

FRIENDLY GYMNASTICS MEET

WAG, MAG, USAG L1-3

16TH MAY 2026

DIRECTIVES

AGE LIMIT	<input type="checkbox"/> Age groups will be determined by the gymnasts age as of the competition date
REGISTRATION	<p>To confirm participation, kindly contact Coach Mustafa with full details of the gymnasts via mustafagymnastics@gmail.com</p> <ul style="list-style-type: none"><input type="checkbox"/> Full Name of Gymnast<input type="checkbox"/> Date of Birth – DD/MM/YYYY<input type="checkbox"/> Name of Club/School
REGISTRATION FEE	<p>UGX 45,000 per gymnast This covers entry, certificate and medal.</p> <p>Payments should be made to Mobile Money +256 774 267 508 [Yiga Mustafa]</p> <p>Gymnast’s name should be indicated on the payment as the reference/reason</p>
SPONSOR A GYMNAST	<p>Would you consider sponsoring a gymnast for this meet?</p> <p>There are a great many young gymnasts whose talent we would love to highlight, honor and celebrate. However, due to financial limitations, they are unable to access platforms such as these.</p> <p>If you would like to sponsor a gymnast, make a payment to the mobile number given or make a cash payment to Mustafa Yiga. Ensure that you indicate that this is a “Sponsor Gymnast” payment.</p>



FRIENDLY GYMNASTICS MEET

WAG, MAG, USAG L1-3

16TH MAY 2026

DIRECTIVES

COMPETITION RULES

- All gymnasts must compete in every event for their grouping [Men or Women]
- Judging rulings are final
- Each School/Club must register their coaches for accreditation.
- Only two [2] coaches per club will be permitted on the floor
- No one without an accreditation pass will be allowed on the floor, including parents.
- Parents should not approach judges scoring tables. Doing so will result in a disqualification
- Only official photography and video crew members will be allowed on the gym floor
- No shoes are allowed on the gym floor

GYMNASTS' CODE OF CONDUCT

1. Gymnast must wear appropriate gear I.e
 - For girls
 - leotard
 - shirt + tights
 - shirt + shorts
 - For boys
 - leotard
 - loose Shorts and shirt
 - track pants and shirt
- Gymnasts will not be allowed to perform in inappropriate gear e.g. jeans, jackets, bikinis, swim suits etc
2. For safety, no jewelry is permitted on any gymnasts [necklaces, rings, bangles, earrings nose, rings etc]
 3. Hair must be tied neatly, away from the face BEFORE the event starts
 4. Gymnasts must carry their own labelled water bottle
 5. Snacks should be light, NOT sticky. No Chewing gum is permitted.
 6. DO NOT LITTER.
 7. Respect the facility and equipment at all times
 8. Follow the guides of your volunteers during your rotations.



FRIENDLY GYMNASTICS MEET

WAG, MAG, USAG L1-3

16TH MAY 2026

DIRECTIVES

<p>SPECTATORS' CODE OF CONDUCT</p>	<ol style="list-style-type: none">1. Spectators must remain in the designated seating area.2. Do not walk onto the gym floor3. Please be respectful of the coaches, judges, gymnasts and other visitors.4. Cheer on your favourite gymnasts!!
<p>PHOTOGRAPHY, VIDEO AND SOCIAL MEDIA</p>	<p>By attending the event, participants and visitors grant permission for the event photos and videos to be used for promotional purposes on social media and other platforms.</p>
<p>MUSIC</p>	<p>All music used will follow standard USAG soundtracks for each level</p>
<p>AWARDS</p>	<ul style="list-style-type: none"><input type="checkbox"/> Per apparatus medals – 1st, 2nd, 3rd, [per age group]<input type="checkbox"/> All- Around medals – 1st, 2nd, 3rd [per age group]<input type="checkbox"/> Participant medals for all gymnasts
<p>KEY DATES</p>	<p>Event Date: 16 May 2026</p>
<p>INDEMNITY AND LIABILITY DECLARATION</p>	<p>The organizer will not be held liable for any incidents related to illness, accidents, injuries or similar occurrences. Each school or club is responsible for ensuring that all members of their delegation have valid insurance coverage for illness, accidents and injuries.</p>
	<p>We truly appreciate all participating clubs and schools and hope for the best for each gymnast. We look forward to seeing you at The North Green School this May!</p>

