

**Acrobatic Gymnastics
Performance Pathway National
Programme**

2026 Selection Policy & Process

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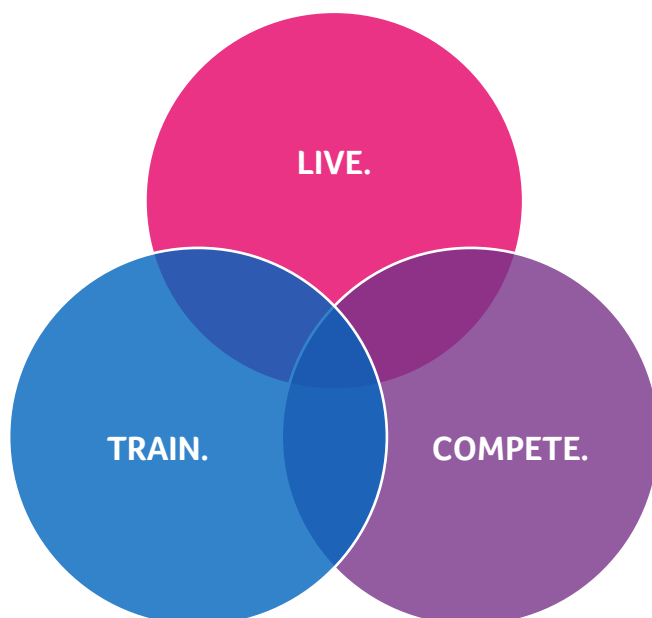
1. VISION AND MISSION

The Performance Pathway exists to help gymnasts reach their full potential and thrive in high-level competition when the time is right.

But gymnastics is about more than just podiums. We recognise the important role the sport plays in a child's overall development – not only in their gymnastic ability, but also in their physical, social, mental, and emotional well-being.

Our primary aim is for every gymnast in the pathway to feel enriched by the experience. We want them to leave with skills that support them both in gymnastics and in life.

The National Performance Programme for Acrobatic Gymnastics supports both gymnast and coach development. It aims to build a high-performance, team-focused culture that helps gymnasts grow over the long term while working towards short-term goals agreed with primary and national coaches. It also promotes coach learning, collaboration, and continuous improvement across the sport.



Our **LIVE, TRAIN, COMPETE** development model demonstrates the three key areas we aim to develop throughout performance pathway. These are not independent of one another, with each impacting the other and we therefore feel that skills should be developed in each of these to ensure the gymnast has the ability to fulfil their potential.

Our desire is that through our programmes, a gymnast will hone abilities in each of these areas that will not just prepare them as an elite gymnast, but for life outside of gymnastics and the challenges the world will provide for them. The three goals form the basis of our intended curriculum, and we therefore aim to create an environment that is able to develop each of these areas in equal measure.

2. PERFORMANCE PATHWAY OVERVIEW

The diagram below shows an overview of the British Gymnastics Performance Pathway structure. Each programme is selected on a fixed-term basis and is designed to support a gymnast's long-term development, while also working towards shorter-term goals agreed between primary coaches and national coaching staff.

While the diagram appears as a linear journey from the bottom to the top, real pathways rarely follow a straight line. Gymnasts may move in and out of programmes over time, experiencing both selection and deselection. As Acrobatics is a team sport, the pathway is designed to support both partnerships and individual gymnasts. We recognise that partnerships can change, and movement through the pathway may not always follow the same trajectory. To avoid any gymnast being disadvantaged by changes in circumstance, we will endeavour to work closely with them and their primary coach to ensure their individual development continues to be supported.

Some may also be part of a Home Nation programme that runs alongside the British Gymnastics Performance Pathway. We work closely with our Home Nation partners to ensure every gymnast has the best chance to reach their potential.



3. ELIGIBILITY CRITERIA

To be eligible for consideration each individual gymnast in a partnership must meet all the following eligibility requirements:

- Be a British citizen with a valid British passport
- Gymnasts must maintain a current, applicable membership with British Gymnastics and have no membership violations at the time of nomination.
- Have no doping violations at the time of nomination.
- Must not be subject to any restrictions with British Gymnastics or the National Programme resulting from sanctions or disciplinary actions at the time of nomination.
- In addition, upon selection they must sign a copy of the British Gymnastics - Gymnast Agreement and abide by the rules and regulations applicable.
- Each gymnast within a partnership must also meet the age requirements in the year of competition* set out for each programme below:

Programme	Age range
Youth	a minimum of 12 years old and a maximum of 18 years old in the year of competition.
Junior	a minimum of 13 years old and a maximum of 19 years old in the year of competition.
Senior Development	a minimum of 14 years old in the year of competition
Senior	a minimum of 15 years old in the year of competition.

** Age in year of competition. We reserve the right to adapt to the needs of each individual partnership so there may be times when these age boundaries are adapted to accommodate specific individuals' development needs.*

Citizenship & Passport Requirements:

- Gymnasts who do not hold a British passport must be released by their own National Federation and be eligible obtain a British passport to be considered for selection.
- Gymnasts should be eligible to compete for GBR as a Senior and therefore possess a passport to be eligible for Senior Selection. Prior to this they may be eligible on residency grounds but will remain 'guest' members of the programme until a passport is obtained and therefore ineligible for GBR representative events.

4. SELECTION PROCESS AND DESIGNATED SELECTION EVENTS

The selection panels may vary depending on which squad is being considered. However as standard, the panel will consist of the Head National coach, Acrobatic TC Chair and National Programme Staff. The key responsibilities of these individuals are:

- a) Proposing and agreeing the selection for all GBR/BG programmes.
- b) Holding selection meetings in accordance with the selection process.
- c) Communication of the selected and de-selected individuals (via the Performance Services Officer).

The Home Nations National Coaches may also be invited to attend selection meetings in an advisory capacity; however final decisions are made by the selection panel.

The following information outlines the Designated Selection events (DSE's).

1. Pat Wade Classic (February 2026)
2. GBR or Home Nation Internationals in the selection period (1st March 2025 – January 2026)
3. British Championships 2025
4. Performance potential demonstrated at Performance Pathway activity in the 18 months prior to selection.

Following the designated selection events period, the Selection Panel will identify the partnerships that, in the expert opinion of the National Coach and the Panel, show the greatest potential to contribute to British Gymnastics' long-term vision of success at European and World level, in line with our long-term performance development approach. Selections will not be based solely on results but will also consider the Panel's professional judgement of which partnerships demonstrate the strongest potential to progress through the performance pathway.

Indicatively, the GBR Programme may comprise up to five partnerships per category in each age group/programme. Final squad sizes will be determined based on achievement of performance standards and wider programme considerations.

Appendix 1 sets out the benchmarking criteria that selected partnerships are expected to have achieved or demonstrate the potential to achieve. Meeting these scores does not in itself guarantee selection.

Please note that there is no appeal process for gymnasts not selected on to a GBR Performance Pathway Programme.

5. PROGRAMME DETAILS

- All dates for each squad throughout the year shall be confirmed upon selection.
- Programme selection period is from (February – December) with all gymnasts undertaking a 3-month induction period (February-April).
- All gymnasts, and parents of gymnasts under 18, will be invited to attend a programme briefing during the induction phase.
- Programme gymnasts may be considered for selection to minor internationals.
- Programme gymnasts must also agree to observe all obligations outlined within the British Gymnastics' Performance Gymnast Agreement and any subsequent Codes of Behaviour adopted by British Gymnastics.
- Participation in any of the Performance Programmes is optional. Partnerships may decline the invitation, however once all gymnasts within a partnership have accepted the offer, there is an expectation that each gymnast will fully commit to all the requirements of the programme including the associated policies, procedures and agreed training, competition goals within the Gymnast Development/Performance Plan.
- Declining the invitation will not affect a partnership's eligibility for Major Championships. However, only partnerships within the programme will be considered for World Cups and GBR-elected minor Internationals.

GBR Senior Programme

The Senior Programme supports senior partnerships aiming to compete in major and minor international competitions during the current season. The focus is on preparing and supporting performances at major international competitions. As a Performance Team, we aim to work closely with senior partnerships to enhance their preparation, sustain high performance, and support their longevity in the sport. Partnerships must meet the FIG age criteria applicable to the competition year.

GBR Senior Development Programme

The Senior Development Programme is designed for partnerships unable to meet the age criteria for the current year's senior international competitions. The emphasis is on developing their technical and performance readiness to transition to senior international competition in the following season.

GBR Junior Programme

The Junior Programme is a development programme that supports gymnasts eligible for junior competition, with a focus on developing the skills, experience, and consistency required to progress towards senior international competition in future seasons.

GBR Youth Development Programme

The Youth Programme is the entry point of the Performance Pathway, focused on the development of both gymnast and coach. Coaches are expected to attend all Performance Pathway activities with their partnership wherever possible. The programme emphasises long-term development to support a smooth transition towards senior international competition in the next cycle. The Youth Programme will operate across both GBR and Home Nation pathways, providing gymnasts and coaches with aligned technical direction, access to expertise, and greater opportunities for progression. It also strengthens collaboration between the national and Home Nation systems, ensuring continuity as partnerships move through the pathway.

6. KEY CONTACTS

Performance Manager

Morgan Jansson (morgan.jansson@british-gymnastics.org)

Performance Services Officer

Alice Banks (alice.banks@british-gymnastics.org)

Welfare Manager

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National Welfare Officer

Sally Elkin

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National Coach

Ian Said, Head National Coach

Appendix 1: Performance Standards

Execution Scores

- Partnerships across all age groups and categories are expected to achieve an average score of 26.50 at a Designated Selection Event (DSE). The average will be calculated using the combined total of all three routines (Balance, Dynamic, or Combined) performed within the same event.
- The DSE score will be calculated from a number of pre-identified judges, which may or may not be the full competition panel depending on the DSE.
- In addition to achieving the average benchmark score, partnerships seeking selection are expected to meet the minimum Difficulty Values in a competition at any of the Designated Selection Events (DSEs) as specified in Tables 1, 2, 3 and 4.

Table 1:

Category	Routine		
Youth	Balance	Dynamic	Combined
Women's Pair	80	70	100
Men's Pair	80	70	100
Women's Group	80	70	100
Mixed Pair	80	70	100
Men's Group	80	70	100

Table 2:

Category	Routine		
Junior	Balance	Dynamic	Combined
Women's Pair	100	90	140
Men's Pair	100	90	140
Women's Group	100	90	140
Mixed Pair	100	90	140
Men's Group	100	90	140

Table 3:

Category	Routine		
	Balance	Dynamic	Combined
Senior Development			
Women's Pair	100	90	140
Men's Pair	100	90	140
Women's Group	100	90	140
Mixed Pair	100	90	140
Men's Group	100	90	140

Table 4:

Category	Routine		
	Balance	Dynamic	Combined
Seniors			
Women's Pair	120	110	150
Men's Pair	120	110	150
Women's Group	120	110	150
Mixed Pair	120	110	150
Men's Group	120	110	150