

**GYMNASTICS FOR ALL****Re: National Gym for Life Challenge 2019**

The South African National Gym for Life Challenge will take place at SA Games, September 2019

**Event Details**

Venue: University of Cape Town Sports Hall

Date: 26<sup>th</sup> September 2019

Time: 9:00 – 12:00

**Entry Details**

Entry fee: R80 per person

Please note that all entries MUST be submitted by the PROVINCES ONLY, using the SAGF Online Entry System.

The online entry and payment closing date for PROVINCES is Friday 23<sup>rd</sup> August 2019.

If you would like more information, please contact Barbara Murphy [bemurevents@gmail.com](mailto:bemurevents@gmail.com)

**Information**

The Gym for Life Challenge is a national Gym for All event with open entry criteria:

- Performance must be accompanied by music
- Minimum 2,5 to Maximum 5 min
- Performance area is a standard rhythmic floor 13mx13m

The Gym for Life Challenge is a contest that welcomes Gymnastics for All values:

- All ages welcome
- Groups of all sizes welcome (no maximum or minimum number of participants)
- Groups of all skill and ability levels welcome
- Gymnasts from all disciplines welcome

The contest will be evaluated based on the criteria below. Groups will receive feed-back after the event a gold, silver or bronze medal based on their ranking and one overall contest winner will be named.

**Evaluation Criteria**

- Entertainment value
- Innovation, originality and variety
- Technique, quality and safety
- Overall impression

Chairperson:

Technical : Barbara Murphy ☎ Tel:

☎ Cell: 0737917581 ☞ Email: [bemurevents@gmail.com](mailto:bemurevents@gmail.com)

SAGF Development: Marti Heri ☎ Tel:

☎ Cell: 0712453819 ☞ Email: [marti@sagf.co.za](mailto:marti@sagf.co.za)