

V I R T U E C O M P E T I T I O N

20/21 OCTOBER 2018



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SCHEDULE

20 OCTOBER 2018

VIRTUE RECREATIONAL

The virtue recreational competition is open to all Virtue Recreational Gymnasts who train up to 1 hour per week

21 OCTOBER 2018

SQUAD INVITATIONAL

The squad invitational competition is open to advanced rec squad gymnasts from all clubs who train up to 5 hours per week

DETAILS

Venue: Denefield School, RG31 6XY

Entry: £10 per gymnast

Closing date: 20th September 2018

No late entries can be considered

Virtue rec members please book online.

Virtue squad members will be invoiced.

Invitational clubs please email entry form.



SQUAD INVITATIONAL

21 OCTOBER 2018

THE SQUAD INVITATIONAL COMPETITION IS OPEN TO ADVANCED REC SQUAD GYMNASTS FROM BOTH VIRTUE AND INVITATIONAL CLUBS WHO TRAIN UP TO 5 HOURS PER WEEK

All gymnasts will receive a certificate and a Virtue gift. We will be awarding medals in each category for the top 3 gymnasts on each piece along with ribbons for the runners up. A trophy will also be given out to the overall champion in each category.

The competition aims to provide gymnasts with the chance to compete on Floor and Vault across 3 levels; blue, bronze and silver. All Clubs must supply a minimum of a level 2 coach and also judge(s) - 1 x Judge for 0-15 gymnasts 2 x Judges for 15+ gymnasts. Judges are required all day.

Gymnasts will be judged in line with the Blue, Bronze and silver sections of the British Gymnastics Floor Vault Handbook 2016 which will outline start values and routines required.



BLUE BRONZE SILVER

*FOR ROUTINES PLEASE
REFER TO THE
BRITISH GYMNASTICS
FLOOR & VAULT
HANDBOOK 2016*

There will be separate male/female categories.

Should there be less than 3 competitors in any category this will be merged with the next appropriate age or gender group.

Gymnasts are categorised by age. Age is dependant on the age the gymnasts turns in the year of competition.

Competition categories are as follows:

5/6 years
7/8 years
9/10 years
11/12 years
13+ years

Blue max 2 hrs p/w
Bronze max 4 hrs p/w
Silver max 5 hours p/w

Vault heights

Bronze

5/6 & 7/8

3 wooden box top high

9/10, 11/12 & 13+

4 wooden box top high

Silver

Table vault all 105cm high

Bronze Floor: Performed on a 6.4 x 1.8m strip non sprung floor

Bronze and Silver Floor:
Performed on a 16.2 x 6.4m non sprung floor
(45-90 secs music for girls - no vocals)
Bronze Wooden Box and Silver Table Vault

All music to be emailed to Virtue along with entries by 20th September 2018.