

Handbook 2026

VERSION 2 December 2025

British Gymnastics

In all cases any changes, errors or adjustments made to the British Gymnastics policies will overrule any London WAG information

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Committee Members

All enquires to be directed to waglondonchair@gmail.com

Committee

Julie Hull - Chair

Vince Walduck - Vice Chair - Events Organiser

Lisa Longhurst - Treasurer

Alun Hill - Regional Coach

Coaching

Gemma Marnes - Assistant Regional Coach

Katie Hollobon - Assistant Regional Coach

Event Team

Vince Walduck - Lilianna Walduck - Emily Keane - Michele Walduck

Members - Working group

Kim Honey – Liz Jones - Rebecca King - Elysha Burt - Fay Matthews

Notes for Handbook

Pay attention to – changes

V2 – Updates

- Check membership requirements
- Judge information (1st judge/2nd judge)
- Squad Information
- Tin Competition added to the program
- Zinc Modifications
- Reminder no Copper +
- Benchmarks

V1

- Competitive membership - level changes
- Competition entry - procedure changes
- Competition rules - change of rules
- Judge requirement for 2026 - changes
- Benchmarks
- Regional squad selection

Membership

Gymnasts

- gymnasts must have correct BG membership and affiliated with London Gymnastics. CHECK ON BG SITE for clarification.
    - NGB competitions (WTC BG rules) - Competitive Insurance
    - Competitions leading to national final - National Insurance

It is clubs' responsibility to select correct insurance.

Coach Section

Lead Coaches

- Lead Coaches' membership level must be Coach or Life Member of British Gymnastics 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. Wrist Bands will be supplied upon registration Lead Coaches must have current safeguarding and DBS certificates, please see the Safeguarding section of the WAG National handbook.
- Coaches found to be supervising/coaching skills out of their qualification will be removed and reported to BG Welfare department.
- The Lead Coach may authorise other coaches from their club/region to coach skills at a maximum of 1 level higher than that coach's qualification (Supervised Coach) but has responsibility for ensuring that they are competent to do so.
- This must be requested in writing to the chair.

Additional Coaches

- Coaches' membership level must be Coach or Life Member of British Gymnastics
- Coaches must be qualified to a minimum of level 2.
- Coaches must be qualified to the level of all the skills being performed by the gymnasts for which they are responsible.
- Coaches must have current safeguarding and DBS certificates. (Please see the Safeguarding section of WAG National handbook)

Supervised Coaches

- Coaches' membership level must be Coach or Life Member of British Gymnastics
- To be a Supervised Coach you must be a minimum of Level 2. With the explicit authorisation of the Lead Coach,
- Supervised Coaches may coach skills at a maximum of 1 level higher than their current qualification.
- Before being allowed to participate in a British Gymnastics Event, the Supervised coaches must have completed the relevant course or module of the next coaching level covering those skills, although they may not yet be signed off as qualified.
- For further information on the changes introduced for Lead and Supervised coaches, please see WAG National handbook.
- This must be requested in writing to the chair.
- Signed statement from the club detailing the supervision in place must be provided to the Event team on the day of competition.

Assisting Coaches

- Assisting Coaches' Membership level must be Assistant Coach, Coach or Life Member of British Gymnastics 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.
- To be present on the field of play, this must be requested in writing to the chair.

Judges

- Judges' membership level must be Judge or Life Member of British Gymnastics for
- Club/County/Regional Judges, and National/Brevet Judge or Life Member of British Gymnastics for National and Brevet Judges 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 Judges must also hold a current cycle of judging award.

- If a competition progresses to a national final, each participating club must provide at least one judge qualified at the regional level or higher. If the club is unable to supply a suitable judge, a £150 fee will be charged, provided the organisers can allocate one on their behalf. If no judge can be arranged, the club will not be permitted to enter the competition.
- BG does not require judges to complete a criminal record check to judge at BG 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 qualifications 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.
- BG no longer requires all judges to complete safeguarding training but clubs should ensure any judge who supervises or instructs children has completed appropriate training.
- All London Judges must complete an in person course and achieve a pass mark on the online assessment.

Competition Information

Attire

- Competition attire for gymnasts, coaches and judges will follow the rules in the WAG competition Handbook/FIG Code of Points in force at time of entry unless notified.

Gymnasts

- 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. 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.
- Shorts/leggings – see Fig/WTC handbook.

Coaches

- Coaches must wear full length sports trousers/leggings (modest) 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)

Entry

Competition Capacity

- The organisers have set a maximum of 160 gymnasts for each Competition and will be closed once numbers are reached. See note.
- Once this happens, Competitors can be added to a Waiting List and will only be offered places if/when Withdrawals are made

Gymnasts' entry

- via Justgo to ensure all gymnasts have correct membership level
- Payment to be made via justgo

Judges and Coaches

- enter via 'justgo' system

Late entries

- Accepted at the discretion of the TC at double the entry fee.
- In case of injury, a gymnast in a team or partnership may be substituted up to 1 week before at the discretion of the chair and structure of the competition. In writing to the Chair.
- Amendments to the entry before the closing date will be allowed and in the case of withdrawals, the entry fee will be refunded.
- Entry fees after the closing date are non-refundable.
- Any change to the details entered on the online entry e.g., Judge name change, coach name change etc. will incur a £25 admin fee.

The person making the entry

- Must ensure that judges and coaches are available on the day.
- Music must be uploaded to the system with every entry – entries will not be progressed without music.
- £25 admin fee applied for any changes or errors.

Judges on Entry

- A club may not enter a regional competition without a nominated judge - A different judge for each club must be submitted. (The nominated judge may be from another club).
- Please ensure that you have checked that your judge is available for the competition BEFORE you submit your entry.
- On a 2-day competition a judge is expected to judge both days.
- Requests for a particular day should only be requested if on a 2-day competition, the club submits more than one judge.
- 1-10 gymnasts x1 judge – Regional or above level
- 11+ x2 judges (different) per entry. One judge must be Regional or above and must have completed a face-to-face course and passed the online BG assessment *new for 2026*
- Clubs are responsible for supplying and organising their judge - panels will be sent to administrator - Person who completed entry.
- If clubs do not have a judge, clubs may be required to pay a fine of £150 per judge required to allow the event organisors to source a judge from another region.
- Competitions may need to be cancelled if adequate number of judges is not supplied.
- If judges withdraw or do not turn up on the day and no replacement judge of the same qualification or higher is provided, then all the club's gymnasts may be withdrawn from the competition with no refund and/or a fine processed to the club of £150 and no refund will be given.
    - *The TC may cancel a competition if there are insufficient judges provided by the clubs.

Judges' information

- Judges will be paid mileage expenses at the rate of 0.45p per mile to a maximum of £60. All other expenses require pre-approval from the London WAG Chair. The expense form must be sent within 4 weeks.
- We recommend that clubs negotiate any fee with their judge directly.

- Judges will be provided with refreshments as appropriate. Special requirements cannot be made due to the frequent changes with judges. Please check prior to the competition if necessary.

Floor Music

- will be via Justgo
- Music must be uploaded for ALL gymnasts on EVERY entry - entry will not be accepted without music change of music will receive a £25 charge.
- All music used in competition routines must conform to the relevant licensing requirements. Details may be found at the following link. this is the responsibility of person authorised to submit entry. https://www.britishgymnastics.org/clubs/clubmembership/musiclicensingpplprs
- 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 http://www.ppluk.com/scroll to the bottom of the page and click on 'PPL Repertoire Search' enter the artist's name and title. Any music listed as part of the search can be used.

If there are any problems uploading, please contact BG to discuss Justgo. Emails will not be accepted.

Fees

- An email will be sent to the club up to 6 weeks after the competition. You will have 14 days to pay or contest.
- Back up a copy of all floor music to USB and bring on the day – coach to keep while on the field of play – phones will not be accepted.
- The person making the online entry for gymnasts, coaches and judges for their club undertakes to ensure that they will abide by the contents of this handbook and any BG, FIG rules that apply.

Coaches Information

- In individual competitions 1 coach per gymnast will be allowed in the competition arena.
- In team competition 2 coaches per team from 3 nominated on the entry form are allowed in the arena at any one time.
- All gymnasts must always have an accredited coach present on the competition floor. If a gymnast attends a competition without a coach that gymnast will not be allowed to compete.
- A gymnast will not be allowed to warm up without a coach. Late arrivals will only be accommodated at the discretion of the competition organiser.
- All Coaches Must be up to date with current BG competition regulations. Must wear full-length sports leggings/sports trousers club t-shirt with the club's logo/name visible and appropriate gym/training shoes.
- Long hair should be braided or tied back so as not to obscure vision.
- No jewellery may be worn. Coaches will not be allowed to support on the competition floor if wearing ANY jewellery. If it is not possible to remove items of jewellery they should be taped.
- No chewing gum is allowed at any phase of the competition.
- No mobile phones or any other electronic devices including tablets to make calls, take photographs or videos are permitted.
- Only coaches entered on the online system are allowed on the competition floor for their gymnasts at the level and age group they have been entered.
- Only the use of the Inquiry Form for the D score may be used. (fee applicable)
- Non-compliance may result in the removal of the coach and consequently, for health and safety reasons, their gymnast from the competition.

Coach Qualifications

- The person submitting the entry is responsible that the nominated Supervising Coach(es) is/are qualified to the level of the participant's performance. The practice of supervising participants working above the level of the coach's qualification is not allowed.
- Supervising Coaches who entered the event entry MUST be the same ones attending the event. It is unacceptable to enter a coach you know will not be attending.

- Supervising Coaches have a duty of care towards their performers and have a responsibility to ensure that they 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 (Written permission required), 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.
- If it is found that a club is in breach of these policies the London WAG 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.
- Change of Coach
- Any changes to the supervising coach(es) submitted on the online entry system must be notified to the Chairman, before the event to prove their Membership of BG, have a valid DBS, valid safeguarding award and the correct coaching qualification.
- If any coach is not notified prior to the competition, they will NOT be allowed on the competition floor.
- There will be a £25 Admin fee (Additional work and checks that are then required.)
- In exceptional circumstances if changes are required during the event, these must be notified to the Organisers. Changes to Supervising Coaches will only be permitted where the replacement coach meets all the relevant eligibility requirements.
- Gymnast Information
- 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. (1st January – 31st December)

Gymnasts Rules

- Behave in an appropriate manner
- Follow the Gymnasts Code of Contact
- No jewellery, body piercing or adornments of any kind are permitted.
- No chewing gum is allowed at any phase of the competition.
- Wear appropriate gymnastic clothing during warm-up and competition.
- If changing leotard, do so 5 minutes before the required march-on time.
- Be available for the march-on at the correct time.
- Be available for presentation ceremonies in competition attire.
- Be prepared to compete at a time other than the advertised time. As per 30 min rule
- No mobile phones or electronic devices including tablets are allowed.
- Handguards, body bandages and wrist wraps are permitted; they must be securely fastened, in good repair and should not detract from the aesthetics of the performance. Bandage must be as COP rules
- Tall gymnasts – Uneven Bars
- Both Bars may be raised by 5 cm where a gymnast's feet touch the basic matting.
- Where a single bar is used this may be raised so that the gymnast's feet in long hang clear the matting. The request for the bars to be raised must be at the time of competition entry. The bars will be raised in accordance with the FIG/WTC regulations.
- Unauthorised raising of the bars will be penalised in accordance with the FIG regulations.
- Qualification and Regional representation at National Finals
- Gymnasts may only represent the London Region to which their club is affiliated.
- Gymnasts and Coaches will be selected according to the rules and will represent the London Region.
- Only gymnasts not in the London Team and have qualified to the BG regulations and rules may represent their Club.
- They will only have one opportunity to qualify for National Finals.
- Gymnasts may only complete in grade/level per competition year as per BG WTC rules.
- The minimum age for entry to National BG events is as per competition rules.

Regional information

Benchmarks

- Benchmarks for movement in 2026 available on Just go London Info (December)
- There will be no forced movement between levels within the same year i.e., Spring to Autumn
- The TC reserves the right to move any misplaced gymnasts to the appropriate programme.
- Optional move within 1.00 of benchmark
- Tin - Selected Gymnast criteria TBC

Competition Levels

- Tin
    - Coaches may choose to move Zinc Gymnast to Tin score TBC
- Zinc – 44.00
    - Move to Copper
- Copper – 44.00
    - Move to Bronze
- Copper + no longer available
- Bronze
- Silver
- Gold

Regional Squad – selection only

Selection & Information

- Squad selected using Benchmarks, National final attendees.
- Members must attend all sessions.
- Squads selected to train January 2026 to March 2027
- Costs involved – £115 for year includes x4 set squad sessions. Payable in advance to allow bookings Must confirm by 6th January
- Payment to be made by January 13th via card payment.
- £30 per additional sessions

Eligibility:

Squad 1

- FIG
- Excel – Achieved Pass Mark in 2025
- Gold & Silver Classic Challenge
- Performance 4 – Achieved Pass Mark in 2025
- Gymnasts entering Excel 1 in the spring

Squad 2

- Performance 1, 2, 3 – Achieved Pass Mark
- Bronze – including finalists – achieved min score 40.00
- Copper Plus (no longer in the program)
    - Reward days through the year, gymnasts will be given opportunities to attend.
- Members will remain on the squad during the current year (2026/2027) unless:
    - They leave the sport or region
    - Change pathway – if a gymnast changes pathway but remains within the performance/Excel/FIG category they will keep their space or move squads. However, if a gymnast changes to Preparation or Development they will not retain their space but may be invited to talent ID days.

Gymnasts

Disqualification

- Any gymnast that is found to have been entered and competed in a competition at the incorrect level (Benchmark not followed) the gymnast will be disqualified and removed from the score sheet.

General Regulations and Rules

Competition dates

- will be adhered to where possible, however, the London WAG and Competition Organisers reserve the right to make the following amendments: -
    - Combine age categories if the numbers entered the competition are small. This includes any withdrawals on the day of the competition.
    - Change the running order of performance, before the competition date or on the day of the competition to maintain a regular competition structure format.
    - Just go, operate a first come first served criteria If entries are over-subscribed for entries. Any competition going to national finals will have automatic entry and will overrule other levels if entry has been processed within the scheduled time frame.
    - If entries are small, competitions may be amalgamated or cut to one day,
    - date of competition if unforeseen circumstances dictate a change in date/venue.

See end of document for Calendar

Drop down rule

- In all individual competitions the gymnasts will follow the drop-down rule, unless notified – during competitions which have many levels with small numbers (excel grades) where rounds and groups are mixed, we will not adopt the drop-down rule. The first gymnast on their first apparatus will drop down to the bottom of their group on the next apparatus.
- Team competitions must complete order of performance for each apparatus and handed to the Head Judge of each apparatus. Forms at back of handbook.

Early Start

- All gymnasts and coaches must arrive at the venue 30 minutes before registration time for their round.

- If the competition runs early, then we may start before the published time.

Other information

- Where no specific point is addressed in the regulations, the current WTC or FIG rules apply.
- Competition Organisers and 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.
- The Competition Organisers reserve the right to refuse any entry and disqualify a competitor or team at any time if they do not comply with BG and WTC regulations.

Inquiries to Judges

- London WAG inquiry forms are available from the Control Table and must be completed and returned to them within 15 minutes of the judge producing the score slip or before the next rotation has finished. If this is the end of the competition, coaches must bring queries within 5 mins – the period of time it takes to produce the award results. Should an error occur it is the coach's responsibility to collect (scores are available on duplicated slips on judges table and displayed on screens around venue).
- If necessary, a coach should register their intention to inquire by approaching the Competition Organiser at the Control Desk before completing the form.
- If a coach has approached the judging panel and discussed a gymnast's score, they may not register an inquiry.
- A coach may only inquire about the D score.
- A coach may only inquire about gymnast from their club.
- The supervising coach for the club/region of the competing gymnasts places the appeal form to the control table to be assessed by Judge Jury.
- inquiry: £25 The placement of an inquiry form becomes a contract to pay the appropriate fee.
    - This fee will not be collected in cash at the event, but an email request for payment will be sent to the club/coach concerned, if the inquiry is not upheld.

- London WAG 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.

Presentations and Awards

All-Around

- 10 + Gymnasts
    - AA – Gold Silver Bronze 4th, 5th, 6th
- 1-10 Gymnasts
    - AA – Gold Silver Bronze
- *Grades will be awarded Certificates as per BG WAG handbook
- *Awards for Execution will be awarded to gymnasts at individual competitions who achieve minimal execution deductions on each apparatus based on set criteria. Depending on the number of judges available Individual Judges pins will be awarded at head judges discretion.

*Where available

Apparatus Medals

- 10+ Gymnasts
    - Gold Silver Bronze
- 4-9 Gymnasts
    - Gold Only
- competitions with less than 4 gymnasts - categories will be combined - where possible (to provide groups of 10+) if they can not be combined apparatus medal will only be awarded if reached min score

Tie Break

- Tie-break rules as per FIG Regulations for competitions that are qualifiers for National Competitions.

Code of Conduct

- As defined by: -
- British Gymnastics National Technical Committee Code of Conduct.
- Women's Artistic Judges Code of Conduct. As per WAG handbook/FIG

Coach's & Judges

- London WAG, acting through its committee, reserves the right to refuse any entry and disqualify an official, judge, gymnast, or team at any time, if they do not comply with BG regulations.
- Mobile Phones and Tablets
- Gymnasts, judges and coaches must NOT use mobile phones or any other electronic communication devices including tablets, to make calls, take photographs or be used for other forms of communication during the competition.

Parents at Events

- All Clubs take responsibility for the actions of their parents.
- No parent is allowed on the competition arena to approach either active Coaches or Judges.
    - Should this occur, the immediate expulsion of the related club's gymnast(s) from the competition will be implemented.

First Aid

- Anyone requiring First Aid assistance should speak to the Competition Organiser, at the Control Table.
- It is recommended that all coaches have a First Aid kit with them for minor injuries.
- Clubs are required to name their qualified first aider for every competition.

Health and Safety

- The health and safety and welfare of all participants (gymnasts, coaches, and officials) is the primary consideration.
- All BG policies and procedures will be rigorously applied with regards to health, safety, welfare and Safeguarding and Protecting Children.

Photography/Videos

- By entering an LG Event, there is an acceptance that the participant may be photographed and published by London Gymnastics Ltd.
- Photos & videos may only be taken and used in accordance with the BG Child Protection Policy.
- Photos may not be used, distributed, or copied for commercial purposes.
- Flash may not be used at any time during the event.
- The Event Organiser may at any time in his or her absolute discretion, direct that photos shall not be taken.

Specific Competition Information

Spectator Fee

- Heathrow Child/Concessions £8 Adult £11

London Regional Competitions

- London Tin
- London Zinc
- Pre- Excel London Region (spring)
- Pre FIG London-Region (Autumn)
- National Programme
- WAG Classic Challenge Program
- Copper – Regional only
- Bronze, Silver, Gold Spring - Regional only
- Autumn national team qualifier
- Excel 1, 2, 3 (Spring) Excel 1 – Regional only
- Excel 2 – leads to national team final (regional entry)
- Excel 3 – individual final (club entry)
- FIG Development 1, 2, 3 (Autumn)
- FIG DEV 1 – Regional only
- FIG DEV 2 – leads to national team final (Regional entry)
- FIG DEV 3 – individual final (club entry)
- Performance Grades 1, 2, 3, 4 All lead to National Final (Spring)
- Prep 1, 2, 3 – Regional only
- Development 1, 2, 3, 4 – Regional only

Rules as set by BG WTC and coaches should ensure that they download the official British Gymnastics Handbook and relevant rules.

WTC

- Gymnastics WTC Handbook and any Helpdesk publications which will outline and changes

National Finals

- Any event leading to National Finals must follow the finals rules.

London Representation at National Finals

Gymnasts

- Will be expected to purchase or hire London Gymnastics Regional Uniform on the day of qualifying competition
- will be expected to wear London Gymnastics Regional Uniform will be expected to attend all
- regional training sessions (cost applicable)

Coaches

- Will be expected to purchase London Gymnastics Regional T-shirt £20
- Will be expected to wear plain black sports trousers in accordance with BG WAG TC.
- Will be expected to attend regional training sessions
- Will be expected to take instruction from expert judge/coach conducting regional training and team manager (construct of routine)

Expenses

- No expenses will be paid unless pre-approved by the London WAG Chair

Expenses at National Final

- The London region will pay London Team entry
- cover the costs for 2 coaches per day. Selected prior to the event - Normally those attending most days
- Personal coaches may attend at their own expense.

Regional Uniform

for all National final – representing London

Gymnast Uniform

- Required leotard
- Leggings
- T- Shirt £20
- Optional - Hoodie

Coaches' Uniform

- required
- London T-shirt £20

- Dark trousers
- Optional - Hoodie £45

Uniform Loan

- Gymnasts may loan the kit– all kit must be returned WITHOUT washing in the bag it arrived in to allow non-contact washing
- All details on poster Team Kit Cost
- Leotard £10 (plus £50 returnable deposit – once returned)
- Hoodie £5 (plus £20 returnable deposit – once returned)
- Leggings free (plus £5 returnable deposit – once returned)
- Procedure for Ordering Regional Uniforms
- Coaches and Parents/Guardians must order as per instruction before competition – TBC –order form normally available on the day with card link for payment
- Reserve must provide sizes and may purchase team kit

Apparatus Specifications

- As per FIG COP

Coaches at Apparatus

- Bars
    - The coach should remain at the apparatus throughout the routine and should not touch the gymnast during the exercise.
- Beam
    - A coach may remain near the apparatus on BEAM DISMOUNTS ONLY.

National Competitions

- See WTC handbook and FIG code of points for specific rules See links
- Grades will be held according to the rules in the BG Handbook
- Competition entry selections for regional competitions are the responsibility of the clubs.
- Clubs must follow the WTC entry flow chart to enter their gymnasts at the correct level. Categories
- See WTC handbook

Competitions – London Regional

London specific

London Tin

- Age groups
  - Min Age 8 years in year of competition Venue TBC
- Rules Clarifications
  - Rules in line with national Classic Tin program with London modifications
- Age groups to be confirmed via draw
- The organisers have set maximum numbers for each Competition and will be closed once numbers are reached. Once this happens, Competitors can be added to a Waiting List and will only be offered places if/when Withdrawals are made within time scales and where possible
- Cost £47
- Judging requirements
  - 1-10 Gymnasts
    - 1st judge must be minimum Regional Level WAG
  - 11+ Gymnasts
    - 2nd judge required of any level WAG

London Zinc

- Age groups
  - Min Age 8 years in year of competition
- Rules Clarifications
  - Rules in line with national Classic Zinc program with London modifications
  - Vault table permitted in addition - heights 10+
- Age groups to be confirmed via draw
- The organisers have set maximum numbers for each Competition and will be closed once numbers are reached. Once this happens, Competitors can be added to a Waiting List and will only be offered places if/when Withdrawals are made within time scales and where possible
- Cost £47
- Judging requirements
  - 1-10 Gymnasts

- 1st judge must be minimum Regional Level WAG
- 11+ Gymnasts
  - 2nd judge required of any level WAG

Pre Excel - Spring

- Age groups
  - As per WTC rules
- Rules Clarifications
  - Rules – London Modified Pre Excel
- Age groups to be confirmed via draw
- The organisers have set maximum numbers for each Competition and will be closed once numbers are reached. Once this happens, Competitors can be added to a Waiting List and will only be offered places if/when Withdrawals are made within time scales and where possible
- Cost £47
- Judging requirements
  - 1-10 Gymnasts
  - 1st judge must be minimum Regional Level WAG
  - 11+ Gymnasts
    - 2nd judge required of any level WAG

Pre FIG Dev - Autumn

- Age groups
  - As per WTC rules
- Rules Clarifications
  - Rules – London Modified Pre FIG DEV
- Age groups to be confirmed via draw
- The organisers have set maximum numbers for each Competition and will be closed once numbers are reached. Once this happens, Competitors can be added to a Waiting List and will only be offered places if/when Withdrawals are made within time scales and where possible
- Cost £47
- Judging requirements
  - 1-10 Gymnasts

- 1st judge must be minimum Regional Level WAG
- 11+ Gymnasts
  - 2nd judge required of any level WAG

National program competitions

Bronze – Silver - Gold

- Age groups
  - As per WTC rules
- Rules Clarifications
  - Rules – WTC National rules
- Age groups to be confirmed via draw
- The organisers have set maximum numbers for each Competition and will be closed once numbers are reached. Once this happens, Competitors can be added to a Waiting List and will only be offered places if/when Withdrawals are made within time scales and where possible
- Cost £47
- Judging requirements
  - 1-10 Gymnasts
  - 1st judge must be minimum Regional Level WAG
  - 11+ Gymnasts
    - 2nd judge required of any level WAG

Excel 1, 2, 3

- Age groups
  - As per WTC rules
- Rules Clarifications
  - Rules – WTC National rules
- Age groups to be confirmed via draw
- The organisers have set maximum numbers for each Competition and will be closed once numbers are reached. Once this happens, Competitors can be added to a Waiting List and will only be offered places if/when Withdrawals are made within time scales and where possible
- Cost £47
- Judging requirements

- 1-10 Gymnasts
- 1st judge must be minimum Regional Level WAG
- 11+ Gymnasts
  - 2nd judge required of any level WAG

FIG DEVELOPMENT 1, 2, 3

- Age groups
  - As per WTC rules
- Rules Clarifications
  - Rules – WTC National rules
- Age groups to be confirmed via draw
- The organisers have set maximum numbers for each Competition and will be closed once numbers are reached. Once this happens, Competitors can be added to a Waiting List and will only be offered places if/when Withdrawals are made within time scales and where possible
- Cost £47
- Judging requirements
  - 1-10 Gymnasts
  - 1st judge must be minimum Regional Level WAG
  - 11+ Gymnasts
    - 2nd judge required of any level WAG

Preparation 1-2, 3

- Age groups
  - As per WTC rules
- Rules Clarifications
- Rules – WTC National rules
- Age groups to be confirmed via draw
- The organisers have set maximum numbers for each Competition and will be closed once numbers are reached. Once this happens, Competitors can be added to a Waiting List and will only be offered places if/when Withdrawals are made within time scales and where possible
- Cost £47
- Judging requirements

- 1-10 Gymnasts
- 1st judge must be minimum Regional Level WAG
- 11+ Gymnasts
  - 2nd judge required of any level WAG

Development Grades 1-4

- Age groups
  - As per WTC rules
- Rules Clarifications
  - Rules – WTC National rules
- Age groups to be confirmed via draw
- The organisers have set maximum numbers for each Competition and will be closed once numbers are reached. Once this happens, Competitors can be added to a Waiting List and will only be offered places if/when Withdrawals are made within time scales and where possible
- Cost £47
- Judging requirements
  - 1-10 Gymnasts
  - 1st judge must be minimum Regional Level WAG
  - 11+ Gymnasts
    - 2nd judge required of any level WAG

Competitions leading to National Finals

- National Final selection calculated in accordance to WTC Rules

FIG Programme

- Full FIG Rules
  - Age groups
  - One age category.
  - Aspire, Junior, Senior – Spring and Autumn.
- Rules Clarifications
  - In all age groups Full FIG – As per Code of Points
  - See FIG Code of Points for full rules
- Age groups to be confirmed via draw

- The organisers have set maximum numbers for each Competition and will be closed once numbers are reached . Once this happens, Competitors can be added to a Waiting List and will only be offered places if/when Withdrawals are made within time scales and where possible
- Cost £47
- Judging requirements
    - 1-10 Gymnasts
    - 1st judge must be minimum Regional Level WAG
    - 11+ Gymnasts
        - 2nd judge required of any level WAG

Team Championships

- See BG WTC flow chart for information on entry-level
- Categories: –
    - London Modified Tin TBC
    - London Modified Zinc
    - Copper
    - Bronze
    - Silver
    - Gold
    - FIG - Aspire - Junior - Senior

All Team competitions adopt the rules from the listed individual competitions.

- Team Age groups
    - Senior
        - 14+ in each of the categories
    - Junior
        - 13yrs & under
- Rules Clarifications
    - 6 in a team, 4 to work, 3 to count (minimum 3 gymnasts per team)
    - Teams will work to the same specified programme rules
    - Senior teams may include younger gymnasts for the purpose of making up a team

        - Gymnasts may work up a category or level to make up a team but MUST NOT work below their usual level of competition
        - Vault heights – whole team must use vault height according to programme rules
        - The organisers have set maximum numbers for each Competition and will be closed once numbers are reached – 40 teams – dependent on level numbers (capacity across the levels). Once this happens, Competitors can be added to a Waiting List and will only be offered places if/when Withdrawals are made within time scales and where possible
    - Cost
        - £160 Per Team
    - Judging requirements
        - 1-2 teams 1 judge
        - 3+ teams x2 judge
        - 1st judge must be minimum Regional Level WAG
            - 2nd judge required of any level WAG

Glossary

BG	British Gymnastics
WTC	Women's Technical Committee – National
WAG	Women's Artistic Gymnastics Committee for London
TC	Technical committee or Technical Chair
LG	London Gymnastics Ltd
STEP	Safely Teaching Excellence in Performance

Updates added here

Links

WAG BG Handbook

https://s3.amazonaws.com/a.storyblok.com/f/83342/x/d1a2f0f53c/womens_artistic_competition_handbook_2025_v1-2.pdf

BG WAG Page

https://www.british-gymnastics.org/technical-pages/womens-artistic-technical-information

Code of Points

https://www.gymnastics.sport/publicdir/rules/files/en_1.1%20-%20WAG%20COP%202025-2028.pdf

WAG London Information

https://mybg.british-gymnastics.org/workbench/public/events?ref=1F5CDBF5F999E04F46B566C87AC7002427A53595

Forms

Application for Re – Designation

Team working order

Score Query form

RE-DESIGNATION

Gymnasts Name	
Coach Name	
Coach Qualification	
Coach Telephone	
E-Mail address	
Competitions competed Last	
Days and Hours training each week	
Current Designation	
Programme to be Re-designated to	
Supporting Reasons	

Please complete this form and e-mail to: - Julie Hull

waglondonchair@gmail.com

Club Name _____

Team Championship

TEAM WORKING ORDER

Club - Team Name

Vault		Bars
Beam		Floor

Changes can be made before the apparatus warm up by informing the Head Judge at the apparatus.

Only those gymnasts named on the form may be on the competition floor.

Gymnastics Score Protest Form

D Score Only can be queried Cost £25 per query Invoiced to club

The judge's decision is final

D Score Only can be queried Cost £25 per query Invoiced to club

The judge's decision is final

Name of Gymnast	Gymnasts Number

Apparatus

Vault Bars Beam Floor Range

Reason for Query		
Score Received		
Score expected		
Jury Notes and Decision		
Query Accepted	Yes	No
Invoice Sent	Yes	No
Fee Received	Yes	No