**SUSSEX CHAMPIONSHIPS 2023 – TUMBLE**

Welcome to this years Sussex Championships for levels club 3 and above. This year we are happy to announce that we are adding Adult tumble to the entry and look forward to seeing this category grow within Sussex. The Championships will be held at Hollington Gymnastics Club on Sunday 1st October 2023.

We will be again this year adding the team element to the Championships, so please feel free to enter as many teams as you like.

Entry fee per gymnast is £25.00, Team entry is £10 per team. All entry fees must be paid by BACS by Midnight Saturday 23rd September 2023 at the latest. (Bank details on the payment page of entry form)

Closing date for entries is Midnight Saturday 16th September 2023. No late entries will be excepted past this date. Please use the entry form supplied. Please email your entry forms to – nikkihuggins1975@gmail.com.

All clubs are expected to allocate a judge for the day. There will be a charge of £50.00 for no judge allocation per club.

We will not be running Range and Conditioning at this competition.

***Sussex Championships 2023 Rules – Individual***

This competition is open for all gymnasts at Club 3, 4, 5 and 6, Regional 1 to 4 and FIG and adult tumble competitors.

If a gymnast is below the minimum age group in their competition level but the coach feels they are capable of entering, then you may enter them in the lowest age group but its at the coaches discretion. Please remember that BG suggest that no gymnast under the age of 7 yrs should be flicking on anything other than rebound, so therefore no gymnasts under the age of 7 yrs will be allowed to enter these Championships.

Content – Gymnasts of all levels will be following the current 2022-2024 Tumble passes, but with Run 3 being a voluntary run of 4 moves (club 3 & 4), 6 moves (club 5, 6 & regional 1), and 8 moves (regional 2 & 3). Regional 4 will follow the guidelines set out in the 2022 British Gymnastics Tumble structure (1 x compulsory run, 2 x voluntary runs – must meet the age group tarrif stated). Adult tumble will following the structure as set out with British Gymnastics (copies attached), age groups for this will be decided depending on number of entries.

Small trophies will be handed out at the presentation for 1st, 2nd & 3rd placings for each level and age group.

***Sussex Championships 2023 Rules – Team***

Each club will be able to enter teams of 4 gymnasts for the following levels and age groups – Club 3 & 4 age 8-12yrs & 13+ yrs, Club 5 & 6 age 9-12 yrs & 13+ yrs, Regional 1 & 2 age 9-12 yrs, 13+ yrs, Regional 3 & 4 age 9-12 yrs & 13+ yrs, Adult tumble all ages. There will be no restriction on the number of teams any one club can enter at any level. The teams can be single sex or mixed (clubs choice).

The scores from each gymnast will be entered, and added together once all 3 runs have been completed from their individual rounds. Then only the top 3 scores from each team will count towards their team total.

Medals will be handed out to each team member who finished in 1st, 2nd & 3rd placings of each level and age groups

***Sussex Championships 2023 Rules – General***

At present we are planning one presentation at the end of the whole competition, but this may change depending on entry numbers. The team presentation for each level and age groups will follow this.

Trophies/ shields will be handed out for the highest score of the day at certain levels. If the gymnast being awarded the trophy has already left the building, then a coach from that club will come and receive the trophy on their behalf.

Scores will be emailed out as soon as possible but no later that 2 weeks after the competition.

There is no limit on spectators but we do still ask you to be respectful towards others and keep space where able to. Spectator entry fee will be £5.00 – both cash and card will be accepted on the day.

Refreshments will be available to purchase throughout the day (cash only)

We are hoping to have Fine Designs join us again this year to provide jumpers & t shirts from the event

We are also hoping that DE Photos will be able to join us again this year.