



ENGLISH GYMNASTICS SELECTION POLICY

Women's Artistic Gymnastics
2026 Commonwealth Games
Glasgow, Scotland

Publication

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1. Introduction

- 1.1. The objective of this policy is to create a transparent, impartial Nomination process that follows specific eligibility requirements and performance criteria.
- 1.2. The nomination of gymnasts and coaches to represent England at the 2026 Commonwealth Games will be made according to this selection policy.
- 1.3. English Gymnastics reserves the right to update the dates and Designated Selection Event information outlined in this policy based on any changes made to the Women's Artistic Gymnastics competition calendar and any new information released relating to key information, dates, and timelines set by Commonwealth Games England.

2. Governance

- 2.1. The English Gymnastics Association delegates the authority to implement and execute this policy, including all processes, procedures, and structures outlined to the Chairperson.
- 2.2. The Chairperson, in turn, delegates responsibility for the English National Team Nomination processes to the English Gymnastics Performance Team.
- 2.3. The English Gymnastics Performance Team is responsible for:
 - a) establishing and managing the structures, processes, and procedures in line with this policy
 - b) verifying the eligibility of all gymnasts put forward for consideration by the Nomination panel.
- 2.4. British Gymnastics reserves the right to conduct regular reviews of this policy to ensure alignment with any external rule or policy amendments and to incorporate relevant feedback as necessary.

3. Competition Dates & Purpose

- 3.1. The **Commonwealth Games** is a stand-alone performance competition. This will be held from the 24th – 28th July 2026.
- 3.2. As a performance competition, selections (nominations) will be made based on the gymnasts most capable of performing and challenging to maximise medal potential for England.

4. Nomination Panel

- 4.1. The role of the Nomination Panel is to apply this Policy to nominate Gymnasts and Coaches to represent England for the Commonwealth Games.
- 4.2. The Nomination panel for this competition will consist of:
 - a) Team Leader (Chair – non-voting member)
 - b) Performance Director (voting member)
 - c) GBR Head National Coach (voting member)
 - d) National Technical Committee Representative (voting member)
 - e) Medical representative (non-voting member)
 - f) Performance Analyst (non-voting member)
 - g) Nominated note taker (non-voting member)
 - h) Commonwealth Games England Representation (non-voting member)
 - i) Independent Observers (Up to two, non-voting members)
- 4.3. Any amendments to the panel will be updated in this selection policy when required.
- 4.4. Should an appointed member to the Nomination Panel be unable to fulfil their role on the Nomination Panel, the Performance Team may replace that member with another member with commensurate knowledge and experience to the role at any time prior to the Nomination Meeting.

4.5. The Nomination Panel will document the process implemented and rationale for making its selection and nomination decisions.

5. Conflict of Interest

5.1. A conflict of interest is defined as 'a situation in which a person is in a position to derive personal benefit from actions or decisions made in their official capacity' or 'a situation in which the concerns or aims of two different parties are incompatible.

5.2. English Gymnastics is committed to ensuring that all Nomination processes are conducted fairly and transparently. To uphold this standard, all members of the Nomination Panel will receive a list of who is under consideration for selection and are required to declare any conflicts of interest no later than 72 hours prior to the commencement of the Nomination meeting.

6. Nomination Timelines

- Nomination Panel Meeting – will take place on **Tuesday 2nd June 2026**
- Internal Communication of nominations – will take place by **Tuesday 2nd June 2026**.
- Appeals window – will be in effect from **17:00 on Tuesday 2nd June 2026 to 17:00 on Thursday 4th June 2026**
- Public team announcement – **Wednesday 17th June 2026 (date subject to change)**

**PLEASE NOTE: The dates may be amended based on the updated timelines from Commonwealth Games England.*

7. Competition Format

7.1. The competition format will be delivered in accordance with the current [FIG](#) Technical Regulations.

7.2. The competition scoring will be delivered as per the FIG Code of Points (CoP) (2025 – 2028).

7.3. The competition format will be:

- Qualification – including Team Final and qualification for AA and apparatus finals · Max of 5 gymnasts per federation, max of 4 per apparatus, 3 scores to count for the team score.
- Individual AA Final - Top 24 from Qualification with a max of 3 gymnasts per Federation.
- Apparatus finals - Top 8 from Qualification with a maximum of 2 per Federation.

8. Team Composition and Size

8.1. The Women's Artistic Gymnastic competition team size for the Commonwealth Games is 5 gymnasts

8.2. The number of coaches selected for the team is 2 and accreditations will be issued in strict accordance with the provisions outlined for the Commonwealth Games.

9. Performance Targets

9.1. English Gymnastics is targeting 5-6 medals:

- a) Team Medal (from Qualification)
- b) 1 Medal in Individual AA Final
- c) 3-4 Medals in Apparatus Finals

10. Gymnast Eligibility Criteria

10.1. To be eligible for consideration a gymnast (competing or reserve) must meet all the following eligibility requirements:

- a) be a British Citizen with a valid British passport.
- b) meet the age requirements set out for each competition: Women's Artistic Seniors 16+ in the year of competition/ (NF must declare whether their 16-year-old gymnasts will compete as junior or senior prior to their first competition for the year concerned).

- c) gymnasts must maintain a current, applicable membership with British Gymnastics.
- d) are in possession of a valid Gymnast Licence from FIG at the time of nomination.
- e) have no British Gymnastics membership violations at the time of nomination.
- f) have no doping violations at the time of nomination.
- g) must have completed any additional third-party agency requirements (such as, but not limited to, FIG, UK Anti-Doping, the World Anti-Doping Agency, BOA).
- h) have competed in at least one of the Designated Selection Events (Section 11)
- i) have read and understood the Nomination process outlined in this policy.

10.2. To be considered for nomination by England to compete at the Commonwealth Games, the gymnast must be eligible to hold a United Kingdom passport and meet a minimum of one of the criteria below:

- a) Born in England (proof of birth certificate required)
- b) Have one or more parents born in England (proof of birth certificate for parent(s) and gymnast)
- c) Have one or more grandparents born in England (proof of birth certificate for grandparent(s) and gymnast)
- d) Have continuous residency of three years minimum in England (proof of address through utility bills, mortgage statement, bank statements etc.)

11. Designated Selection Events

11.1. Designated Selection Events (DSEs) are specific competitions chosen by English Gymnastics to assess a gymnasts' performance for Nomination.

11.2. Attendance at DSEs is mandatory for gymnasts seeking Nomination, as these events objectively assess performance in competitive conditions and demonstrate readiness to meet the performance standards and performance targets for England.

11.3. The designated Selection events applicable to this Nomination are the following:

- a) World Championships (Jakarta, INA) – October 2025
- b) English Championships – February 2026
- c) Welsh Championships – February 2026
- d) Scottish Championships – February 2026
- e) British Championships – March 2026
- f) Home Nations Control – April 2026 (tbc)
- g) Any GBR International (October 2025 – May 2026)

12. Extenuating Circumstances

12.1. Any gymnast unable to compete at one or more of the DSEs can apply to the Nomination Panel for consideration. There is no guarantee that all applications will be approved, and the applicant will be notified of the decision within two (2) weeks of submission. Decisions are not open to appeal.

The bases for consideration for extenuating circumstances will need to fall under the following:

- a) Injury preventing participation.
- b) Illness preventing participation.
- c) Equipment failure.

- d) Bereavement or disability arising from the death or serious illness of a parent, spouse, de facto partner, guardian, sibling, or grandparent.
- e) Travel delays or restrictions, not caused by the gymnast, preventing participation.
- f) Unanticipated events occurring at the Designated Selection Event.
- g) Other factors that are significant and demonstrable in nature, as deemed reasonable by the Nomination Panel.

12.2. Timing:

- a) Applications must be submitted as soon as practically possible, but no later than 48 hours after the occurrence necessitating the application. (excluding Designated Selection Events which took place before this policy was released)
- b) If submission within 48 hours is not feasible, applicants must provide Written Notice for the delay and submit the application at the earliest possible opportunity.
- c) In cases of illness, injury, or equipment failure incurred during a DSE, a Performance team member or National Head/Lead Coach should be notified by the conclusion of the DSE.

12.3. Evidence:

- a) Medical evidence must be provided by a General Medical Council registered Doctor, Psychologist or a Health and Care Professions Council Registered Physiotherapist if an application is made on the bases of injury or illness. The evidence must clearly indicate the timing of the injury or illness and specify that it has rendered the gymnast unable to participate.
- b) If an application is submitted on the grounds of bereavement, travel days, or unforeseen circumstances occurring at the Designated Selection Event (DSE), a member of the Performance Team will contact the applicant regarding the necessary documentation to support the claim.
- c) Any gymnast who is considered based upon extenuating circumstances may be required to submit agreed competition routine footage from October 2025 to March 2026 to an independent British Gymnastics judging panel. The judging panel will evaluate the performances to determine if they meet the Performance Standards applicable for the event. The scoring of submitted routines will not be circulated nor open for appeal.

12.4. Gymnasts are required to apply for consideration via the following link:

[Apply for Extenuating Circumstances](#)

12.5. All applications must come from the gymnast or their parent/guardian – applications from coaches or clubs on behalf of the gymnast will not be accepted.

13. Coach Eligibility Criteria

13.1. Coach nominations will be based on the availability of accreditations and competition strategy.

13.2. To be eligible for nomination a coach must meet all the following eligibility requirements:

- a) coaches must maintain a current, applicable membership with British Gymnastics.
- b) coaches must have completed all necessary safer recruitment checks, including a valid and up-to-date criminal record check, along with any other pertinent training or certifications.
- c) coaches must not be subject to any restrictions on coaching activities resulting from sanctions or disciplinary actions.
- d) a suspension from British Gymnastics is a temporary measure. Coaches under suspension are ineligible for Nomination, as this is a neutral act intended to protect individuals under investigation, fellow members, and British Gymnastics.

- e) in cases of ongoing investigations by British Gymnastics, Sport Integrity, or other partners, a risk assessment will be conducted to evaluate potential risks and necessary control measures regarding gymnastics delivery and the overall reputation of the sport.
- f) Coaches must uphold English Gymnastics' values and the collective accountability plan, promoting a positive and high-performance environment
- g) are in possession of a current Coach Licence held with the FIG.
- h) must have completed any additional third-party agency requirements (such as, but not limited to, FIG, UK Anti-Doping, the World Anti-Doping Agency, BOA).
- i) has read, understood and accepted the Nomination process outlined in this policy.

14. Performance Standards

14.1. Gymnasts wishing to be considered for selection (nomination) are expected to achieve the performance standards from Table 1 within at least one competition during a Designated Selection Event listed in Section 11.

Table 1:

Minimum Performance Standards						
Score	AA	Vault	Vt Avg. (finals)	U-Bars	Beam	Floor
Total	53.5	13.6	14.0	13.6	13.6	13.4
Difficulty		4.6	4.8	5.6	5.6	5.4

14.2. English Gymnastics reserve the right to adjust these scores following analysis of international and national scoring in relation to the FIG Code of Points (2025-2028).

15. Performance Factors

15.1. When determining the gymnasts to be nominated to a competition, the Nomination Panel shall conduct a holistic evaluation of each eligible gymnast by considering all relevant performance factors. These factors will collectively inform the Panel's decision-making process and will include, but are not limited to, the following:

- a) Gymnasts scoring potential to win a medal or achieve the performance targets at the 2026 Commonwealth Games.
- b) Current and most recent performances in the build-up to Nomination, including performances at the DSE's.
- c) Major Championships and International Performances at International events in 2025 and 2026.
- d) Current medical and injury status including recent training history and any additional extenuating circumstances that the panel feels necessary to consider at its discretion.
- e) Engagement with the England Squad Programme and/or the World Class Programme including adhering to agreed Gymnast Plan (GP).
- f) Longer term aims of the World Class Programme and/or multi-cycle Olympic potential.

16. Nomination Process - Gymnasts

16.1. Prior to the Nomination panel meeting, information will be compiled from relevant personnel to support the panel's decision making during the meeting. This would include, but is not limited to:

- a) Analytics related to performances at the Designated Selection Events.

- b) Analytics related to performances of other nations.
- c) Injury, illness, extenuating circumstances and training information related to gymnasts achieving the performance standards.

16.2. The Nomination Panel Chair (or a delegated representative) will acknowledge receipt of any Extenuating Circumstances applications.

16.3. The Nomination panel will meet to consider any relevant input from the British Gymnastics Performance Support staff (where applicable), Performance Coaches, technical representatives and Performance Staff to discuss the Nomination of the gymnasts

16.4. The Nominations will be made through discussion of the eligible gymnasts, reviewing the Performance Standards (Section 14) and the gymnast's ability to deliver the Performance Targets (Section 9). All gymnasts meeting the eligibility criteria will be considered against the Performance Factors (Section 15).

16.5. A gymnast who is ill or injured prior to or during one of the DSEs must apply for Extenuating Circumstances and provide written certification/authentication of the injury or illness, provided by a General Medical Council registered Doctor or a Health and Care Professions Council Registered Physiotherapist. Gymnasts are required to apply for consideration via the following link: [Apply for Extenuating Circumstances](#)

16.6. A gymnast who meets the Eligibility Criteria (Section 10) but does not meet the Performance Standards can still be considered for Nomination by the panel and these gymnasts will be identified at the start of the Nomination panel discussions using relevant information aligned to the Performance Factors (Section 15)

16.7. The selected gymnasts and coaches will be those, in the expert opinion of the Nomination Panel, most able to achieve the Performance Targets.

16.8. As part of the Nomination process, a gymnast's allocation of exercise requirements or order in the draw may be identified as part of the conditions of Nomination.

16.9. Whereby proposed Nominations cannot be agreed through reaching a consensus, each decision maker will have 1 vote per available place. Panel members must cast a vote for the Nomination to proceed.

16.10. Reserve gymnasts (both travelling and non-travelling) may also be nominated for a competition or activity by the Nomination Panel as part of the Nomination process. Reserves will be chosen based on the team's needs and to support the performance targets for the competition.

16.11. The Nomination Panel are not required to select the maximum possible number of gymnasts and coaches to a Team.

16.12. Final team nominations and the composition of the team are determined at the absolute discretion of the Nomination Panel, as outlined in this policy. For the avoidance of doubt, nothing in this policy obliges the Nomination Panel to select any gymnasts or coaches for the team, or to fill all available positions, regardless of whether performance standards have been achieved

17. Nomination Process - Coaches

17.1. The Coach Nomination Process aims to select coaches who are best suited to support gymnasts representing England at the Commonwealth Games 2026. Nomination will be based on an evaluation of each coach's qualifications, experience, and ability to meet the team's needs and performance targets for the competition.

17.2. The allocation of coach accreditations will follow this priority order:

- a) GBR Head National Coach
- b) GBR National Coaches
- c) Primary Coaches who support the achievement of performance targets

17.3. Prior to the Nomination Panel meeting, relevant information will be compiled to assist in decision-making. Nominations will be made through discussions focusing on eligible coaches and their capacity to support the performance targets specified in this policy.

17.4. The panel may consider the following factors during the Nomination process:

- a) confirmation of the number of coach accreditations available as per each competition's rules & regulations.
- b) assessment of the specific needs of the team.
- c) the coach's role in the National or Home Nation Performance Programme, where applicable.
- d) relevant domestic and international coaching experience.
- e) ability to provide high-level coaching that supports all gymnasts selected in achieving performance targets while effectively working with those who have the highest potential for medal success.
- f) successful relationship-building with gymnasts and staff that contributes to positive team dynamics
- g) diversity within the coaching team.
- h) prior contributions at benchmark competitions.
- i) alignment with English Gymnastics values.
- j) established integrity and professionalism
- k) In cases where consensus cannot be reached, each voting member will have one vote per available coaching position. Panel members must cast a vote for the Nomination to proceed.

17.5. The selected coaches will be those who, in the expert opinion of the Nomination Panel, are best positioned to support the achievement of the performance targets outlined for the competition. The final Nominations and the composition of the coaching team are at the absolute discretion of the Nomination Panel.

17.6. Primary coaches of gymnasts selected for the team are not automatically guaranteed selection (nomination).

17.7. Coach selections and nominations are final and not open to appeal.

18. Appointment of Team Officials

18.1. All Team Officials will be appointed, in conjunction with the English Gymnastics Association, rather than selected.

18.2. The Team includes:

- a) Team Leader
- b) Team Manager
- c) Medical Personnel
- d) Any other sports science and medicine practitioners (if required)

18.3. The appointment of Team Officials is final and not open to appeal.

19. Communication of Nominations & Announcements

19.1. All eligible gymnasts and coaches will receive formal notification from English Gymnastics regarding the outcome of the Nomination and nomination process via email at the same time, on the date specified in Section 6. Following this confirmation of nominations, all non-selected gymnasts will have a 48-hour period to submit an appeal regarding their nomination status. Where possible and deemed in the best interest of the gymnast, emailed outcomes may be accompanied with a personal meeting (phone, online, in-person) to communicate the decision. In this event, the communication will only be to confirm a decision, not to discuss or inform a potential appeal.

19.2. All individuals that are part of the selection and nomination process agree not to make any announcements to the media or public, in any form (including personal or clubs), regarding their nomination status until after the conclusion

of the appeals window and until English Gymnastics has formally announced the team Nomination in collaboration with Commonwealth Games England.

19.3. The communication of nomination and selections is strictly confidential and must not be publicised prior to the official announcement by English Gymnastics and Commonwealth Games England.

19.4. Any breach of this stipulation may result in disciplinary action, which could include the revocation of the individual's Nomination to the team.

20. Appeals Procedures

20.1. Gymnasts wishing to appeal their non-nomination must follow the procedures outlined in the Performance Selection and Selection Appeals Procedure. This document governs the process for challenging Nomination decisions and is applicable to all gymnasts across all disciplines.

20.2. The procedure for submitting an appeal includes the requirement to submit a formal written [appeal through My BG](#) within the specified timelines. Appeals must be made within 48 hours of the Nomination announcement.

20.3. The dates and time for submitting appeals is specific to each discipline and competition; therefore, gymnasts are advised to refer to the competition specifics in Section 7 to ensure their appeals are submitted by the appropriate deadlines.

20.4. Appeals will be reviewed based on the grounds that the selection criteria and processes outlined in the relevant Selection Policies have not been adhered to.

20.5. The selection (nomination) and appointment of coaches and officials are not open to appeal.

20.6. All decisions made under the Performance Nomination and Selection Appeals Procedure are final and binding, and gymnasts are encouraged to ensure their understanding of the appeals process prior to submission.

21. Injury, Illness and Medications

21.1. Upon confirmation of team Nomination, all selected team gymnasts, including reserves, are required to fully disclose any information related to their training fitness, injury status, or illness that could impact their training or competition performance. This obligation remains in effect until the conclusion of the Commonwealth Games.

21.2. All selected gymnasts must declare any medications they are taking, including the use of any restricted medications. Gymnasts are responsible for checking and potentially applying for a [Therapeutic Use Exemption \(TUE\)](#) if their medication contains a prohibited substance. This information must be submitted to the England Team Leader and/or Medical Representative at British Gymnastics.

21.3. Following the Nomination announcement and prior to the final replacement date as stipulated by the FIG/LOC's late replacement policy, should any doubt arise concerning a gymnast's ability to compete at their optimal capacity due to injury or illness (whether physical or psychological), the subsequent procedure shall be enacted:

- a) They will be referred to a British Gymnastics-approved Medical Representative for a medical examination to determine their fitness to participate. This assessment will evaluate whether the injury and/or illness prevents the gymnast from competing or poses a risk of medical harm to themselves or others.
- b) If the gymnast passes the initial medical examination but the National Head/Lead Performance Coach still has concerns regarding their ability to compete effectively, the process outlined in Section 22.3 will be followed.

21.4. All selected Team Coaches & Officials must agree to report any information relating to illness and/or other injuries which could affect their ability to fulfil their role on the Team.

21.5. Following the Nomination announcement and prior to the final replacement date as stipulated by the FIG/LOC's late replacement policy, should any doubt arise concerning a coach or officials' ability to fulfil their role on the Team due to injury or illness (whether physical or psychological), the subsequent procedure shall be enacted:

- a) The individual will be referred to a British Gymnastics-approved Medical Representative for a medical examination to determine their fitness to participate. This assessment will evaluate whether the injury and/or illness prevents them from fulfilling their role or poses a risk of harm to themselves or others.
- b) If the individual passes the initial medical examination but the Performance Team still has concerns about their ability to perform effectively, the process outlined in Section 22.4 will be followed.

22. Withdrawal and Deselections

Withdrawal:

22.1. Any Gymnast, Coach or Official wishing to withdraw from a Team must immediately notify the applicable Performance Team member of their intention by written notice.

22.2. Should a Gymnast, Coach or Official withdraw following their Nomination to the team, the Nomination Panel may but is not required to identify a replacement. Replacement of any gymnast or coach will follow the stipulations in section 23.

De-selection

22.3. The following steps apply uniformly to both gymnasts, coaches and officials for the deselection process.

- a) The Head National Coach must declare the intention to consider deselection based on observed concerns or issues regarding performance, eligibility, or conduct to the Nomination Panel.
- b) Identification of Grounds for Deselection:

A gymnast may be deselected for reasons including but not limited to:

- An error identified during the Nomination process.
- Ineligibility according to the eligibility criteria outlined in this policy or FIG/European Gymnastics Technical regulations.
- Failure to complete mandatory administration or relevant education courses within specified timeframes.
- Illness or Injury preventing them from participating, as determined by the approved British Gymnastics Medical representative.
- Breach of a British Gymnastics or anti-doping policy resulting in sanctions or disciplinary actions.
- Non-compliance in training, breach of responsibility to the team, or violation of the team's Code of Conduct.

c) A coach or official may be deselected for reasons including but not limited to:

- An error identified during the Nomination process.
- Ineligibility according to the eligibility criteria outlined in this policy or FIG/European Gymnastics Technical regulations.
- Failure to complete mandatory administration or relevant education courses within specified timeframes.
- Breach of a British Gymnastics or anti-doping policy resulting in sanctions or disciplinary actions.
- Illness or injury preventing them from fulfilling their role.
- Non-compliance in training, breach of responsibility to the team, or violation of the Codes of Conduct.

22.4. If deselection occurs before departure for the competition, the recommendation for deselection will be taken to an Approval Panel, which will:

- a) Review the circumstances and justification for deselection.
- b) Provide reasons for the decision to the affected individual.

c) Allow the individual to present a counterargument.

22.5. If deselection occurs after departure, the decision will be made by the Team Leader in consultation with the GBR National Head Coach and British Gymnastics Performance Director.

22.6. Prior to any removal, the affected gymnast, coach, or official (along with a companion) will have the opportunity to attend a removal interview with the Performance Director (or their appointed representative) and an independent observer.

22.7. The Performance Director must provide written justification for all removals, detailing the reasons for the deselection and the steps taken throughout the process.

22.8. A written notice will be provided to the affected gymnast, coach, or official as soon as possible after the decision has been confirmed by the Nomination Panel

23. Replacements and Reserves

23.1. The Nomination Panel may nominate both travelling and non-travelling reserves for international competitions.

23.2. The determination of how many and whether a gymnast or coach is classified as travelling or non-travelling will be at the discretion of the Nomination Panel and will depend on the type of competition and the regulations set forth by the organising committee.

23.3. All named reserves, like selected team members, must adhere to the same standards regarding eligibility criteria. They are required to disclose any relevant fitness or training information to the Nomination Panel.

23.4. In the event a selected team member withdraws or is deselected from a competition, the Nomination Panel will make any necessary replacements based on the needs of the team. Replacements will generally be chosen from the pool of nominated travelling or non-travelling reserves; however, this is not mandatory.

23.5. Decisions regarding replacements are final and not subject to appeal.

24. Team Expectations

24.1. Selected gymnasts and coaches, including reserves (where applicable), are required to participate in all pre-competition activities, such as preparation training camps and any trip briefings, as directed by the English Gymnastics Performance Team. These activities are essential for ensuring their readiness to compete.

24.2. All delegation members must strictly adhere to the policies and procedures applicable to their Nomination, including codes of conduct, alcohol expectations, and safe sport policies. This includes complying with the defined roles and responsibilities assigned to them, ensuring a cohesive and supportive team environment throughout the preparation and competition phases.

24.3. All selected gymnasts are expected to demonstrate professionalism and sportsmanship at all times, showing respect towards coaches, teammates, officials, and opponents. All team members should embody fair play, integrity, and teamwork, ensuring their actions positively reflect English Gymnastics and refraining from behaviour that could bring the sport into disrepute.

24.4. Following competitions, team members are expected to engage in debriefs or feedback sessions as directed by Performance team. These discussions are essential for identifying areas of improvement and enhancing future performance

25. Additional Matters

25.1. It is the role of the independent observer(s) attending the Nomination meeting to confirm that the Nomination panel adhered to the selection policy in all decisions made.