



21st & 22nd MAY 2016

WAG gymnasts in Level 1-6 are invited to the annual Delta My Team Rules competition! MTR's unique mixed club team format provides a fun, low-pressure competition environment for gymnasts to kick start the competition season!

How it works!

- Gymnasts in each level are randomly assigned to a mixed club team (up to 5 gymnasts)
- Gymnasts will compete with their Club & coach
- Each gymnast receives a coloured hair ribbon to signify their team!
- Special performance awards are presented on each apparatus!

WAG Level 1-6 | \$50 per Gymnast | Nominations Close April 22



All participants receive a medal

Special performance awards

Team competition

ONLINE INFORMATION	All competition information, updates & results will be posted on the Delta website on this page: http://www.deltagym.com.au/event/delta-my-team-rules/		
DATES	21 st & 22 nd May, 2016 <i>*Possibility including a Friday night session pending nomination numbers.</i>		
SANCTIONING	Level 1-2: Not sanctioned		
	Level 3-6: Gymnastics QLD Sanctioned		
FEES	Gymnasts	Entry Fee: \$50 per gymnast Levels Test: \$11 per gymnast <i>Refund Policy: A refund (less 20%) will be made on receipt of a medical certificate up to 2 weeks after the event. No refund of the entry fee will be given to any withdrawals without a medical certificate & no exceptions to this policy will be considered.</i>	
	Spectators	FREE Spectator Entry!	
NOMINATION DUE DATE	Friday 22nd April, 2016 Excel nomination form to be emailed to jmitchell@deltagym.com.au		
VENUE	Delta Clayfield Venue [683 Sandgate Rd, Clayfield, Brisbane]		
ROUTINE REQUIREMENTS	Level 1 - 2	Refer to routine options on the following pages. Clubs can choose either the GA skills or the Delta 'Pre Level' routine requirements.	
	Level 3 - 6	As per 2016 & Beyond WAG Australian Levels Program	
COMPETITION FORMAT	<ul style="list-style-type: none"> • Warm-up/compete [Beam: American warm-up will be used for all levels]. • Mixed Team Requirements : up to 5 gymnasts per team with the highest 3 scores to count overall. 		
MUSIC SUBMISSION	For Level 6 gymnasts, floor music file for each gymnast to be submitted via Dropbox days prior to the event [by COB Friday 13 th May] Dropbox link to be emailed to jmitchell@deltagym.com.au Each music file to be labelled as follows: level _ Club name _ First name Surname (ie: Level 4 under 9_Y West _Jackie Smith)		
AWARDS	<ul style="list-style-type: none"> • Every competitor will receive a medal according to overall team ranking [1st place to final place]. • Special performance awards presented to selected gymnasts on each apparatus! 		
FIRST AID	Gymnasts will remain in the care of their coach at all times. A First Aider with ice and a suitably stocked first aid kit and supplies will be available		
WARM UP TIMES	Level 1-3	General WU: Lvl 1-3 = 15mins Lvl 4-6 = 20 min	30 secs/gymnast [VT,UB,BB] + max 3mins/group FX
	Level 4		45 secs/gymnast [VT,UB,BB] + max 4mins/group FX
	Level 5-6		60 secs/gymnast [VT,UB,BB] + max 5mins/group FX