

Competition Attire Information for Acrobatics – updated February 2023

Please also read the information on the website by following the links below:

- Parents Role: <https://www.altongymnasticsclub.co.uk/blank-page-4>
- Supporting your gymnast: <https://www.altongymnasticsclub.co.uk/blank-page-7>
- Training to Compete: <https://www.altongymnasticsclub.co.uk/blank-page-5>
- Competition Guidelines: <https://www.altongymnasticsclub.co.uk/blank-page-6>
- Routine Choreography: <https://www.altongymnasticsclub.co.uk/blank-page-8>

ACROBATIC COMPETITION KIT

If your gymnast is training to compete in the coming season there are some items that they will need for competitions.

Compulsory Uniform & Kit list for ACROBATIC competitions

- **Competition leotard** (transported in a dress bag/cover). For Regional Squad and National Squad, the competition Leotard is individual to each Partnership and chosen by them / their parents. Guidelines can be found later in this document. Development gymnasts will usually wear the club competition leotard which is currently under review.
- **Warm up leotard** - Either the AGC Acro. training leotard by Milano OR matching colours from the Little Stars range (all members of the partnership must wear the same)
- **AGC leggings with red print.** Boys may wear black gymnastics longs or joggers if they don't like leggings.
- **AGC Black with red print Zip up Hoody**
- **AGC Acro squad T-shirt** from 2023 this should be the new style black with red writing from Little stars – Tshirt or long-sleeved tunic
- **Appropriate underwear** (must not be visible under the competition leotard)
- **Plain white trainer socks**
- **AGC Club bag** (old or new style)
- **HAIR:** Heavy duty hair elastics, bun nets, bun grips & kirby grips and flat hair slides, all to co-probate with hair colour. (also consider matching scrunchies for bun). Please note: Hair styles of partnerships must be similar - please discuss this with your partnership well in advance.

Club Branded items can be purchased from the AGC Little Stars shop (password/login: A!TONGC). Items will be delivered direct to your address.

HAIR: Hair should be secured VERY neatly off the face.

No flyaways, so you may need to use some hairspray or gel, whichever suits. Use FLAT hair clips only, (the ones that bend to snap into place are the best)

Hair elastics without the metal bit are also better for gymnasts comfort.

For Acrobatics it is preferable for partners to have similar hairstyles or something that befits the characters in the routine if applicable. Please speak to your coach in advance of the competition and liaise with the parents of the gymnasts in your child's partnership.

As a general tip, recently washed (and conditioned) hair tends not to hold in place as well, so don't wash hair especially for the event (unless of course it is ever so visibly greasy!)

GUIDELINES FOR COMPETITION LEOTARDS

When selecting your partnerships competition leotard, please note the following rules from the NDP rule book...

2.14 COMPETITION ATTIRE, ACCESSORIES AND AIDS

2.14.1 Partners must wear identical or complementary attire.

2.14.2 The choice of competition attire, accessories and aids must be gymnastic in character and design nor require adjustment during an exercise.

2.14.3 Women and girls may perform in leotards, one-piece unitards or leotards with skirts. Leotards may be with or without sleeves.

2.14.4 Men and boys may compete in leotards with gymnastic shorts or long gymnastic trousers. One-piece suits/unitards are allowed. When they wear trousers, footwear (gym shoes, socks) must be worn.

2.14.5 Very dark colour legs of trousers, unitards are allowed only if the whole length of colour on the legs is broken from the hip to the ankle by light coloured decoration or pattern. The breaking must be simple and not overdone. The length and type of the fabric covering the legs must be identical on both legs, only the decoration may be different.

2.14.6 For safety reasons, loose clothing, raised attachments and accessories are not allowed.

2.14.7 All attire must be modest including the use of proper undergarments. The cut of the leg of leotards must not go above the iliac crest (hipbone). The neckline must be no further down than half the sternum in the front, or below the lower line of the shoulder blades in the back. Lace and transparent material on the torso must be fully lined.

2.14.8 Provocative, swimsuit, dance style leotards with narrow straps, character outfits and photographs in the design are forbidden.

2.14.9 Competitors may perform with or without footwear but if footwear is used it must be flesh coloured or white, clean and in good repair.

2.14.10 Jewellery, including earrings and studs, necklaces, rings, bracelets, anklets, nose and navel studs, is not allowed.

2.14.11 Character hair accessories (e.g. tiaras, feathers and flowers) and face painting are not allowed.

2.14.12 Taping and support bandages must be of neutral colour.

Please note, the competition leotard can be without sleeves however at Alton we have a preference for competition attire to have sleeves as they are generally smarter. The exception to this would be where the bodice base is neutral/flesh tone and therefore sleeves are not needed to complete the look. If you are considering a short sleeved leotard please make sure you check with your coach before purchasing.

The leotard should reflect the style of the routine and music, or at least not contradict it.

We recommend you seek the comment of your coach prior to purchase but the final choice is up to the members of the partnership.

Below is a list of Leotard suppliers that might be of use in your search for Competition Leotards. Lead times can vary considerably so please make sure you check this before making your purchase. There are many other suppliers and we encourage you to use the internet to research this but these are some primary companies...

Most Popular:

<https://www.milano-pro-sport.com>

<https://www.quatrogymnastics.com>

Budget: <https://www.the-zone.co.uk>

Acrobatics Specific: <https://www.lilachelene.co.uk>

Enjoy x