



# Order Form

www.rgc-worcester.com

Please complete your order details and hand in to the desk at the start of the session, or download and complete the online order form and email to: [rgcworcester@gmail.com](mailto:rgcworcester@gmail.com)

An invoice with the required amount, due date and ways to pay will be sent via email upon ordering. Equipment orders will be released when the invoice is paid.

Your name: .....

Date of order: .....

Contact tel/mob no: .....

Contact email: .....

Gymnast name: .....

Class attending: .....

Item (circle/tick size where appropriate)	Price	Qty	Total
Royal Blue Short Sleeve Leotard Size: 24 26 28 30 32 34 36 38	£25		
RGC Logo Black Shorts Please provide measurement WAIST: (Inches) :	£17.50		
RGC Logo Black Vest Please provide measurement CHEST: (Inches) :	£16.50		
Club Hoodie Child 5-6y 7-8y 9-11y 12-13y	£22		
Adult Small Medium Large XL XXL	£28		
Blue Gym Sack for equipment with club logo	£6		
Large Blue Gym Bag with club logo	£20		
Rucksack with club logo	£20		
Club Bottle with club logo	£3.50		

## Hand Apparatus

Hoop (various colours) floor to hip bone height: ..... mm	S £10 M £11 L £13 XL £14		
Rope      Rope length required: * ..... mm *measure from armpit down, under feet back up to other armpit	£8		
Ball      Small (17cm) S £17      Large (19cm) L £20			
Clubs for age 5-7 (Small) (various colours)	£20		
Clubs for age 7+ (Large)	£30		
Ribbon with wand (various colours)	£15		
Ribbon only (various colours)	4m £15      6m £20		

**Squad National Kit:** Please email name, item & measurements direct to [rgcworcester@gmail.com](mailto:rgcworcester@gmail.com)

\*Squad Kit is for competitions only

If you are unsure on the equipment size required, your coach will be happy to advise prior to ordering

NB: Items will only be handed out once payment of invoice is confirmed.  
Please allow up to two weeks for shop orders to be processed. Thank you

Order TOTAL £



## Guide to measuring apparatus

Hoop should be at hip bone height

**HOOP**

**STEP 1** Either hold the hoop and have it meet your hip bone  
Or  
**STEP 2** Have a friend or parents measure from your hip bone down to the floor to help you choose your size

### CLUBS

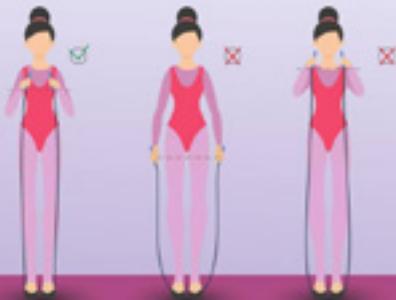


**STEP 1** The rule for clubs is that the top of the club should not extend beyond the gymnast's mid-bicep when held.

Ribbon length is based on gymnast size and 'level'

Measure total length of rope from armpit to armpit  
and remember to allow extra rope length for knots.

### ROPE



**STEP 1** Tie a knot or a double knot at one end  
**STEP 2** Stand on the rope slightly off the middle to have the knots meet at the armpit  
**STEP 3** Make knots on the other side