



The 21st ISA National Gymnastics Team Championships 4 Piece Competition for Girls & Boys

Date: **Sunday 10 May 2026**

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

Host Organiser: Miss Louise Hudson – Adcote School lhudson@adcoteschool.co.uk
Competition Secretary: Mrs Paula Curtis Cole - Adcote pcurtiscole@adcoteschool.co.uk

Age Groups: Boys under 11, Boys under 9
Girls under 11, Girls under 9
Ages as from 1 September 2025

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

Closing date: **Friday 13 February 2026**

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 closing date for entries is Friday 13 February 2026. The Disclaimer needs to be signed by the school's Headteacher and the gymnastics teacher/coach and then **scanned and sent** to the both: Miss Louise Hudson before your entry can be accepted. Email addresses above.

Team names to be submitted before Friday 13 March 2026.

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

ISA Nat Gym Flyer - A