

Competition ATTIRE

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.**
 - **AZURE & JUNIOR AZURE:** For Acrobatic Competitions at the National Tier, the competition Leotard is individual to each Partnership and chosen by them / their parents. Please read the guidelines further down in this document.
 - **COBALT & TURQUOISE:** Regional Tier Competitors should purchase a Club Competition Leotard unless told other-wise – please check with your coach how to go about this.
 - Acrobatic Competition leotards should be transported in a dress bag/cover, not folded in bag).
 - For entry level Tumbling competitions the Acro training leotard can be worn. For higher level tumbling competitions, the leotard to be worn will be discussed by the team of entrants.
- ❖ **Warm up leotard*** - Acrobatic Training leotard (any black Alton motif leotard from Little Stars) OR matching colours from the Little Stars range (all members of the partnership should wear the same)
- ❖ **AGC Black with red print Zip-up Hoody*** (*zip up essential for hair preservation*)
- ❖ **AGC leggings with red print***
- ❖ **AGC Acro squad T-shirt*** (*black with red writing from Little stars*).
- ❖ **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-ordinate 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.

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)

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!)

***Club Branded items can be purchased from the AGC [Little Stars shop](#) (password/login: A!T0NGC). Items will be delivered direct to your address.**

!!! PLEASE LABEL ALL KIT WITH YOUR CHILDS NAME !!!

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**GUIDELINES for choosing a Competition Leotard for your partnership
(National Tier competitors)**

Please note the following rules for competition leotards from the NDP rule book...

3.10 Competition Attire, Accessories and Aids

3.10.1 Leotards with skirts will not be allowed at NDP Grades 1- 4, however gymnasts competing at Youth, Grade 5 and IDP can wear skirts.

3.10.2 Partners must wear identical or complementary attire.

3.10.3 The choice of competition attire, accessories and aids must be gymnastic in character and design and not require adjustment during an exercise.

3.10.4 Leotards may be with or without sleeves.

3.10.5 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.

3.10.6 Very dark colour legs of trousers, unitards are allowed only if the whole length of color 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.

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

3.10.8 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.

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

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

3.10.11 Jewelry, including earrings and studs, necklaces, rings, bracelets, anklets, nose and navel studs, is not allowed.

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

3.10.13 Taping and support bandages must be of neutral color.

The competition leotard can be with or without sleeves as long as the overall look works and the leotard complies with the guidance above.

The leotard should reflect the style of the routine and music, as it is a costume and therefore part of the performance.

Please seek the comment of your coach prior to purchase but the final choice is up to the members of the partnership/their parents.

There are many other suppliers and we encourage you to use the internet to research this but these are some primary companies. Lead times can vary considerably so please make sure you check this before making your purchase.

<https://www.lilachelene.co.uk> have various ranges for different budgets but start at around £80 which is the lower end of the price range if buying new.

There are also some Facebook pages where people sell sets of leotards for acrobatic partnerships.

Here's one page I found: <https://www.facebook.com/acroleotards>.