**U7 and U8 Mini “Championships”**

**Sunday 12th June 2022 11.00am – 4pm (Entry dependent) Holmewood House School, Tunbridge Wells Kent TN3 0EB**

**There are some changes this year. The first concerns the rules for voluntary floor.**

**The two disciplines are voluntary floor and set vault. ISGA U9 4 piece rules. All moves should be taken from the elementary list but one may be included from the intermediate section. Bonus .1 if recognisable and up to .3 for correct execution. A gymnast will not be penalised if they need a little assistance from their coach to remember their floor. The floor will measure 6m x 10m approx (3 strips). The vault is handstand flat back and the height will be 60cm. ISGA judges will officiate.**

**U7 or U8 teams should consist of a maximum of six gymnasts. Schools can enter more than one team in either age group. Minimum number in a team is four. There may be an opportunity for an All Stars team if you have reserves.**

**This is most definitely a novice competition and gymnasts must not exceed two hours training a week which includes in school and outside. Second rule amendment, teams may contain ONE gymnast that trains for more than two hours a week.**

**Third rule addition. This year we are running a separate individual competition for gymnasts who train over the agreed limit of hours. It will be a combined U7/8 unless numbers are large and the class requires dividing. This is a trial but will give all our young ones a chance for a competition. These gymnasts can choose one move from either the intermediate or advanced section.**

**There will be generous awards for individuals and every team will have time on the podium.**

**The aim of the day 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 may never make a national team to have their moment of glory.**

**Best regards**

**Vikki**

**vcook@holmewoodhouse.co.uk**