

Vortex Gymnastics – 1hr 15mins & 1hr 30mins Classes Rules

All gymnasts in 1hr 15mins & 1hr 30mins class in Vortex Gymnastics must abide by the following:

1. Training Attire:

- **All gymnasts** are to wear a leotard (any leotard, not specifically a Vortex leotard) and shorts to every training session.
- Fluffy socks are not to be worn to training.
- Long hair is also to be tied back off of the face.
- If a gymnast consistently arrives to training without appropriate training attire, they may be removed from the class, without refund.

2. Competition Attire:

- All gymnasts representing Vortex Gymnastics at competitions are to wear the Vortex Gymnastics tracksuit and leotard.
- These may be purchased from the [Sport Essentials website](#).
- If a gymnast attends a competition without this gear, they will not be allowed to compete.
- Long hair is to be tied back off the face, as described and instructed by class coaches.

A list of attire is attached at the end of this document.

3. Gymnasts' Attitude and Work Ethic:

- All gymnasts are to have a positive attitude towards their training, and to all other gymnasts and coaches.
- Gymnasts are expected to follow all instructions given by coaches at all times.
- If a gymnast has a negative attitude towards training, or any other member or coach, disciplinary action may be taken in accordance with our Complaints and Discipline Policy.

4. Extra Trainings:

- In the weeks approaching competitions, extra training sessions may be scheduled.
- Extra training sessions are organised free of charge and gymnasts should attend every session scheduled for them.
- If a gymnast is unable to attend one of these training sessions, Vortex Gymnastics must be notified by email.

5. Training Attendance:

- If a gymnast will be absent from a class, notice of this absence should be emailed in advance of the class.
- Gymnasts in the Vortex Gymnastics must have a training attendance of at least 90% to be considered for competitions.
- Poor attendance may make a gymnast ineligible to attend an upcoming competition. This decision will lie with Vortex Gymnastics coaches and management.

6. Competition Selection Policy:

- Not all gymnasts training in 1hr 15mins and 1hr 30mins groups will be selected for all competitions.
- In gymnastics, it can often be the case that a child will compete the same level multiple times, as coaches deem necessary.
- Coaches will decide the competitive level of each gymnast prior to each competition and both gymnasts and parents/guardians are to respect these decisions.
- Gymnasts will not be entered into competitions unless Vortex Gymnastics have received both the entry fee and competition entry form, ahead of the entry deadline.

7. Contacting Gymnastics Ireland

- All contact with Gymnastics Ireland will be through Vortex Gymnastics, in accordance with Gymnastics Ireland membership rules.
- If a parent wishes to raise an issue regarding a competition, event, or National Squad query, they must first contact Vortex Gymnastics, who will then pass the query on to the relevant Gymnastics Ireland personnel.
- Members are not to contact Gymnastics Ireland of their own accord.

Vortex Training and Competition Attire

Vortex Tracksuit, Boy's Leotard, Girl's Leotards, all available on the [Sport Essentials website](#). Please read item description carefully before purchase as not all garments are suitable for National Events.

Competition Attire:

Boys: [Vortex boys leotard](#), [Vortex tracksuit jacket](#), [boys gymnastics shorts](#), plain black tracksuit bottoms (for over shorts on arrival and during warm-ups), white ankle socks.

Girls: [Vortex long-sleeve leotard](#) OR [Vortex sleeveless leotard](#), [Vortex tracksuit jacket](#), [girls gymnastics shorts](#), [Vortex leggings](#) or plain black leggings (for over shorts on arrival and during warm-ups), white ankle socks.