**U7 and U8 NOVICE “Championships”**

**Saturday 24th June 11.00am – 4pm**

**Holmewood House School, Tunbridge Wells Kent TN3 0EB**

**The two disciplines are voluntary floor and set vault,(handstand flatback). Floor area 10m x 10m.**

**ISGA rules, but no flicks. A gymnast will not be penalised if they need a little assistance from their coach to remember their floor. ISGA judges will officiate. The vault height will be 60cm.**

**U7 or U8 teams should consist of a maximum of five gymnasts. Reserves may also be entered to compete as individuals. You may enter as many teams as you like but please specify A or B. £20 per team and £5 for each individual.**

**There will be two categories for the individual awards, novice, up to two hours training per week and intermediate, between 2-4 hours each week. Gymnasts who train for more than four hours a week are not eligible to compete in this competition. Please enter your slightly better girls as intermediates so we get a better balance in numbers for the individual awards.**

**The aim of this competition is that it will be a positive experience for EVERY girl, a confidence booster and to act as a platform for them to go on to greater things. It is also an opportunity for those recreational gymnasts who will never make a national team to have their moment of glory.**

**Kindest regards**

**Vikki**