



The 18th ISA National Gymnastics Team Championships 4 Piece Competition for Girls & Boys

Date: **Sunday 14 May 2023**

Venue &
Host School: Adcote School
Little Ness, Shropshire SY4 2JY

Host Organiser: Miss Louise Hudson – Adcote School lhudson@adcoteschool.co.uk
Competition Secretary: Mrs June Walden – Independent chairman@isgagymnastics.org

Age Groups: Boys under 11, Boys under 9
Girls under 11, Girls under 9
Ages as from 1 September 2022

Teams: Maximum of six boys or girls per team, (minimum four)
4 scores to count on each discipline. No Individuals.

Closing date: **Friday 17 February 2023**

4 Piece Format: Each gymnast will perform the following four disciplines which
will together constitute the overall team result:

1. Set vault
2. Voluntary vault
3. Set floor
4. Voluntary floor

ISA schools wishing to enter should download the entry form, disclaimer, complete sets of boys' and or girls' rules, flyer, summary of rules and team names declaration form.

Also on this website there are videos to view and notes of the girls Under 9 and Under 11 set floor routines being performed. Notes can be downloaded of the videos. The full text is found in the complete set of girls' rules.

The rules have been revised to stay as closely in line as possible with ISGA (Independent Schools Gymnastics Association) 4Piece or 5Piece rules and now incorporate the judges' deductions and guidelines throughout. **Please destroy any previous rules** you may have.

The closing date for entries is Friday 17 February 2023. The Disclaimer needs to be signed by the school's Headteacher and the gymnastics teacher/coach and then **scanned and sent** to the both the Competition Secretary: Mrs June Walden, and Host Organiser: Miss Louise Hudson before your entry can be accepted. Email addresses above.

Team names to be submitted before Friday 10 March 2022.

Please do not leave this until the last minute as headteachers are very busy and often out of school and you need the head's handwritten signature. Entries will be monitored on arrival, in case a 'first come first served' needs to be put in operation and schools put on a waiting list.

Entry forms should be completed and emailed as soon as possible to both: Louise Hudson and June Walden email addresses above. Please do not scan your entry form, only the Disclaimer. Thank you.