



**POINSUR
GYMKHANA**
Where always Winners are Born

Gymnastic Tournament



Nation Progresses when Youth Performs !

30TH NOV - 8TH DEC 2019

Age Group	Boys & Girls U/6 (Born on or after 1.1.2014) U/8 (Born on or after 1.1.2012) U/10 (Born on or after 1.1.2010) U/12 (Born on or after 1.1.2008)
Event Day & Date & Timing	Saturday 30th Nov 2019 8.00 am to 5.00 pm
Last date of Submission of Entry Form	25th November 2019
Entry Fees	Rs. 150/- Per Participant
Fixtures Display Date	-
Prizes	<ul style="list-style-type: none"> Gold, Silver & Bronze Medals will be awarded with Honour Certificates of each age group of boys & girls. Participation Certificate will be awarded to All Participants
Prize Distribution	Saturday 30th November 2019 at 5.00 pm onwards

RULES & REGULATIONS

Only Floor Exercise. Dancing Steps Compulsory to all age group of Girls

Any 10 elements from the floor set given below for U/6 & U/8 Girls & Boys					
1	Two Cartwheel Both Side	7	High Jump / Tuck Jump	13	Three Split
2	Front Support Position to ½ Circle Both Leg	8	Half Turn	14	Back Walker/Front Walker
3	Round off Straddle Jump	9	Front Roll / Back Roll	15	Y Hold
4	Candle Stand (2 Sec)	10	Toe Turn (Girls)	16	Handspring
5	Front Scale (2 Sec)	11	Straddle Front Roll		
6	Handstand Hold (2 Sec)	12	Bridge Chakrasan		

For U/10 Boys & Girls Floor Set is given Below	For U/12 Boys & Girls Floor Set is given Below
Two cartwheel both side	Two Back walkover
Front Support position to ½ Circle Both Leg	Running Cartwheel
Straddle Swiss Roll	2 Split Leap for (Girls) Front Support position ½ both leg circle (Boys)
Three Splits	Dancing Step to front scale (2 Sec hold) Girls Front scale / Y hold (2 Sec hold) for Boys
Hand Stand / Candle Stand (2 sec hold)	Front walkover
Front Scale / Y hold (2 sec hold)	Three Splits
Roundoff to Straddle Jump	Back roll straight hand
Back Walkover / Front Walkover	Roundoff to Straddle Jump / Tuck Jump