



The 20th ISA National Gymnastics Team Championships 4 Piece Competition for Girls & Boys

- Date: **Sunday 11 May 2025**
- Venue &
Host School: Adcote School
Little Ness, Shropshire SY4 2JY
- Host Organiser: Miss Louise Hudson – Adcote School ludson@adcoteschool.co.uk
Competition Secretary: Mrs Paula Curtis Cole - Adcote pcurtiscole@adcoteschool.co.uk
- Age Groups: Boys under 11, Boys under 9
Girls under 11, Girls under 9
Ages as from 1 September 2024
- Teams: Maximum of six boys or girls per team, (minimum four)
4 scores to count on each discipline. No Individuals.
- Closing date: **Friday 14 February 2025**
- 4 Piece Format: Each gymnast will perform the following four disciplines
which will together constitute the overall team result:
1. Set vault
 2. Voluntary vault
 3. Set floor
 4. Voluntary floor

ISA schools wishing to enter should download the entry form, disclaimer, complete sets of boys' and or girls' rules, flyer, summary of rules and team names declaration form.

Also on this website there are videos to view and notes of the girls Under 9 and Under 11 set floor routines being performed. Notes can be downloaded of the videos. The full text is found in the complete set of girls' rules.

The closing date for entries is Friday 14 February 2025. The Disclaimer needs to be signed by the school's Headteacher and the gymnastics teacher/coach and then **scanned and sent** to the both: Miss Louise Hudson before your entry can be accepted. Email addresses above.

Team names to be submitted before Friday 14 March 2025.

Please do not leave this until the last minute as headteachers are very busy and often out of school and you need the head's handwritten signature. Entries will be monitored on arrival, in case a 'first come first served' needs to be put in operation and schools put on a waiting list.

Entry forms should be completed and emailed as soon as possible to both: Louise Hudson and Paula Curtis Cole email addresses above. Please do not scan your entry form, only the Disclaimer. Thank you.