



Dear Colleagues

17th ISA National Gymnastics Team Championships  
4 Piece Competition for Girls and Boys

Sunday 10 May 2020

Adcote School, Little Ness, nr Shrewsbury, Shropshire SY4 2JY  
by kind permission of the Headmistress, Mrs Diane Browne.

The complete set of girls' rules, boys rules', summary, flyer, etc can be downloaded from the ISA website <https://www.isaschools.org.uk/sports/isa-sport-national-events/gymnastics/> event information also from the ISGA website <https://www.isgagymnastics.org/competitions/isa/>

The rules have been revised to stay as closely in line with ISGA (Independent Schools Gymnastics Association) rules as possible. **Please destroy any previous rules** you may have.

The closing date for entries is **Tuesday 4 February 2020**. Team names need not be submitted before Tuesday 21 April 2020. The Disclaimer needs to be signed by yourself and your headteacher and sent by post to the Host Organiser, Miss Louise Hudson, (address on form), before your entry will be accepted. 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.

A Girls Group Sequence U11 and U9 competition will take place on the **Saturday afternoon 9<sup>th</sup> May**, if there are enough teams to make it worthwhile. The rules are attached at the end of the Girls' rules. We have found that each year schools enter the Group Sequence when it is on the Sunday and then pull out nearer to the competition date, which leaves gaps, necessitating the draw having to be redone a number of times for the 4 Piece. The group sequence gymnasts may be girls participating on the Sunday, or not as the case may be. For schools with lots of gymnasts this is a chance for other girls to take part in a competition.

This year we are asking all girls' teams to send their music well in advance to Adcote School via email or a fully named mp3 copy of each gymnast's music, so a play list can be set up before the day. Send music to: [lhudson@adcoteschool.co.uk](mailto:lhudson@adcoteschool.co.uk) The music can then be checked and minds put at rest. We have had a number of schools who have brought CD's which have not worked at the competition in the past few years. If in doubt email Louise Hudson for advice:

If you have further questions please contact me in the first instance by email. New schools are especially welcome to join the championships. We aim to make it an educational experience for all which both children and staff will want to repeat in the future!

Best wishes

*June Walden*

Competition Secretary [chairman@isgagymnastics.org](mailto:chairman@isgagymnastics.org)