

Competitions – A guide for gymnasts and parents

Club coaches will advise you when your child is ready to begin competing. Most competitions follow a similar format but may be over 1, 2 or 3 days.

What to expect:

On arrival gymnasts must go straight to the warm up hall and report to their coach. Parents are only permitted in the warm up hall to drop off on arrival and collect their gymnast after the competition.

Most competitions follow the same format:

- Warm up - gymnasts warm up with other members of their club.
- Doors open to Audience – there is usually an entry fee and programmes are available.
- Orientation - gymnasts are called in small groups to practise on the competition carpet.
- March on – gymnasts march on for opening announcements and introduction to the audience.
- Competition begins - During competition gymnasts must stay with their coaches.
- March on and presentations – gymnasts march on a second time for the presentations.
- Competition closes and gymnasts return to the warm up area to get changed.
- Parents collect gymnasts from Warm-up hall.

What to wear:

Gymnasts should arrive in suitable clothing for training i.e. tracksuit or joggers and trainers. It is advisable to wear leggings too as some venues can be quite cold.

For warm up and orientation gymnasts must wear either club leotard or club vest with black shorts. Older gymnasts may also wear tights (footless). Toe shoes may be worn if required. When competing, gymnasts may perform in club leotards or competition leotards*.

For duets, trios and group competitions gymnasts must wear identical leotards. The club has some competition leotards which may be hired.

Hair and make up:

Gymnasts should arrive at the venue with their hair securely fastened in a bun, fixed with a bun net, hairpins and hairspray. Gymnasts must bring spare clips and hairspray plus a suitable brush or comb.

Make up should be complete prior to arrival and gymnasts must bring their makeup with them in case re-touching is required.

Gymnasts in duets, trios and groups will need matching make up and hair.

What to bring:

You are expected to provide your child with the correct apparatus for each competition*

Rope (for the warm up)

Club leotard/club vest & shorts plus club T-shirt for warm up and orientation

Competition leotard

Spare hair accessories and make up

Water – No fizzy drinks will be allowed

Healthy lunch or snacks

Do not bring a mobile phone – phones will be confiscated and gymnasts may be disqualified.

You may film or photograph your own child at competitions for private use only in accordance with British Gymnastics guidelines. If your child is part of a group, permission to film/photograph should be sought from parents of the other gymnasts involved. NVRGC requests that these images are not published to the internet.

*Please ask your coach for advice before purchasing apparatus or leotards to ensure you meet competition requirements. The club has some competition leotards which may be hired.