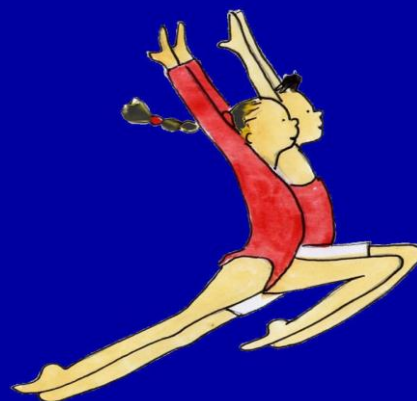


# Bristol School of Gymnastics



The Spark  
19<sup>th</sup> May 2019  
Bath University

# The Spark

---

This is a competition designed for young gymnasts at the beginning of their competitive gymnastic career.

There will not be any winners. Every gymnast will be presented with a medal: gold, silver or bronze depending on their final score.

The competition has three sections: vault, floor and Range and Conditioning. All the floor work will be on a strip of mat without music.

There are four age groups: 6yrs, 7yrs, 8yrs, 9yrs in the year of the competition.

There is one level for 6yrs and 9yrs. There are two levels for the 7 and 8 yrs.

The competition is open to any gymnast. It's probably not suitable for gymnasts who have passed Compulsory Grade 5 and any 8 years who have passed NDP Grade 6 must do the harder level.

Entry will open 1<sup>st</sup> March 2018 – entry fee £12 per gymnast

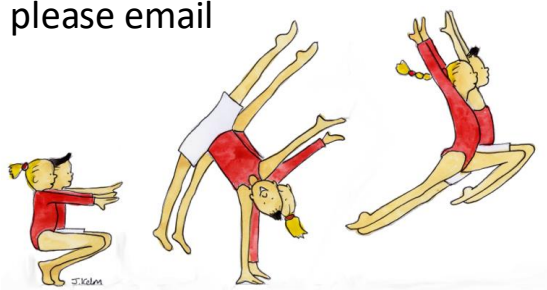
(There will be a restriction on the number of entries. We want to try and keep the atmosphere calm. Not too overpowering.)

If you would like a complete set of rules please email

[shirleyclementsbsg@yahoo.co.uk](mailto:shirleyclementsbsg@yahoo.co.uk)

or go to

[www.bristolschoolofgymnastics.co.uk](http://www.bristolschoolofgymnastics.co.uk)



# Rules

---

## Age Groups

1. 6 years in the year of the competition. eg in 2019 gymnasts born in 2013.
2. 7 years in the year of the competition. eg in 2019 gymnasts born in 2012
3. 8 years in the year of the competition. eg in 2019 gymnasts born in 2011
4. 9 years in the year of the competition. eg in 2019 gymnasts born in 2010

## Eligibility

1. Open to any gymnast.
2. We would suggest that any gymnast who has passed Compulsory 5 would find this competition a backward step.
3. Any gymnast who has passed NDP Grade 6 must do Level 1. (The harder level)

## Medals

1. Gold medals will be achieved with scores above 39
2. Silver medals will be achieved with scores between 38.9 and 36
3. Bronze medals will be achieved with scores below 36  
(This may be adjusted on the day)

## Apparatus

1. Vault: run up is a maximum of 12 ms  
Box top used lengthways 40cms high  
Block is 60cms high, 1m x 2ms
2. Floor is on a 12m x 2m strip of mat. Not sprung.
3. Range is on a 12m x 2m strip of mat. Not sprung.

