



Highland Two Piece Competition (Girls & Boys)

**Sunday 6th November 2011
Inverness Sports Centre, Bught Park, Inverness**

Some additional notes for competition first timers!

Dress Code

Leotards must be worn. It is preferable but not enforced that teams are all in matching leotards. 12/13 and 14+ beginner groups can wear gymnastic shorts – but these **must** match leotards. All hair must be securely tied back off the face. Absolutely **no jewellery** is allowed.

Tariff Sheets

Please prepare these before you arrive. You must have **two copies for each gymnast** – one to hand in at your registration (the judges will need these when the gymnast is competing) and one for your coach in case your gymnast needs to check anything etc during warm ups. Please ensure that your gymnasts are familiar with their routines and don't be tempted to add in new, harder, moves at the last minute – better to perform well on a lower tariff than badly on a higher one.

Registration

Please register at the beginning of the morning or afternoon sessions as we need to check all gymnasts have arrived and that we have all tariff sheets for the judges.

Competing

Please ensure that your gymnasts present to the judges at the start and end of their routines. They are not allowed to speak to the judges or coaches during their routine – and definitely not allowed to ask what move to do next.

There will be time for a general warm up and an apparatus warm up before competing. Please let me know if you will need a vault horse rather than vault table.

All gymnasts **must** be members of Scottish Gymnastics – recreational is fine for beginners – contact SG or download forms from website www.scottishgymnastics.org. Please ensure number is on entry form.

Raffle/Swim

Please bring a raffle prize – especially anything you think young girls will be keen to acquire!! These competitions are expensive to hold and any way we can help to cover the cost the better. There will be subsidised swimming on the day – vouchers available for your teams at registration.

Spectators

All are most welcome. We do ask for an entrance fee. Coaches are not charged and gymnast pay with entry forms.