



PERFORMANCE CHAMPIONSHIPS
N.I



PERFORMANCE CHAMPIONSHIPS NI HANDBOOK 2023

COMPETITION RULES

- We want this competition to be fair for all gymnasts that will be participating please ensure you enter your gymnasts in the appropriate category.

PERFORMANCE CHAMPIONSHIPS NI 4 PIECE COMPETITION

AGE GROUPS AS PER AGE ON DATE OF DAY OF COMPETITION

| | |
|-------------|----------------------------|
| Tin | 7&u 8&u 10&u 12+ |
| Zinc | 8&u 10&u 12&u 13+ |
| Copper | 9&u 11&u 13&u 14+ |
| Bronze | 10&u 12&u 13+ |
| Silver | 11&u 12+ |
| Gold | 12+ |
| Voluntary 5 | 8&u 9+ |
| Voluntary 4 | 9&u 10+ |

We will do a Tin age group for gymnasts who will be turning 8 next year with the intention of doing club grade 6

JUDGES

Each club will need to provide judges for the competition. If you fail to provide the correct number of judges you will need to pay a penalty of £50

| Number of gymnasts | Number of judges |
|---------------------------|-------------------------|
| 1-5 | 1 |
| 6+ | 2 |

SCORING

We will use Kscore for the competition.

AWARDS

Girls

| | | |
|------------|--|----------------|
| All Levels | Best overall score and individual apparatus medals per age group 1 st – 6 th | Special awards |
|------------|--|----------------|

TEAM AWARD

- The club with the highest overall score in each level added together wins the team Plaque.
- There are no minimum or maximum amount of gymnasts permitted to enter per club.

ENTRY INFORMATION

- Please fill out the entry form and return to tamlynnsquadmanager@hotmail.com
- Cost will be £40 per gymnast.

SPECTATORS

- All spectators £10 (If you do more than one session it will be £15 for all sessions) We will accept cash or card at the door.