

UGC MARCH

Daytime Running

Location: Lilleshall National Sports Centre [In King Edward V hall]
Free Parking available on site, otherwise closest railway station is Telford Central

Timings: 9AM start, finish at 6PM Latest

Event: UGC Competition [National] using the NEW UGC Rules found at <http://hariesh.co.uk/ugc>

Quick link WAG: <http://hariesh.co.uk/UGC%20WAG%2026%20Rules.pdf>

Quick link MAG: http://hariesh.co.uk/MAG_Routine_Sheets_v1.pdf

Entry Fee: £20 per gymnast

Competition Info

4 Levels are running in this competition:

- NOVICE MAG/WAG
- INTERMEDIATE MAG/WAG
- ADVANCED MAG/WAG
- ADVANCED+ MAG/WAG
- FIG MAG/WAG

WAG RULES

Novice to compete FX VT

Intermediate to compete FX VT and pick either UB or BB

Advanced to compete FX VT and pick either UB BB

Advanced+ to compete FX VT UB BB

FIG to compete FX VT UB BB

MAG RULES

Novice to compete FX VT

Intermediate to compete FX VT and pick either PB or SR

Advanced to compete FX VT and pick 2 more apparatus either PB SR PH HB

FIG to compete FX VT PH SR PB HB

FX = Floor eXercise — VT = Vaulting Table — UB = Uneven Bars — BB = Balance Beam — PB = Parallel Bars — SR = Still Rings — HB = High Bar — PH = Pommel Horse

Medals are given to the top 3 on each apparatus, and then all around.

Gymnasts must receive a score to medal on apparatus

Universities are limited to 30 slots competing, with more given after all entries are in. If you require more slots, please submit your entry ASAP so we can ensure you get the right to compete. Slots go on a First come First Served basis. We will try to accommodate your requests and wants to compete, so please inform us in advance so we can sort out the necessary spacing.

All Gymnasts must have their own insurance provided by their university or through a national governing body such as British Gymnastics. It is up to your own discretion to sort your own insurance and paperwork to compete. UGC, LBHGC, Hillingdon Artistics, Hillingdon Acrobatics and Hariesh Jegatheepan take no liability for any faults, injuries or issues that come from this competition. You compete at your own risk.

Where any information seems ambiguous or unknown or not specified here. Please fall back to the FIG COP or the BG handbook for events and relevant discipline information. The competition organiser Hariesh Jegatheepan holds the final say and right to change any details at any date.

Contact information:

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<http://hariesh.co.uk/ugc>