



Adult Gymnastics British Championships 2026 Competition Handbook[©]

Version 1.0



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Version history

The Adult Gymnastics British Championships 2026 Organiser reserves the right to make amendments to this handbook.

Notification of a change to the handbook will be communicated through the [British Gymnastics Website](#)  and an updated version will be made available to download at the time of change.

All versions will be listed on this page, with reference to the amendments made.

Version 1.0: Original handbook published 12th December 2025

Definition of Terms

- **Assisting Coach(es)** are coaches who are permitted on the competition floor and/or warm-up hall, but who work under the guidance and responsibility of the Supervising Coach. Assisting coach(es) must meet all of the relevant eligibility requirements.
- **BGF** means British Gymnastics Foundation.
- **British Gymnastics Nomination Panel** – Performance Team, Senior Performance Manager & Technical Committee Chair.
- **Championships** means any British Championship organised by or on behalf of British Gymnastics.
- **Chaperone** In exceptional circumstances, chaperones may be permitted to fulfil a pastoral care role. Chaperones under no circumstances shall be permitted to coach gymnasts.
- **Choreographers** will create and develop new routines.
- **CJP** – means Chair of Judging Panel.
- **Coach(es)** are those Coach(es), Lead, Supervised, and Assisting Coaches submitted in the online entry process and who are responsible for the gymnast(s) for the entire event. This coach(es) must have the relevant qualifications and British Gymnastics membership as defined in the eligibility section of this handbook. Any changes to these coach(es) submitted on the online entry system must be notified to the Events Department prior to the event and in exceptional circumstances if changes are required during the event, these must be notified to the Organisers. Changes to these coach(es) will only be permitted where the replacement coach meets all of the relevant Eligibility requirements
- **Code** means the Code of Points used for the competition, from which technical information and regulations are taken.
- **CPSU** means Child Protection in Sport Unit.
- **DBS** means Disclosure and Barring Service, Access NI Eligibility or PVG.
- **DJ** means Difficulty Judge.
- **Event** means any national and international competition and championships organised by or on behalf of British Gymnastics.
- **FIG** means Federation International de Gymnastique.
- **IDP** means International Development Pathway.
- **Independent** means gymnasts who are not members of a British Gymnastics registered club but hold appropriate British Gymnastics membership.
- **Lead Coach:** The coach taking overall responsibility for all the gymnasts from their club/region. The Lead Coach must be present in the competition arena throughout the event to take responsibility for their coaches and gymnasts. The Lead Coach must possess sufficient qualification to cover all the skills that any of their gymnasts will be performing within the competition.
- **NDP** means National Development Plan.
- **Officials** are people recruited to assist with the delivery of the overall event e.g. Floor Manager, Ceremonies Manager, Spectator Tickets Manager.
- **OOA** means Out of age
- **Organiser** means the Adult Gymnastics National Competition Organiser (NCO) or their designated representative, who is authorised by, or on behalf of British Gymnastics
- **Supervised Coach** means a coach under the responsibility of the Lead Coach, as they are coaching skills to a maximum of 1 level higher than their current qualification, but are in the process of qualifying at the next level.
-  means it is a [hyperlink](#) to official policy statements and other event related information.

Contact Information

Event Specific Inquiries	Events Team	Events@british-gymnastics.org
Customer Support	0345 1297129	customersupport@british-gymnastics.org

National Competition Calendar

Event	Date	Opening Date	Closing Date	Venue
 Adult Gymnastics British Championships	12th – 14th June 2026	Friday 20th March	Friday 1st May 12:00 noon	Lilleshall National Sports Centre

NB: The closing deadline for all events is 12:00 midday on the event closing date.

For a complete domestic and international calendar of events please follow link 

Event Introduction

If you're eighteen in the year of competition or over, the Adult Gymnastics British Championships provides an opportunity to test yourself in a range of different disciplines. Whether you're looking to take your first steps in gymnastics or get back into the sport, this competition is for you. There's a big social element too, which makes the competition a lot of fun.

Whatever challenge you set yourself, there's nothing better than knowing you can do it.

Competition Categories

Discipline	Artistic		Trampoline		Tumbling		Acrobatic		
Level	Men	Women	Men	Women	Men	Women	Pairs	Women's Group	Men's Group
Introductory		Over 18	Over 18	Over 18					
		Over 30	Over 30	Over 30					
		Over 40	Over 40	Over 40					
		Over 50							
Novice	Over 18	Over 18	Over 18	Over 18	18-39	18-39			
	Over 30	Over 30	Over 30	Over 30	Over 40	Over 40			
	Over 40	Over 40	Over 40	Over 40					
		Over 50							
Intermediate	Over 18	Over 18	Over 18	Over 18	18-39	18-39	Single competition with one balance and one dynamic routine or a combined routine		
	Over 30	Over 30	Over 30	Over 30	Over 40	Over 40			
	Over 40	Over 40	Over 40	Over 40					
		Over 50							
Pro	Over 18	Over 18	Over 18	Over 18	18-39	18-39			
	Over 30	Over 30	Over 30	Over 30	Over 40	Over 40			
	Over 40	Over 40	Over 40	Over 40					
		Over 50							
Teams	Min. 3 gymnasts, max. 6 gymnasts. Mixed abilities and ages allowed.		Min. 3 gymnasts, max. 6 gymnasts. Mixed abilities, ages and genders allowed. Minimum of 2 ability levels represented within any one team. Competitors may only represent one team each.				Min. 3 partnerships, max. 5 partnerships. Mixed genders allowed. Competitors may only represent one team each. Non-British Citizen competing as guests can form part of the team but the team will not be eligible to rank in the official competition results.		
	Minimum of 2 ability levels is represented within any one team. Competitors may only represent one team each. Non-British Citizen competing as guests can form part of the team, but the team will not be eligible to rank in the official competition results.		Non-British Citizen competing as guests can form part of the team but the team will not be eligible to rank in the official competition results.						

To compete for All Around Titles: – MAG must compete on at least 4 out of 6 pieces of apparatus. WAG is 3 out of 4 pieces of apparatus. *Please note: Some categories/levels may be combined if entry numbers are low. –*

Team Score Age Bonus Calculation:

- Men's, Women's, Trampoline, tumbling – Starting from age 22 a 0.1 bonus is awarded for every 2 years
- Acro – Starting from age 18 a 0.1 bonus is awarded for every 5 years
- For a further breakdown of the team score calculations please see [Appendix 1](#)

Gymnasts must enter an individual category to be eligible to enter into the team event.

Where no specific point is addressed in the regulations, the current FIG rules apply. However, the Technical Committee and its appointed officials reserve the right to define any regulation conflict as is deemed appropriate to ensure a fair and equitable competition.

Technical Committee Update:

Following the success of the 2025 Adult Gymnastics British Championships and the positive increase in the number of entries across all disciplines; to ensure we comply with the health and safety requirements of the venue and to ultimately provide a positive experience for all in attendance, we will be capping all disciplines entries, and can confirm in advance that the competition will start on Friday 12th June at lunchtime.

All entries must be paid for at the time of submission. Each gymnast will receive a timestamp based on when their entry is submitted. This allows club administrators to make multiple entries into the event through MyBG without changing the original timestamp. They can also add more gymnasts within the specified opening and closing deadlines.

Following the entry closing date on the 1st May, all submitted entries will be reviewed, and competitors will be allocated within the categories with preference given to the earliest submitted entries per category. (See below the split of the proposed schedule for each day on the following page). The working order and schedule will be populated with entries until all spaces are filled.

All entries will be confirmed and shared with entered clubs on **8th May**.

Gymnasts in the order that they submitted their entry	Category they have entered	Order in which they are selected
Gymnast 1	WAG Novice Over 18	Slot 1
Gymnast 2	WAG Novice Over 50	Slot 2
Gymnast 3	WAG Novice Over 18	Slot 5
Gymnast 4	WAG Novice Over 30	Slot 3
Gymnast 5	WAG Novice Over 40	Slot 4

For example, Friday WAG has 80 gymnast slots available across 4 categories, which equate to 20 slots per category; these will be filled across all categories on a first-come, first-served basis. If there are fewer than 20 entries in a category, leaving spaces available, those spaces will be allocated to gymnasts in the other 3 remaining categories on that day, until they are all populated as illustrated in the table above.

Where reasonably practical for all men's and women's artistic categories, there must be a minimum of 6 gymnasts per category to offer fair competition. If a category does not meet this minimum requirement, age categories could be combined, and age bonuses will follow the same trajectory.

A reserve list will be created based on the timestamp of the submitted entry. Reserves will be invited up to Monday, 8th June at 12:00 noon upon clubs notifying the Events Team of any withdrawals. Gymnasts will be invited for like-for-like categories. If there is no waiting list for that category, the allocation will then proceed to the first entry available in the other categories for that competition. This method helps streamline the entry process for competitions, ensuring that all categories are filled as efficiently as possible while maintaining fairness. After Monday, 8th June, at noon, all remaining club entries that have not been allocated to a competition slot will receive a refund following the event, which will be made back to the card which was used to make payment for the original entry booking.

Proposed Schedule

To follow is the proposed schedule for the event to include the number of entries available within each discipline per day:

NB: Once a competition category is full the additional gymnasts will be placed on a waiting list. All gymnasts will be notified of their status by 8th May.

Friday

WAG – 2 Subdivision, Groups of 8, 5 Rotations – 80 slots

- Novice Over 18
- Novice Over 30
- Novice over 40
- Novice Over 50

TUM All categories – 96 spaces across 8 flights

Saturday

WAG – 2 Subdivision, Groups of 8, 5 Rotations – 80 slots

- WAG Introductory Over 18
- WAG Introductory Over 30
- WAG Introductory Over 40
- WAG Introductory Over 50
- WAG Intermediate Over 30
- WAG Intermediate Over 40
- WAG Intermediate Over 50

All ACRO Categories – 4 Sessions, 60 routines.

TRA – 120 per day, 12 gymnasts per flight

- All Men's category
- Women's Intermediate Over 18
- Women's Intermediate Over 30
- Women's Intermediate Over 40
- Women's Pro Over 18
- Women's Pro Over 30
- Women's Pro Over 40

Sunday

WAG - 2 subdivisions 84 Spaces

- WAG Intermediate over 18
- WAG Pro Over 18
- WAG Pro Over 30
- WAG Pro Over 40
- WAG Pro Over 50

MAG All categories – 2 subdivisions, Groups of 7, 6 Rotations - 84 spaces

TRA – 120 per day, 12 gymnasts per flight

- Women's Introductory Over 18
- Women's Introductory Over 30
- Women's Introductory Over 40
- Women's Novice Over 18
- Women's Novice Over 30
- Women's Novice Over 40

Eligibility

Membership

All persons attending British Gymnastics events in an official capacity, whether as a gymnast, coach or judge, are required to hold a current British Gymnastics membership in line with the level of competition entered and awards held.

- **Gymnasts**

Membership must be a minimum of British Gymnastics Community level in order to enter a British Gymnastics Event.

In normal circumstances, gymnasts should also be members of a British Gymnastics registered club.

In exceptional cases, where a gymnast does not belong to a British Gymnastics registered Club, they must contact the Events Department and request entry into the Event. If granted, such gymnasts will be given the classification as being "Independent". In such circumstances independent gymnasts must nominate a coach and must also meet all other membership requirements.

- **Lead Coaches**

Lead Coaches must hold British Gymnastics Enhanced membership and coaches must be qualified to the level of all the skills being performed by all gymnasts in the club/region before being allowed to participate in a British Gymnastics Event. Lead Coaches must have current safeguarding and DBS certificates, please see Safeguarding section. The Lead Coach may authorise other coaches from their club/region to coach skills at a maximum of 1 level higher than that coaches' qualification (Supervised Coach) but has responsibility for ensuring that they are competent to do so. For further information on Lead and Supervised Coaches, please click here 

- **Coaches**

Coaches must hold British Gymnastics Enhanced membership and coaches must be qualified to a minimum of level 2. Coaches must be qualified to the level of all the skills being performed by the gymnasts for which they are responsible. Coaches must have current safeguarding and DBS certificates. Please see Safeguarding section.

- **Supervised Coaches**

To be a Supervised Coach, you must be a minimum of Level 2. With the explicit authorisation of the Lead Coach, Supervised Coaches may coach skills at a maximum of 1 level higher than their current qualification. Before being allowed to participate in a British Gymnastics Event, the Supervised Coaches must have completed the relevant course or module of the next coaching level covering those skills, although they may not yet be signed off as qualified. For further information on Lead and Supervised coaches, please click here 

- **Assisting Coaches**

Assisting Coaches' Membership level must be British Gymnastics National (if Level 1), or Enhanced before being allowed to participate in a British Gymnastics Event. Assisting coaches must have current safeguarding and DBS certificates, please see Safeguarding section. Assisting Coaches cannot be responsible for the gymnasts.

- **Choreographer**

Choreographers' Membership level must be Sport Support Services, Community, Competitive, National or Enhanced Level of British Gymnastics, depending on their highest level of active qualification, before being allowed to participate in a British Gymnastics Event. Choreographers must have current safeguarding and DBS certificates. Please see Safeguarding section.

- **Disability Chaperone**

Disability Chaperones may be permitted to provide pastoral care to gymnasts in certain circumstances. Under no circumstances may a Disability Chaperone coach a gymnast. In the case where a gymnast has a disability, the nature of which indicates that it is deemed necessary to have additional support, they will be entitled to have a carer present with them throughout the competition. This Disability Chaperone will not be insured by British Gymnastics to take part in any type of recognised gymnastic activity. The Disability Chaperone will be required to sign a code of conduct to ensure they understand the role they are fulfilling within the event environment. The Disability Chaperone will be required to be dressed appropriately (please refer to the relevant section of the discipline specific code of points) if entering the warm-up hall or field of play.

- **Medical Chaperone**

In exceptional cases, upon written request, a Medical Chaperone may be approved to provide pastoral care to a gymnast with a medical condition. Written medical verification of the need for this carer (from a GP or other medical practitioner) will be required to be submitted to the Events Department at least 1 week prior to the start of the Event. The Medical Chaperone will not be insured by British Gymnastics to take part in any type of recognised gymnastic activity. The Medical Chaperone will be required to sign a code of conduct to ensure they understand the role they are fulfilling within the event environment. The Medical Chaperone will be required to be dressed appropriately (please refer to the relevant section of the discipline code of points) if entering the warm-up hall or field of play.

- **Supervising Chaperone**

The TC may authorise Supervising Chaperones to assist with pastoral care for gymnasts. These entitlements, if applicable, will be defined in the specific competition pages. In these circumstances the Supervising Chaperones must either be qualified as a Level 1 Assistant Coach or be a club/regional Welfare Officer and hold the relevant membership and qualifications, DBS & SPC for their position(s). Supervising Chaperones will not be permitted to enter the field of play.

- **Judges**

Judges, Club/County/Regional/National/Brevet Judge, must hold British Gymnastics Community membership before being allowed to officiate at a British Gymnastics Event. Members with coaching memberships that also have the required judge qualifications as laid out above are also applicable. 

From time-to-time British Gymnastics may invite international judges to officiate at British Gymnastics events, as such they will not require British Gymnastics membership.

Judges must also hold a current cycle of judging awards (Cycle 16)

British Gymnastics does not require judges to complete a criminal record check to judge at British Gymnastics competitions, as the role that judges fulfil at the event no longer falls within DBS or Access NI Eligibility*. However, some judges are actively involved in club gymnastics and may provide judging instruction to children in a training environment or carry out a supervisory role (or may complete a criminal record check by virtue of another role they undertake e.g. coach). As not all judges use their qualification in the same way, it is the club's responsibility to assess the role the judge is undertaking and determine whether the activities involved fall within the eligibility criteria for a criminal record check. British Gymnastics no longer requires all judges to complete safeguarding training, but clubs should ensure any judge who supervise or instruct children has completed appropriate training.

*Judges who hold Scottish Gymnastics membership should refer to [Scottish Gymnastics](#)  for further guidance as to whether a check is required.

For further information on membership levels please visit the British Gymnastics Website. 

Competitive levels

As a Recreational Gymnastics event, we would like to make this competitive opportunity as accessible as possible for all adult gymnasts. All coaches and gymnasts should use the guidance below to enter the category that reflects their ability level while also challenging themselves.

- **Introductory (Women's Artistic & Trampoline Gymnastics only)**

Suitable for competitors that are brand new to the sport

- **Novice**

Suitable for competitors that have previously competed at club level within the relevant discipline

- **Intermediate**

Suitable for competitors that have previously competed at a county/regional level within the relevant discipline.

- **Pro**

All competitors must have officially retired from GB and/or home nation domestic competitions and squads prior to entry. Suitable for competitors that have previously competed at national level

All competitors must not be simultaneously competing in national development plan, performance national domestic competitions or Home Nation events in the year of entry into this event, this includes WAG Classic Challenge.

We would like to encourage competitors to enter the correct competitive level to ensure the Adult Gymnastics British Championships is a fair and enjoyable event for all involved. The Organiser retains the right to move a gymnast to the correct competitive level whilst the competition is in progress if it is felt they are performing skills above what is expected for that competitive level, or beyond the capability of the gymnast competing.

Level appropriate skills and requirements for each discipline are stated within the relevant discipline specific rules. Each discipline will follow the British Gymnastics or FIG Code unless otherwise stated within the discipline-specific rules document. If you have any queries regarding the eligibility of a competitor or which competition category to enter, please ensure you contact the organiser prior to submitting your competition entry.

Please note: If competitors perform a skill above the difficulty of the competitive level entered then a 1.0 mark penalty will be applied to their score as well as any execution deductions for the skill.

Coach Qualifications

When submitting entries for a British Gymnastics Event, clubs/regions must ensure that all coaches are qualified at the appropriate level.

Where Supervised Coaches are coaching skills one level above their current qualification, they must have been working in the training environment on these skills under the direct supervision of a coach who is qualified at the correct level. All coaches should continue to conduct risk assessments prior to undertaking any skill and assess the appropriate level of skill and support needs of both the gymnast and the coach on the floor at the event.

All Coaches must have completed the [British Gymnastics Positive Coaching module](#) 

All Coaches entered into the event entry MUST be the same as those attending the event. It is unacceptable to enter a coach you know will not be attending. The Lead Coach has the ultimate responsibility for all the participants from their club/region and that of the Supervising Coaches, Assistant Coaches, Chaperones & Choreographers.

It is the club/region's responsibility to ensure that only accredited coaches are on the Field of Play and warm-up areas.

Coaches who are used to push mats must be at least a level 2.

Lead Coaches have a duty of care towards their performers and have the responsibility to ensure that all of the coaches under their supervision are both qualified and competent to teach at the appropriate level, as well as ensuring that the participant is adequately prepared, physically and psychologically, for performing their routines in a competition situation.

Additional Assisting Coaches (Level 1 and above) may be accredited, at the discretion of the Organiser, to be present in the competition arena to assist with the pastoral care of the gymnasts. Assisting coaches may not coach the gymnasts unless they fulfil the requirement of holding a recognised qualification suitable to the level of skills being performed.

Additional Medical and Supervising Chaperones may be accredited, at the discretion of the Organiser, to be present in the warm-up hall and where applicable the Field of Play, to assist with the pastoral care of the gymnasts. Chaperones may not coach the gymnasts.

If it is found that a club is in breach of these policies British Gymnastics reserves the right to reject an entry on the grounds of gymnast safety or, if discovered post-performance, to disqualify the competitor and remove their score(s) from the official results.

Safeguarding

All Coaches, Lead Coaches, Supervised Coaches and Assisting Coaches are required to hold a valid DBS certificate, or Home Nation equivalent, and have current Safeguarding and Protecting Children Awareness training at the time of the event.

Coaches who do not fulfil this requirement will not be accredited or allowed to participate at British Gymnastics Events.

All gymnasts must have an accredited coach, present on the field of play and in the warmup hall at all times. If a gymnast attends a competition without a suitably qualified coach or supervised coach, they will not be allowed to compete.

More information about our safeguarding requirements and the training/certificates that we accept, can be found on our website via the [Safeguarding and Safe Sport page](#) under 'Safeguarding', and by scrolling down to 'Training'.

Coaches must also have a valid home country criminal record check both at the time of entry and through to the end of the event before being allowed to participate at a British Gymnastics Event.

Nationality

Participation in all British Gymnastics Events is subject to the requirements of membership, club/regional registration and other conditions of entry.

In addition, the following regulations concerning Nationality are applicable to British Gymnastics Events.

British Championships

Only those in possession of a valid United Kingdom passport (and do not hold a FIG licence for another member federation) are eligible to be ranked in the official competition results, where a British Championships title is being contested. This is effective for individual competitions. In team competitions or where gymnasts compete together as part of a group/partnership, all of the gymnasts must be in possession of a valid United Kingdom passport in order for that team/group/partnership to be ranked in the official competition results.

At the discretion of the British Gymnastics Technical Committee and with agreement from the British Gymnastics Performance Director (or their appointee), those who are not in possession of a valid United Kingdom passport may take part in competitions where a British Championships title is being contested. Participation is also subject to approval from their own FIG Member Federation in accordance with FIG statutes. They will receive score(s) but will not receive a ranking in the official competition results. In such circumstances gymnasts will be referred to as Guests.

Gymnasts holding dual citizenship (including a valid United Kingdom passport) are only eligible to receive a ranking in the official results (either as an individual or as part of a team/group/partnership) if they do not hold a FIG Licence registered by another FIG Member Federation or have not represented another FIG Member Federation.

Gymnasts who are not in possession of a valid United Kingdom passport and who are not members of British Gymnastics may be invited by the British Gymnastics Technical Committee or Performance Director to take part in the British Championships. They will receive score(s) but will not receive a ranking in the official competition results.

Disclosure

It is the responsibility of the person making the event entry to ensure that all of the gymnasts have declared their nationality by contacting the events team at point of entry.

Policy for the Participation of Trans People in Gymnastics Competition

For information on Transgender, please refer to the Policy for The Participation of Trans People in Gymnastics Competition 

Competition Entries

Entry Process

Entry to all National British Gymnastics Events are Online only.

Complete instructions for adding an entry via the online entry system are available to download from the British Gymnastics Website



All entries must be fully submitted and paid for electronically to British Gymnastics at the time of entry and by the stipulated closing date and time.

Once the entry has been submitted no further changes can be made without contacting the Events Department.

Independent Entries

Entries through the above method are preferred, however if this is not a viable option, independent entries will be accepted on request. The individual will still require British Gymnastics membership and be supported by a level 2 or above coach. The same entry deadline applies, to make an independent entry please contact the Events@british-gymnastics.org email with the following information.

- Names, and membership number of gymnast and coach
- Discipline and Category
- Music (if applicable)

Guests

If a gymnast wishes to compete as a guest (see Nationality section above for details of guest gymnasts) at a British Gymnastics event, the club/coach must contact the events department in the first instance before the closing date. Guest gymnasts will be placed on a waiting list. Following the competition closing date, a decision will be made by the Technical Committee, the Events Department, and the Performance Department as to whether the entry can be accepted. If the request is accepted, the entry and entry fee must be submitted via the online entry system in conjunction with the Events Team.

Disability Gymnastics

British Gymnastics is focused on ensuring fair and equal opportunities are provided to all gymnasts.

Disabled gymnasts may compete in both mainstream and dedicated disability British Gymnastics competitions, provided they meet the eligibility criteria for the competition. Disabled gymnasts may switch between mainstream and disability competitions within the same or different disciplines. Only those disabled gymnasts who meet the eligibility criteria may compete in disability competitions.

All gymnasts competing within a mainstream competition will be judged by the same rules and criteria regardless of ability and/or disability.

As part of the development of Disability Gymnastics, British Gymnastics has produced its own sport specific Disability Gymnastics Classification Certificate. The classification certificate is contained in a pack which also clearly defines the eligible impairments for Disability Gymnastics Competition. All disabled gymnasts should complete a classification certificate as good practice when competing at regional level or above. A classification certificate is compulsory for gymnasts competing at a British Gymnastics National Event.

Disabled gymnasts will be required to provide proof of Disability at least six weeks before the event. Please note that unless there are any significant changes, a Disability Classification Certificate only needs to be completed once in most cases. Please complete and return the Disability Gymnastics Classification Certificate by following the instructions in the [Disability Classification Pack](#) 

Although there are 44 different eligible classifications (Profile groups) in the Classification Pack, this does not mean that there are 44 different competition categories for Disability Gymnastics competition.

The Disability competition classification categories available can be found within the information pages for each competition which has integrated disability.

All clubs and coaches must inform the British Gymnastics Events Team of any gymnasts who have medical conditions or impairments that require special consideration at British Gymnastics events. This information should be shared with the British Gymnastics Events Team at the point of competition entry and will enable the British Gymnastics Events Team to endeavour to make any reasonable adjustments in line with the Equality Act and where possible to cater for the additional needs of each gymnast.

Methods of Payment

Payment must be made at the time of entry. Payment can be made using the 'Admin Pay' or 'Pay with Card' options at the 'Checkout' within the online entry system using a Debit Card or Credit Card. BACs payments and cheques are no longer a payment option.

Entry fees are non-refundable after the closing date.

British Gymnastics Foundation Hardship Grants

Our Charity, the British Gymnastics Foundation, runs a Hardship Grants programme which provides grants of up to £500 for individual members of British Gymnastics, who are experiencing significant financial hardship. If you are unable to afford the costs of participating in gymnastics, and are in danger of dropping out of gymnastics because of this, then please do apply for a hardship grant [here](#). The cost of competitions is an eligible item of expenditure within the Hardship Grants criteria. Please note that the Hardship Grants programme is not continually open for applications, but details on grant round timings can be found on the Hardship Grants application page in the link above.

Late Entries

Late entries will only be considered in exceptional circumstances and only up to 7 days after the closing date.

In the unlikely event of a late entry being accepted, payment of three times the normal entry fee stated for the competition (capped at £300 for any one individual entry) will be required for individuals (including partnerships and groups). For team late entries the fee will be double (including clubs and regions). However, the late entry payments will be capped at £1000 (i.e. the additional payment over and above the normal entry fee per gymnast / partnership / group / team will be capped at £1000).

Late entries must be made in writing to the British Gymnastics Events Department and will then be referred to the Organiser for consideration. The Organiser and British Gymnastics Events department will have absolute discretion whether to accept a late entry.

Late entry requests may be placed on a reserve list and clubs notified if their entry is accepted following a withdrawal, up to 1 week prior to the event.

Withdrawals and Substitutions

Amendments to an entry before the closing date will not incur a penalty and in the case of withdrawals, the entry fee will be refunded. Entry fees are non-refundable after the closing date.

Where it is necessary to substitute a Coach the club must inform the British Gymnastics Events Department, so the Coach can be checked for membership, awards and safeguarding, before they can be accredited for the Event.

Where, through unforeseen circumstances, this is not possible or, where information has not previously been supplied, the substitute must inform the Organiser immediately on arrival at the venue and produce their coaching award certificate, and current British Gymnastics specific DBS.

Where there are specific rules and/or processes relating to withdrawals and substitutions please refer to the specific event page.

Non-Participation Fee

By entering a gymnast (individual/partnership/group) or a team (team events) into an event, the enterer accepts that, should any gymnast or team fail to register to compete by the end of registration for a competition, the appropriate fee for non-participation will be payable by the club or Region.

Fees will be charged, via invoice, as follows:

£25 – Individual / Pair

£50 – Trio / Group / Team

Should a gymnast be withdrawn, for whatever reason, the club or coach must inform the Organiser and Events Department in writing via email or notifying a member of the Events Team at the registration desk up to the close of registration for the relevant session. Email addresses are listed in the Contact Information on page 5 of this Competition Handbook. Withdrawals will only be accepted via email.

Failure to inform the Events Team or the Organiser as laid out above will result in the non-participation fee being charged.

Terms & Conditions of Entry to All Competitions

In addition to British Gymnastics General Rules & Regulations –

- By entering a British Gymnastics National Event you are agreeing to a zero-tolerance approach to foul language or any abusive and aggressive behaviour. Anyone found to be breaking these rules will be asked to leave the competition floor and, if necessary, the Arena. Please help ensure the competition arena is a friendly atmosphere.
- All entrants agree to be treated by British Gymnastics appointed medical staff only and be bound by the decision of British Gymnastics medical staff in relation to their ability to compete in the competition.

- By submitting an inquiry about a score awarded by the judges, you agree to pay a fee which will be payable by the club/region via invoice.
- You agree to the storing of competition scores. If requested British Gymnastics will redact your details from the published results unless there is a justifiable reason to reject an objection to publication.
- You agree to abide by the British Gymnastics Photography at Gymnastics events policy.
- The person making the online entry on behalf of gymnast(s), a club or a region, undertakes to ensure that those who they are making an entry on behalf of are fully aware of and agree to abide by the contents of this handbook.
- By submitting an entry to a British Gymnastics event, you must ensure those individuals whose personal data you are providing may be used by British Gymnastics in relation to the event (this includes gymnasts and people who have parental responsibilities (where the gymnast is a child) coaches, judges and volunteers) are aware and would expect their information to be used, where necessary for pre-event and accreditation information, post event surveys and, where applicable to send out electronic certificates of participation which are sent to gymnasts via their email address registered on their membership account. Please refer to the British Gymnastics membership privacy notice available on our website for further details and information about individual rights.

Competition Attire

- **Gymnast**

In order to make British Gymnastics' events more inclusive and accessible, a new policy has recently been approved by the Board, following consultation with the National Technical Committee and having adopted feedback received from the community.

In principle, this policy overarches but should be read in conjunction with the discipline-specific policies and references in the Codes of Points and other documents.

In essence, the policy seeks to break down barriers to participation by, for example, removing gender specific requirements for competition attire. e.g. girls may now wear shorts or leggings.

These overarching principles may be found in the [Competition Attire at Events for Gymnasts Policy](#).

The implementation of this policy will be monitored and reviewed accordingly, but coaches are encouraged to contact the British Gymnastics office or their respective Competition Organiser should they have any queries about the attire that they propose for their gymnast to wear at British Gymnastics events.

Gymnasts are encouraged to adhere to the rules within the FIG Code of Points relating to competition attire. However, with the ethos of this event being to encourage participation within recreational gymnastics, these rules and the associated penalties will be relaxed. Additional supportive clothing and the use of training aids e.g., Panda paws, taping or strapping of any colour, will not incur any penalty deductions.

Advertising must adhere to the [Advertising on Clothing & Competition Attire at Events Policy](#).

When representing your Club (excluding NDP Individual and Regional Team Finals – Home Nations only), the wearing of GBR or Home Country attire at British Gymnastics Events is strictly forbidden. For the avoidance of doubt, any inclusion of the Union Flag (or home nation flag) within the design of any leotard is expressly forbidden.

The removal of leotards on the field of play is not allowed.

- **Coaches**

Coaches must wear a tracksuit with full-length tracksuit bottoms or full-length tracksuit bottoms with a collared polo shirt or club/region t-shirt and appropriate gym/training shoes. The wearing of GBR or Home Nation attire at British Gymnastics Events is strictly forbidden. Long hair should be braided or tied back so as not to obscure vision.

Coaches will not be allowed on the competition floor if wearing ANY jewellery. If it is impossible to remove items of jewellery, they should be taped. Exceptions are as per [Health & Safety Guidance: Safe Coaching](#).

- **Judges**

Male: Blazer or suit, trousers, white shirt, British Gymnastics/FIG or plain dark tie, black or blue

shoes Female: Blazer or jacket, skirt or full-length trousers, white blouse, black or blue shoes

(without heels) Recorders, computer operators and other officials who may be working

alongside the judges should dress similarly. Please refer to discipline specific rules in the [FIG](#)

[General Judges' Rules 2025-2028](#) for further information.

Music (where applicable)

All music for competition routines must be uploaded onto the online entry system at the latest one week before the competition date (see event page for specific time and date).

Instructions for submitting music electronically may be found within the Online Entry Guide 

Coaches are advised to carry a backup copy of all music files (contained within an USB storage/flash drive) that can be used in the event of any technical issues with the music submitted. Each track on the USB drive must be in MP3 format and clearly labelled with the following format:

Gymnast Names -Club-Category-Routine

Late Music Submission (where applicable)

Late submission of music will attract a fee of £20.00 per gymnast/partnership/group/team. This fee will be payable by the club or region via invoice. Music not uploaded by the deadline cannot be guaranteed to be uploaded on the day.

Music Licensing (where applicable)

All music used in competition routines must conform to the relevant licensing requirements. Details may be found upon logging into the Club Hub Resources Website and accessing the PPL/PRS page via the “Places” tab. 

Certain tracks belonging to Disney, Andrew Lloyd Webber and Cirque du Soleil can be used but this should be checked on the PPL Website to confirm the track is included within their repertoire.

To check tracks, go to  and enter the artists name and title. Any music listed as part of the search can be used.

If the track is not included within the listed tracks the club must apply directly to Disney, Andrew Lloyd Webber, or Cirque du Soleil to use the track and pay the relevant licensing fees.

Order of Performance

The order of competing for individual events and team events shall be decided according to the competition arrangements made by the Organiser or such officials as may be authorised by the Technical Committee. For the purpose of maintaining a smooth and timely running of the event, or where the safety, security and good performance of the gymnasts is a concern, the Technical Committee reserve the right to alter the grouping of gymnasts and/or running order of performances as may be deemed necessary by the Organiser or authorised officials, up to the start of warm up.

Wherever practical the Organiser shall produce and circulate to all participating clubs a provisional start list and running order for an event at least 2 weeks before the day thereof.

Registration

Coaches must make adequate provision for the supervision of their gymnasts upon arrival at the venue. Gymnasts will not be allowed to register or begin warm up without their coach present.

Only register your Gymnast(s)/Club when those competing in that session of the event have arrived at the event and intend to compete. Please inform the registration desk of any withdrawals as soon as possible.

During registration accreditation/passes will be issued. Abuse of accreditation/passes may result in disciplinary action taken by British Gymnastics.

Specific registration processes where appropriate can be found in the event work plan.

Access to Warm up Hall

Access to the warm up hall will be limited to the appropriate number of Coaches and Chaperones (where applicable) as defined in the specific details section for each Event.

On arrival, coaches will need to register and collect their accreditation from registration.

In the case of events spanning more than one day, accreditation will be issued for each day.

At larger national events the FIG/UEG recognised accreditation system will apply.

Abuse of accreditation may result in disciplinary action being taken by British Gymnastics.

Judges will not be allowed into the warm up hall, once the judges meeting has taken place.

Food and Drink

There may be restrictions within the competition areas with regard to food and drink. This is to manage food intolerances and allergies.

Babies and Young Children

In the interests of safety, for the smooth running and professional presentation of the events, babies and young children are not permitted to enter the warm-up hall or field of play, even if they are being supervised by an adult.

Medical Provision

Anyone requiring First Aid assistance should speak to either the Organiser or British Gymnastics medical team. It is recommended that all coaches have a First Aid kit with them for minor injuries.

At all British Gymnastics Events an official medical team will be appointed and will be available to treat gymnasts who sustain an injury at the event. The medical team are not able to treat pre-existing or chronic injuries.

Any injury occurring during the official training or competition must be reported to the medical team, to ensure a record can be kept of treatment given and by whom.

The decision of the British Gymnastics appointed medical officer as to the gymnast's health, medical status, and their ability to compete at the event is absolute and final.

Medal Ceremonies

Except in exceptional circumstances, gymnasts who win a medal at a British Gymnastics Event are expected to remain in the venue until the completion of the competition and participate in the medal presentation ceremony in order to collect their award in person.

Medals will only be distributed at the event, not by post.

Attire for medal ceremonies is according to FIG World Championships or European Gymnastics rules. 

Tenure of Trophies

All perpetual trophies remain the property of British Gymnastics.

Perpetual trophies are the responsibility of the winning club or region. The club or region are responsible for the inscription of, as well as safekeeping and maintenance of, the trophy and for returning it to the Organiser prior to the competition the following year by either; -

- Making arrangements for it to be delivered to the competition venue on the day.
- Returning it to the competition organiser at least one week prior to the competition.
- Returning it to the British Gymnastics offices at least one week prior to the competition.
- Failure to do this or loss of a trophy will incur a cost to the individual / club.

Pat English Trophy

Pat was an inspiration as both a coach and competitor; right up to the day he died. He amazed everyone when performing a front somersault in his routine, especially when in his 60s. He was so kind, and always willing to help fellow competitors.

The Pat English Trophy is awarded to a competitor, coach or official who shows great sportsmanship; supporting fellow competitors/coaches/officials and spreading infectious spirit throughout the competition.

If you wish to submit a nomination, the form can be via the [link](#) and in the Work Plan.

Social event

The Adult Gymnastics British Championships 2026 social event will take place on the evening of Saturday 13th June. Tickets will be available via JustGo under the competition listed as "Saturday Social."

Please note: The social event is for coaches, competitors, and officials and will be dependent on numbers. There will be an additional cost to attend.

Privacy

British Gymnastics Privacy Notice 

At many events, British Gymnastics may produce event merchandise (eg event t-shirts). These may include the names and/or clubs of the gymnasts taking part.

Where competing gymnasts have a disability, it may be necessary to share the details of this disability with Performance staff and the Technical Committee in order to discuss if modifications to rules and processes are appropriate arising from this disability.

The scores, results and “Judgecam” videos from British Gymnastics events, where BGScore is present, will be made available in the BGScore App and also published on the British Gymnastics Website in the specific event page.

Video, Film and Photography

Photographs and video footage will be captured at British Gymnastics events.

British Gymnastics accredited photographers and the media may be present, and in some cases, events may be live-streamed by the British Gymnastics TV production team or broadcast partners. The images taken at events may be used by British Gymnastics, GEL and the British Gymnastics Foundation for the purposes of promotion, education and development of the sport.

They may also be shared with journalists, through social media outlets e.g. Facebook, Instagram, YouTube, etc. and our third-party partner organisations for general promotional purposes.

Anyone who does not wish themselves or their child to be photographed/filmed at the event must advise the British Gymnastics Events Department or the Event Organiser. Although it is not always practical to manage the content of live streamed footage, we will make every effort to ensure any identifiable images of the participant are not published.

British Gymnastics will display clear signage and make announcements about photography and filming at relevant events. Any footage of children and individuals who are vulnerable will be published in accordance with our relevant safeguarding policy.

To make our events entertaining and easy to follow for our audience and fans, we announce and publish information about participants, including nationality, scores and achievements.

Videos of routines performed by participating gymnasts taking part in our major events are made available on the BG Score App and website but access is restricted to British Gymnastics members.

We delete event photographs and videos after five years unless we consider them to be of public interest and should consequently be archived for historical purposes. Where images have been published on social media, these platform providers may continue to process your data after the retention period has lapsed.

Any person wishing to use video, film or take photographs must abide by the [British Gymnastics Health Safety and Welfare Policy](#) 

Photos may only be taken for personal use. Unless specifically accredited to do so, you may not take photos for sale, other commercial use, or publication in printed or electronic form, such as on websites.

Clubs may publish some photos but this may only be done in accordance with [British Gymnastics Photography Policy](#)  and in conjunction with the [British Gymnastics Safeguarding Policy and Health Safety & Welfare Policy](#) 

Flash photography may not be used at any time while gymnasts are warming up or competing.

Photography on the Field of Play by gymnasts, coaches and officials is not permitted.

If you have concerns about the identity or actions of any photographer or if you believe that any unsuitable photos are being taken, you should report your concerns to the British Gymnastics appointed Welfare Officer at the event.

Health & Safety

The health, safety and welfare of all participants (gymnasts, coaches and officials) is the primary consideration.

All British Gymnastics policies and procedures will be rigorously applied with regards to health, safety, welfare and Safeguarding & Protecting Children.

Overnight Stays

Government legislation requires that when a club takes a gymnast(s) under the age of 18 years on a journey involving an overnight stay, the club must ensure that there is a designated trained person responsible for child protection on the trip. To adhere to the CPSU child protection standards, this person must not be related to or in a relationship with the coach attending the trip.

The training for the designated person should be a British Gymnastics recognised Safeguarding and Protecting Children award or Home Country equivalent. The appropriate criminal records checks should also have been completed.

For Overnight Trips, the appropriate form needs to be completed in full and sent to British Gymnastics at least six weeks prior to travel so we can get your trip approved and endorsed by our insurers. Failure to inform British Gymnastics of any overnight stays may invalidate your insurance. You can find the UK Overnight Stay Application form by following this link. 

Please note that the British Gymnastics Membership Insurance does not cover Travel or Emergency Medical Expenses; we therefore recommend that, where necessary, you take out additional Travel Insurance. 

Drug Free Sport

The testing programme may affect any elite gymnast performing at a national standard.

Please follow the link to read the [British Gymnastics policy](#) 

Manipulation of Competition

British Gymnastics, as a sports organisation bound by the Olympic Charter and the International Olympic Committee Code of Ethics, declares our commitment to support the integrity of sport and fight against the manipulation of competitions by adhering to the standards set out in the Olympic Movement Code on the Prevention of the Manipulation of Competitions and by requiring our members to do likewise. Please follow the link to read the Prevention of Manipulation of Competitions Policy. 

Adult Gymnastics British Championships 2026

Date:	Friday 12 th June – Sunday 14 th June 2026
Venue:	Lilleshall National Sports Centre, Newport, Shropshire, TF10 9AT
Opening date:	Friday 20 th March 2026
Closing date:	Friday 1 st May 2026 (12:00 noon)
Music Deadline:	Friday 5 th June 2026 (12:00 noon)
Entry Fee:	Individuals £52 per person per discipline, £25.00 per person per additional discipline Teams £52 per team

Social Event cost ETBC

Eligibility

- Minimum of “Community” (previously Bronze) membership
- 18 years or over (in the year of competition)
- Individuals can enter more than one discipline
- Teams consist of a minimum of three and a maximum of six gymnasts with a minimum of two ability levels represented within any one team,
- Acro team consists minimum of 3 partnerships, maximum of 5 partnerships
- Individuals can only represent one team per discipline.
- Level appropriate skills within each discipline are stated within the relevant discipline specific [competition structures](#)
- Please refer to the [Competition levels](#) section for information on retirement from the sport and eligibility to compete within specific categories

Coach Qualifications & Passes:

Competition	Lead Coach Minimum Qualification Required
All competitions	Level 2

Competition Entries	Coach
1	1
2	2
3	3

A Level 1 coach will be allowed on the field of play if the Lead Coach is Level 2 or above. Please follow the link to check your awards using the equivalent qualifications table  Maximum one Coach per entry.

Tie Breaks:

Ties will not be broken, with the exception of Acro as defined in the competition structure.

Awards:

TRA, ACRO, TUM

- Gold, Silver and Bronze medals for each competition category (all differing ages and abilities levels)

WAG, MAG

- All-around gold, silver and bronze medals for each competition category (all differing ages and abilities levels)

Other awards

- Team medals for 1st, 2nd and 3rd places in all disciplines
- Pat English Trophy

Appendix 1 – Team Score Calculation

Please see the following information to guide through how the team scores are calculated. Please refer to your specific discipline guidance as there are some variations between disciplines in how they are calculated.

Womens & Mens Artistic Team Calculations

General

To enter a team, you need the following requirements.

- A minimum of 3 gymnasts and a maximum of 6 gymnasts from the same club to create a team.
- Within the team there must be a minimum of two different ability levels, for example, WAG Novice 18 & WAG Intermediate 30.
- Team scores are based on the individual execution score only.
- The gymnasts are each awarded an individual team age bonus (please note this is different from the individual age bonus). This bonus is divided across all 4 (WAG) or 6 (MAG) pieces of apparatus – regardless of whether gymnasts compete all pieces.
Tables of age bonuses can be found in [Appendix 3](#)
- A team age bonus of 0.1 will be awarded in increments of every 2 years over the age of 20 years for example 22 = 0.1, 40 = 1.0

Calculation rules

1. Each gymnast will receive an execution score from the individual routines for each apparatus they compete on.
2. Should they receive any penalties from the judges, these will be subtracted from the execution score they received.
3. The proportion of the age bonus and execution score are added together. (This bonus is divided across all 4 (WAG) or 6 (MAG) pieces of apparatus – regardless of if they compete on all pieces)
4. The top 3 execution scores plus age bonus scores per apparatus are carried forward
5. From those scores the top 9 (WAG) or 12 (MAG) scores are added together across all apparatus. These are used to calculate the team's total score.

WAG EXAMPLE

Total Execution scores + age bonus

	Age	Team age bonus (Divided by the number of apparatus)	VAULT	BARS	BEAM	FLOOR
Gymnast 1	23	0.2	6.3 + 0.05 = 6.35	7.0 + 0.05 = 7.05	6.4 + 0.05 = 6.45	6.5 + 0.05 = 6.55
Gymnast 2	40	1.0	8.0 + 0.25 = 8.25	6.25 + 0.25 = 6.5	DNC 0.25 = 0.25	4.5 + 0.25 = 4.75
Gymnast 3	23	0.2	5.5 + 0.05 = 5.55	6.0 + 0.05 = 6.05	6.5 + 0.05 = 6.55	7.3 + 0.05 = 7.35
Gymnast 4	20	0.0	5.5 + 0.0 = 5.5	7.0 + 0.0 = 7.0	6.3 + 0.0 = 6.3	5.8 + 0.0 = 5.8
Gymnast 5	41	1.0	7.5 + 0.25 = 7.75	DNC + 0.25 = 0.25	7.0 + 0.25 = 7.25	6.5 + 0.25 = 6.75
Gymnast 6	42	1.2	8.0 + 0.3 = 8.3	8.0 + 0.3 = 8.3	4.3 + 0.3 = 4.6	6.0 + 0.3 = 6.3

Top 3 scores for each apparatus

	Age	Team age bonus	VAULT	BARS	BEAM	FLOOR
Gymnast 1	23	0.2	6.3 + 0.05 = 6.35	7.0 + 0.05 = 7.05	6.4 + 0.05 = 6.45	6.5 + 0.05 = 6.55
Gymnast 2	40	1.0	8.0 + 0.25 = 8.25	6.25 + 0.25 = 6.5	DNC + 0.25 = 0.25	4.5 + 0.25 = 4.75
Gymnast 3	23	0.2	5.5 + 0.05 = 5.55	6.0 + 0.05 = 6.05	6.5 + 0.05 = 6.55	7.3 + 0.05 = 7.35
Gymnast 4	20	0.0	5.5 + 0.0 = 5.5	7.0 + 0.0 = 7.0	6.3 + 0.0 = 6.3	5.8 + 0.0 = 5.8
Gymnast 5	41	1.0	7.5 + 0.25 = 7.75	DNC + 0.25 = 0.25	7.0 + 0.25 = 7.25	6.5 + 0.25 = 6.75
Gymnast 6	42	1.2	8.0 + 0.3 = 8.3	8.0 + 0.3 = 8.3	4.3 + 0.3 = 4.6	6.0 + 0.3 = 6.3

Top 9 scores to equal the total team score

	Age	Team age bonus	VAULT	BARS	BEAM	FLOOR
Gymnast 1	23	0.2		7.0 + 0.05 = 7.05	6.4 + 0.05 = 6.45	6.5 + 0.05 = 6.55
Gymnast 2	40	1.0	8.0 + 0.25 = 8.25			
Gymnast 3	23	0.2			6.5 + 0.05 = 6.55	7.3 + 0.05 = 7.35
Gymnast 4	20	0.0		7.0 + 0.0 = 7.0		
Gymnast 5	41	1.0	7.5 + 0.25 = 7.75		7.0 + 0.25 = 7.25	6.5 + 0.25 = 6.75
Gymnast 6	42	1.2	8.0 + 0.3 = 8.3	8.0 + 0.3 = 8.3		

Total Score = 68.00

Trampoline & Tumbling Team Calculations

General

To enter a team, you need the following requirements.

- A minimum of 3 gymnasts and a maximum of 6 gymnasts from the same club to create a team.
- Within the team there must be a minimum of two different ability levels, for example, TRA Women's Novice 18 & TRA Mens intermediate 30.
- Team scores are based on the individual execution score only.
- The gymnasts are each awarded a team age bonus (please note this is different from the individual age bonus) This bonus is divided across both routines, regardless of whether they complete both exercises.

Tables of age bonuses can be found in [Appendix 3](#)

- A team age bonus of 0.1 will be awarded in increments of every 2 years over the age of 20 years, for example, 22= 0.1, 40 = 1.0

Calculation rules

1. Each gymnast will receive an execution score from their individual routines for each exercise
2. Should they receive any penalties from the judges, these will be subtracted from the execution score.
3. The proportional age bonus and execution score are added together. (Team age bonus is divided across both exercises)
4. The highest 3 execution scores plus age bonus scores, on each exercise, are added together to make the team score

TRA/TUM Example

	Age	Team age bonus (Divided by the number of apparatus)	Exercise 1	Exercise 2
Gymnast 1	23	0.2	$6.3 + 0.1 = 6.4$	$7.0 + 0.1 = 7.1$
Gymnast 2	40	1.0	$8.0 + 0.5 = 8.5$	$6.25 + 0.5 = 6.75$
Gymnast 3	23	0.2	$5.5 + 0.1 = 5.6$	$6.0 + 0.1 = 6.1$
Gymnast 4	20	0.0	$5.5 + 0.0 = 5.5$	$7.0 + 0.0 = 7.0$
Gymnast 5	41	1.0	$7.5 + 0.5 = 8.0$	DNC + 0.5 = 0.5
Gymnast 6	42	1.2	$8.0 + 0.6 = 8.6$	$8.0 + 0.6 = 8.6$

Total score = 47.8

Acro Team Calculations

General

To enter a team, you need the following requirements.

- A minimum of 3 partnerships and a maximum of 5 partnerships from the same club to create a team.
- Balance and Dynamic Routine - The average from the final score is taken from both routines.
- Combined Routine - The final score is taken.
- The sum of the highest 3 scores will equal the team score.
- The gymnasts receive a team age bonus, which can be divided across both routines or applied to a combined routine.

Tables of age bonuses can be found in [Appendix 3](#)

- A team age bonus of 0.1 will be awarded in increments of every 5 years over the age of 18 years, for example, 22= 0.1, 40 = 0.5

Calculation rules

1. Each gymnast will receive a final score from their individual routines.
2. Should they receive any penalties from the judges, these will be subtracted from the score they received.
3. The proportional age bonus and final scores are added together. (Team age bonus is divided across both routines if balance and dynamic are competed)
4. The highest 3 scores are calculated to make the total team score

	Age	Team age bonus	Balance	Dynamic	Combined	Average of the scores + Age bonus
Gymnast 1 & Gymnast 2	23 & 40	$0.1 + 0.5 = 0.6$	13.2	15.0		$14.1 + 0.6 = 14.7$
Gymnast 3, Gymnast 4 & Gymnast 5	40,20,41	$0.5 + 0.1 + 0.5 = 1.1$			17.0	$17.0 + 1.1 = 18.1$
Gymnast 6 & Gymnast 7	42 & 50	$0.5 + 0.7 = 1.2$	14.6	14.5		$14.55 + 1.2 = 15.75$
Gymnast 8, Gymnast 9, Gymnast 10, Gymnast 11	35,18,24,39	$0.4 + 0.1 + 0.1 + 0.4 = 1.0$			12.4	$12.4 + 1.0 = 13.4$
Gymnast 8 & Gymnast 4	35 & 20	$0.4 + 0.1 = 0.5$	11.9	14.3		$13.1 + 0.5 = 13.6$

Total Team Score = 61.65

Appendix 2a – Individual Age Bonus tables

Year of Birth	Age	ACRO	MAG	WAG	TRA	TUM
2008	18	0.1	0	0	0	0
2007	19	0.1	0	0	0	0
2006	20	0.1	0	0	0	0
2005	21	0.1	0.1	0.1	0.1	0.1
2004	22	0.1	0.2	0.2	0.2	0.2
2003	23	0.1	0.3	0.3	0.3	0.3
2002	24	0.1	0.4	0.4	0.4	0.4
2001	25	0.2	0.5	0.5	0.5	0.5
2000	26	0.2	0.6	0.6	0.6	0.6
1999	27	0.2	0.7	0.7	0.7	0.7
1998	28	0.2	0.8	0.8	0.8	0.8
1997	29	0.2	0.9	0.9	0.9	0.9
1996	30	0.3	0	0	0	1.0
1995	31	0.3	0.1	0.1	0.1	1.1
1994	32	0.3	0.2	0.2	0.2	1.2
1993	33	0.3	0.3	0.3	0.3	1.3
1992	34	0.3	0.4	0.4	0.4	1.4
1991	35	0.4	0.5	0.5	0.5	1.5
1990	36	0.4	0.6	0.6	0.6	1.6
1989	37	0.4	0.7	0.7	0.7	1.7
1988	38	0.4	0.8	0.8	0.8	1.8
1987	39	0.4	0.9	0.9	0.9	1.9
1986	40	0.5	0	0	0	0
1985	41	0.5	0	0.1	0	0
1984	42	0.5	0.1	0.2	0.1	0.1
1983	43	0.5	0.1	0.3	0.1	0.1
1982	44	0.5	0.2	0.4	0.2	0.2
1981	45	0.6	0.2	0.5	0.2	0.2
1980	46	0.6	0.3	0.6	0.3	0.3
1979	47	0.6	0.3	0.7	0.3	0.3
1978	48	0.6	0.4	0.8	0.4	0.4
1977	49	0.6	0.4	0.9	0.4	0.4
1976	50	0.7	0.5	0	0.5	0.5
1975	51	0.7	0.5	0	0.5	0.5
1974	52	0.7	0.6	0.1	0.6	0.6
1973	53	0.7	0.6	0.1	0.6	0.6
1972	54	0.7	0.7	0.2	0.7	0.7
1971	55	0.8	0.7	0.2	0.7	0.7
1970	56	0.8	0.8	0.3	0.8	0.8
1969	57	0.8	0.8	0.3	0.8	0.8
1968	58	0.8	0.9	0.4	0.9	0.9
1967	59	0.8	0.9	0.4	0.9	0.9
1966	60	0.9	1	0.5	1	1
1965	61	0.9	1	0.5	1	1

1964	62	0.9	1.1	0.6	1.1	1.1
1963	63	0.9	1.1	0.6	1.1	1.1
1962	64	0.9	1.2	0.7	1.2	1.2
1961	65	1	1.2	0.7	1.2	1.2
1960	66	1	1.3	0.8	1.3	1.3
1959	67	1	1.3	0.8	1.3	1.3
1958	68	1	1.4	0.9	1.4	1.4
1957	69	1	1.4	0.9	1.4	1.4
1956	70	1	1.5	1.0	1.5	1.5
1955	71	1	1.5	1.0	1.5	1.5
1954	72	1	1.6	1.1	1.6	1.6
1953	73	1	1.6	1.1	1.6	1.6
1952	74	1	1.7	1.2	1.7	1.7
1951	75	1	1.7	1.2	1.7	1.7
1950	76	1	1.8	1.3	1.8	1.8
1949	77	1	1.8	1.3	1.8	1.8
1948	78	1	1.9	1.4	1.9	1.9
1947	79	1	1.9	1.4	1.9	1.9
1946	80	1	2	1.5	2	2
1945	81	1	2	1.5	2	2

Appendix 2b – Team Age Bonus Table

Year of Birth	Age	ACRO	MAG	WAG	TRA	TUM
2008	18	0.1	0	0	0	0
2007	19	0.1	0	0	0	0
2006	20	0.1	0	0	0	0
2005	21	0.1	0	0	0	0
2004	22	0.1	0.1	0.1	0.1	0.1
2003	23	0.1	0.1	0.1	0.1	0.1
2002	24	0.1	0.2	0.2	0.2	0.2
2001	25	0.2	0.2	0.2	0.2	0.2
2000	26	0.2	0.3	0.3	0.3	0.3
1999	27	0.2	0.3	0.3	0.3	0.3
1998	28	0.2	0.4	0.4	0.4	0.4
1997	29	0.2	0.4	0.4	0.4	0.4
1996	30	0.3	0.5	0.5	0.5	0.5
1995	31	0.3	0.5	0.5	0.5	0.5
1994	32	0.3	0.6	0.6	0.6	0.6
1993	33	0.3	0.6	0.6	0.6	0.6
1992	34	0.3	0.7	0.7	0.7	0.7
1991	35	0.4	0.7	0.7	0.7	0.7
1990	36	0.4	0.8	0.8	0.8	0.8
1989	37	0.4	0.8	0.8	0.8	0.8
1988	38	0.4	0.9	0.9	0.9	0.9
1987	39	0.4	0.9	0.9	0.9	0.9
1986	40	0.5	1	1	1	1
1985	41	0.5	1	1	1	1
1984	42	0.5	1.1	1.1	1.1	1.1
1983	43	0.5	1.1	1.1	1.1	1.1
1982	44	0.5	1.2	1.2	1.2	1.2
1981	45	0.6	1.2	1.2	1.2	1.2
1980	46	0.6	1.3	1.3	1.3	1.3
1979	47	0.6	1.3	1.3	1.3	1.3
1978	48	0.6	1.4	1.4	1.4	1.4
1977	49	0.6	1.4	1.4	1.4	1.4
1976	50	0.7	1.5	1.5	1.5	1.5
1975	51	0.7	1.5	1.5	1.5	1.5
1974	52	0.7	1.6	1.6	1.6	1.6
1973	53	0.7	1.6	1.6	1.6	1.6
1972	54	0.7	1.7	1.7	1.7	1.7
1971	55	0.8	1.7	1.7	1.7	1.7
1970	56	0.8	1.8	1.8	1.8	1.8
1969	57	0.8	1.8	1.8	1.8	1.8
1968	58	0.8	1.9	1.9	1.9	1.9
1967	59	0.8	1.9	1.9	1.9	1.9
1966	60	0.9	2	2	2	2
1965	61	0.9	2	2	2	2
1964	62	0.9	2.1	2.1	2.1	2.1

1963	63	0.9	2.1	2.1	2.1	2.1
1962	64	0.9	2.2	2.2	2.2	2.2
1961	65	1	2.2	2.2	2.2	2.2
1960	66	1	2.3	2.3	2.3	2.3
1959	67	1	2.3	2.3	2.3	2.3
1958	68	1	2.4	2.4	2.4	2.4
1957	69	1	2.4	2.4	2.4	2.4
1956	70	1	2.5	2.5	2.5	2.5
1955	71	1	2.5	2.5	2.5	2.5
1954	72	1	2.6	2.6	2.6	2.6
1953	73	1	2.6	2.6	2.6	2.6
1952	74	1	2.7	2.7	2.7	2.7
1951	75	1	2.7	2.7	2.7	2.7
1950	76	1	2.8	2.8	2.8	2.8
1949	77	1	2.8	2.8	2.8	2.8
1948	78	1	2.9	2.9	2.9	2.9
1947	79	1	2.9	2.9	2.9	2.9
1946	80	1	3	3	3	3
1945	81	1	3	3	3	3