

# Hobart PCYC Gymnastics



## 2016 WG Competition Hair Requirements

At Hobart PCYC Gymnastics we have a set competition hairstyle for all gymnasts representing our club at competition (Junior and Senior gymnasts). The hairstyle may change each year, this flyer is to explain the hairstyle required for competition in 2016. Gymnastics is a sport based on performance, therefore hair and personal presentation is important for competition. As a club we take pride in making sure all our gymnasts are uniform in appearance and with excellent presentation when representing our club.

### Hair Length & Style:

For the uniformity of our club there are only two styles of hair we allow for competition in 2016:

1. Super slick ponytail
2. Super slick ponytail with 3-4 plaits, tied at the bottom with small clear bands the plaits are then tucked under and attached into the elastic band of the pony tail.

**NB Both hairstyles are then finished with club ribbon or scrunchie.**

To achieve a "super slick" pony tail it is recommended that a generous amount of **strong hold mousse or gel** is used first, then once the hairstyle is completed, apply **hairspray** to hold it in place. If doing the hairstyle with plaits tucked under, run gel along the length of completed plaits to stop fly away ends appearing. When preparing hair for competition be sure to slick back all loose hair. Silver glitter hairspray is optional.

### Clarification on hair length:

If a gymnast's hair is longer than the bottom of the collar of their club tracksuit jacket whilst in a ponytail it must be done in 3-4 plaits which are tied at the bottom with small clear elastic bands and tucked under. If a gymnast's hair whilst in a ponytail does not reach the collar of their club tracksuit jacket, it may be left in a ponytail without plaits.

**Photo 1** shows a pony tail that is too long, **Photo 2 & 5** show a pony tail that is acceptable length, **Photo 3 & 6** show examples of pony tail with plaits tucked under.

### Positioning of the pony tail:

To help maintain a nice long neck line the positioning of the pony tail is very important. Pony tails should be positioned approximately 45 degrees above ear height.

**Photo 4** shows a pony tail that is not the correct height, and it is not slick enough for competition.

**Photos 2, 3, 5 & 6** all show correct pony tail height.

Have a great competition year!  
Thanks, Hobart PCYC Coaches

