

E.M. GymStarz

Rules for Competitions



At Competitions:-

These rules are set beside those already in use for all gymnasts during club training sessions.

- To arrive 20 minutes before the start time and notify your coach upon your arrival.

- Contact the club if you are unable to attend an event ASAP.

- To wear the Club Uniform during the event.
 - Girls – Club Leotard (Shorts optional)
 - Boys – Club T-Shirt and Shorts
 - Adopt the British Gymnastics and Federation of International Gymnastics Dress Codes

- To remain with your coach at all time except where permission has been granted for you to leave with your responsible adult.

- Respect all other competitors showing good sportsmanship no matter the result.