



Around the World

5 Piece Gymnastics Competition



Sunday 3rd March 2025

Coombe Wood School, Surrey



2025 RULES

Who for?

- This competition is inclusive of all genders, abilities and disabilities. Competition will be split where necessary.
- Minimum age for this competition is 2019 birth year.
- This competition is for gymnasts who train 4 hours a week or less. No gymnasts who compete grades, compulsories or levels should enter.

The Competition

- Entry is £35 per gymnast (whether they do 2 piece or 5 pieces)
- This is a 5 piece individual competition. Gymnasts can compete on 3,4 or 5 pieces of equipment
- Gymnasts must stay within their level when choosing their equipment. For Example if a gymnast chooses to do: Bars, Floor and Trampoline they must all be the same level.
- Levels 3-5 floor can be to music if you wish. Please see the time requirements on each level criteria to see max length as it varies per level.

Judges

- Each club must provide a judge.
- Judges are paid for their time. A % of gymnast entry fees go towards the judges and are split between all judges fairly. This is usually between £50 and £100 for the day.
- If you can supply more than 1 judge please let us know.
- Judges ideally will need to have a judging qualification, however this is not essential. A knowledge of gymnastics and previous experience is essential.
- Judges will be paired up with other clubs and where possible we will ensure there is a qualification between them.
- The judging decision is final. If you would like to query a score, please see head judge on the day and we can clarify with the individual judge.
- If your club can not supply a judge you must pay the missing judge levy: **1-10 gymnasts £25.00, 11-25 gymnasts £50.00, 25-34 gymnasts £75.00, 35+ gymnasts £100**

Equipment

- Vault run up is 6-8 metres long
- Foam vault height is T2K, 2 blocks or 3 blocks.
- Table vault height is 100/110cm
- Beam will be 115cm high
- Bars are gym nova freestanding set. The width between the bars can be altered to suit each gymnast.
- Low bar standard competition height will be 150cm. High bar will be 240cm. You may change the height if you wish for smaller gymnasts.
- A block may be used for mounts
- Floor will be a sprung full size floor for levels 3-5 and a strip for levels 1&2

What to wear

- Competition attire is required for all gymnasts competing which includes a leotard/unitard (preferably their club kit).
- Long hair tied back and jewellery removed
- Gymnasts are welcome to wear shorts.

Additional Info

- There will be a short equipment warm up after general warm up
- Gymnasts get two competition vaults.
- Spectators over 5 will be charged £5.00.
- Gymnasts will not leave our events empty handed!
- Gymnasts are welcome to design their number for additional competition opportunities.
- Gymnasts are welcome to take out their own personal accident insurance policy. Future Gymnastics insurance does not cover for this, but does cover all gymnasts to take part in the event regardless of your governing body, BG / IGA etc.

Entering

- Closing date for entries is **12th January 2025. Last year this competition became full before Christmas. As soon as the competition is full, no more entries will be accepted. Please register interest if you are thinking of entering this competition.**
- Please send over in once transaction per club which will include all gymnasts participating.