2026 Women's Artistic Gymnastics Competition Handbook©

Version History

The Technical Committee 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 amendments made;

Version 1.0: Original handbook published 18/12/2025

Contents

Definition of Terms 5
Contact Information 6
Technical Committee 6
National Competition Organiser 6
British Gymnastics Contact Details 6
National Competition Calendar 7
Eligibility 8
Membership 8
Coach Qualifications 9
Safeguarding 10
Nationality 10
Policy for the Participation of Trans People in Gymnastics Competition 11
Competition Entries 12
Entry Process 12
Guests 12
Disability Gymnastics 12
Methods of Payment 13
British Gymnastics Foundation Hardship Grants 13
Late Entries 13
Withdrawals and Substitutions 13
Non-Participation Fee 13
General Regulations 14
Terms & Conditions of Entry to All Competitions 14
Competition Attire 14
Music (where applicable) 15
Late Music Submission (where applicable) 15
Music Licensing (where applicable) 15
Order of Performance 16
Registration 16
Access to Warm up Hall 16
Food and Drink 16
Babies and Young Children 16
Medical Provision 16
Medal Ceremonies 17

Tenure of Trophies 17
Privacy 17
Video, Film and Photography 17
Health & Safety 18
Overnight Stays 18
Drug Free Sport 18
Manipulation of Competition 18
Women's Artistic Technical Information 19
Code of Conduct 19
Regional Representation 19
Qualification from Regional Events to National Finals 19
Coaches 19
Competition Apparatus 19
Inquiries 19
Age Policy 20
British Championships 22
British Individual Apparatus Finals 26
British Disability Masters 27
Excel Grades 2 & 3 28
NDP Finals 30
Adult Gymnastics British Championships 2026 32
Club Team Championships 34
Disability Artistic British Championships 2026 36
FIG Development 2 & 3 & FIG Junior Development 37
Classic Challenge Championships 40
Appendices 42
Appendix 1 - Home Countries, English Regions & Island Associations 42

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, 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.
- **GEL** means Gymnastics Enterprise Ltd, trading as British Gymnastics Official Shop.
- **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 designated National Competition Organiser (NCO) or their appointed 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.

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.

Contact Information

Technical Committee

Chair	Catherine Lethbridge	catherine.lethbridge@british-gymnastics.org
National Technical Committee Member	Christine Paddock	chris.paddock@british-gymnastics.org
National Judging Co-ordinator	Debbie Morgan	debbie.morgan@british-gymnastics.org
National Technical Committee Member	Sara-Jane Inglis	Sara-jane.inglis@british-gymnastics.org

National Competition Organiser

National Competition Organiser	Christine Paddock	womens.competitions@british-gymnastics.org

British Gymnastics Contact Details

Customer Support	0345 1297129	customersupport@british-gymnastics.org

National Competition Calendar

Event & Date	Opening Date	Closing Date	Venue
Gymnastics British Championships 2026, 19th – 22nd March	12th December 2025	12pm (Noon) Friday 6th February 2026	M&S Bank Arena, Liverpool
British Disability Masters 2026, 19th – 22nd March	12th December 2025	12pm (Noon) Friday 6th February 2026	M&S Bank Arena, Liverpool
National Excel Grades 2 & 3 2026, 22nd – 24th May	27th February 2026	12pm (Noon) Friday 10th April 2026	Fenton Manor Sports Complex
National Development Plan Performance Grades 1, 2, 3, 4 Finals 2026, 22nd – 24th May	27th February 2026	12pm (Noon) Friday 10th April 2026	Fenton Manor Sports Complex
Adult British Championships 2026, 12th – 14th June	20th March 2026	12pm (Noon) Friday 1st May 2026	Lilleshall National Sports Centre
Club Team Championships 2026, 10th - 11th October	17th July 2026	12pm (Noon) Friday 28th August 2026	Fenton Manor Sports Complex
Disability Artistic British Championships 2026, 7th November	14th August 2026	12pm (Noon) Friday 25th September 2026	Fenton Manor Sports Complex
National FIG Development Levels 2 & 3 & FIG Junior Development 2026, 8th November	14th August 2026	12pm (Noon) Friday 25th September 2026	Fenton Manor Sports Complex
Classic Challenge Championships 2026, 20th – 22nd November	28th August 2026	12pm (Noon) Friday 9th October 2026	Surrey Sports Park

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

For events organised by English Gymnastics, please follow this link

For events organised by Scottish Gymnastics, please follow this link

For events organised by Welsh Gymnastics, please follow this link

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 National level, in order to enter a British Gymnastics Event.

  In normal circumstances, gymnasts should also be a member 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.

  For all Grades/NDP events where the rules have been set by the National Technical Committee, gymnasts must hold current British Gymnastics Competitive Membership. Those gymnasts who qualify for National Finals must then upgrade their membership to National Level. Anyone discovered to have been without the correct level of membership for these qualification Events will be disqualified.

- 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 the 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 the 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 award (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.

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 responsibilty for all the participants from their club/region and that of the Supervising Coaches, Assisting Coaches, Chaperones & Choreographers.

It is the club/region's responsibillity 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 responsibility to ensure that all 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.

Other British Gymnastics Events

At the discretion of the British Gymnastics Technical Committee and with agreement from the British Gymnastics Performance Director (or their appointee), non-British citizens may take part in other British Gymnastics' Competitions. Participation is also subject to approval from their own FIG Member Federation in accordance with FIG Statutes.

Those gymnasts who are not in possession of a valid United Kingdom passport must have been a member of British Gymnastics for at least one year prior to the date of the competition in order to be eligible to take part. During this period the gymnast's sole or main residence must be within the United Kingdom.

They will receive score(s) and will receive a ranking in the official Competition results. This is effective for both individual competitions and competitions where gymnasts compete together as part of a team/group or partnership.

Where a competition provides a qualification route to take part in a British Championships, the results of a non-British citizen will not lead to the displacement of a British citizen who would have otherwise qualified for the British Championships.

In exceptional circumstances, 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 British Gymnastics Events. The Technical Committee with approval from the Performance Director will have the discretion to determine whether their scores will contribute towards 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.

British Gymnastics reserves the right to cancel any of its events in exceptional circumstances where it is no longer viable to proceed. Such decisions will only be made after careful consideration and when all other options have been exhausted. In the event of a cancellation, refunds will be processed.

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 between 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, providing 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 Department 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 Department at the point of competition entry and will enable the British Gymnastics Events Department 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, once submitted and before the closing date are not possible. In the case of withdrawals, before the closing date, the withdrawal will be made and entry fee refunded by contacting the Events Department. Entry fees are non-refundable after the closing date.

For NDP Individual & Regional Team Finals, if a Region wishes to make a substitution (due to the withdrawal of a previous regional entry) of a gymnast, they can only do so up to one week before the event, in writing to the British Gymnastics Events Department after the entry is closed. Proof of qualification of the substitute must also be provided if applicable, at the time of the request. Substitutions will not incur a fee however there is no guarantee that the substituted names will be included in the spectator programme or other event related items.

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.

General Regulations

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 a 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

- Gymnasts

  In order to make British Gymnastics' events more inclusive and accessible, a policy has 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 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.

  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.

By being in breach of this rule, the FIG/EG sanctions will be applied – see link 4.6. Sanctions 4.6.1. Penalties for misuse are listed in the FIG/European Gymnastics Code of Points for each discipline. 4.6.2. In case of discrepancy or interpretation for penalties, the FIG/European Gymnastics Code of Points prevails in all cases.

Strapping – a suitable colour of tape should be used, i.e. no bright colours or patterns

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/regional 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.

For gymnasts, coaches and judges, chewing gum is not allowed at any phase of the competition, including the opening ceremony and presentation of the awards or closing ceremony.

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/Region when those competing in that section 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 regards to food and drink. This is to manage food intolerances and allergies.

Babies and Young Children

In the interest 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 events, 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.

Privacy

British Gymnastics Privacy Notice

At many events, British Gymnastics may produce event merchandise (eg event tshirts). 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 Digital 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 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 your trip can be 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 their members to do likewise. Please follow the link to read the Prevention of Manipulation of Competitions Policy

Women's Artistic Technical Information

Code of Conduct

British Gymnastics National Technical Committee Code of Conduct

Women's Artistic Judges Code of Conduct

British Gymnastics, acting through the Board or its Committees, reserves the right to refuse any entry and disqualify an official, judge, gymnast or team at any time, if they do not comply with British Gymnastics regulations.

Regional Representation

Gymnasts may only represent the region to which their club is affiliated.

Exceptional circumstances will be considered following written application to the WTC.

Where regional entries are made, gymnasts and coaches must be selected according to the rules and will represent their region, not club. Gymnasts must be in regional uniform. Non-matching leotards/unitard will be deducted according to FIG rules. However, there will not be a deduction if one gymnast decides to wear plain shorts or a unitard providing the body of the leotard/unitard is matching.

Where regional entries provide a pathway to national events coaches must be qualified according to the rules laid out in Pages 9&10 of the National Competition Handbook.

Qualification from Regional Events to National Finals

Gymnasts attempting to qualify for national finals through a regional qualifying competition must attend the competition held in their own region and have one opportunity to qualify. Extenuating circumstances will be considered following written application to the WTC before any attempt to qualify in another region.

Coaches

For British Gymnastics Competitions - coaches permitted on the Field of Play can be male or female.

Competition Apparatus

Unless otherwise stated, the equipment at British Gymnastics national events will be to current FIG specifications and GB modifications where applicable: Only apparatus supplied at the request of the WTC may be used at national events.

Tall Gymnasts – Uneven Bars

In line with the Cycle 16 CoP 2025-2028, an additional 5cm increase of the high bar can be requested for all gymnasts that still touch the mats with their feet during the exercise. This request must be made at the time of entry. This must then be verified by the Chair of Superior Jury or a member of the Superior Jury during training.

Unauthorised raising of the bars will be penalised in accordance with the FIG regulations.

Inquiries

The supervising coach for the club/region of the competing gymnast can request an inquiry about the D Score and/or request a time or line review.

The supervising coach should register their intention to inquire by approaching the Superior Jury and request an official WTC Inquiry Form. The form must be completed and returned to the Superior Jury within 10 minutes of the score being published.

If a coach has approached the judging panel and discussed a gymnast's score, they cannot then register an inquiry.

The placement of an inquiry form becomes a contract to pay the appropriate fee.

- First inquiry: £25
- Second inquiry: £50
- Third and subsequent inquiries: £75

This fee will not be collected in cash at the event but will be invoiced to the club concerned if the inquiry is not upheld.

The WTC cannot accept any video or photographic analysis at an event unless an official video replay system is available at each piece of apparatus and could be referred to by the Superior Jury for the benefit of every competitor.

Verbal Feedback

If a coach would like verbal feedback on a gymnast's routine, they are permitted to approach the Superior Jury to request feedback from the appropriate Difficulty Judge at the end of the competition. (For clarity, this is at the end of the competition round not the end of the apparatus rotation).

Any feedback provided will not be classed as an official inquiry or result in any changes to the score.

Age Policy

Gymnasts' ages for the purpose of entry to all age dependent categories will be taken as the age reached in the year of the competition.

The minimum age for entry to National British Gymnastics events is 9 years in the year of competition. The minimum age for entry to Women's Artistic National British Gymnastics events is 10 years in the year of competition.

To view further information on age, participation and competition please view the Health & Safety Guidance: Coaching Practice document (available within the Resource Library on GymNET).

A Gymnast is not eligible to enter NDP Preparation, Development or Performance Grades if they have previously qualifed for British Championships through any route.

Min Age	Year of Birth	S.T.E.P Framework Pathway		National Development Pathway			
		Excel Grades	FIG Development Level	Performance Grades	Development Grades	Preparation Grades	National Classic Challenge
8	2018	Pre-Excel				**Preparation 1** Not eligible: Attained 'Working at' or above in 2025 or earlier in any NDP or Excel grade	**Tin** **Zinc**
9	2017	Excel 1	FIG Development 1			**Preparation 2** Not eligible: Attained 'Working at' or above in 2025 or earlier in Preparation 3, any Development, Performance or Excel grade **Preparation 3** Not eligible: Attained 'Working at' or above in 2025 or earlier at Development, 2, 3 or 4, any Performance or Excel grade	**Copper**
10	2016	Excel 2	FIG Development 2	**Performance 1** Not eligible: Attained 'Working at' or above in 2025 or earlier at Excel 2 or 3	**Development 1** Not eligible: Attained 'Working at' or above in 2025 or earlier at any Performance or Excel grade		**Bronze** Not eligible: Attained 'Working at' or above in any Excel grade in same year, or Competed at British Championships in same year
11	2015	Excel 3	FIG Development 3	**Performance 2** Not eligible: Attained 'Working at' or above in 2025 or earlier at Excel 2 or 3	**Development 2** Not eligible: Attained 'Working at' or above in 2025 or earlier at any Performance or Excel grade		
12	2014	**Aspire British Championships** for Gymnasts who have attained 'Working at' or above in Excel 3 & competed FIG Dev 3 in 2024 or 2025.		**Performance 3** Not eligible: Attained 'Working at' or above in 2025 or earlier at Excel 3	**Development 3** Not eligible: Attained 'Working at' or above in 2025 or earlier at Performance Grade 2. 3 or 4 or any Excel grade		**Silver** Not eligible: Attained 'Working at' or above in any Excel grade in same year, or Competed at British Championships in same year
13	2013			**Performance 4** Not eligible: Attained 'Working at' or above in 2025 or earlier at Excel 3	**Development 4** Not eligible: Attained 'Working at' or above in 2025 or earlier at Performance Grade 3 or 4 or any Excel grade		
14	2012	**Junior British Championships** for Gymnasts who have previously competed at British Championships, or gymnasts who attained 'Working at' or above in Excel 3 & competed FIG Junior in 2025 or through ranking at Home Nations. A minimum FIG score of 41.50 is required to be eligible to rank*.					**Gold** Not eligible: Attained 'Working at' or above in any Excel grade in same year, or Competed at British Championships in same year
15	2011	Qualification to **Junior British Championships** through ranking at Home Nations. A minimum FIG score of 41.50 is required to be eligible to rank*.					
16+	2010+	Qualification to **Senior British Championships** through ranking at Home Nations. A minimum FIG score of 43.00 is required to be eligible to rank*.					

*If a gymnast competed in Classic Challenge in 2025, they must have competed at the highest possible level for their age in order to be eligible to rank for British Championships qualification.

If an individual athlete falls outside of any of these regulations, they have the opportunity to petition to the WTC for dispensation.

British Championships

Aspire, Junior and Senior

Date:	19th March – 22nd March 2026	*Pre-competition training available for Seniors only*
Venue:	M&S Bank Arena, Liverpool	
Opening Date:	Friday 12th December 2025	
Closing Date:	12pm (Noon) Friday 6th February 2026	
Music Entry Closing Date:	12pm (Noon) Friday 13th March 2026	
Entry Fee:	£115.00 per gymnast. All gymnasts not successful in achieving a ranking will be eligible to a full refund for the entry cost.	
Code:	Aspire – FIG Cycle 16 CoP 2025-2028 + WA British Championships Rules 2026 Junior – FIG Cycle 16 CoP 2025-2028 + WA British Championships Rules 2026 Senior - FIG Cycle 16 CoP 2025-2028 + WA British Championships Rules 2026	

Qualification:

To improve the overall event, both Men's and Women's Artistic Championships will have a qualification route to compete at the British Championships. The Women's Artistic pathway and qualification routes to the British Championships are detailed in "WAG – British Eligibility 2026" and "WTC Update 2 – August 2025"

Entries to each age category will be limited to a maximum number of places for gymnasts, as follows:

- Aspire – 66
- Junior – 72
- Senior – 54

From the number of entry places in each age category above, all current members of the relevant British Gymnastics national squads will automatically be entitled to a place at the British Championships, subject to them making an entry prior to the closing date. In addition, the WTC reserves the right to include the entries of gymnasts who due to exceptional circumstances were precluded from following the qualification route but whose inclusion, in the opinion of the WTC, would enhance our showcase event. All other gymnasts wishing to qualify for the British Championships must follow the outlined qualification route which is through the Home Nation Championships.

A gymnast wishing to enter the British Championships should enter their Home Nation Championships. In the unlikely event that their Home Nation Championships is oversubscribed, a guest entry at a single alternative Home Nation Championships should be made. To be clear, if they can enter their own Home Nation Championships then they must do this. If a gymnast resides in a Home Nation where there is no Home Nation Championships, the gymnast can enter an alternative Home Nation Championships as a guest. If this gymnast enters more than one Home Nation Championship as a guest, the first Home Nation Championship will be considered as the qualification competition for that gymnast.

The result from their Home Nation Championships will be the result used in the combined ranking list below unless they were unable to enter this event due to it being oversubscribed, where instead the result from their single guest entry at their nominated alternative Home Nation Championships will be used. Only one result per gymnasts will be taken forward for ranking.

If a gymnast intends to enter the British Championships, they should submit their entry for the British Championships in the normal way and before the closing date detailed above. Please note that this may be before the Home Nation event takes place.

Once all the Home Nation Championships are completed, a combined list of scores for each age-group will be produced.

The remaining places (after taking into account national squad gymnasts and potential apparatus places explained below) will be filled by the gymnasts in rank order from the combined All-Around results of all of the Home Nations

qualification events. In the event of a tie for the final qualification place, the FIG World Championships tie breaking rules will be applied.

Based on the entry numbers above, the relevant number of gymnasts will have their entry accepted. All the subsequent gymnasts from the ranking list will be placed on a reserve list and invited into the competition in the event of a withdrawal

If an age-group is under-subscribed, all gymnasts that have submitted an entry to the event will be accepted.

Following withdrawals from the Disability Masters, Aspire, Junior and Senior competitions, reserve gymnasts from the ranking list will be invited (in rank order) to take the place of the withdrawn gymnast up until 48 hours prior to the start of the respective competition. The reserve gymnast will take the place of the withdrawn gymnast in the start list.

- Aspire – 11:00 Tuesday 17th March
- WAG Disability Masters – 15:40 Tuesday 17th March
- Junior – 13:15 Wednesday 18th March
- Senior – 10:30 Thursday 19th March

If there are no withdrawals and gymnasts on the reserve list are unable to compete, their entry fee will be refunded.

If a gymnast has been entered in the British Championships, but does not achieve a qualification place, their entry fee will be refunded.

Apparatus Specialists

In exceptional circumstances, for the Senior competition, the WAG Head National Coach / Technical Advisor in conjunction with the WTC will consider a potential of up to 3 apparatus specialists to qualify through the Home Nations Championships.

Eligibility:

Aspire

- Age 12 or 13 years old in the year of competition and must have:
- Participated in previous British Championships, or
- Achieved a minimum "Working At" score at Excel 3 and achieved a combined score (no minimum) at FIG Development 3 in 2025

Junior

- Age 14 or 15 in year of competition

Gymnasts aged 14 must:

- Have participated in previous British Championships, or
- Achieved a minimum "Working At" score at Excel 3 and achieved a combined score (no minimum) at FIG Junior Development in 2025, or
- Have achieved a ranking through Home Nations Championships in 2026 with a minimum score of 41.50

Gymnasts aged 15 must:

- Be in British Gymnastics / GBR Squad or
- Have achieved a ranking through Home Nations Championships in 2026 with a minimum score of 41.50

Senior

- Age 16 or over in year of competition and must:
- Be in BG / GBR Squad or
- Have achieved a ranking through Home Nations Championships in 2026 with a minimum score of 43.00

In all age groups, the WTC, in agreement with the National Coaches and/or Performance Team, may offer discretionary entry to the British Championships which reflect the long-term direction and aims of the WAG Performance Pathway Programme.

Nationality & Guest:

Gymnasts of foreign nationality or who hold an FIG license for another member federation, must ensure that their nationality is declared on their membership record in order for them to be identified as guests. Please revisit Page 10 for more details on guests. Entries from guests will only be considered if the number of entries allows.

Competition Structure:

- Competition format is as per FIG Technical Regulations 2026 and Code of Points Cycle 16 2025-2028
- Specific rules for Aspire, Junior & Senior rules are published on British Gymnastics Website.

Specific Apparatus Requirements:

- Apparatus supplied by Gymnova
- Aspire, Junior & Senior Apparatus specifications are as per FIG - except for vault matting, this will be the FIG mats turned to provide a soft landing
- Gymnasts are permitted to use Gymnova only personal beam pads in podium training and warm-up. No other equipment will be permitted to be used at this event.
- The Technical Committee will be upholding the following FIG Apparatus Norms Clarifications for Uneven Bars:
    - Spotting mat

  Starting with the Paris 2024 Olympic Games, it is allowed to use the SPOTTING MAT on Uneven Bars during the "Touch" warm up in addition to the Training and Podium training. The rule is valid for all competitions from July 2024.
- Tension Control Sensor (TCS) A Tension Control Sensor (TCS) is compulsory from 2025 for Olympic Games, Youth Olympic Games, World Championships (Senior & Junior), World Cups and World Challenge Cups. It is highly recommended for all other competitions. A warning lamp shall light up if there is an over or underload. This is the case for a tension of X >5000N and X < 1000N. (See Apparatus Norms page.77)

  It is considered dangerous for the gymnasts to compete with a tension out of the above interval, therefore the Apparatus Commission strongly recommend to respect it. Starting from 2025 World Championships (Senior and/or Junior), deductions may be applied, after warning.

Category	Vault	Bars	Beam	Floor
Aspire	FIG landing mats soft side uppermost Additional 4 & 5 coil springboards Additional 10cm Jersey mat for warm-up and competition	2x1.4 x 10cm Jersey mat warm-up and competition Spotting mat available for podium training, warm-up and touch warm-up	2x2 x 10cm jersey mat allowed for dismounts in warm up and competition	2x2 x 10cm mat warm-up and for D+ Salto in competition
Junior	FIG landing mats soft side uppermost Additional 20cm or 10cm landing mat for warm-up only	2x1.4 x 10cm Jersey mat warm-up and competition Spotting mat available for podium training, warm-up and touch warm-up	2x2 x 10cm mat warm-up only	2x2 x 10cm mat warm-up only 5cm landing mat for warm up only. The 10cm or 5cm mats can be used in competition but a 0.5 penalty will be applied.
Senior	FIG landing mats soft side uppermost Additional 20cm or 10cm landing mat for warm-up only	2x1.4 x 10cm Jersey mat warm only Spotting mat available for podium training, warm-up and touch warm-up	2x2 x 10cm mat warm up	2x2 x 10cm mat warm-up only 5cm landing mat for warm up only The 10cm or 5cm mats can be used in competition but a 0.5 penalty will be applied.

	All warm-up matting will be available for podium training.			

Coach Qualification and Passes:

- The lead coach/supervising coach must have the relevant qualifications and BG membership as defined in the eligibility section of this handbook. Qualifications must cover the level of the skills being performed by the gymnasts in line with the Lead Coach Process 2026. In the event of an accident, failure to hold the correct level of qualification may lead to your insurance being negated.

Aspire, Junior & Senior	UKCC Level 2

- 2 coaches per gymnast can be nominated (including the lead coach where appropriate). Both coaches can be present in warm-up hall and in the field of play.
- 1 coach per gymnast can be on the podium at any one time except on bars where a second coach is permitted to remove the springboard.

Individual Apparatus Finalists:

- Top 8 ranked gymnasts on Vault, Bars, Beam and Floor will be eligible to compete in Junior / Senior apparatus finals.
- Top 6 ranked Aspire gymnasts on Vault, Bars, Beam and Floor will be eligible to compete in Aspire apparatus finals.
- Those attempting to qualify for Vault finals must submit an entry form at registration.
- Seniors will compete two different vaults which must be from different groups as per FIG Cycle 16 CoP 2025-2028.
- Juniors will compete two different vaults which may be in the same group but with different numbers as per FIG Cycle 16 CoP 2025-2028.
- Aspires will compete two different vaults which may be in the same group but with different numbers, as per the British Aspire 2026 rules in Women's Artistic Aspire, Junior and Senior British Championships rules 2026
- First vault in qualification will be counted in the All-Around score.
- In the finals the score of the two vaults will be calculated according to FIG rules including any BG bonus where applicable

Tie Breaks:

- Tie-break rules as per FIG Regulations (World Championships).

Awards:

- Aspire, Junior and Senior All-Around gold, silver and bronze medals & diploma
- A trophy will be presented to the Aspire, Junior and Senior All-Around Champion.
- A presentation will be made to the coaches of the overall Aspire, Junior and Senior British Champions
- In each age group top 6 individuals will be announced and lined up with medallists

British Individual Apparatus Finals

Aspire, Junior and Senior

Code:

Aspire: FIG Cycle 16 CoP 2025-2028 + WA British Championships Rules 2026

Junior: FIG Cycle 16 CoP 2025-2028 Apparatus Finals Rules + WA British Championships Rules 2026

Senior: FIG Cycle 16 CoP 2025-2028 Apparatus Finals Rules + WA British Championships Rules 2026

Eligibility:

Aspire

6 highest scoring gymnasts and 2 reserves on each piece.

Qualifying gymnasts will automatically be entered into the final unless formally withdrawn.

Qualifiers (top 6 gymnasts and 2 reserves) will be published in hard copy on the warm-up hall notice board and the BG Score App and British Gymnastics Website.

Unless officially notified of a withdrawal by the nominated coach, the gymnast will be assumed to be taking part.

The 2 reserves for each apparatus are eligible to warm-up if they wish.

The substitution of a withdrawn gymnast with a reserve may take place up until the assembly of gymnasts for the march on of each apparatus final.

Junior and Senior

8 highest scoring gymnasts and 2 reserves on each piece

Qualifying gymnasts will automatically be entered into the final unless formally withdrawn.

Qualifiers (top 8 gymnasts and 2 reserves) will be published in hard copy on the warm-up hall notice board and the BG Score App and British Gymnastics Website.

Unless officially notified of a withdrawal by the nominated coach, the gymnast will be assumed to be taking part.

The 2 reserves for each apparatus are eligible to warm-up if they wish.

The substitution of a withdrawn gymnast with a reserve may take place up until the assembly of gymnasts for the march on of each apparatus final.

Tie Breaks:

Tie-break rules as per FIG Regulations (World Championships).

Awards:

- Aspire, Junior and Senior individual apparatus gold, silver and bronze medal for Vault, Bars, Beam and Floor.
- A trophy will be presented to the individual apparatus champion for Vault, Bars, Beam and Floor

British Disability Masters

Date: 19th March – 22nd March 2026 *(Pre competition training available)*

Venue: M&S Bank Arena, Liverpool

Opening Date: Friday 12th December 2025

Closing Date: 12pm (Noon) Friday 6th February 2026

Music Entry Closing Date: 12pm (Noon) Friday 13th March 2026

Entry Fee: £29.00 per apparatus

Code: 2026 rules are under review and will be provided upon completion of this work

Eligibility:

By invitation only - (The top 50% of scores on each piece of apparatus, up to a maximum of 6 women from the Open Junior and Senior class from the WAG Disability British Championships in the previous year, will be eligible for invitation by their respective NTC. In addition, the NTC reserve the right to award 'wildcards' where thought appropriate for qualification.)

Competition Structure

- Competition Open Class Women – Individual Apparatus Finals to Open Competition rules

Coach Qualification and Passes:

The lead coach/supervising coach must have the relevant qualifications and British Gymnastics membership as defined in the eligibility section of this handbook. Qualifications must cover the level of the skills being performed by the gymnasts in line with the Lead Coach Process 2026. In the event of an accident, failure to hold the correct level of qualification may lead to your insurance being negated.

Competition	Coach Minimum Qualification Required
Disability Masters	UKCC Level 2

- 2 coaches per gymnast can be nominated (including the lead coach where appropriate). Both coaches can be present in warm-up hall and in the field of play.
- 1 coach per gymnast can be on the podium at any one time except on bars where a second coach is permitted to remove the springboard.

Tie Breaks:

- Tie-break rules as per FIG Regulations (World Championships).

Awards:

- Trophy, gold medal & diploma for vault, uneven bars, beam, floor
- Silver medal & diploma for vault, uneven bars, beam, floor
- Bronze medal & diploma for vault, uneven bars, beam, floor

Excel Grades 2 & 3

(combined with NDP Finals - Performance Grades 1, 2, 3, 4)

Date:	22nd May – 24th May 2026
Venue:	Fenton Manor Sports Complex, Victoria Road, Fenton, Stoke-on-Trent ST4 2RR
Opening Date:	Friday 27th February 2026
Closing Date:	12pm (Noon) Friday 10th April 2026
Music Entry Closing Date:	12pm (Noon) Friday 15th May 2026
Entry Fee:	£250.00 per regional team (Entry Fees may increase with inflation)
	£63.00 per individual gymnast (Entry Fees may increase with inflation)
Code:	Women's Artistic S.T.E.P Framework Excel Grades for Coaches & Judges (to be published January 2026)

Eligibility:

Excel Grade 2

- Gymnasts minimum age 10 in the year of competition
- The first four gymnasts from their regional qualifier in Excel Grade 2 will represent the region in the national finals.
- The gymnast in fifth place will be the nominated reserve.
- The 6th placed gymnast may be entered as a non-travelling reserve to be substituted into the team in the event of a withdrawal
- All gymnasts entering Excel Grade 2 National Finals must have achieved a minimum attainment score (TBC January 2026) in their regional qualifier.

Excel Grade 3

Individual entry direct to national finals, no regional qualification is required.

- Gymnasts minimum age 11 in year of competition.
- Gymnasts must have achieved a minimum of "Working At" in Excel 2.
- Evidence of qualifying scores must be sent to the Competition Organiser by post or email by the entry closing date. Entry will be refused until results are submitted, if results are received after the closing date the late entry fee will be charged.

For all Excel Grade competitions (including Regional Qualifiers) there must be a minimum of two judges on each piece of apparatus and at least ONE must be qualified to regional level or above.

There must be a minimum of one National or Brevet judge at each qualifying competition.

Competition Structure:

- Excel Grade 2- 10 minute general warm-up then apparatus warm-up and compete
- Excel Grade 3– 10 minute general warm-up then apparatus warm-up and compete

Team

Excel 2

- 4,4,3 team competition.
- The team score will be the total of the 3 best scores on Vault, Bars, Beam, Floor and Range and Conditioning
- Working order for the team must be handed in at registration
- Nominated reserves will march in and act as team board steward during competition. The nominated reserve may only replace a withdrawn team member **BEFORE** the start of competition.

Specific Apparatus Requirements:

- Apparatus supplied by Gymnova
- Apparatus specifications as per Women's Artistic S.T.E.P Framework Excel Grades for Coaches & Judges (to be published January 2026)
- Additional extra soft boards will be available for vault - 4 spring and modified 5 spring

Coach Qualification and Passes:

The lead coach/supervising coach must have the relevant qualifications and British Gymnastics membership as defined in the eligibility section of this handbook. Qualifications must cover the level of the skills being performed by the gymnasts in line with the Lead Coach Process 2026. In the event of an accident, failure to hold the correct level of qualification may lead to your insurance being negated.

Competition	Coach Minimum Qualification Required
Excel Grade 3	UKCC Level 2
Excel Grade 2	UKCC Level 2

Excel Grade 2

- 1 coach per gymnast can be nominated. Each team must nominate a team manager. Each coach can be present during apparatus warm-up.
- During the competition phase, 1 coach per gymnast can be present at the apparatus at any one time except on bars where a second coach is permitted to remove the springboard

Excel Grade 3

- 2 coaches per gymnast can be nominated (including the lead coach where appropriate). Both coaches can be present during apparatus warm-up. During the competition phase, both coaches can be in the field of play but only 1 coach per gymnast can be present at the apparatus at any one time except on bars where a second coach is permitted to remove the springboard.

Minimum Attainment Score

Excel Grades 2 & 3 minimum attainment score is available in "Women's Artistic S.T.E.P Framework Excel Grades for Coaches & Judges* (to be published January 2026)

Tie Breaks:

- At National Finals ties will not be broken
- At Regional Qualification for Excel Grade 2 ties at 4th place will be broken to select the final team member and reserve. Ties will be broken as follows:

    1. Highest E score
    2. Drop R&C score
    3. Drop vault score
    4. Drop bars score
    5. Drop beam score
    6. Drop floor score

Awards:

Excel Grade 2

- Team gold, silver and bronze – top 6 teams announced
- Individual gold, silver and bronze - top 6 individuals will be announced and lined up with medallists.
- Rose Bowl - team totals from Excel Grade 2 will be combined with the NDP Performance Grades 1, 2, 3 & 4 finals where the Rose Bowl will be awarded to the region with the highest total score

Excel Grade 3

- Individual All-Around gold, silver and bronze - top 6 individuals will be announced and lined up with medallists.

NDP Finals
Performance Grade 1, 2, 3 & 4
(combined with Excel Grades 2 & 3)

Date:	22nd May – 24th May 2026 *(No pre-competition training)*
Venue:	Fenton Manor Sports Complex, Victoria Road, Fenton, Stoke-on-Trent ST4 2RR
Opening Date:	Friday 27th February 2026
Closing Date:	12pm (Noon) Friday 10th April 2026
Music Entry Closing Date:	12pm (Noon) Friday 15th May 2026
Entry Fee:	£250.00 per regional team (Entry Fees may increase with inflation)
Code:	WAG NDP 2024-2027*
	*Available to British Gymnastics member coaches and judges on the British Gymnastics website under "Coaches & Community" -> "Coaching Resources" -> "WAG Competition framework".

Eligibility:

- Minimum age as stated in NDP Performance Grades Booklet
    - Performance Grade 1: gymnasts minimum age 10 in the year of competition
    - Performance Grade 2: gymnasts minimum age 11 in the year of competition
    - Performance Grade 3: gymnasts minimum age 12 in the year of competition
    - Performance Grade 4: gymnasts minimum age 13 in the year of competition
- The first five gymnasts in each Performance Grade (1, 2, 3 & 4) will represent the region in the National Finals
- The 6th placed gymnast may be entered as a non-travelling reserve to be substituted into the team in the event of a withdrawal. All gymnasts entering National Finals must have achieved a minimum score of 50.00 in Regional Qualifier
- Regional team entry only – no individual entries accepted.

Evidence of qualifying scores must be sent to the Competition Organiser by post or email by the entry closing date. Entry will be refused until results are submitted and if results are received after the closing date the late entry fee will be charged.

For all NDP competitions (including Regional Qualifiers) there must be a minimum of two judges on each piece of apparatus and at least ONE must be qualified to regional level or above.

There must be a minimum of one National or Brevet judge at each qualifying competition.

Competition Structure:

- 10 minute general warm-up then apparatus warm-up and compete for all Performance Grades
- Range & Conditioning will be performed at National Finals.
- Beam Dismounts – Coaches are permitted to stand in for beam dismounts without penalty. If they then touch the gymnast the normal FIG penalties will apply.

Team:

- 5,4,3 team competition
- The team score will be the 3 best scores on Vault, Bars, Beam, Floor and Range & Conditioning.
- Working order for team must be handed in at registration

Coach Qualification and Passes:

The lead coach/supervising coach must have the relevant qualifications and BG membership as defined in the eligibility section of this handbook. Qualifications must cover the level of the skills being performed by the gymnasts in line with the Lead Coach Process 2026. In the event of an accident, failure to hold the correct level of qualification may lead to your insurance being negated.

Competition	Coach Minimum Qualification Required
NDP Performance Grades 4, 3, 2 & 1	UKCC Level 2

- 1 coach per gymnast can be nominated. Each team must nominate a team manager. Each coach can be present during apparatus warm-up.
- During the competition phase, 1 coach per gymnast can be present at the apparatus at any one time except on bars where a second coach is permitted to remove the springboard.

Specific Apparatus Requirements:

- Apparatus supplied by Gymnova
- Apparatus specifications are as per the FIG regulations with modifications as per the WAG NDP 2024-2027*
- Additional Extra soft boards will be available for vault - 4 spring and modified 5 spring

*Available to British Gymnastics member coaches and judges on the British Gymnastics website under “Coaches & Community” -> “Coaching Resources” -> “WAG Competition framework”.

Tie Breaks

1. At National Finals ties will not be broken
2. At Regional Qualification ties at 5th place will be broken to select the final team member and reserve. Ties will be broken as follows:
    1. Highest E score
    2. Drop R&C score
    3. Drop vault score
    4. Drop bars score
    5. Drop beam score
    6. Drop floor score

Awards

- Team gold, silver and bronze in each Grade – top 6 teams announced
- Individual apparatus gold, silver and bronze medal in each Grade for Vault, Uneven Bars, Beam, Floor and Range & Conditioning.
- Rose Bowl - team total from Excel Grade 2 will be added to the team totals from NDP Performance Grades 1, 2, 3 & 4 and the Rose Bowl will be awarded to the region with the highest total score

Adult Gymnastics British Championships 2026

Please see the Adult British Competition Handbook for full details

Date: 12th June – 14th June 2026

Venue: Lilleshall National Sports Centre, Newport, Shropshire, TF10 9AT

Opening Date: Friday 20th March 2026

Closing Date: 12pm (Noon) Friday 1st May 2026

Music Entry Closing Date: 12pm (Noon) Friday 5th June 2026

Entry Fee: Individuals £52 per person per discipline, £25 per person per additional discipline.

Team £52 per team

Social Event - cost TBC

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 Qualification & Passes

Competition	Lead Coach Minimum Qualification Required
All competitions	Level 2

Competition Entries	Coaches
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 Acrobatic as defined in the competition structure.

Awards

TRA, ACRO, TUM

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

WAG, MAG

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

Other awards

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

Club Team Championships

Date:	10th October – 11th October 2026 *(No pre-competition training)*
Venue:	Fenton Manor Sports Complex, Victoria Road, Fenton, Stoke-on-Trent ST4 2RR
Opening Date:	Friday 17th July 2026
Closing Date:	12pm (Noon) Friday 28th August 2026
Music Entry Closing Date:	12pm (Noon) Friday 2nd October 2026
Entry Fee:	£250.00 per club team (Entry Fees may increase with inflation)
Code:	FIG Cycle 16 CoP 2025-2028 Uneven Bars - an exercise with less than 7 different coded elements will be deducted 1.00 for each missing element

Eligibility:

- Open to any BG registered club up to a maximum of 40 teams
- If the number of teams exceeds 40, places will be limited to 1 team per club and awarded on a first come first served basis after the closing date. Clubs wishing to enter 2 teams will have their 2nd team, placed on a reserve list to be invited once all clubs have been allocated a place and following any team withdrawals.
- Gymnasts must be registered with the club according to BG regulations

Senior Team Competition

Gymnasts in the senior team must be a minimum of 11 years old in the year of competition.

Junior Team Competition

Gymnasts in the junior team must be a minimum of 11 years and a maximum of 15 years old in the year of competition

Entry Process including substitutions and withdrawals:

- At the time of entry, a club can enter up to 10 gymnasts per team, entering the correct age category reflective of the age of the oldest gymnast. All reserve gymnasts must be included on the online entry at the time of submission.
- If entering the Junior category all gymnasts including reserves must be between 11 – 15 years of age.
- If entering the Senior category the team must include a minimum of 1 senior gymnast at the time of entry.
- Minimum number of gymnasts named is 3
- The anticipated team should be named and up to 5 additional gymnasts entered as reserves before the closing date.
    - A junior aged gymnast may be entered in a Junior team and/or named as a reserve in a Senior team (or vice versa) at the time of entry. However they may only compete in 1 catgegory.
- The team's competition category is confirmed at the time of entry. There will be no movement between competiton categories after the entry closing deadline, including, if for example, a club enters a senior team and later substitutes all senior gymnasts with junior reserve gymnasts.
- After the closing date and up to noon on Friday 9th October, the gymnasts named in the entry can be withdrawn and substituted from the named reserves, or between teams in the instance the club has 2 teams entered. Changes must be made in writing to the Competition Organiser at womens.competitions@british-gymnastics.org and the Events Team at events@british-gymnastics.org
- After noon Friday 9th October, the final team of 5 gymnasts (minimum 3) are confirmed and no further substitutions will be accepted.
- At registration the working order for the team of 5 (minimum 3) must be confirmed. Only the team of 5 will march in, named reserves cannot march in or go around with the team.

Competition Structure:

- Competition format is as per FIG
- Two teams will be drawn on each apparatus with a split warm-up.

Team:

- 5,4,3 team competition
- Previously named reserves cannot go around with the team
- If entry numbers allow, the competiton will be scheduled with the Junior and Senior competitons on separate days. In this instance, clubs will be seeded by ranking from the previous year's results according to the catergory entered.
- If entry numbers do not allow the competition to be scheduled with Junior and Senior competitions on separate days, clubs will be seeded by ranking from the previous year's scores regardless of the category entered.
- New entrants will be drawn in the early rounds
- Working order for team must be handed in at registration

Coach Qualification and Passes:

The lead coach/supervising coach must have the relevant qualifications and BG membership as defined in the eligibility section of this handbook. Qualifications must cover the level of the skills being performed by the gymnasts in line with Lead Coach Process 2026. In the event of an accident, failure to hold the correct level of qualification may lead to your insurance being negated.

Competition	Coach Minimum Qualification Required
Junior Team	UKCC Level 2
Senior Team	UKCC Level 2

- 3 coaches per team can be nominated (including the lead coach where appropriate). All coaches can be present during apparatus warm-up.
- During the competition phase, 2 coaches per team can be in the field of play but only one coach can be present at the apparatus at any one time except on bars where a second coach is permitted to remove the springboard and on Vault where the second coach can input vault numbers
- N.B. coaches are welcome to swap providing there are never more than two in the field of play. FIG rules regarding coaches in a team competition apply

Specific Apparatus Requirements:

- Apparatus specifications are as per FIG - except for vault matting, this will be the FIG mats turned to provide a soft landing .
- All modified boards will be available for vault – Aspire, Junior & Senior gymnasts.

Category	Vault	Bars	Beam	Floor
All age categories	Soft landing Additional 20cm landing mat for warm up only	2x1.4 x 10cm Jersey mat warm up and competition	2x2 x 10cm mat warm up only	2x2 x 10cm mat warm up only 5cm landing mat only allowed in competition for D+ salto and higher (white lines still need to be marked for border definition)

Tie Breaks:

- Team: In case of a tie, the team with the highest overall execution score (from counting score only) will prevail.

Awards:

- Junior Team Champions – Medals (Gold, Silver & Bronze) & Bill Slater Junior Champion Shield
- Senior Team Champions – Medals (Gold, Silver & Bronze) & Senior Champion Shield

Disability Artistic British Championships 2026

Please note all rules and regulations noted in pages 1- 18 of this Handbook apply to this competition

Date: 7th November 2026

Venue: Fenton Manor Sports Complex, Victoria Road, Fenton, Stoke-on-Trent ST4 2RR

Opening Date: Friday 14th August 2026

Closing Date: 12pm (Noon) Friday 25th September 2026

Music Entry ClosingDate: 12pm (Noon) Friday 30th October 2026

Entry Fee: £68.00 per gymnast (Entry Fees may increase with inflation)

Code: WAG 2026 Disability Competition Rules (to be published early 2026)

Eligibility:

Gymnasts must have an approved Disability Classification in order to be eligible to compete. Gymnasts competing for the first time in a disability event are required to send in a Disability Gymnastics Classification Certificate as proof of disability at least 6 weeks before an event to British Gymnastics Customer Support.

Competition Structure:

Following the FIG's recognition of Para-Gymnastics as an official discipline the competition structure will be reviewed. Upon completion of this review, further information will be provided.

Coach Qualification and Passes:

The lead coach/supervising coach must have the relevant qualifications and British Gymnastics membership as defined in the eligibility section of this handbook. Qualifications must cover the level of the skills being performed by the gymnasts in line with the Lead Coach Process 2026. In the event of an accident, failure to hold the correct level of qualification may lead to your insurance being negated.

Competition	Coach Minimum Qualification Required
Disability Championships	UKCC Level 2

- 2 coaches per gymnast can be nominated (including the lead coach where appropriate). Both coaches can be present during apparatus warm-up.
- During the competition phase, both coaches can be in the field of play but only one coach per gymnast can be present at the apparatus at any one time except on bars where a second coach is permitted to remove the springboard. A Supervising Chaperone is permitted for the competition and will take the second coach position.

Awards:

- The awards to be presented will be reviewed in line with the review of the competition structure.

FIG Development 2 & 3 & FIG Junior Development

Date:	8th November 2026 *(No pre-competition training)*
Venue:	Fenton Manor Sports Complex, Victoria Road, Fenton, Stoke-on-Trent ST4 2RR
Opening Date:	Friday 14th August 2026
Closing Date:	12pm (Noon) Friday 25th September 2026
Music Entry Closing Date:	12pm (Noon) Friday 30th October 2026
Entry Fee:	£250.00 per regional team (Entry Fees may increase with inflation)
	£63.00 per individual (Entry Fees may increase with inflation)
Code:	FIG Development 2 & 3: 2026 WA National FIG Development 1, 2 & 3 for Coaches* (to be published following completion of rules review)
	FIG Junior Development: FIG Junior Cycle 16 CoP 2025-2028

Eligibility:

FIG Development 2

- Gymnasts must have achieved a minimum attainment score of "Working At" in Excel Grade 2 in 2026 and be age 10 or 11 in year of competition
- The first 4 gymnasts in FIG Development 2 will represent their region in the National Finals
- The gymnast in 5th place will be the nominated reserve
- The 6th placed gymnast may be entered as a non-travelling reserve to be substituted into the team in the event of a withdrawal
- There will be no individual entry into National FIG Development 2.
    - If a gymnast does not make the regional team but has a score of 46.00 or above and attended the National Excel Grade 2 competition as part of the regional team, please contact the WTC to request dispensation to enter.

FIG Development 3

- Individual entry direct to National Final.
- Gymnasts must be aged 11 or 12 and have achieved a minimum of "Working At" in Excel Grade 2 in 2025 or "Working At" in Excel Grade 3 2026.

FIG Junior Development

- Individual entry direct to National Final.
- Gymnasts must be aged 13 or 14 and have achieved a minimum of "Working At" in Excel Grade 3 in 2026

Evidence of qualifying scores must be sent to the Competition Organiser by post or email by the closing date. Entry will be refused until results are submitted, if results are received after closing date the late entry fee will be charged

Competition Structure:

- FIG Development 2 - 15 minute general warm-up then apparatus warm-up and compete
- FIG Development 3 & FIG Junior Development – 15 minute general warm-up then apparatus warm-up then touch warm-up

Team:

- FIG Development 2 is a 4,4,3 team competition.
- The team score will be the total of the 3 best scores on Vault, Bars, Beam and Floor
- Nominated reserves will march in and act as team board steward during competition. Nominated reserve may replace withdrawn team member **BEFORE** start of competition. If the reserve was entered as an individual but competes in a team, no refund of individual entry fee will be made.
- Working order for team must be handed in at registration.

Coach Qualification and Passes:

The lead coach/supervising coach must have the relevant qualifications and BG membership as defined in the eligibility section of this handbook. Qualifications must cover the level of the skills being performed by the gymnasts in line with the Lead Coach Process 2026. In the event of an accident, failure to hold the correct level of qualification may lead to your insurance being negated.

Competition	Coach Minimum Qualification Required
FIG Development 2	UKCC Level 2
FIG Development 3	UKCC Level 2
FIG Junior	UKCC Level 2

FIG Development 2

- 1 coach per gymnast can be nominated. Each team must nominate a team manager. Each coach can be present during apparatus warm-up.
- During the competition phase, one coach per gymnast can be present at the apparatus at any one time except on bars where a second coach is permitted to remove the springboard

FIG Development 3 & FIG Junior Development

- 1 coach per gymnast can be nominated. Each coach can be present during apparatus warm-up.
- During the competition phase, one coach per gymnast can be present at the apparatus at any one time except on bars where a second coach is permitted to remove the springboard

Specific Apparatus Requirements:

- Apparatus supplied by Gymnova
- Apparatus specifications as per 2025 Womens's Artistic National FIG Development 1, 2 & 3 for Coaches (to be published following completion of rules review)
- Additional extra-soft board will be available for vault – 4 spring and modified 5 spring

Tie Break

- At National Finals ties will not be broken
- At Regional Qualification for FIG Development 2 ties at 4th place will be broken to select the final team member and reserve. Ties will be broken as follows:
    1. Highest E score
    2. Drop vault score
    3. Drop bars score
    4. Drop beam score
    5. Drop floor score

Awards

FIG Development 2

- Team gold, silver and bronze – top 6 teams announced
- Individual gold, silver and bronze - top 6 individuals will be announced and lined up with medallists.

FIG Development 3

- Individual gold, silver and bronze - top 6 individuals will be announced and lined up with medallists.

FIG Junior Development

- Individual gold, silver and bronze - top 6 individuals will be announced and lined up with medallists.

The Combined Excel Grade and FIG Development Champion will be declared as:

- Grade 2 – 2026 All Around scores from Excel Grade 2 + FIG Development 2

- Grade 3 - 2026 All Around scores from Excel Grade 3 & FIG Development 3
- In each age group top 6 individuals will be announced and lined up with medallists
- A presentation will be made to the coach of the overall combined champion for Grade 2 & 3
- Nationality regulations will apply. Non British Citizens will not rank in the official results

Progression to the British Championships 2026:

Please refer to the "WAG – British Eligibility 2026"

Classic Challenge Championships

(including Bill McLoughlin National Apparatus Team Championships)

Date:	20th – 22nd November 2026 *(No pre-competition training)*
Venue:	Surrey Sports Park, Richard Meyjes Road, Guildford, GU2 7AD
Opening Date:	Friday 28th August 2026
Closing Date:	12pm (Noon) Friday 9th October 2026
Music Entry Closing Date:	12pm (Noon) 13th November 2026
Entry Fee:	£250.00 per regional team (Entry Fees may increase with inflation)
Code:	Classic Challenge Championships Bronze, Silver & Gold Levels 2026 to be published following review after the 2025 competitions.

Eligibility:

- The first 6 gymnasts in Bronze, Silver & Gold levels, will represent the region in the National Finals
- The gymnast in 7th place will be the nominated reserve
- The 8th placed gymnast may be entered as a non-travelling reserve to be substituted into the team in the event of a withdrawal
- Signed score sheets from these nominated competitions must be sent to the NCO immediately after the nominated event.
- Bronze: Age 10 or over in year of competition
- Silver: Age 12 or over in year of competition
- Gold: Age 14 or over in year of competition
- If a gymnast has attained a minimum "Working At" in any Excel Grade or competed at the British Championships in 2026 they may not enter the Classic Challenge Championships.
- A gymnast may have competed in Home Nations in 2026 and still be eligible to compete in Classic Challenge Championships, but only at the category for their minimum age (ie Silver if aged 12 or above and Gold for gymnasts aged 14 or above).

Competition Structure:

- Competition format is 10 minute general warm-up then warm-up and compete for all categories.

Specific Apparatus Requirements:

- Refer to the Classic Challenge Championship Rules
- Apparatus supplied by Gymnova
- Apparatus specifications are as per FIG - except for vault matting, this will be the FIG mats turned to provide a soft landing.
- Vault - Additional extra-soft boards will be available for Vault - 4 spring & modified 5 spring
- Uneven Bars - An additional 10cm "jersey-style" Gymnova mat may be used and can be placed/moved as needed.
- Beam - An additional 10cm "jersey-style" Gymnova mat is allowed for dismounts.
- Floor - FIG floor regulations with: Additional 10cm Gymnova mat permitted for D+ saltos without incurring a penalty in Silver and Gold. Must be removed after performing the element.

Team:

- Classic Challenge Championships is a 6,6,4 team competition
- The team score will be the total of the 4 best scores on Vault, Bars, Beam and Floor
- Team working order must be submitted at registration

- Nominated reserves will march in and act as team board steward during competition. The nominated reserve may only replace a withdrawn team member **BEFORE** start of competition.

Coach Qualification and Passes:

The lead coach/supervising coach must have the relevant qualifications and BG membership as defined in the eligibility section of this handbook. Qualifications must cover the level of the skills being performed by the gymnasts in line with the Lead Coach Process 2026. In the event of an accident, failure to hold the correct level of qualification may lead to your insurance being negated.

Competition	Coach Minimum Qualification Required
Bronze	UKCC Level 2
Silver	UKCC Level 2
Gold	UKCC Level 2

Bronze, Silver & Gold Levels

1 coach per gymnast can be nominated. Each team must nominate a team manager. Each coach can be present during apparatus warm-up.

During the competition phase, 1 coach per gymnast can be present at the apparatus at any one time except on bars where a second coach is permitted to remove the springboard

Tie Breaks:

- At Regional Qualification for Bronze, Silver & Gold ties at 6th place will be broken to select the final team member and reserve. Ties will be broken as follows:
    1. Highest E score
    2. Drop vault score
    3. Drop bars score
    4. Drop beam score
    5. Drop floor score
- At National Finals tie-break rules as per FIG Regulations (World Championships).
- Bill McLoughlin National Apparatus Team. In the case of a tie, the lowest counting score for each of the tied teams will be discounted in order to break the tie. If there is still a tie this process will be repeated until the winning team can be decided.

Awards:

Classic Challenge Championships

- Team gold, silver and bronze medals, top 6 teams will be announced and lined up with the medallists
- Individual gold, silver and bronze medals, top 10 individuals will be announced and lined up with the medallists
- Individual gold, silver and bronze medals for Vault, Uneven Bars, Beam and Floor.
- Special awards for most dynamic vault (irrespective of errors), most memorable / enjoyable performance on bars, beam & floor will be awarded in each level (nominated by D judges on each apparatus).

Bill McLoughlin National Apparatus Team

- The Bill McLoughlin National Apparatus Team Trophy will be awarded in conjunction with the Classic Challenge Championships. The winning team will be decided by taking the top scores on vault, bars, beam and floor at bronze, silver & gold level and adding them together.
- Team gold, silver and bronze medals will be awarded to the gymnasts with the counting scores
- A perpetual trophy will be presented to the winning region
- Top 6 teams will be announced

Appendices

Appendix 1 - Home Countries, English Regions & Island Associations

Home Countries	Website Address
England	www.british-gymnastics.org/england
Scotland	www.scottishgymnastics.org
Wales	www.welshgymnastics.org
Northern Ireland	www.british-gymnastics.org/northern-ireland

English Regions

North	www.british-gymnastics.org/north
North West	www.nwga.org.uk
Yorkshire	www.british-gymnastics.org/yorkshire
West Midlands	www.british-gymnastics.org/west-midlands
East Midlands	www.british-gymnastics.org/east-midlands
East	www.british-gymnastics.org/east
London	www.british-gymnastics.org/london
South East	www.british-gymnastics.org/south-east
South	www.british-gymnastics.org/south
South West	www.british-gymnastics.org/south-west

Island Associations

Isle of Man Gymnastics	www.iomgymnastics.org