

## GENERAL RULES AND REQUIREMENTS.

1. Attire – Optional (No buttons, buckles or zips.)
2. WG Floor music – Max 90 seconds. Words allowed (no explicate language or innuendo)
3. Competitors can compete in multiple disciplines. (Artistic & Trampoline).
4. Women and Men can compete on WG and MG apparatus. Best 4 scores on any apparatus will count for Overall award.
5. Mini Tramp is included in MG and WG apparatus.
6. Trampoline competitors to perform a 10 skill routine. This is a separate and individual discipline.
7. Must be prepared to have fun!
8. Bonus awards for originality, creativity & novelty.