

2026 Rhythmic 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 02/12/2025

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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	Monika Baylarbayova	monika.baylarbayova@british-gymnastics.org
National Judging Co-ordinator	Maria Foster	maria.foster@british-gymnastics.org
National Technical Committee Member (Coach Education and Development Lead)	Rachel Hogan	rachel.hogan@british-gymnastics.org
National Technical Committee Member (National Programme and Competition Strategy Lead)	Rachel Ennis	rachel.ennis@british-gymnastics.org

National Competition Organiser

National Competition Organiser	Nicky Richards	rhythmic.competition@british-gymnastics.org
Disability Representative	Jaime Robb	

British Gymnastics Contact Details

Customer Support	0345 1297129	customersupport@british-gymnastics.org
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National Competition Calendar

Event & Date	Opening Date	Closing Date	Venue	
British Group Qualification 2026, 7 th – 8 th March	12 th December 2025	12pm (Noon) Friday 23 rd January 2026	Northumbria Newcastle	University,
Open Apparatus Championships (Junior & Senior Individuals) 2026, 25 th – 26 th April	30 th January 2026	12pm (Noon) Friday 13 th March 2026	Northumbria Newcastle	University,
Open Apparatus Championships (Groups) 2026, 25 th – 26 th April	30 th January 2026	12pm (Noon) Friday 13 th March 2026	Northumbria Newcastle	University,
National Development Plan Finals 2026, 9 th – 10 th May	13 th February 2026	12pm (Noon) Friday 27 th March 2026	Northumbria Newcastle	University,
National Group Finals 2026, 9 th – 10 th May	13 th February 2026	12pm (Noon) Friday 27 th March 2026	Northumbria Newcastle	University,
British Championships 2026, 17 th -19 th July	24 th April 2026	12pm (Noon) Friday 5 th June 2026	Telford Centre	International

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

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

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

Lead Coaches have a duty of care towards their performers and have 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 “Judgcam” 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 

Rhythmic Gymnastics Technical Information

Code of Conduct

[British Gymnastics National Technical Committee Code of Conduct](#)

[Rhythmic 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.

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 in the year of competition.

To view further information on age, participation and competition please view the Health & Safety Guidance: Coaching Practice document (available on the British Gymnastics Website).

Competition					
Year of birth	NDP (Grades)	British Championships (RGI)	Other national competitions (RGI)	Groups	
2018 or later	n/a	n/a	n/a	n/a	
2017	Grade 8	n/a	Pre-Espoir	Pre-Espoir	Espoir
2016	Grade 7				
2015	Grade 6	Under 12	Espoir		
2014	Grade 5				
2013	Grade 4	Under 13	Pre-Junior	Junior	
2012	Grade 3	Junior	Junior		
2011	Grade 2				
2010 or earlier	Grade 1	Senior	Senior	Senior	

Composition of Groups

For any competition for Groups, the following requirements apply:

Groups comprising gymnasts from a single club:

- Clubs may enter more than one Group in each section.

Groups comprising gymnasts from a combination of clubs:

- May contain gymnasts from any number of clubs. Where a gymnast is not a member of the club of the person making the entry, that gymnast will need to be added to this club's list of members. The gymnast (or parent/guardian of the gymnast if under 18) will need to add themselves to the club via MyBG or by calling Customer Support at British Gymnastics.
- Only one Group from a combination of clubs may be entered in each club's name in each section.

In both instances;

- Gymnasts may only work in one Group.

- Younger gymnasts may work in an older section but older gymnasts may not work in a younger section. With the exception of Under 9 & Under 10 who are not permitted to work in an Espoir group.
- The minimum number of gymnasts of the correct age must compete in each exercise
- Five or six gymnasts may be named for each Group, plus one reserve.
- There is no requirement for reserves to perform.

Nominated Judges

For all national events (excluding the British Championships), clubs are required to nominate a judge or judges at the time of entry in accordance with the requirements below.

- Clubs that do not have an appropriately qualified judge available should consult the Judging Register (available from the Rhythmic Gymnastics Technical Committee Judging Coordinator) or approach someone suitably qualified to judge on their behalf and nominate them at the time of entry.
- It is the responsibility of the club to confirm with the judge(s) they are nominating that they are able and willing to judge on their behalf before nominating them.
- Judges are not able to be nominated by more than one club for the same event.
- All nominated judges are expected to be available to judge for the entire event, including if multiple competitions are combined within an event. This means that if the event (not just the section a club has entered) spans more than one day, judges should be prepared to judge on all days whether the nominating club has gymnasts performing on that day or not.
- Clubs are responsible for all expenses incurred by their nominated judges.

It is unacceptable for a club to submit an entry with a judge who is unavailable to judge at the event.

Acceptance of a club's nominated judges by the competition entry system does not mean that the requirements have been met. It is the club's responsibility to ensure that the judges they nominate meet the requirements.

In the circumstances where a club has:

- Nominated a judge without their knowledge (and is unable to attend the event), or
- Nominated a judge who plans to not perform their duties for the full duration of the event, or
- At short notice been unable to replace their nominated judge (excluding extenuating circumstances such as illness);

The offending club's entry will be withdrawn (without refund of entry fees) and gymnasts prevented from competing at the event due to the ineligibility of the club's entry.

Judge Requirements

The following provisions apply to all competitions (excluding British Championships) and to all clubs, **except** those which are in their first year of national competition (as defined below).

- Clubs entering 1, 2 or 3 individual gymnasts and/or 1 Group must provide a judge of at least County level. **Failure to do so will result in the club being refused entry to the competition**, unless the Rhythmic Gymnastics Technical Committee, in their sole discretion, decides otherwise.
- Clubs entering 4 or more individual gymnasts and/or more than 1 Group must provide two judges:
 - 1 of these judges must be Regional level or above. **Failure to provide a Regional Judge will result in the club being refused entry to the competition**, unless the Rhythmic Gymnastics Technical Committee, in their sole discretion, decides otherwise.
 - The second judge must be County level or above. Failure to provide this judge will result in a levy of £250 being payable if the judge is not provided for one day, and £350 if the competition is a two day event and the judge is not provided for either day. Any levies due will be back-charged to the club after the event. ***Non-payment of the fee(s) may result in future entries to events being denied.***

Judge Requirements for New Clubs

A New Club in their first year of national competition is defined as “a club which has not entered a gymnast(s) in any national competition in any calendar years previous to 2025”.

The following provisions apply to all competitions (excluding British Championships) and to all new clubs:

- Clubs entering 1 or more individual gymnast and/or 1 or more group must provide at least 1 judge of at least Club level. **Failure to do so will result in the club being refused entry to the competition**, unless the Rhythmic Gymnastics Technical Committee, in their sole discretion, decides otherwise.

Club Representation

Once a gymnast or group has entered the national competition qualification process (e.g. Zonal Grades or Group Qualification), the gymnast or group must compete in national competitions for the same club for the remainder of the year, unless the gymnast/group has actually moved their primary training to another club.

Competition Apparatus

Apparatus for Seniors, Juniors and Pre-Juniors must conform to the relevant FIG Apparatus Norms, in addition, for the British Championships, each apparatus must have the manufacturer’s logo and “FIG approved” logo in the specified place for each apparatus.

Apparatus for Pre-Espoirs and Espoirs must conform to the FIG Apparatus Norms for Juniors (excluding having the manufacturer’s logo and “FIG approved” logo in the specified place), with the exception of Hoop and Ball which should be appropriate for the size of the gymnast and the Ribbon fabric which should be minimum four metres in length.

All apparatus will be officially checked at the British Championships and may, at the request of a responsible judge, be checked at any competition.

A 13 metre x 13 metre rhythmic carpet with base will be used for all National Competitions.

A set of identical apparatus will be placed on two of the four sides of the floor of the arena for use by any gymnast. For Pre-Juniors and Juniors replacement ribbons will be minimum 5 metres in length, and those for Espoirs minimum 4 metres in length.

Gymnast Waiver

If a gymnast/Group DOES NOT meet the eligibility criteria laid out for any of the events, the coach may submit a request for a waiver to the Technical Committee. Waivers will only be considered where the gymnast does not meet the criteria because they missed or did not complete Zonal Grades or Group Qualification due to injury or illness. In this case, a waiver request must be submitted within 48 hours of the end of the relevant qualifying competition, attaching medical evidence. Waivers will not be considered solely on the basis of the coach’s belief in the improvement of the gymnast since the applicable qualifying event. The waiver must explain why the coach believes that the gymnast is of the relevant standard and be supported by suitable evidence, such as competition scores and/or videos. The Technical Committee’s decision as to whether to accept a waiver shall be final. Decisions on these matters are not open to appeal.

All requests for waivers must come from the gymnast’s/Group’s coach. A request for waiver should be submitted using the form available on the British Gymnastics Website , and must be submitted with substantiating evidence of the gymnast’s/Group’s ability to meet the level expected for competition they wish to enter.

Acceptable examples of evidence are:

- Videos
- Photographs
- Scores (as opposed to rankings) from Regional, National or International events, which have been overseen by suitably qualified Judges.

Such evidence should be current and not more than six months old (except in the case of illness or injury where older evidence may be accepted at the Rhythmic Gymnastics Technical Committee’s discretion).

In considering a waiver request, the Rhythmic Gymnastics Technical Committee does not accept responsibility for assessing whether the gymnast/Group is fit or well enough to compete at the requested event – this responsibility remains with the coach.

Length of Exercises

- Individuals (all age groups) – 1 minute 15 seconds to 1 minute 30 seconds
- Group:
- Pre-Espoir – 1 minute 30 seconds to 2 minutes
- Espoir – 1 minute 45 seconds to 2 minutes
- Junior and Senior – 2 minutes 15 seconds to 2 minutes 30 seconds

Inquiries

An inquiry is only applicable when BG Score is being used to facilitate video feedback. Official Inquiry forms will be published in each event Work Plan and are available from the Organiser.

On publication of the score, any request for an inquiry or review of time/line deduction must be made at the very latest within 2 minutes of the release of a score.

The Supervising Coach for the Club of the competing gymnasts must place the inquiry form with the President of the Superior Jury or designated person.

An inquiry form must be delivered without verbal exchange.

The written request for inquiry must be delivered within 4 minutes after the placement of an inquiry form, otherwise the appeal becomes obsolete.

A coach may only submit an inquiry in respect of the Difficulty score; DB, DA or both, in accordance with the FIG Code of Points. If both D scores are appealed, two inquiry forms and two fees are required;

Inquiries can be made only for the Club's own competitors.

No inquiries can be made against Execution or Artistry scores or penalties taken by the Responsible Judge, except that if the coach is in doubt of a Time and/or Line deduction(s), they may submit a request for review to the Responsible Judge in accordance with the Code of Points.

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

- First inquiry: £50
- Second inquiry: £75
- Third and subsequent inquiries: £100

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

If a resolution cannot be made before the start time of the next competitors' exercise, the calculated mark will be listed as 'provisional' and will be considered at the end of the round of competition and before any award ceremony.

If the inquiry proves correct no fee is levied. If the inquiry is rejected, the fee will be invoiced to the club/coach concerned.

British Group Qualification

Date:	7 th March – 8 th March 2026
Venue:	Northumbria University, Newcastle
Opening Date:	Friday 12 th December 2025
Closing Date:	12pm (Noon) Friday 23 rd January 2026
Music Entry Closing Date:	12pm (Noon) Friday 27 th February 2026
Entry Fee:	£125.00 per group
Code:	Pre-Espoir groups will be judged according to European Gymnastics Junior code with BG TC adaptations including RBD. Espoir groups will be judged according to European Gymnastics Junior Code. Junior groups will be judged according to the European Gymnastics Junior Code. Senior groups according to the FIG Code.

Eligibility & apparatus:

- Pre-espoir, Espoir, Junior & Senior Groups seeking to compete in any mainstream National Group events for which this event is the mandatory qualification process and who have the potential to meet the Gold/Diamond Level benchmark score. 

Groups may comprise gymnasts from a single club or a combination of clubs with the criteria set out on [page 20](#) applying in each situation.

For eligibility for each category below, please refer to the definition in the 'Groups' column of the table on [page 20](#) of this handbook.

Pre-Espoir (4, 5 or 6 gymnasts)

Apparatus

1 routine with 1 Hoop per gymnast performed twice

Espoir (5 or 6 gymnasts)

Apparatus

1 routine with 1 Ball per gymnast performed twice

Junior (5 gymnasts)

Apparatus

1 routine with 5 Ribbons performed twice performed twice

Senior (5 gymnasts)

Eligibility

At least three Senior gymnasts and up to three Junior gymnasts.

Apparatus

1 routine with 3 Hoops and 4 Clubs performed twice

Competition Structure:

- This event is mandatory for groups as designated above (in eligibility) wishing to compete in any group National events as defined in this handbook for 2025. There is no automatic qualification at any level.

Coach Qualification and Passes:

Competition	Lead Coach Minimum Qualification Required (or equivalent)
All age groups	Rhythmic Gymnastics Level 2 or equivalent

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.

Per Session	Coaches*	Additional Coaches*
1 Gymnast/Group	1	
2 Gymnasts/Groups	2	
3+ Gymnasts/Groups	2	1
*Level 2 qualification is the minimum requirement. Level 1 coaches cannot be accredited for this competition		

Tie Breaks:

- Not applicable

Awards:

- Awards currently under review.

Open Apparatus Championships (Pre-Junior, Junior & Senior Individuals)

Date:	25 th April – 26 th April 2026
Venue:	Northumbria University, Newcastle
Opening Date:	Friday 30 th January 2026
Closing Date:	12pm (Noon) Friday 13 th March 2026
Music Entry Closing Date:	12pm (Noon) Friday 17 th April 2026
Entry Fee:	£25.00 per routine
Code:	Pre-juniors and Juniors will be judged according to the European Gymnastics Junior Code  and Seniors according to the FIG Code  .

Eligibility and Apparatus:

Pre-Junior (including Disability)

Eligibility

- Pre-Junior gymnasts as defined in the 'Other national competitions' column of the table on [page 20](#) of this Handbook who achieved Gold Level or above in the 2026 Zonal Grades

Apparatus

- Mainstream: Up to two from Hoop, Clubs, Ribbon.
- All Pre-Junior gymnasts will now only be permitted to enter up to two apparatus from the list above. This change has been made to allow for the higher than anticipated number of gymnasts achieving Gold Level or above to be entered into the competition.
- Disability: Up to three from Hoop, Clubs and Ribbon

Junior (including Disability)

Eligibility

- Junior gymnasts as defined in the 'Other national competitions' column of the table on [page 20](#) of this Handbook who achieved Gold Level or above in the 2026 Zonal Grades

Apparatus

- Mainstream: up to three from Hoop, Ball, Clubs and Ribbon.
- Disability: Up to three from Hoop, Clubs and Ribbon

Senior (including Disability)

Eligibility

- Senior gymnasts as defined in the 'Other national competitions' column of the table on [page 20](#) of this Handbook who achieved Gold Level or above in the 2026 Zonal Grades

Apparatus

- Mainstream: up to three from Hoop, Ball, Clubs and Ribbon.
- Gymnasts involved in the DSE for GBR selection may enter up to four from Hoop, Ball, Clubs and Ribbon. Gymnasts will be eligible to compete in three apparatus and will guest in the fourth apparatus.
- Disability: Up to three from Hoop, Clubs and Ribbon

Competition Structure:

- Each apparatus within each age group is a separate competition.

Coach Qualification and Passes:

Competition	Lead Coach Minimum Qualification Required (or equivalent)
All age groups	Rhythmic Gymnastics Level 2 or equivalent

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.

Per Session	Coaches*	Additional Coaches*
1 Gymnast/Group	1	
2 Gymnasts/Groups	2	
3+ Gymnasts/Groups	2	1
*Level 2 qualification is the minimum requirement. Level 1 coaches cannot be accredited for this competition		

Tie Breaks:

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

Awards:

- Gold, silver & bronze medals will be awarded to the top three gymnasts within each competition in each age group.
- All gymnasts must wear their club tracksuits (not leotards) for the medal ceremonies

Open Apparatus Championships (Groups)

Date:	25 th April – 26 th April 2026
Venue:	Northumbria University, Newcastle
Opening Date:	Friday 30 th January 2026
Closing Date:	12pm (Noon) Friday 13 th March 2026
Music Entry Closing Date:	12pm (Noon) Friday 17 th April 2026
Entry Fee:	£63.00 per routine
Code:	Pre-espoir, Espoir and Junior Groups will be judged according to the European Gymnastics Junior Code  Pre-espoir and Espoir Groups will additionally be able to use the recommended body difficulties for groups detailed in the NDP Handbook at the values shown. Seniors will be judged according to FIG Code  .

Eligibility and Apparatus:

All groups who achieved Gold Level or above in the 2026 National Group Qualification Competition, may enter one or both apparatus according to age.

Groups may comprise gymnasts from a single club or a combination of clubs with the criteria set out on [page 20](#) applying in each situation.

For eligibility for each category below, please refer to the definition in the 'Groups' column of the table on [page 20](#) of this handbook.

Pre-Espoir (4, 5 or 6 gymnasts)

Apparatus

- 1 routine with 1 Hoop per gymnast
- 1 routine with Free

Espoir (5 or 6 gymnasts)

Apparatus

- 1 routine with 1 Ball per gymnast
- 1 routine with Free

Junior (5 gymnasts)

Apparatus

- 1 routine with 5 Balls
- 1 routine with 5 Ribbons

Senior (5 gymnasts)

Eligibility

- At least three Senior gymnasts and up to three Junior gymnasts

Apparatus

- 1 routine with 3 Hoops and 4 Clubs
- 1 routine with 5 Balls

Competition Structure:

Each apparatus within each age group is a separate competition.

Coach Qualification and Passes:

Competition	Lead Coach Minimum Qualification Required (or equivalent)
All age groups	Rhythmic Gymnastics Level 2 or equivalent

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.

Per Session	Coaches*	Additional Coaches*
1 Gymnast/Group	1	
2 Gymnasts/Groups	2	
3+ Gymnasts/Groups	2	1
*Level 2 qualification is the minimum requirement. Level 1 coaches cannot be accredited for this competition.		

Tie Breaks:

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

Awards:

Gold, Silver & Bronze medal will be awarded to the top three groups within each competition in each age group.

All gymnasts must wear their club tracksuits (not leotards) for the medal ceremonies.

National Development Plan Finals

Date:	9 th May – 10 th May 2026
Venue:	Northumbria University, Newcastle
Opening Date:	Friday 13 th February 2026
Closing Date:	12pm (Noon) Friday 27 th March 2026
Music Entry Closing Date:	12pm (Noon) Friday 1 st May 2026
Entry Fee:	Grades 8, 7, 6, 5 & 4 £50.00 per gymnast Grades 3, 2 & 1 £75.00 per gymnast Disability Grades 8, 7, 6, 5, 4, 3 & 2 £50.00 per gymnast Disability Grade 1 £75.00 per gymnast
Code:	Grades 8 to 2 judged according to the European Gymnastics Junior Code  Grades 8 to 7 will additionally be able to use the recommended body difficulties detailed in the NDP Handbook. Grade 1 judged according to the FIG Code 

Eligibility and Apparatus:

The marks required at each Grade in order for gymnasts to qualify for this competition will be published within one week of the Zonal Grades competitions.

Disability gymnasts will compete in classification Class 1 – learning disability or Class 2 physical or sensory disability.

Gymnasts must compete the number of routines as specified according to age group.

Grade 8 Under 9

Eligibility

- Grade 8 Under 9 gymnasts as defined in the 'NDP (Grades)' column of the table on [page 20](#) of this Handbook who reached the required standard for Gold level.
- Gymnasts in Gold Level will be split into two separate categories – Gold A and Gold B based on scoring from "NDP (Grades)"

Apparatus

- Mainstream: Free and Hoop
- Disability: Free routine and Hoop elements

Grade 7 Under 10

Eligibility

- Grade 7 Under 10 gymnasts as defined in the 'NDP (Grades)' column of the table on [page 20](#) of this Handbook who reached the required standard for Gold level.
- Gymnasts in Gold Level will be split and will compete into two separate categories – Gold A and Gold B based on scoring from "NDP (Grades)"

Apparatus

- Mainstream: Free and Ball
- Disability: Free routine and Ball elements

Grade 6 Under 11

Eligibility

- Grade 6 Under 11 gymnasts as defined in the 'NDP (Grades)' column of the table on [page 20](#) of this Handbook who reached the required standard for Gold level but not for Diamond level in Grade 6 Under 11 in 2026

Apparatus

- Mainstream: Ball and Clubs
- Disability: Hoop routine and Clubs elements

Grade 5 Under 12

Eligibility

- Grade 5 Under 12 gymnasts as defined in the 'NDP (Grades)' column of the table on [page 20](#) of this Handbook who reached the required standard for Gold level but not for Diamond level in Grade 5 Under 12 in 2026

Apparatus

- Mainstream: Ball and Clubs
- Disability: Hoop routine and Clubs elements

Grade 4 Under 13

Eligibility

- Grade 4 Under 13 gymnasts as defined in the 'NDP (Grades)' column of the table on [page 20](#) of this Handbook who reached the required standard for Gold level but not for Diamond level in Grade 4 Under 13 in 2026

Apparatus

- Mainstream: Hoop and Clubs
- Disability: Hoop routine and Clubs elements

Grade 3 Junior Year 1

Eligibility

- Grade 3 Junior Year 1 gymnasts as defined in the 'NDP (Grades)' column of the table on [page 20](#) of this Handbook who reached the required standard for Gold level but not for Diamond level in Grade 3 Junior Year 1 in 2026

Apparatus

- Mainstream: Hoop, Ribbon & Ball
- Disability: 2 routines from Hoop, Clubs and Ball

Grade 2 Junior Year 2

Eligibility

- Grade 2 Junior Year 2 gymnasts as defined in the 'NDP (Grades)' column of the table on [page 20](#) of this Handbook who reached the required standard for Gold level but not for Diamond level in Grade 2 Junior Year 2 in 2026

Apparatus

- Mainstream: Hoop, Ribbon & Ball
- Disability: 2 routines from Hoop, Clubs and Ball

Grade 1 Senior

Eligibility

- Grade 1 Senior gymnasts as defined in the 'NDP (Grades)' column of the table on [page 20](#) of this Handbook who reached the required standard for Gold level at Zonal Grades but not for Diamond level in Grade 1 Senior in 2026

Apparatus

- Mainstream: Hoop, Ball and Clubs
- Disability: Hoop, Ball and Ribbon

In the event that a gymnast does not compete all pieces in the overall competition they may still qualify for an apparatus medal.

Coach Qualification and Passes:

Competition	Lead Coach Minimum Qualification Required (or equivalent)
All age groups	Rhythmic Gymnastics Level 2 or equivalent

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.

Per Session	Coaches*	Additional Coaches*
1 Gymnast/Group	1	
2 Gymnasts/Groups	2	
3+ Gymnasts/Groups	2	1
*Level 2 qualification is the minimum requirement. Level 1 coaches cannot be accredited for this competition.		

Tie Breaks:

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

Awards:

Overall medals will be awarded to the top three gymnasts in each Grade.

Individual apparatus medals will be awarded to the top three gymnasts in each grade on each piece.

All gymnasts must wear their club tracksuits (not leotards) for the medal ceremonies.

National Group Finals

Date:	9 th May – 10 th May 2026
Venue:	Northumbria University, Newcastle
Opening Date:	Friday 13 th February 2026
Closing Date:	12pm (Noon) Friday 27 th March 2026
Music Entry Closing Date:	12pm (Noon) Friday 1 st May 2026
Entry Fee:	£125.00 per group
Code:	Pre-espoir, Espoir and Junior Groups will be judged according to the European Gymnastics Junior Code  Pre-espoirs will additionally be able to use the recommended body difficulties for groups detailed in the NDP Handbook at the values shown. Seniors will be judged according to FIG Code  .

Eligibility and Apparatus:

All groups who achieved Gold Level but not Diamond level in the 2026 National Group Qualification Competition.

Groups may comprise gymnasts from a single club or a combination of clubs with the criteria set out on [page 20](#) applying in each situation.

For eligibility for each category below, please refer to the definition in the 'Groups' column of the table on [page 20](#) of this handbook.

Groups must compete the number of routines as specified according to age group.

Pre-Espoir (4, 5 or 6 gymnasts)

Apparatus

- 1 routine with 1 Hoop per gymnast
- 1 routine with Free

Espoir (5 or 6 gymnasts)

Apparatus

- 1 routine with 1 Ball per gymnast
- 1 routine with Free

Junior (5 gymnasts)

Apparatus

- 1 routine with 5 Balls
- 1 routine with 5 Ribbons

Senior (5 gymnasts)

Eligibility

- At least three Senior gymnasts and up to three Junior gymnasts

Apparatus

- 1 routine with 3 Hoops and 4 Clubs
- 1 routine with 5 Balls

Competition Structure:

In the All-Around competition all age groups will perform two different routines, once each.

The results for the All-Around competition will be determined from the combined scores of the two performances.

Coach Qualification and Passes:

Competition	Lead Coach Minimum Qualification Required (or equivalent)
All age groups	Rhythmic Gymnastics Level 2 or equivalent

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.

Per Session	Coaches*	Additional Coaches*
1 Gymnast/Group	1	
2 Gymnasts/Groups	2	
3+ Gymnasts/Groups	2	1
*Level 2 qualification is the minimum requirement. Level 1 coaches cannot be accredited for this competition.		

Tie Breaks:

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

Awards:

Overall medals will be awarded to the top three groups in each age group.

Individual apparatus medals will be awarded to the top three groups in each age group on each apparatus.

All gymnasts must wear their club tracksuits (not leotards) for the medal ceremonies.

Rhythmic Individual British Championships

Date:	17 th July – 19 th July 2026
Venue:	Telford International Centre
Opening Date:	Friday 24 th April 2026
Closing Date:	12pm (Noon) Friday 5 th June 2026
Music Entry Closing Date:	12pm (Noon) Friday 10 th July 2026
Entry Fee:	U12 & U13 £80.00 per gymnast Junior & Senior £105.00 per gymnast Disability U12 £52.00 per gymnast Disability U13, Junior & Senior £80.00 per gymnast
Code:	Under 12s, Under 13s and Juniors will be judged according to the European Gymnastics Junior Code and Seniors according to the FIG Code .

Nationality:

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 refer to the full Nationality Rules on [Page 10](#) of this handbook.

Eligibility and Apparatus:

The marks required at each Grade in order for gymnasts to qualify for these Championships will be published within one week of the fourth and final Zonal Grades competition.

Disability gymnasts will compete in classification Class 1 – learning disability or Class 2 physical or sensory disability.

Gymnasts must compete the number of routines as specified according to age group.

Under 12

Following the confirmation of the Grade 5 and 6 gymnasts who have reached the required standard for Diamond Level for 2026, the U12 category will be reviewed.

If the number of gymnasts reaching the diamond standard is deemed high enough, the Under 12 competition may be split into separate Under 11 and Under 12 competitions as per the details below.

Under 11

Eligibility

- Under 11 gymnasts as defined in the 'British Championships' column of the table on [page 20](#) of this Handbook who reached the required standard for Diamond level in Grade 6 in 2026.

Apparatus

- Mainstream: U11s – Ball, Clubs and Hoop.
- Disability: U11s: Hoop routine and Clubs Elements.

Under 12

Eligibility

- Under 12 gymnasts as defined in the 'British Championships' column of the table on [page 20](#) of this Handbook who reached the required standard for Diamond level in Grade 5 in 2026.

Apparatus

- Mainstream: U12s – Ball, Clubs and Ribbon.
- Disability: U12s: Hoop routine and Clubs elements

Under 13 (Pre-junior)

Eligibility

- Mainstream:
- U13 gymnasts as defined in the 'British Championships' column of the table on [page 20](#) of this Handbook who reached the required standard for Diamond level in Grade 4 in 2026.
- Disability:
- U13 gymnasts as defined in the 'British Championships' column of the table on [page 20](#) of this Handbook who reached the required standard in Grade 4 in 2026.

Apparatus

- Mainstream: Hoop, Clubs and Ribbon
- Disability: Hoop, Ball and Clubs

Junior

Eligibility

- Mainstream:
- 1st and 2nd year Juniors as defined in the 'British Championships' column in the table on [page 20](#) of this Handbook who reached the required standard for Diamond level in Grades 3 and 2 in 2026.
- Disability:
- 1st and 2nd year Juniors as defined in the 'British Championships' column in the table on [page 20](#) of this Handbook who reached the required standard in Grades 3 and 2 in 2026.

Apparatus

- Mainstream: Hoop, Ball, Clubs and Ribbon
- Disability: Hoop, Ball and Clubs

Senior

Eligibility

- Mainstream:
- Senior gymnasts as defined in the 'British Championships' column of the table on [page 20](#) of this Handbook who reached the required standard for Diamond level in Grade 1 in 2026.
- Disability:
- Senior gymnasts as defined in the 'British Championships' column of the table on [page 20](#) of this Handbook who reached the required standard in Grade 1 in 2026.

Apparatus

- Mainstream: Hoop, Ball, Clubs and Ribbon
- Disability: Hoop, Ball and Ribbon

Qualification for Apparatus Finals: (mainstream gymnasts only)

The top six eligible competitors on each piece of apparatus in the Junior and Senior All-Around Competition will compete in the Individual Apparatus finals, (no guest gymnasts). Apparatus finals will be subject to timetabling restrictions resulting from the number of entries.

There will be no separate Individual Apparatus finals for Espoirs or U13s (Pre-Junior), with apparatus titles being awarded on the basis of the scores received in the All-Around competition.

In the event that a gymnast may not compete all pieces in the overall competition they may still qualify for an Individual Apparatus Final.

Coach Qualification and Passes:

Competition	Lead Coach Minimum Qualification Required (or equivalent)
All age groups	Rhythmic Gymnastics Level 2 or equivalent

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.

Per Session	Coaches*	Additional Coaches*
1 Gymnast/Group	1	
2 Gymnasts/Groups	2	
3+ Gymnasts/Groups	2	1
*Level 2 qualification is the minimum requirement. Level 1 coaches cannot be accredited for this competition.		

Tie Breaks:

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

Awards:

- Gold, silver and bronze medals will be presented for the All-Around competition in each age group.
- A presentation will be made to the coach of the All-Around Senior Champion
- Gold, silver and bronze medals will be presented for each competition in each age group of the Apparatus Finals.
- E-diplomas will be awarded for place 4th – 6th in each age group for the All-Around competition
- All gymnasts must wear their club tracksuits (not leotards) for the medal ceremonies.

Rhythmic Group British Championships

Date:	17 th July – 19 th July 2026
Venue:	Telford International Centre
Opening Date:	Friday 24 th April 2026
Closing Date:	12pm (Noon) Friday 5 th June 2026
Music Entry Closing Date:	12pm (Noon) Friday 10 th July 2026
Entry Fee:	£130.00 per group
Code:	Espoirs and Juniors will be judged according to the European Gymnastics Junior Code and Seniors according to the FIG Code .

Nationality:

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 refer to the full Nationality Rules on [Page 10](#) of this handbook.

Eligibility and Apparatus:

Espoir, Junior and Senior Groups which qualified for Diamond Level in the 2026 National Group Qualification Competition.

Groups may comprise gymnasts from a single club or a combination of clubs with the criteria set out on [page 20](#) applying in each situation.

For eligibility for each category below, please refer to the definition in the 'Groups' column of the table on [page 20](#) of this handbook.

Groups must compete the number of routines as specified according to age group.

Espoir (5 or 6 gymnasts)

Eligibility

- Five or six Espoir gymnasts

Apparatus

- 1 Free routine and 1 routine with 1 Ball per gymnast

Junior (5 gymnasts)

Eligibility

- At least three Junior gymnasts and up to three Espoir gymnasts

Apparatus

- 1 routine with 5 Balls and 1 routine with 5 Ribbons

Senior (5 gymnasts)

Eligibility

- At least three senior gymnasts and up to three junior gymnasts

Apparatus

- 1 routine with 3 Hoops and 4 Clubs and 1 routine with 5 Ribbons

Competition Structure:

- In the All-Around competition all age groups will perform two different routines, once each.
- The results for the All-Around competition will be determined from the combined scores of the two performances.

Qualification for Apparatus Finals:

- The top six eligible groups in the Junior and Senior sections on each piece of apparatus in the All-Around competition will go forward to the finals (no guest groups). Apparatus finals will be subject to timetabling restrictions resulting from the number of entries.
- In the event that a group may not compete both routines in the All-Around competition they may still qualify for an Apparatus Final.
- There will be no Apparatus finals for Espoir Groups, with apparatus titles being awarded on the basis of the scores received in the All-Around competition.

Coach Qualification and Passes:

Competition	Lead Coach Minimum Qualification Required (or equivalent)
All age groups	Rhythmic Gymnastics Level 2 or equivalent

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.

Per Session	Coaches*	Additional Coaches*
1 Gymnast/Group	1	
2 Gymnasts/Groups	2	
3+ Gymnasts/Groups	2	1
*Level 2 qualification is the minimum requirement. Level 1 coaches cannot be accredited for this competition.		

Tie Breaks:

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

Awards:

The following awards will be made in each section

- Gold, silver and bronze medals will be presented to all gymnasts, including reserves, in each age group in the All-Around competition.
- E-diplomas will be awarded for places 4th – 6th in each age group in the All-Around competition
- A presentation will be made to the coach of the All-Around Senior Group Champion.
- Gold, silver and bronze medals will be presented to all gymnasts, including reserves, in each age group in the Apparatus Finals.
- All gymnasts must wear their club tracksuits (not leotards) for the medal ceremonies.

Appendices

Appendix 1

Home Countries, English Regions & Island Associations

Home Countries

England

Website Address

www.british-gymnastics.org/england

Northern Ireland

www.northernirelandgymnastics.org

Scotland

www.scottishgymnastics.org

Wales

www.welshgymnastics.org

English Regions

East

www.eastgymnastics.org.uk

East Midlands

www.emgymnastics.org.uk

London

www.london-gymnastics.co.uk

North

www.northgymnastics.org.uk

North West

<https://nwga.org.uk/>

South

www.southgymnastics.org.uk

South East

www.segymnastics.org.uk

South West

www.southwestgym.org.uk

West Midlands

www.british-gymnastics.org/west-midlands

Yorkshire

www.yorkshire.gymnasticsengland.org

Island Associations

Isle of Man Gymnastics

www.iomgymnastics.org

Appendix 2

Zonal Grades – Rules for Competition Organisers

As the Zonal Grades competitions are part of the qualification pathway for national competitions for individuals the National Technical Committee has set out a series of rules which must be followed by all Zones as follows:

Event organisation

- Where possible, each Zonal Grades competition must take place on a different day to all other Zones
- No other competitions can be added to the event (e.g. Under 8s, Pre-grades, Groups etc.)
- The Zonal Grades may be used to provide Zonal/Regional Championship rankings as long as no other routines are added to the Grades qualification programme.
- Each Zone shall nominate one person who is responsible for the organising and the running of the competition no later than six weeks before the event. (Competition Organiser)

Entry process and judges

- All entries must be made via MyBG
- Each club must propose two judges (minimum County level) to judge at the competition at the club's expense. These judges must attend all sessions and days of the competition even if their club is not performing on a given session or day
- In addition, the National Rhythmic Gymnastics Technical Committee will nominate a minimum of two and a maximum of three independent Brevet Judges to moderate the competition. All legitimate costs incurred by these judges shall be paid for from the competition budget
- The Competition Organiser must forward the names of all judges – along with the competition timetable – to the National Judging Co-ordinator for qualification ratification and guidance on the panel make-up, at least two weeks prior to the event

Scoring and results

- The Competition Organiser for each Zone must submit the draft master scoring spreadsheet to the National Judging Co-ordinator for checking no later than one week before the event
- Results should be sent to the Rhythmic Technical Committee as soon as possible after the event and in any event within 24 hours of the competition finishing.
- All gymnasts scoring sheets and the master scoring spreadsheet must be collated and sent to the National Judging Co-ordinator to arrive no later than one week after the event