



Billings

Rhythmic Gymnastics Club

Competitions -

A guide for gymnasts & 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 or 2 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
- 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 their club training kit. It is advisable to wear tracksuits or leggings as some venues can be quite cold.

For warm up and orientation, gymnasts must wear either club leotard or club vest with Pink shorts. 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.
- 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 makeup and hair.

What to bring:

You are expected to provide your child with the correct apparatus for each competition but, also the club has equipment that can be borrowed

- Rope (for the warm up)
- Club leotard/club vest & shorts 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

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.

*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.**