



SCH Circular 03/2017 - Competition Levels 2017

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To: SAGF Management
Provincial Federations
Provincial School Committees

Competition levels for 2017

In order to provide a balance between the “more experienced” gymnastics schools and the “emerging” gymnastics schools, and so as not to hamper the development and progress of talented gymnasts, we will have 2 levels of competition in each discipline in the **u13 and u17** age groups at district, provincial and Summer Games. The U15 age group remains with ONLY one level of competition.

Provincial team sizes do not change – **still 4 gymnasts per discipline per age group (U13 & U17).**

Team make up can be:

- a) 1 gymnast of ONE of the levels and 3 gymnasts from the OTHER level indicated, OR
- b) 2 gymnasts from EACH OF THE LEVELS indicated, OR
- c) 4 gymnasts of EITHER of the levels indicated
- d) AER would require either 4 gymnasts of one level or 2 gymnasts from each level, due to the Pairs competition

Discipline	U13	U17	U15
AER	LEVEL 1 & LEVEL 2	AEROSTAR 2 & LEVEL 1	AEROSTAR 1
MAG	LEVEL 1 & LEVEL 2	LEVEL 1 & LEVEL 2	LEVEL 1
WAG	LEVEL 1 & LEVEL 2	LEVEL 1 & LEVEL 2	LEVEL 1
RS	LEVEL 3 & LEVEL 4	LEVEL 3 & LEVEL 4	LEVEL 1

Benefits:

- More medals up for grabs in each discipline and in each age group (helps provincial medal tally)
- Talented gymnasts can be fast tracked into Federation events quicker
- Newer schools still have an opportunity to participate at a National event

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Whilst it is important that our top schools gymnasts are competing regularly, it is probably even more important that our lower level/beginner gymnasts get the opportunity to compete. New gymnasts should not be expected to learn the skills from a level 2, 3 or 4 routine BEFORE they have had the opportunity to work through and preferably compete at the level of a Level 1 gymnast. This is why club gymnasts are generally so much “better” than a schools gymnast – they have worked up the skills development ladder whereas a schools gymnast’s journey often starts at the required competition level, thus skipping valuable fundamental skills.

These competitions should take the form of intra- and inter-school competitions. Valuable gymnastics skills and competition etiquette are learnt at this level of competition. District and Provincial school committees need to make these competitions a priority for all gymnasts.

Where possible, Schools should make contact with gymnastics Clubs in their area in order to provide opportunities for information sharing, mentoring of coaches and gymnasts, and the utilising of trained judges for events. This cross pollination is vital to the growth of gymnastics within our communities.

Many thanks and regards



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