



# VIRTUAL GYMNASTICS COMPETITION

## Competition Rules and Information

- Routine can be performed on grass, mat or airmat (no trampolines). Gymnasts can perform some skills on the ground and some on a mat or airmat as long as they can quickly and safely move from one surface to the other. The area must be clear of all obstacles.
- Routines are for 1 gymnast at a time.
- The routine can be performed with or without music but must be no longer than 90 seconds long.
- Gymnasts must only attempt skills that are within their skill range and must be completed without help from parents.
- Tight fitting clothing must be worn such as shorts, leggings, leotards, t-shirts that are firm fitting and hair neatly tied back (no crop tops please).
- If you fall in a skill, don't worry just keep going with your routine. Even professionals fall from time to time.
- Routines will be judged by a minimum of 2 coaches. For Child Safety reasons a parent or guardian must be present for the entire performance and Zoom call.
- Routines will only be done live in front of the coaches and not other competitors.
- All zoom sessions will be recorded so that we can refer back to them for judging and possible sharing later.
- Please change the zoom name for the session to the gymnast's first name only. We would love to share some of the routines on social media and it is best not to show full names. If you do not want us to share any of your child's routine please let us know via email before the competition or during the zoom session.
- Routines will be judged on routine requirements, creativity and energy.
- The most important rule is to have FUN.
- Award winners will be emailed and published on Instagram and Facebook.
- Medals will be sent to homes so a postal address will be required.
- Times and day will be allocated once we know how many entries that we have. Depending on numbers the competition will run from approximately 9-4pm on either day, Saturday 19th September or Sunday 20th September. If there is a time that your child would not be able to attend please let us know when you email your entry.