

COMPETITION ATTIRE



Competition Uniform

- You should come to the meet in your uniform and ready to compete.
- Uniform consists of:
 - Leotard
 - Warm Ups
 - Black flip flops
 - SCEGA Gymnastics Team Bag

Hair

- All hair should be slicked back, high (at the crown) and securely fastened with no fly away hairs. Spider web or small braids may be in the front of the hair. Bangs below the eyebrows and in the eyes or off to the side is unacceptable. Any hair that touches the neck is unacceptable and can be given a deduction if the judge feels that the hair style is a distraction. Clips, bobby pins, and hair ties should blend in with the child's natural hair color and not distract as well. The finished hair style should include the matching scrunchie and/or ribbons. Some moms have asked about glitter...only silver or clear will be accepted and only the aerosol type should be used sparingly. No colors or gel types please.

Compulsory Team Hair

- Three or more braids at crown of head, tucked under and tied up tightly

Optional team Hair

- The three hair styles that work best are as follows:
 - * High bun at the crown of the head
 - * 3 loop braids at the crown of the head
 - * High ponytail with tight curls/or straight but not touching the neck.

Gym Bag

- All things needed for the competition should be placed in your team bag prior to the meet.
- Instruct your child to put their warm ups, shoes and socks in their bag when they are not being worn.
- Water and a small healthy snack should be in their bag. Snacks are usually not necessary and should only be eaten if needed not because it is there. Choose snacks wisely!!
- It may also be a good idea to put in some extra hair ties, hair spray, gel, and a small brush or comb.
- Grips (if worn), pre-wrap and tape should also be in their bag if it something they use.