

2026 Trampoline, Tumbling & DMT 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 03/12/2025

Version 2.0: Amendment to Technical Committee Members, published 15/15/2026

Contents

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

Video, Film and Photography	16
Health & Safety	17
Overnight Stays	17
Drug Free Sport	17
Manipulation of Competition.....	17
Trampoline, Tumbling & DMT Technical Information	18
Code of Conduct.....	18
Regional Representation	18
Age Policy	18
Competition Apparatus	18
Competition cards.....	18
Inquiries.....	19
Provision of Officials.....	19
National Qualification Event 1	21
National Qualification Event 2.....	23
Inter-Regional Final	25
National Age Group Finals & British Championships	28
Adult Gymnastics British Championships 2026	31
Appendices	32
Appendix 1 – Home Nations, English Regions & Island Associations	32
Appendix 2 – Coaching	33
Appendix 3 – Inter-Regional Final Information.....	35

Contact Information

Technical Committee

Chair	Clive Morgan	clive.morgan@british-gymnastics.org
Event Related Queries		trampolining.competitions@british-gymnastics.org
National Judging Co-Ordinator	Andrew Jones	Andrew.jones@british-gymnastics.org
TC Member	Paddy Lavelle	

Co-opted Members

Co-opted Members	Gary Short, TRA Head National Coach
	Dawn Lawson, Disabilities Representative
	Mikey Barnes, TUM Performance Coach
	Phil Dodson, DMT National Coach

British Gymnastics Contact Details

Customer Support	0345 1297129	customersupport@british-gymnastics.org
------------------	--------------	--

National Competition Calendar

	Event	Date	Opening Date	Closing Date	Venue
	National Qualification Event 1	25 th – 26 th April 2026	30 th January 2026	13 th March 2026 Noon	Telford International Centre, Telford
	Adult British Championships	12 th – 14 th June 2026	20 th March 2026	1 st May 2026	Lilleshall National Sports Centre, Telford
	National Qualification Event 2	20 th – 21 st June 2026	27 th March 2026	8 th May 2026 Noon	Telford International Centre, Telford
	Inter-Regional Final	4 th – 5 th July 2026	10 th April 2026	22 nd May 2026 Noon	Utilita Arena, Birmingham
	National Age Group Finals & British Championships	3 rd – 4 th October 2026	10 th July 2026	21 st August 2026 Noon	Telford International Centre, Telford

NB: Please note all opening dates open at 9:00am and all closing dates close at 12:00 midday

In the event that any of the above events reach capacity, entries may need to be capped .

The Regional Series will be held by regions between October and April leading to the Inter-Regional Final which will take place in July.

The results from the Regional Series should be sent to emma.burton@british-gymnastics.org by no later than 14th May 2026

Regions should select their teams as per the directives stated in the [Technical Requirements](#). 

Technical Requirements

Please refer to the relevant Technical Requirements for Trampoline, Tumbling and Double Mini-Trampoline:

[Trampoline – National Pathway Technical Requirements](#) 

[Double Mini-Trampoline – National Pathway Technical Requirements](#) 

[Tumbling – National Pathway Technical Requirements](#) 

[Trampoline – Disability Pathway Technical Requirements](#) 

[Double Mini-Trampoline – Disability Pathway Technical Requirements](#) 

[Trampoline – Regional Pathway Technical Requirements](#) 

[Double Mini-Trampoline – Regional Pathway Technical Requirements](#) 

[Tumbling – Regional Pathway Technical Requirements](#) 

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 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 shorts 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**

Dark blue suit with jacket and trousers or skirt, white shirt/blouse, tie (men only), classic shoes or sneakers (e.g. solid black, blue or white colour).

Recorders, computer operators and other officials who may be working alongside the judges should dress similarly.

Please refer to discipline specific rules in the [FIG General Judges' Rules 2025-2028](#) for further information. 

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

Music (where applicable)

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

Instructions for submitting music electronically may be found within the [Online Entry Guide](#) 

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

Gymnast Names -Club-Category-Routine

Late Music Submission (where applicable)

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

Music Licensing (where applicable)

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

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

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

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

Order of Performance

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

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

Registration

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

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

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

Specific registration processes where appropriate can be found in the event Work Plan.

Access to Warm up Hall

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

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

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

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

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

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

Food and Drink

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

Babies and Young Children

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

Medical Provision

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

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

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

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

Medal Ceremonies

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

Medals will only be distributed at events, not by post.

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

Tenure of Trophies

All perpetual trophies remain the property of British Gymnastics.

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

- Making arrangements for it to be delivered to the competition venue on the day.
- Returning it to the competition organiser at least one week prior to the competition.
- Returning it to the British Gymnastics offices at least one week prior to the competition.

Failure to do this or loss of a trophy will incur a cost to the individual / club.

Privacy

British Gymnastics Privacy Notice 

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

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

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

Video, Film and Photography

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

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

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

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

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

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

Videos of routines performed by participating gymnasts taking part in our major events are made available on the Scorebase 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 

Trampoline, Tumbling & DMT Technical Information

Code of Conduct

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

Trampoline Judges Code of Conduct

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

Regional Representation

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

Gymnasts may only represent one Region/Club at any one time in a discipline e.g. TRA. Gymnasts can represent a different Region/Club in another discipline e.g. DMT.

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

Where Regional entries are made to a National Event, gymnasts and coaches must be selected according to the National rules (**no Regional variations are permitted**)

Where regional entries provide a pathway to national events coaches must be qualified according to the rules laid out in appendix 2 of the National Competition Handbook.

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.

Year Born Eligibility for National Competitions 2026	
10 years born	2016
11 and 12 years born	2015 and 2014
13 and 14 years born	2013 and 2012
15 and 16 years born	2011 and 2010
17 to 21 years born	2009 to 2005
Senior born	2009 and before

*See age group relevant to each discipline in 2026 Technical Requirements.

To view the complete British Gymnastics age policy please view the [Health, Safety & Welfare Policy](#). 

For clarity, at national level the minimum age of gymnasts must be a minimum of 8 at the time of competition and therefore becoming 9 by the end of competition year.

At a regional level, the minimum age of gymnasts must be a minimum of 7 at the time of competition and therefore becoming 8 by the end of the competition year.

Gymnasts must compete in their age group. At National Level, gymnasts have the option at age 17 to compete in the 17-21 age group or in the Senior category, subject to them being able to meet the minimum criteria for that age group.

Competition Apparatus

For British Gymnastics Events, the following competition apparatus will be used:

- Trampoline: Eurotramp Ultimate 4x4 - Supplied by Gymaid
- Double Mini-Trampoline: Eurotramp Ultimate 6x6 – Supplied by Gymaid
- Tumbling: Gymnova Nova Track 2 (Gymnova 11m run up, 25m track, 6m landing) – Supplied by Gymnova

For Club and Regional Qualifying Events, alternative equipment may be used.

Competition cards

It is the coach's responsibility to ensure that the Competition cards are completed correctly and submitted at registration.

All Disciplines:

- Trampoline and DMT

 A trampoline competition card template is available from the downloads section on the [British Gymnastics website](#)

Competition cards must be submitted to the Registration Desk on arrival at the competition and prior to the start of warm up.

Competition cards should be completed in FIG notation only.

Where a level of competition has required elements, these should be marked with asterisks prior to the card being submitted. Likewise, all elements that require a difficulty mark should be identified before the card can be accepted.

Competition cards will be required at all British Gymnastics national events.

All cards must be signed by the appropriately qualified Supervising Coach in order to be valid.

Competitors may not compete without a valid competition card.

Competition cards are required for all gymnasts in disability groups.

- **Tumbling**

Competition cards are required at all British Gymnastics national events. For the Inter-Regional Final, competition cards will be required for Level 4 only.

Competition cards must be submitted at the Registration Desk on arrival at the competition and prior to the start of warm up.

Competition cards should be completed in FIG notation only.

Competitors may not compete without a valid competition card.

All cards must be signed by the appropriately qualified Supervising Coach in order to be valid.

Inquiries

A video inquiry is only applicable when the official scoring system is being used to facilitate video feedback.

A coach may only inquire about the D score (and ToF, Machine HD or Machine Synchro for TRA).

Inquiries can be made only for the Club/Region's own Gymnasts.

No inquiries can be made about Execution scores, or other penalties.

Inquiry forms will be published in each event work plan.

A coach should register a verbal intention to inquire by approaching the CJP and/or Superior Jury within 2 minutes of the relevant score's publication.

Thereafter, official NTTC inquiry forms must be completed and returned to the Superior Jury within 5 minutes of the initial verbal inquiry. Forms can be obtained from the CJP, Panel Manager or Superior Jury.

The Supervising Coach for the Club/Region of the competing gymnasts places the appeal form with the Superior Jury.

The placement of an inquiry form becomes a contract to pay the appropriate fee if the inquiry is not upheld.

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

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

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 competition session and before any award ceremony.

To decide an inquiry, the Superior Jury will review the official video replay system **only** (where available). No other video or photographic evidence can be considered.

Provision of Officials

The Events Team, in accordance with the Expenditure Guidelines for Technical Committees, Judges & Officials, will book the accommodation for judges and officials appointed by the National Judging Co-ordinators and National Competition Organisers centrally. 

Clubs will not be required to nominate judges and officials as part of their online entry for any of the National Competitions. Judges will be selected by the National Judging Co-ordinator, and we will endeavour to confirm selection 4 weeks prior to each event.

NB: Recruitment for the Inter-Regional Final will be as detailed above. We will endeavour to select judges from across all regions. A contribution of £400 from each region towards the costs for Judges for this event will be added to the online entry.

The following is a breakdown of the minimum level of Judge qualification required for each event:

Competition	Trampoline	Tumbling	Double Mini Tramp
Inter-Regional Final	County	Regional	Club
National Qualification Events	National & FIG Brevet	National & FIG Brevet	National & FIG Brevet
National Age Group Finals & British Championships	National & FIG Brevet	National & FIG Brevet	National & FIG Brevet

National Qualification Event 1

Date:	25 th -26 th April 2026
Venue:	Telford International Centre, Telford
Opening date:	30 th January 2026
Closing date:	Noon 13 th March 2026

Disciplines:

- Individual Trampoline
- Double Mini-Trampoline
- Tumbling
- Synchronised Trampoline
- Disability Individual Trampoline
- Disability Double Mini-Trampoline

Entry fee:

- £63.00 per gymnast for first discipline entered
- £25.00 per gymnast for each additional discipline entered
- Entry fees may increase in line with inflation
- Entries to the National Qualification Events should be made by individual clubs

Code:

Trampoline:

- [FIG Trampoline 2025-2028 Code of Points](#) 
- Trampoline – National Pathway Technical Requirements 

Double Mini-Trampoline:

- [FIG Double Mini-Trampoline 2025-2028 Code of Points](#) 
- Double Mini-Trampoline – National Pathway Technical Requirements 

Tumbling:

- [FIG Tumbling 2025-2028 Code of Points](#) 
- Tumbling – National Pathway Technical Requirements 

Eligibility:

- The Gymnast should be able to safely perform the exercises and meet the minimum criteria required for this level. The coach and gymnast can select which level the gymnast starts the 2026 season, but should be mindful that they cannot change levels during that competitive year.
- If in the opinion of the NTTC a gymnast has been entered into a category that they consider unsafe, then the gymnast may be withdrawn from that and future competitions at that level.
- 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 gymnast is adequately prepared physically and psychologically for performing their exercises in a competition situation.

Competitions:

- Competitions will be offered:

TRA	DMT	TUM
10 yrs for Women & Men	10 yrs for Women & Men	10 yrs for Women & Men
11-12 yrs for Women & Men	11-12 yrs for Women & Men	11-12 yrs for Women & Men
13-14 yrs for Women & Men	13-14 yrs for Women & Men	13-14 yrs for Women & Men
15-16 yrs for Women & Men	15-16 yrs for Women & Men	15-16 yrs for Women & Men
17-21 yrs for Women & Men	17-21 yrs for Women & Men	17-21 yrs for Women & Men
Senior for Women and Men	Senior for Women and Men	Senior for Women and Men
Synchro Youth (10-12yrs) for Women & Men Junior (13-16yrs) for Women & Men Senior (17+yrs) for Women & Men		
Disabilities Cat 1 Women & Men 9-14yrs Cat 1 Women & Men 15+	Disabilities Cat 1 Women & Men 9-14yrs Cat 1 Women & Men 15+	
Disabilities Cat 2 Women & Men 9-14yrs Cat 2 Women & Men 15+	Disabilities Cat 2 Women & Men 9-14yrs Cat 2 Women & Men 15+	

Coach Qualification and Passes:

- Please see Appendix 2 for the minimum level of coaching qualification required by Lead Coaches.
- Please follow the link to check equivalent levels of qualifications from [previous cycles](#) .

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 the event of an accident, failure to hold the correct level of qualification may lead to your insurance being negated.

Number of Gymnasts	Coaches
TRA & TUM	
1-4	3
5-8	4
9+	5
DMT	3
Additional coaches for Disabilities disciplines	3 max

Additional accreditations may be granted by TC on request prior to the start of the event.

Tie Breaks:

- Tie-break rules for TRA, DMT & TUM as per the [FIG Technical Regulations 2026](#) .

Awards:

- Gold, Silver and Bronze medals will be awarded in each competition within each Level, Age Group and gender

National Qualification Event 2

Date: 20th – 21st June 2026

Venue: Telford International Centre, Telford

Opening date: 27th March 2026

Closing date: Noon 8th May 2026

Disciplines:

- Individual Trampoline
- Double Mini-Trampoline
- Tumbling
- Synchronised Trampoline
- Disability Individual Trampoline
- Disability Double Mini-Trampoline

Entry fee:

- £63.00 per gymnast for first discipline entered
- £25.00 per gymnast for each additional discipline entered
- Entry fees may increase in line with inflation
- Entries to the National Qualification Events should be made by individual clubs

Code:

Trampoline:

- [FIG Trampoline 2025-2028 Code of Points](#) 
- Trampoline – National Pathway Technical Requirements 

Double Mini-Trampoline:

- [FIG Double Mini-Trampoline 2025-2028 Code of Points](#) 
- Double Mini-Trampoline – National Pathway Technical Requirements 

Tumbling:

- [FIG Tumbling 2025-2028 Code of Points](#) 
- Tumbling – National Pathway Technical Requirements 

Eligibility:

- The Gymnast should be able to safely perform the exercises and meet the minimum criteria required for this level. The coach and gymnast can select which level the gymnast starts the 2026 season, but should be mindful that they cannot change levels during that competitive year.
- If in the opinion of the NTTC a gymnast has been entered into a category that they consider unsafe, then the gymnast may be withdrawn from that and future competitions at that level.
- 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 gymnast is adequately prepared physically and psychologically for performing their exercises in a competition situation.

Competitions:

- Competitions will be offered:

TRA	DMT	TUM
10 yrs for Women & Men	10 yrs for Women & Men	10 yrs for Women & Men
11-12 yrs for Women & Men	11-12 yrs for Women & Men	11-12 yrs for Women & Men
13-14 yrs for Women & Men	13-14 yrs for Women & Men	13-14 yrs for Women & Men
15-16 yrs for Women & Men	15-16 yrs for Women & Men	15-16 yrs for Women & Men
17-21 yrs for Women & Men	17-21 yrs for Women & Men	17-21 yrs for Women & Men
Senior for Women and Men	Senior for Women and Men	Senior for Women and Men
Synchro Youth (10-12yrs) for Women & Men Junior (13-16yrs) for Women & Men Senior (17+yrs) for Women & Men		
Disabilities Cat 1 Women & Men 9-14yrs Cat 1 Women & Men 15+	Disabilities Cat 1 Women & Men 9-14yrs Cat 1 Women & Men 15+	
Disabilities Cat 2 Women & Men 9-14yrs Cat 2 Women & Men 15+	Disabilities Cat 2 Women & Men 9-14yrs Cat 2 Women & Men 15+	

Coach Qualification and Passes:

- Please see Appendix 2 for the minimum level of coaching qualification required by Lead Coaches.
- Please follow the link to check equivalent levels of qualifications from [previous cycles](#) .

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 the event of an accident, failure to hold the correct level of qualification may lead to your insurance being negated.

Number of Gymnasts	Coaches
TRA & TUM	
1-4	3
5-8	4
9+	5
DMT	3
Additional coaches for Disabilities disciplines	3 max

Additional accreditations may be granted by TC on request prior to the start of the event.

Tie Breaks:

- Tie-break rules for TRA, DMT & TUM as per the [FIG Technical Regulations 2026](#) .

Awards:

- Gold, Silver and Bronze medals will be awarded in each competition within each Level, Age Group and gender

Inter-Regional Final

Date: 4th – 5th July 2026
Venue: Utilita Arena, Birmingham
Opening date: 10th April 2026
Closing date: Noon 22nd May 2026

Disciplines:

- Individual Trampoline
- Double Mini-Trampoline
- Tumbling
- Disabilities Trampoline
- Disabilities Double Mini-Trampoline

Membership requirements:

- Gymnasts are required to have National British Gymnastics Membership when entering this event.

Entry Fee:

- £400 regional entry fee split per discipline
- £63.00 per gymnast for first discipline entered
- £25.00 per gymnast for each additional discipline entered
- Entry fees may increase in line with inflation
- All entries to the Inter-Regional Final should be made by the Regions

Competition & Qualification Process:

- For extra information regarding this competition please read Appendix 3 on [page 35](#) of this document

Code:

Trampoline:

- [FIG Trampoline 2025-2028 Code of Points](#)
- Trampoline – Regional Pathway Technical Requirements

Double Mini-Trampoline:

- [FIG Double Mini-Trampoline 2025-2028 Code of Points](#)
- Double Mini-Trampoline – Regional Pathway Technical Requirements

Tumbling:

- [FIG Tumbling 2025-2028 Code of Points](#)
- Tumbling – Regional Pathway Technical Requirements

Eligibility: As per [Technical Regulations 2026](#)

Competitions:

Competitions will be offered for:

	Trampoline	Double Mini-Trampoline	Tumbling
Level 1	9-10 yrs for Women & Men	9-12 yrs for Women & Men	Under 13yrs for Women & Men
	11-12 yrs for Women & Men	13+ yrs for Women & Men	Over 13yrs for Women & Men
	13-17 yrs for Women & Men		
Level 2	9-10 yrs for Women & Men	9-10 yrs for Women & Men	10-12 yrs for Women & Men
	11-12 yrs for Women & Men	11-12 yrs for Women & Men	13-14 yrs for Women & Men
	13-14 yrs for Women & Men	13+ yrs for Women & Men	15+ yrs for Women & Men
	15+ yrs for Women & Men		
Level 3	9-10 yrs for Women & Men	13-14 yrs for Women & Men	Under 15yrs for Women & Men
	11-12 yrs for Women & Men	15-16 yrs for Women & Men	15+ yrs for Women & Men
	13-14 yrs for Women & Men	17+ yrs for Women & Men	
	15+ yrs for Women & Men		
Level 4	10 yrs for Women & Men	9-10 yrs for Women & Men	9-10 yrs for Women & Men
	11-12 yrs for Women & Men	11-12 yrs for Women & Men	11-12 yrs for Women & Men
	13-14 yrs for Women & Men	13-14 yrs for Women & Men	13-14 yrs for Women & Men
	15-16 yrs for Women & Men	15+ yrs for Women & Men	15+ yrs for Women & Men
	17+ yrs for Women & Men		
DIS Level 1 & 2	Category 1 for Women & Men 9-14yrs	Category 1 for Women & Men 9-14yrs	
	Category 1 for Women & Men 15+	Category 1 for Women & Men 15+	
	Category 2 for Women & Men 9-14yrs	Category 2 for Women & Men 9-14yrs	
	Category 2 for Women & Men 15+	Category 2 for Women & Men 15+	

There will also be a team competition for:

- Trampoline
- Double Mini-Tramp
- Tumbling

Points will be awarded within each discipline at each level, at each age group and in each gender as follows :

8 points awarded to 1st place

7 points awarded to 2nd place

6 points awarded to 3rd place

5 points awarded to 4th place

4 points awarded to 5th place

3 points awarded to 6th place

2 points awarded to 7th place

1 point awarded to 8th place

The points for all results will be added together and regions ranked according to the total in each discipline to give the respective team results. DIS points will be added to the regions' Discipline totals ie. DIS TRA added to TRA, and DIS DMT added to DMT. There will not be a separate trophy for DIS.

Coach Qualification and Passes:

- Please see Appendix 2 for the minimum level of coaching qualification required by Lead Coaches.
- Please follow the link to check equivalent levels of qualifications from previous cycles 
- The Team Manager and Chaperone will be authorised to access the warm-up hall but will not be able to access the field of play. If you have gymnasts in the Disability competition who require a chaperone on the Field of Play, please contact the Events Team (events@british-gymnastics.org) and confirm the name(s) of the gymnasts and we will issue accreditation accordingly.

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 the event of an accident, failure to hold the correct level of qualification may lead to your insurance being negated.

Maximum team official accreditations (excluding judges):

Discipline	Coaches	Team Manager	Chaperones
TRA	10	1	2
TUM	8		
DMT	6		

Tie Breaks:

- In the team competition if a tie remains within any competition after the tie breaking rules have been applied, the tied gymnasts will receive the same number of points towards the team competition and the next rank(s) will be skipped.
- In the team competition if there is a tie in the total number of points, the tie will be broken by counting back from the oldest age category at Level 4 (combined points for men and women) to find the highest scoring region.
- Ties will not be broken in the Individual Competition

Awards:

- Individual Gold, Silver and Bronze medals will be awarded in each competition within each age group and for each gender.
- A trophy will be awarded to the winning region within each discipline in the team competition.

Medal Ceremony Attire:

- Competition Attire or Regional tracksuits/t shirts and tracksuit bottoms/leggings

National Age Group Finals & British Championships

Date: 3rd – 4th October 2026
Venue: Telford International Centre, Telford
Opening date: 10th July 2026
Closing date: Noon 21st August 2026

Disciplines:

- Individual Trampoline
- Double Mini-Trampoline
- Tumbling
- Synchronised Trampoline
- Disability Individual Trampoline
- Disability Double Mini-Trampoline

Entry Fee:

Entry fees shall cover entry to both the National Age Group Finals and the opportunity to qualify for and compete at the British Championships

- £78.00 per gymnast for first discipline entered
- £25.00 per gymnast for each additional discipline entered
- Entry fees may increase in line with inflation
- Trampoline, Tumbling & DMT - entries to the event should be made by the individual clubs

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.

Code:

Trampoline:

- [FIG Trampoline 2025-2028 Code of Points](#)
- Trampoline – National Pathway Technical Requirements

Double Mini-Trampoline:

- [FIG Double Mini-Trampoline 2025-2028 Code of Points](#)
- Double Mini-Trampoline – National Pathway Technical Requirements

Tumbling:

- [FIG Tumbling 2025-2028 Code of Points](#)
- Tumbling – National Pathway Technical Requirements

Competition format:

- Please refer to the Technical Requirements for further information.

Competitions:

- National Age Group Finals

TRA	DMT	TUM
10 yrs for Women & Men	10 yrs for Women & Men	10 yrs for Women & Men
11-12 yrs for Women & Men	11-12 yrs for Women & Men	11-12 yrs for Women & Men
13-14 yrs for Women & Men	13-14 yrs for Women & Men	13-14 yrs for Women & Men
15-16 yrs for Women & Men	15-16 yrs for Women & Men	15-16 yrs for Women & Men
17-21 yrs for Women & Men	17-21 yrs for Women & Men	17-21 yrs for Women & Men
Senior for Women and Men	Senior for Women and Men	Senior for Women and Men

- British Championships

Trampoline (Individual & Synchro)	Double Mini-Tramp	Tumbling
Youth (10-12)	Youth (10-12)	Youth (10-12)
Junior (13-16)	Junior (13-16)	Junior (13-16)
Senior (17+)	Senior (17+)	Senior (17+)
<i>Individual TRA only</i>		
Cat 1 Women & Men 9-14yrs	Cat 1 Women & Men 9-14yrs	
Cat 1 Women & Men 15+	Cat 1 Women & Men 15+	
Cat 2 Women & Men 9-14yrs	Cat 2 Women & Men 9-14yrs	
Cat 2 Women & Men 15+	Cat 2 Women & Men 15+	

Reserve Places

Following the entry closing date, if any qualifying gymnasts do not take up their space(s) by **12:00 midday 28th August 2026**, we will assume that qualified gymnasts do not wish to enter and reserve gymnasts will be invited. Any reserve gymnasts will be contacted from **12:00 midday 28th August 2026**, in order of ranking, to confirm if they wish to take up a place. When reserves are invited details of deadlines for acceptance will be included.

The entry list of gymnasts will be fixed on **Monday 28th September 2026**. If there are withdrawals after this date no more gymnasts will be added to the reserve list.

Coach Qualification and Passes:

- Please see Appendix 2 for the minimum level of coaching qualification required by Lead Coaches.
- Please follow the link to check equivalent levels of qualifications from previous cycles [🔗](#).

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 the event of an accident, failure to hold the correct level of qualification may lead to your insurance being negated.

Coach Accreditations (per club):

Number of Gymnasts	Coaches
TRA & TUM	
1-4	2
5-8	3
9+	5
DMT	3
Additional coaches for Disabilities disciplines	3 max

Additional accreditations may be granted by TC on request prior to the start of the event.

Tie Breaks:

Tie-break rules TRA, DMT & TUM as per the [FIG Technical Regulations 2026](#) 

Awards:

- Gold, Silver and Bronze medals will be awarded in each competition within each level, age group and gender.
- Additionally, glass trophies will be awarded to the winners and their coaches in the Senior sections only.
- British Champions will be declared in each competition within each age group and for each gender.

Paul Luxon Trophies - Trampoline

Paul Luxon Trophy – Junior 13-16yrs (A glass trophy will also be awarded)

The Paul Luxon trophy is awarded to the gymnast with the highest total execution score (both exercises) in Q1 of the National Age Group Finals. This trophy is for Trampoline gymnasts in both the 13-14 and 15-16 age groups, irrespective of gender.

Paul Luxon Trophy – Senior 17+yrs (A glass trophy will also be awarded)

The Paul Luxon trophy is awarded to the gymnast with the highest execution score (second exercise (17-21)/counting exercise (Senior) in Q1 of the National (both exercises) in Q1 of the National Age Group Finals. This trophy is for Trampoline gymnasts in both the 17-21 and Senior age groups, irrespective of gender.

In the event of a tie, the tied gymnasts will share the trophy for an equal duration throughout the year.

Guests are not eligible to be considered for these trophies.

Chris Fordham Trophy – DMT (A glass trophy will also be awarded)

The Chris Fordham trophy is awarded to the gymnast with the highest total execution score (both exercises) in Q1 of the National Age Group Finals. This trophy is calculated across all of DMT age groups, irrespective of gender.

In the event of a tie, the tied gymnasts will share the trophy for an equal duration throughout the year.

Guests are not eligible to be considered for these trophies.

Adult Gymnastics British Championships 2026

Please see the [Adult British Competition Handbook for full details](#)

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

Eligibility:

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

Competition Structure

Competition format is as per the [Adult Gymnastics British Championships 2026 Discipline Specific Rules](#)

Coach Qualifications & Passes

Competition	Lead Coach Minimum Qualification Required
All competitions	Level 2

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

Tie Breaks

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

Awards

TRA, ACRO, TUM

- Gold, silver and bronze medals for each competition category (all differing ages and abilities)

WAG and MAG

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

Other Awards

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

Appendices

Appendix 1 – Home Nations, English Regions & Island Associations

Home Countries

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

Website Address

English Regions

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

Island Associations

Isle of Man Gymnastics	www.iomgymnastics.org
------------------------	--

Appendix 2 – Coaching

TRAMPOLINE (INDIVIDUAL)

Competition	Minimum Coaching Requirement
9-10 Women & Men	Level 2 + L3M1
11-12 Women & Men	Level 2 + L3M2
13-14 Women	Level 2 + L3M3
13-14 Men	Level 2 + L3M4
15-16 Women & Men	Level 2 + L3M4
17-21 Women	Level 2 + L3M4
17-21 Men	PC
Senior Women	PC
Senior Men	PC

Competition	Minimum Coaching Requirement
Youth	Level 2 + L3M2
Junior	Level 2 + L3M4
Senior	PC

The minimum coaching qualification for Regional Level 1 minimum is Level 2

The minimum coaching qualification for Regional Levels 2 & 3, is Level 2

The minimum coaching qualification for Regional Level 4, age 10yrs is Level 2

The minimum coaching qualification for Regional Level 4 age 11-12yrs is Level 2 + L3M1

The minimum coaching qualification for Regional 13-14yrs, 15-16yrs, 17+yrs is Level 3M2

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

For Synchro, the minimum coaching qualification required will be based on the requirement for the oldest gymnast as stated in the table above.

For Disabilities TRA – the minimum coaching qualification required is Level 2.

Coaches do not need a Disability Add On Module to enter Trampoline Gymnasts into a disability competition.

TUMBLING

Level	Competition	Minimum Coaching Requirement
Regional Level 1	Under 13yrs Women & Men	Tum UKCC Level 2
	Over 13yrs Women & Men	Tum UKCC Level 2
Regional Level 2		
	10-12 yrs Women & Men	Tum UKCC Level 3M1
	13-14 yrs Women & Men	Tum UKCC Level 3M1
	15+ yrs Women & Men	Tum UKCC Level 3M1
Regional Level 3		
	Under 15yrs Women & Men	Tum UKCC Level 3M1
	Over 15yrs Women & Men	Tum UKCC Level 3M1
Regional Level 4	9-10 yrs Women & Men	Tum UKCC Level 2
	11-12 yrs Women & Men	Tum UKCC Level 2
	13-14yrs Women & Men	Tum UKCC Level 2
	15+yrs Women & Men	Tum UKCC Level 2 Women, Level 3M1 Men
National Level	10 yrs Women & Men	Tum UKCC Level 2
	11-12 yrs Women & Men	Tum L3 Module 1
	13-14 yrs Women & Men	Tum L3 Module 1
	15-16 yrs Women & Men	Tum L3 Module 1
	17-21 yrs Women & Men	Tum L3 Module 1
	Senior Women & Men	Tum L3 Module 1

DOUBLE MINI-TRAMPOLINE

Level	Competition	Minimum Coaching Requirement
National Level	10 Women & Men	Senior or Development Coach
	11-12 Women & Men	Senior or Development Coach
	13-14 Women & Men	Senior or Development Coach
	15-16 Men	Senior or Development Coach
	15-16 Women	Senior or Development Coach
	17-21 Men	HPC
	17-21 Women	Senior
	Senior Women	Senior
	Senior Men	HPC

The minimum coaching qualification for Regional Levels 1, & 2 is Club Coach

The minimum coaching qualification for Regional Levels 3, 13-14yrs is Club Coach

The minimum coaching qualification for Regional Level 3, 15-16yrs and 17+yrs is Senior Coach or Development Coach

The minimum coaching qualification for Regional Level 4, 9-10yrs is Club Coach

The minimum coaching qualification for Regional Level 4, 11-12yrs, 13-14yrs & 15+yrs is Senior Coach or Development Coach

Appendix 3 – Inter-Regional Final Information

Each region is required to enter the following gymnasts into the competition, before the entry deadline (**22nd May 2026 at noon**) and via the online entry system

- Top 2 gymnasts per category, discipline, and gender. For Level 4, please see Technical Regulations.
- TRA Disability Top 2 gymnasts per category and gender
- DMT Disability Top 2 gymnasts per category and gender

Each region will be allocated the following accreditations:

- 1 x Team Manager - Please confirm the name by email to Grace Suffell (grace.suffell@british-gymnastics.org) by **8th May 2026**
- 2 x Chaperones - Please confirm the name by email to Grace Suffell (grace.suffell@british-gymnastics.org) by **8th May 2026**
- 10 x Trampoline Coaches - 4 x Warm-up / 6 x Field of Play – enter via the on-line entry system, ensuring they are assigned to the correct competition category
- 8 x Tumbling Coaches - 4 x Warm-up / 4 x Field of Play – enter via the on-line entry system, ensuring they are assigned to the correct competition category
- 6 x DMT Coaches - 3 x Warm-up / 3 x Field of Play – enter via the on-line entry system, ensuring they are assigned to the correct competition category

NB: The Team Manager and Chaperone will be authorised to access the warm-up hall and will not be able to access the field of play. If you have gymnasts in the Disability competition who require a chaperone on the Field of Play, please contact Grace Suffell (grace.suffell@british-gymnastics.org) and confirm the name(s) of the gymnasts and we will issue accreditation accordingly.

After the entry deadline has passed, if regions need to make a change to a gymnast, coach or officials, this must be submitted in writing to British Gymnastics, Events Department. Changes will only be accepted by the nominated Regional Organiser (listed below). Changes will not be accepted from any other people:

Region	Trampoline & DMT	Tumbling
North	Adam Rear	Lyn Hope
North West	Wendy Skelthorne	Michelle Stalker
Yorkshire	Amy Steele	Zoe Styles
West Midlands	Stacey Christopherson/ Lauren Hayward / Andrew Cuming	Rob Owen
East Midlands	Lawrence Breslin	Alison Buddle
East	Louise Overall	Janine Musson
London	Harriet Bhardwaj	
South East	Martin Laws / Ollie Reis	
South	Janet Payne	Felicity Candler-O'Donnell
South West	Claire Hayden	Mark Pocock
Wales	Maria Gaynor	
Scotland	Helen Rowe	
Northern Ireland	Denise Beagon	

Judges – Any Judges within your region who have not already submitted their availability for the competition, please contact Grace Suffell ASAP (grace.suffell@british-gymnastics.org)

Regional Fee – The £400 Regional Fee will be split per discipline, and is to be paid for when completing your online entry. Please ensure that you select your respective discipline fee at the time of entry and ensure payment is made prior to the event closing date: **22nd May 2026**

- Trampoline - £133.33
- Double-Mini Trampoline - £133.33
- Tumbling - £133.33