



Dear Colleagues

7.10.2018

Re: 1st Mailing: 16th ISA National Gymnastics Championships
Sunday 12 May 2019
Adcote School, Little Ness, nr Shrewsbury, Shropshire SY4 2JY

Please find attached the complete set of revised rules for the 2019 Gymnastics Championships, to be held by kind permission of Adcote's Headmistress, Mrs Diane Browne, and Organiser, Deputy Head, Miss Louise Hudson.

There are two sets of rules, boys and girls, which have been revised to stay as closely in line with ISGA rules as possible. The only change is that the boys' straddle and though voluntary vault tariffs will be now judged out of 9.50, while the handspring vault remains the same at 10.00. This means that the boys' set vault, which is a through vault, will now fall in line with the girls' set through vault and also be marked out of 9.50. There are one or two tiny clarifications in the boys' set floor marked in red. However please destroy any previous rules you may have and use only the ones attached.

The vault run-ups at the competition are 11 – 12 metres in length and matted. The girls' floor area is approximately 10 x 10 metres and is not sprung. New schools, please note that the U9 and U11 girls have different set floor routines, whilst the U9 and U11 boys perform the same set floor. The boys' voluntary floor is performed on a mat strip 2m wide approximately and 11-12metres long. When competing the vault, both the set and the voluntary vault disciplines will be performed one after another at the same apparatus station. Please note that prompting at the competition by staff, team members or spectators, incurs deductions.

The closing date for entries is Thursday 24 January. Team names need not be submitted before Tuesday 26 March. Your Disclaimer needs to be signed by yourself and your headteacher. Please do not leave this until the last minute as heads are very busy and often out of school.

We are almost reaching saturation point of the number of teams we can fit into the programme on one day. We will be monitoring when your entry arrives in case we need to operate a 'first come first served' situation and put schools on a waiting list. So please get your entry form in as soon as possible. Thank you.

I am happy to answer your queries about the technical side of the competition, how to interpret the rules, what is required of your gymnasts or you as the coach etc. Please use the email address below. Louise Hudson is the person to contact re hosting the actual event at Adcote School.

Best wishes
Jane

Mrs June Walden
Hon ISA Technical Gym Administrator
(chairman@isgagymnastics.org)