2012 IPSHA GYMNASTICS
GENERAL INFORMATION AND RULES

General Information

- **Belongings**: All gymnasts must keep their bags and belongings in the allocated seating area. Please ensure gymnasts to bring minimal gear onto the floor area while competing as there will be no responsibility taken for valuables mislaid at the competition.

- **Canteen Facilities**: Will be available. No food or drink is permitted on the gym floor.

- **Chalk**: Chalk will be provided by IPSHA for the competition.

- **Warm Up**: Warm up time is allocated prior to each session of competition. During competition there will only be a quick 30 sec warm up for beam and floor.

- **RG Music**: IPSHA will supply the music for the Beginner and Intermediate Group routines.

- **First aid**: If someone gets injured, please go directly to the first aid officers. They are located on the ground floor, near the entry of the main arena. Ice is also available on request.

- **Floor area**: Approved coaches from schools and competing gymnasts will be permitted on the floor during the competition. **NO PARENTS** are permitted in the competition area. Gymnasts from other levels must remain in their school areas. Coaches must be wearing appropriate clothing for coaching and IPSHA identification lanyards.

- **Location**: The Sydney Olympic Park Sports Centre is located on the corner of Olympic Boulevard and Sarah Durack Avenue.

- **Lost Property**: All left over belongings will be taken to the reception desk at the State Sports Centre.

- **NSWCIS Gymnastics**: The IPSHA competition is the selection trial for the NSWCIS gymnastics competition. In WAG, the top 3 gymnasts on each apparatus in each level from level 3 and above will be selected into the IPSHA team. The gymnasts that place 4th will be the reserves for that specific apparatus.
All gymnasts who qualify and are selected will be notified by their school.

- **Photographer:** A professional photographer will be taking photos on the day. Parents are permitted to video or photograph their child only from the stands. **NO FLASH CAMERAS.**

- **Results:** Results will be emailed to schools after the competition. Presentations will be made at the completion of each session.

- **Security:** All coaches and/or team managers that will be on the floor are required to sign in and wear a name tag. These will be available from the main entry.

- **Spectators:** Spectators will need to park in the parking stations provided.

- **Uniform:** Gymnasts must compete in their school leotard. No bike pants will be allowed. There is a deduction on each apparatus if inappropriate jewellery is worn during the competition.