

COMPETITION ETIQUETTE

Gymnasts will be expected to wear full club kit for all competitions (except the Club Championships). For Level 10 & 9 gymnasts, this consists of competition leotard, black tracksuit bottoms, purple club hoodie and trainers. Level 8 and above gymnasts, this consists of competition leotard, club competition tracksuit and trainers.

Hair is to be neatly plaited in 2 French plaits joined at the bottom with a club scrunchie.

Boys will need to wear a black leotard and gym shorts, black tracksuit bottoms, black club hoodie and trainers.

Gymnasts will need to arrive on the competition floor fully dressed and have a small bag with them to store clothes in and a drink. Club backpacks are ideal. Please note, parents are not allowed on the competition floor.

Parents, please note that there is usually a small spectator fee on the door (usually between £2-5) so please come prepared with some cash. For UK Gymnastics national competitions, spectator tickets must now be purchased prior to the event from the UK Gymnastics website.