	NAMES	Freda Flinstone & Jenny Backup	DOB	16/05/04 & 02/03/05	NW
NAMES	Freda Flinstone & Jenny Backup					
DOB	16/05/04 & 02/03/05					

BG No	1234 & 6789
NW Affiliation	NW9876 & NW4321

Delete where appropriate, Pairs are on one sheet (tab) Groups are on a separate sheet (tab) as are Disability, Out of Age and all F.I.G. categories.

North West Affiliation should be applied for and accepted before the entries are sent in, as should the BG Silver Membership. Although the Committee check Membership and DOB it is a courtesy service only and any mistakes are entirely the Club / Coach's responsibility.

## North West Tariff Championships

- ✓ **Date:** 3<sup>rd</sup> July 2016
- ✓ **Venue:** Robin Park Arena, Loire Drive, Newtown, Wigan. WN5 0UH.  
01942 828550
- ✓ **Closing Date for Entries:** 12th June 2016 at noon.  
Entries to; [carol@rait.org](mailto:carol@rait.org)

**2 Copies** of Tariff Sheets should be given to the CJP on the day of the competition.

- ✓ **Closing Date for Payments:** 19<sup>th</sup> June 2016

- ✓ **Entry Fee:** £10.00 per gymnast. Cheques payable to 'NWGA/SA'  
Post to the Treasurer: Clare Jaskolka  
748 Ripponden Road  
Grains Bar  
Oldham  
OL4 2LP

**OR**

BACS payment to: HSBC, Sort code 40-35-26  
Account, NWGA/SA Coaching 51734466  
Reference: CLUB NAME

- ✓ **TROPHIES:** 'Highest Score of the Day' in NDP8 Grades 1 to 6  
'Highest Score of the Day' in F.I.G. categories

These will be awarded at the end of the competition during the medal ceremony.

This Competition Covers:  
NDP8 Acrobatics, NDP8 Disability, F.I.G. Categories,  
Club & National Tumbling. (To be confirmed)

**MINIMUM AGE 6 MUST BE 7 IN YEAR OF COMPETITION.**

Women's Pair, Men's Pair, Mixed Pair, Women's Group and Men's Group at;

- Grade 1 (Pairs only) – Age capped at 11 years
- Grade 2 (Pairs only) – Age capped at 12 years
- Grade 2 (Group any gender combination) – Age capped at 12 years
- Grade 3 No more than 7 years age difference in partnership – Age capped at 16 years
- Grade 4 No more than 7 years age difference in partnership
- Grade 5 No more than 7 years age difference in partnership
- Grade 6 No more than 7 years age difference in partnership
- Out of Age Top must be a minimum of 11 years of age, the oldest base a minimum of 19 years of age.  
TO COMPETE IN THIS CATEGORY YOU MUST NOT BE IN AGE TO COMPETE IN ANY OF THE OTHER NDP LEVELS.

### Disability NDP 8 Grades

Women’s Pair, Men’s Pair, Mixed Pair, Trios and Quartets at;

- Grade 1 (Pairs competitions only)
- Grade 2 (Pairs competitions only)
- Grade 2 (Group any gender combination)
- Grade 3 (Pairs competitions only)
- Grade 4 (Pairs competitions only)

All Disability Grades exercises have a maximum duration of 2 minutes and 30 seconds; there is no minimum duration.

### F.I.G.

Age Groups:

- 11-16
- Junior
- Senior

Any questions concerning your entries should be made before sending them in and not after.

Once the entries have been received your Club’s job(s) will be allotted and you will be notified accordingly.

All gymnasts must be affiliated with the North West through Sue Langley.

# North West Invitational

- ✓ **Date:** Sunday 2<sup>nd</sup> October 2016
- ✓ **Venue:** Robin Park Arena, Loire Drive, Newtown, Wigan. WN5 0UH.  
01942 828550
- ✓ **Closing Date for Entries:** 4<sup>th</sup> September 2016 at noon.  
Entries to; [carol@rait.org](mailto:carol@rait.org)
- ✓ **Closing Date for Payments:** 11<sup>th</sup> September 2016
- ✓ **Entry Fee:** £10.00 per gymnast. Cheques payable to 'NWGA/SA'  
Post to the Treasurer: Clare Jaskolka  
748 Ripponden Road  
Grains Bar  
Oldham  
OL4 2LP  

**OR**

BACS payment to: HSBC, Sort code 40-35-26  
Account, NWGA/SA Coaching 51734466  
Reference: CLUB NAME
- ✓ **TROPHIES:** 'Highest Team Score of the Day' in NDP8 Grades 1 to 6
  - **Top 5 Scores to count**

These will be awarded at the end of the competition during the medal ceremony.

This Competition Covers:  
NDP8 Acrobatics, F.I.G. Categories,

**MINIMUM AGE 6 MUST BE 7 IN YEAR OF COMPETITION.**

Women's Pair, Men's Pair, Mixed Pair, Women's Group and Men's Group at;

- Grade 1 (Pairs only) – Age capped at 11 years
- Grade 2 (Pairs only) – Age capped at 12 years
- Grade 2 (Group any gender combination) – Age capped at 12 years
- Grade 3 No more than 7 years age difference in partnership – Age capped at 16 years
- Grade 4 No more than 7 years age difference in partnership
- Grade 5 No more than 7 years age difference in partnership
- Grade 6 No more than 7 years age difference in partnership
- Out of Age Top must be a minimum of 11 years of age, the oldest base a minimum of 19 years of age.  
**TO COMPETE IN THIS CATEGORY YOU MUST NOT BE IN AGE TO COMPETE IN ANY OF THE OTHER NDP LEVELS.**

## F.I.G.

Age Groups:

- 11-16
- Junior
- Senior

Any questions concerning your entries should be made before sending them in and not after.

Once the entries have been received your Club's job(s) will be allotted and you will be notified accordingly.

All gymnasts must be affiliated with the North West through Sue Langley.

# North West Championships 2016

- ✓ **Date:** 6<sup>th</sup> November 2016
  - ✓ **Venue:** Robin Park Arena, Loire Drive, Newtown, Wigan. WN5 0UH.  
01942 828550
  - ✓
  - ✓ **Closing Date:** 16<sup>th</sup> October 2016  
Entries to; [carol@rait.org](mailto:carol@rait.org)
  - ✓ **Closing Date for Payments:** 23<sup>rd</sup> October 2016
  - ✓ **Entry Fee:** £10.00 per gymnast. Cheques payable to 'NWGA/SA'  
Post to the Treasurer: Clare Jaskolka  
748 Ripponden Road  
Grains Bar  
Oldham  
OL4 2LP
- OR**
- BACS payment to: HSBC, Sort code 40-35-26  
Account, NWGA/SA Coaching 51734466  
Reference: CLUB NAME

**2 Copies** of Tariff Sheets should be given to the CJP on the day of the competition.

- ✓ **TROPHIES:** Kath Phillips Award for 'Highest Artistry' score of the day in NDP & Disability.

These will be awarded at the end of the competition during the medal ceremony.

This Competition Covers:  
NDP8 Acrobatics, NDP8 Disability & FIG Categories  
Club & National Tumbling.

**MINIMUM AGE 6 MUST BE 7 IN YEAR OF COMPETITION.**

Women's Pair, Men's Pair, Mixed Pair, Women's Group and Men's Group at;

- Grade 1 (Pairs only) – Age capped at 11 years
- Grade 2 (Pairs only) – Age capped at 12 years
- Grade 2 (Group any gender combination) – Age capped at 12 years
- Grade 3 No more than 7 years age difference in partnership – Age capped at 16 years
- Grade 4 No more than 7 years age difference in partnership
- Grade 5 No more than 7 years age difference in partnership
- Grade 6 No more than 7 years age difference in partnership
- Out of Age Top must be a minimum of 11 years of age, the

oldest base a minimum of 19 years of age.  
TO COMPETE IN THIS CATEGORY YOU MUST NOT BE IN  
AGE TO COMPETE IN ANY OF THE OTHER NDP LEVELS.

### Disability NDP 8 Grades

Women's Pair, Men's Pair, Mixed Pair, Trios and Quartets at;

- Grade 1 (Pairs competitions only)
- Grade 2 (Pairs competitions only)
- Grade 2 (Group any gender combination)
- Grade 3 (Pairs competitions only)
- Grade 4 (Pairs competitions only)

All Disability Grades exercises have a maximum duration of 2 minutes and 30 seconds;  
there is no minimum duration.

### F.I.G.

Age Groups:

- 11-16
- Junior
- Senior

Any questions concerning your entries should be made before sending them in and not  
after.

Once the entries have been received your Club's job(s) will be allotted and you will be  
notified accordingly.

All gymnasts must be affiliated with the North West through Sue Langley.