



2026 Men's Artistic Gymnastics Competition Handbook[©]

Version History

The Men's Artistic Gymnastics 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;

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National Competition Calendar

	Event & Date	Opening Date	Closing Date	Venue
🔗	Gymnastics British Championships 19th – 22nd March 2026	26 th December 2025	Noon 6 th February 2026	M&S Bank Arena, Liverpool
🔗	Mens Artistic Club Team Championships 6th – 7th June 2026	13 th March 2026	Noon 24 th April 2026	Basildon Sporting Village, Basildon
🔗	Adult British Championships 12th – 14th June 2026	20 th March 2026	Noon 1 st May 2026	Lilleshall National Sports Centre, Newport
🔗	National Networks Championships 30th October – 1st November 2026	7 th August 2026	Noon 28 th September 2026	International Centre, Telford
🔗	Disability Artistic British Championships 7th November 2025	14 th August 2026	Noon 25 th September 2026	Fenton Manor Sports Complex

For a complete domestic and international calendar of events please follow link [🔗](#)

NB: The closing deadline for all events is 12:00 midday on the event closing date.

Additional Competitions 2026 (not organised by British Gymnastics)

Event	Date	Venue
BUCS Gymnastics Championships	31st January – 1st February 2026	Leicester
Welsh Artistic Championships	14 th – 15 th February 2026	Welsh Institute of Sport, Cardiff
Scottish Artistic Championships	21 st – 22 nd February 2026	Ravenscraig Sports Centre, Motherwell
English Artistic Championships	28 th Feb – 1 st March 2026	Telford International Centre, Telford
U12 Challenge Competition	25 th – 26 th April 2026	New College, Leicester
U12 English Championships	26 th April 2026	New College, Leicester
London Open	4 th – 6 th September 2026	Redbridge

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 full-length tracksuit bottoms with a collared polo shirt or club/regional t-shirt and appropriate gym/training shoes.

The wearing of GBR or Home Nation attire at British Gymnastics Events is strictly forbidden

Long hair should be braided or tied back so as not to obscure vision.

Coaches will not be allowed on the competition floor if wearing ANY jewellery. If it is impossible to remove items of jewellery they should be taped. Exceptions are as per [Health & Safety Guidance: Safe Coaching](#) 

- **Judges**

Male: Blazer or suit, trousers, white shirt, British Gymnastics/FIG or plain dark tie, black or blue shoes

Female: Blazer or jacket, skirt or full-length trousers, white blouse, black or blue shoes (without heels)

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

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

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

Music (where applicable)

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

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

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

Gymnast Names -Club-Category-Routine

Late Music Submission (where applicable)

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

Music Licensing (where applicable)

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

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

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

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

Order of Performance

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

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

Registration

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

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

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

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

Access to Warm up Hall

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

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

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

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

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

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

Food and Drink

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

Babies and Young Children

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

Medical Provision

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

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

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

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

Medal Ceremonies

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

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

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

Tenure of Trophies

All perpetual trophies remain the property of British Gymnastics.

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

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

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

Privacy

British Gymnastics Privacy Notice 

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

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

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

Video, Film and Photography

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

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

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

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

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

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

Videos of routines performed by participating gymnasts taking part in our major events are made available on the BG Score App and website but access is restricted to British Gymnastics members.

We delete event photographs and videos after five years unless we consider them to be of public interest and should consequently be archived for historical purposes. Where images have been published on social media, these platform providers may continue to process your data after the retention period has lapsed.

Any person wishing to use video, film or take photographs must abide by the [British Gymnastics Health Safety and Welfare Policy](#) 

Photos may only be taken for personal use. Unless specifically accredited to do so, you may not take photos for sale, other commercial use, or publication in printed or electronic form, such as on websites.

Clubs may publish some photos but this may only be done in accordance with [British Gymnastics Photography Policy](#)  and in conjunction with the [British Gymnastics Safeguarding Policy and Health Safety & Welfare Policy](#) 

Flash photography may not be used at any time while gymnasts are warming up or competing.

Photography on the field of play by gymnasts, coaches and officials is not permitted.

If you have concerns about the identity or actions of any photographer or if you believe that any unsuitable photos are being taken, you should report your concerns to the British Gymnastics appointed Welfare Officer at the event.

Health & Safety

The health, safety and welfare of all participants (gymnasts, coaches and officials) is the primary consideration.

All British Gymnastics policies and procedures will be rigorously applied with regards to health, safety, welfare and safeguarding & protecting children.

Overnight Stays

Government legislation requires that when a club takes a gymnast(s) under the age of 18 years on a journey involving an overnight stay, the club must ensure that there is a designated trained person responsible for child protection on the trip. To adhere to the CPSU child protection standards this person must not be related to or in a relationship with the coach attending the trip.

The training for the designated person should be British Gymnastics recognised Safeguarding and Protecting Children award or Home Country equivalent. The appropriate criminal records checks should also have been completed.

For overnight trips the appropriate form needs to be completed in full and sent to British Gymnastics at least six weeks prior to travel so your trip can be approved and endorsed by our insurers. Failure to inform British Gymnastics of any overnight stays may invalidate your insurance. You can find the UK Overnight Stay Application form by following this link. 

Please note that the British Gymnastics Membership Insurance does not cover travel or emergency medical expenses, we therefore recommend that where necessary you take out additional travel insurance. 

Drug Free Sport

The testing programme may affect any elite gymnast performing at a national standard.

Please follow the link to read the [British Gymnastics policy](#) 

Manipulation of Competition

British Gymnastics, as a sports organisation bound by the Olympic Charter and the International Olympic Committee Code of Ethics, declares our commitment to support the integrity of sport and fight against the manipulation of competitions by adhering to the standards set out in the Olympic Movement Code on the Prevention of the Manipulation of Competitions and by requiring their members to do likewise. Please follow the link to read the Prevention of Manipulation of Competitions Policy 

Men's Artistic Technical Information

Code of Conduct

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

British Gymnastics, acting through the Board or its Committees, reserves the right to refuse any entry and disqualify any coach, judge, official, 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 the complete British Gymnastics age policy please view the Health, Safety & Welfare Policy. 

For ease of reference please see the year born interpretation table below;

A gymnast may opt to enter an Individual Championship of a higher age group.

Year Born Eligibility for MAG National Competitions 2026				
British Individual Championships	National Networks	Year Born	TEAM Competitions Voluntary	
	Club/Elite			
	Level 1	2017		
	Level 2	2016		
U12	Level 3	2015	Williams Trophy	
	Level 4	2014		
U14	Level 5	2013		
	Level 6	2012		
U16		2011		Adams Shield
		2010		
U18		2009		
		2008		
Senior		2007 or earlier		

2008 born Gymnasts who wish to be considered for selection to Senior International events that use the British Championships as a Designated selection Event should enter the Senior Championships to ensure are judged on Senior code

Any gymnast competing in a higher age category cannot return to a lower age category in following years (this does not apply to Team Championships or Master's unless specifically stated). In order to complete an 'out of age' entry the entrant will be required to contact the British Gymnastics Events Department - email Events@british-gymnastics.org.

Inquiries

Official MTC inquiry forms are available from the Superior Jury and must be completed and returned to them prior to the release of the score of the following Gymnast. Inquiry forms will be published in each event work plan. A coach may only inquire about the D score.

The supervising coach for the club/region of the competing gymnasts places the appeal form with the Superior Jury.

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

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

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

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

New Elements

The Club/Coach of a gymnast that wants to perform a new element at a competition in the National Competition Calendar has the responsibility to submit a video of the proposed new element to the MAG TC Chair as soon as possible, but no later than 48 hours prior to the competition registration start time. The MAG TC Chair, in consultation with the MAG TC, will assess the difficulty of the new element and issue a provisional value for use at the competition.

Regional Representation

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

Gymnasts may only represent one Region/Club in one discipline at any one time.

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

Where Regional entries are made, gymnasts and coaches must be selected according to the rules and will represent their Region, not Club. They must wear that Regional uniform, no club logos are allowed.

Where regional entries provide a pathway to national events coaches must be qualified according to the rules laid out in pages 8 & 9 of the national Competition Handbook.

Qualification from Regional Events to National Finals

Gymnasts attempting to qualify for national finals through a regional qualifying competition must attend the competition held in their own region and have one opportunity to qualify.

Extenuating circumstances will be considered following written application to the MTC before any attempt to qualify.

Competition Apparatus

Unless otherwise stated, the equipment at MTC competitions will be to current FIG specifications: Only apparatus supplied at the request of the MTC may be used at National Events.

Tall Gymnasts – Horizontal Bar

Gymnasts have the right to request permission to raise the horizontal bar to accommodate their height.

The request for the horizontal bar to be raised must be at the time of competition entry. The apparatus will be raised in accordance with the FIG/MTC regulations.

Unauthorised adjustment of any apparatus will be penalised in accordance with the FIG regulations.

Gymnastics British Championships

U14, U16, U18, Senior

Date:	19 th – 22 nd March 2026
Venue:	M&S Bank Arena, Liverpool, Kings Dock, Liverpool L3 4FP
Opening date:	Friday 12 th December 2025
Closing date:	12pm Noon Friday 6 th February 2026
Entry Fee:	£115.00 per gymnast Entry fees may increase in line with inflation.
Code:	U14 – FIG JNR Code 2025-2028  with GBR amendments (see Appendix 3) U16 & U18 – FIG JNR Code 2025-2028  Senior – FIG Code 2025-2028 
Nationality:	Gymnasts of foreign nationality or who hold an FIG license for another member federation, will be ineligible to compete.

Competition Structure:

Individual and Apparatus Championships for Senior, U18, U16, U14 age groups (There are no separate Apparatus Finals for U18, U16 & U14 age groups, the scores will be taken from the All-Around Competition). Junior Masters Apparatus Finals for combined U18 and U16.

All-Around Final (incorporating Apparatus Finals for U18, U16 & U14).

A gymnast is allowed to enter selected individual apparatus within the All-Around competition, in order to rank for the Age Group Apparatus Titles.

Qualification to the British Championships:

To improve the overall event, both Men's and Women's Artistic Championships will have a qualification route to compete at the British Championships.

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

- Under 14 72
- Under 16 66
- Under 18 36
- Senior 36

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

All other gymnasts wishing to qualify for the British Championships must follow the outlined qualification route which is through the Home Nation Championships.

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

The result from their Home Nation Championship will be the result used in the combined ranking list below unless they were unable to enter this event due to it being oversubscribed, where instead the result from their single guest entry at the first alternative Home Nation Championship will be used.

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

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

The remaining places in the British Championships (after taking into account national squad gymnasts and potential apparatus places explained below) will be filled by the gymnasts in rank order from the combined All-Around results of all of the Home Nations qualification events. In the event of a tie for the final qualification place, the FIG Senior World Championships tie breaking rules will be applied.

Based on the entry numbers above, the relevant number of gymnasts will have their entry accepted. All the subsequent gymnasts from the ranking list will be placed on a reserve list. If an age-group is under-subscribed, all gymnasts that have submitted an entry to the event will be accepted.

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

The list of reserve gymnasts will be fixed on **Monday 16th March 2026**. If there are withdrawals after this date no more gymnasts will be added to the reserve list.

Following withdrawals from the MAG U14, U16, U18 or Senior competition, reserve gymnasts from the ranking list will be invited (in rank order) to take the place of the withdrawn gymnast up until 48 hours prior to the start of the respective competition. The reserve gymnast will take the place of the withdrawn gymnast in the start list.

- U14 – 11:00 Tuesday 17th March
- MAG Disability Masters & U16 – 13:15 Wednesday 18th March
- U18 – 10:30 Thursday 19th March
- Senior – 14:55 Thursday 19th March

Apparatus Specialists

In exceptional circumstances, for the Senior and Under 18 British Championships, the MTC will consider a potential of up to 3 apparatus specialists to qualify through the Home Nations Championships. Gymnasts will be considered by the MTC if they achieve the minimum score criteria outlined below. Achieving a minimum score on an apparatus does not guarantee qualification to the British Championships; the MTC will include only those gymnasts that, in their opinion, would enhance our showcase event.

Score	FX	PH	RG	VT	PB	HB
U18	13.0	12.5	12.5	12.6*	12.5	12.0
Senior	13.5	13.0	13.0	13.1*	13.0	12.5

* Average of the 2 Vaults from the qualifying competition

Confirmation

Confirmation of gymnasts invited to attend the British Championships will be made on **4th March 2026**.

Specific Apparatus Requirements:

- The Technical Committee will be upholding the following FIG Apparatus Norms Clarifications for the Horizontal Bar:
 - **Tension Control Sensor (TCS)** A Tension Control Sensor (TCS) is compulsory from 2025 for Olympic Games, Youth Olympic Games, World Championships (Senior & Junior), World Cups and World Challenge Cups. It is highly recommended for all other competitions. A warning lamp shall light up if there is an over or underload. This is the case for a tension of $X > 5000N$ and $X < 1000N$. (See Apparatus Norms page.77)
 - It is considered dangerous for the gymnasts to compete with a tension out of the above interval; therefore, the Apparatus Commission strongly recommend respecting it. Starting from 2025 World Championships (Senior and/or Junior), deductions may be applied, after warning.

Coach Qualification and Passes:

Men's Artistic U14/U16/U18/Senior/Masters British Championships	Qualification required
MAG Senior	L2 + appropriate qualification to level of skill
MAG U18	L2 + appropriate qualification to level of skill
MAG U16	L2 + appropriate qualification to level of skill
MAG U14	L2 + appropriate qualification to level of skill

Number of Gymnasts	Coaches (Per Competition)
1	1
2-10	2
10+	3

- Maximum one coach per gymnast

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.

Tie Breaks:

Tie-break rules as per [FIG Technical Regulations \(MAG Senior – Senior World Championships, MAG U18/U16/U14 – Junior World Championships\)](#) 

Awards:

U14 All Around

- Glass Trophy, Gold medal
- Silver & Bronze medals
- A presentation will be made to the coach of the overall U14 British Champion
- Diplomas awarded for places 1 – 6

U14 Individual Apparatus

- Glass Trophy, Gold medal
- Silver & Bronze medals
- Diplomas awarded for places 1-3

U16 All Around

- Glass trophy, Gold Medal
- Silver & Bronze medals
- A presentation will be made to the coach of the overall U16 British Champion
- Diplomas awarded for places 1 – 6

U16 Individual Apparatus

- Glass Trophy, Gold medal
- Silver and Bronze medals
- Diplomas awarded for places 1 – 3

U18 All Around

- Glass trophy, Gold medal
- Silver and Bronze medals
- A presentation will be made to the coach of the overall U18 British Champion
- Diplomas awarded for places 1 – 6

U18 Individual Apparatus

- Glass Trophy, Gold medal
- Silver and Bronze medals
- Diplomas awarded for places 1 – 3

Junior Masters Apparatus

- Glass Trophy, Gold medal
- Silver and Bronze medals
- Diplomas awarded for places 1 – 3

Senior All Around

- Perpetual trophy, glass trophy, gold medal, training grant
- Silver and Bronze medals
- A presentation will be made to the coach of the overall Senior British Champion
- Diplomas awarded for places 1 – 6

Senior Individual Apparatus

- Glass trophy, gold medal
- Silver and bronze medals
- Diplomas awarded for places 1 – 3

British Disability Masters Online Qualification Event

Date:	Exercises to be Submitted between 23 rd February 2026 and 27 th Feb 2026
Venue:	Online Via Elevien App
Opening date:	Friday 12 th December 2025
Closing date:	12pm Noon 6 th February 2026
Entry Fee:	£0 - Entry Fee for this event is covered within Entry into the 2024/2025 Disability British Championship
Code:	MAG Disabilities Senior Open COP 2025-2029 

Eligibility:

Gymnasts must have an approved Disability Classification in order to be eligible to compete. Gymnasts must have competed at any level at the Disability British Championship in 2024 or 2025 to be eligible to enter.

Qualification to the Disability Masters

Entering the British Disability Masters Online Qualification Event does not give automatic entry into the British Disability Masters Competition. If a gymnast intends to qualify for the British Disability Masters Competition at the British Championships, they should officially register interest for the Disability Masters Competition by e-mailing events@british-gymnastics.org before the closing date of the 6th of February 2026 (midday). Please note that this is before the online qualification event takes place.

Competition Structure:

Competition Open Class Men – Individual Apparatus – Judged on Open Senior Class Code.

IMPORTANT: PLEASE NOTE THAT JUNIOR GYMNASTS ARE STILL ELIGIBLE TO ENTER ALTHOUGH THEY MUST COMPETE USING SENIOR OPEN MENS CoP. JUNIORS CANNOT INCLUDE ELEMENTS PROHIBITED FOR JUNIORS BY FIG.

Maximum of 20 participants per apparatus allowed on a first come first serve basis

Competition routines should be filmed according to Elevien guidance. This guidance will be sent directly to the coach nominated on the online entry after the closing date, to their nominated email address linked to their membership on MyBG, and will include:

Specific Judging Rules for online Events

Line on Vault and Floor Exercise

If the apparatus D1 are not sure if a line deduction on Vault or Floor Exercise should be taken during an exercise, the benefit of the doubt will be given to the gymnast (no deduction for line).

Fall Time

No fall time and overtime deductions will be applied for this competition.

Inquiry Procedure

At the conclusion, all routines will be judged by a panel of judges, appeals to the D score should be sent to james.may@british-gymnastics.org within 24 hours of publication of scores and will be reviewed by a Superior Jury.

Coach Qualification and Passes:

Competition	Qualification required
Disability Masters Online Qualification Event	L2 + appropriate qualification to level of skill

Tie Breaks:

Tie-break rules as per the [FIG regulations \(World Championships\)](#) 

Apparatus Expectation

Gymnasts will compete in their own facility with equipment and matting as near to FIG specification as is possible. Specifically, apparatus height must be as per FIG Apparatus Norms, the apparatus must be positioned over a hard landing (not over a pitted facility), and no extra mats are allowed. The apparatus requirements for this event are those for Open Senior class code. Violation of these apparatus rules risk Apparatus Neutral Deductions (0.50) being applied to the exercise score for that gymnast.

Gymnasts wishing to be considered for Vault apparatus should perform 2 vaults as indicated within the Open Senior Class competition rules.

Please Note: Additional matting can be requested but must be done at the point of entry via email to the competition organiser for the NTC to consider prior to the event. All reasonable adjustments will be made

Attire

Gymnasts should perform dressed in gymnastics competition attire. 

Awards:

- Certificates of participation will be emailed to all entrants

British Disability Masters

Date:	19 th – 22 nd March 2026
Venue:	M&S Bank Arena, Liverpool, Kings Dock, Liverpool L3 4FP
Opening date:	Friday 12 th December 2025
Closing date:	Noon 6 th February 2026
Entry Fee:	£29.00 per apparatus, capped at £115.00. Entry fees may increase in line with inflation.
Code:	MAG Disabilities COP 2025-2029 

Eligibility:

Athletes wishing to enter the British Disability Masters must have entered the British Disability Masters Online Qualification event, submitted qualification routines and registered your intent to enter the British Disability Masters before the closing date (of Noon 6th February) by e-mailing events@british-gymnastics.org.

The Top 6 athletes on each apparatus from the British Disability Masters Online Qualification Event will qualify for the British Disability Masters and will be notified accordingly with instruction regarding completing an entry.

Competition Structure:

Competition Open Class Men – Individual Apparatus Finals – Judged on Open Senior Class Code

Coaches Qualifications - Please follow the link to check your awards 

Coach Qualification and Passes:

Competition	Qualification required
Disability Masters	L2 + appropriate qualification to level of skill

Tie Breaks:

Tie-break rules as per the [FIG regulations \(World Championships\)](#) 

Awards:

- Trophy, Gold Medal & Diploma for Floor, Pommel, Rings, Vault, P-Bars, High bar
- Silver Medal & Diploma for Floor, Pommel, Rings, Vault, P-Bars, High bar
- Bronze Medal & diploma for Floor, Pommel, Rings, Vault, P-Bars, High bar

Mens Artistic Club Team Championships

Date:	6 th – 7 th June 2026
Venue:	Basildon Sporting Village, Basildon, SS14 3GR
Opening date:	13 th March 2026
Closing date:	Noon 24 th April 2026
Entry Fee:	£250.00 per Team. Entry fees may increase in line with inflation. £73.00 per individual Guest Entry
Code:	FIG JNR Code 2025-28  with GBR amendments for U14/U12 gymnasts (see Appendix 3) – Williams Trophy FIG Senior Code 2025-28 – Adams Shield 

Eligibility:

Clubs may enter more than one team for each competition plus two reserves (indicating clearly the ‘A’ or preferred team).

- The Competition Organiser reserves the right to limit the number of teams to ensure the smooth running of the event.
- Replacement gymnasts can only be used if proof of British Gymnastics membership can be shown.
- Bill Williams Individual Guest Entry – Invitation only
- Adams Shield Individual Guest Entry – Invitation only

Competition Structure:

- Bill Williams Trophy (11-14yrs born 2015 – 2012) – Team Competition – 6 in team, 5 to perform, 3 to count.
- Adams Shield (15yrs and over born 2011 or before) – Team Competition – 5 in team, 4 to perform, 3 to count.
- Bill Williams Individual Guest Entry (11-14yrs born 2015 – 2012)
- Adams Shield Individual Guest Entry (15yrs and over born 2011 or before)

Specific Apparatus Requirements:

- Bill Williams – It is the responsibility of the respective team coaches to ensure that vault heights and matting are set correctly for their U12/U14 gymnasts.
- The Technical Committee will be upholding the following FIG Apparatus Norms Clarifications for the Horizontal Bar:
 - **Tension Control Sensor (TCS)** A Tension Control Sensor (TCS) is compulsory from 2025 for Olympic Games, Youth Olympic Games, World Championships (Senior & Junior), World Cups and World Challenge Cups. It is highly recommended for all other competitions. A warning lamp shall light up if there is an over or underload. This is the case for a tension of $X > 5000N$ and $X < 1000N$. (See Apparatus Norms page.77)
 - It is considered dangerous for the gymnasts to compete with a tension out of the above interval; therefore, the Apparatus Commission strongly recommend respecting it. Starting from 2025 World Championships (Senior and/or Junior), deductions may be applied, after warning.

Coach Qualification and Passes:

Men's Artistic Club Teams Championships	
Williams Trophy	Level 2 with appropriate qualification to level of skill
Adams Shield	Level 2 with appropriate qualification to level of skill
Williams Trophy Individual Entry	Level 2 with appropriate qualification to level of skill
Adams Shield Individual Entry	Level 2 with appropriate qualification to level of skill

Number of Teams	Coaches
1	2
2	4
3	6

- Two coaches per team – Team Championships

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.

Tie Breaks:

Tie-break rules as per [FIG Technical Regulations \(Adams Shield – Senior World Championships, Bill Williams– Junior World Championships\)](#) 

Awards:

- Team: Gold, silver and bronze medals.
- Bill Williams trophy and glass trophy awarded to the winning Team in this event
- Adams Shield and glass trophy awarded to the winning Team in this event
- Dave Elgy trophy – Contribution to the Team.
- Gymnova Cup – Awarded to the Club who has achieved the highest overall score from both the Adam Shield and the Bill Williams trophy competitions combined.
- No medals will be awarded for the Bill Williams and Adams Shield Individual Guest Competition's.

Adult Gymnastics British Championships 2026

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

Date:	12 th – 14 th June 2026
Venue:	Lilleshall National Sports Centre, Newport, Shropshire, TF10 9AT
Opening date:	Friday 20 th March 2026
Closing date:	12pm Noon Friday 1 st May 2026
Music Deadline:	12pm Noon Friday 5 th June 2026
Entry Fee:	Individuals £52.00 per person per discipline, £25.00 per person per additional discipline Teams £52.00 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
- Individuals within teams must have a minimum of two differing ability levels. They can compete within the same discipline, but differing ages, genders (except WAG and MAG). Teams must consist of a minimum of three and a maximum of six gymnasts from the same club.
- Individuals can only represent one team per discipline
- Level appropriate skills within each discipline are stated within the relevant discipline specific rules document
- To be eligible to enter the Adult British Championships, you must not be competing in any other National Event that calendar year.

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.

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)

Teams for all disciplines

- Medals for 1st, 2nd and 3rd places

Pat English Trophy

National Networks Championships

Date:	30 th October – 1 st November 2026
Venue:	Telford International Centre, International Way, Telford, Shropshire TF3 4JH
Opening date:	Friday 7 th August 2026
Closing date:	12pm Noon Friday 28 th September 2026
Entry Fee:	£73.00 per gymnast or £270.00 per team. Entry fees may increase in line with inflation.
Code:	Men's Artistic National Networks Championships booklet 2024-2028 
Eligibility:	Regional entry only Gymnasts may only represent one Region/Club per discipline at one time. Gymnasts attempting to qualify for National Finals through a Regional qualifying competition must attend the competition held in their own Region and have one opportunity to qualify.

Competition Structure:

- Team – As per the National Networks Championships Bob Currier and Paul Blakebrough Competition structure
- Individual entries over and above the team allocation may be permitted on a first come first served basis if spaces become available after all initial entries have been received.
- Paul Blakebrough Levels 3 to 6 and Bob Currier Levels 5 & 6; for entry fee will be determined by the size of the team. For teams of 3 gymnasts the fee is £73 per gymnast. For teams of 4 or more gymnasts the fee is £270 per team.
- Structure as per British Gymnastics Men's Artistic National Networks Championships booklet 2024-2028 which can be found by logging into Club Hub and looking at the resources section.
- For team size see Appendix 2

Coach Qualification and Passes:

Level 1 coach will be allowed on the floor if the second coach is Level 2 or above.

National Networks Competition	Qualification required
Paul Blakebrough - L6 – Team	L2 + appropriate qualification to level of skill
Paul Blakebrough - L6 – Individual	L2 + appropriate qualification to level of skill
Paul Blakebrough - L5 – Team	L2 + appropriate qualification to level of skill
Paul Blakebrough - L5 – Individual	L2 + appropriate qualification to level of skill
Paul Blakebrough - L4 – Team	L2 + appropriate qualification to level of skill
Paul Blakebrough - L4 – Individual	L2 + appropriate qualification to level of skill
Paul Blakebrough - L3 – Team	L2 + appropriate qualification to level of skill
Paul Blakebrough - L3- Individual	L2 + appropriate qualification to level of skill
Paul Blakebrough - L2 – Team	L2 + appropriate qualification to level of skill
Paul Blakebrough - L2 – Individual	L2 + appropriate qualification to level of skill
Paul Blakebrough - L1 – Team	L2 + appropriate qualification to level of skill
Paul Blakebrough - L1 – Individual	L2 + appropriate qualification to level of skill

Bob Currier - Level 6 – Team	L2 + appropriate qualification to level of skill
Bob Currier - Level 6 – Individual	L2 + appropriate qualification to level of skill
Bob Currier - Level 5 – Team	L2 + appropriate qualification to level of skill
Bob Currier - Level 5 – Individual	L2 + appropriate qualification to level of skill
Bob Currier - Level 4 – Team	L2 + appropriate qualification to level of skill
Bob Currier - Level 4 – Individual	L2 + appropriate qualification to level of skill
Bob Currier - Level 3 – Team	L2 + appropriate qualification to level of skill
Bob Currier - Level 3 – Individual	L2 + appropriate qualification to level of skill
Bob Currier - Level 2 – Team	L2 + appropriate qualification to level of skill
Bob Currier - Level 2 – Individual	L2 + appropriate qualification to level of skill
Bob Currier - Level 1 – Team	L2 + appropriate qualification to level of skill
Bob Currier - Level 1 – Individual	L2 + appropriate qualification to level of skill

- Two coaches per team, one coach per 1-3 gymnasts

Tie Breaks:

- Ties will not be broken – In the event of a tie the trophies will be shared proportionately over the 12 months

Awards:

- Bob Currier and Paul Blakebrough Competitions:
 - Individual all-around: Gold, silver and bronze medals for each level.
 - Team: Gold, silver and bronze medals for each level.

Paul Blakebrough Competition

The Blakebrough Trophy (glass) will be awarded to the Region gaining the most points throughout all levels of competition (individual and Team). Points are awarded as below;

Bob Currier Competition

The Bob Currier Trophy (glass) will be awarded to the Region gaining the most points throughout all levels of competition (individual and Team). Points are awarded as below;

Individual/Team position:

1st – 10 points

2nd – 6 points

3rd – 4 points

4th – 3 points

5th – 2 points

6th – 1 point

Disability Artistic British Championships

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

Date:	7 th November 2026
Venue:	Fenton Manor Sports Complex
Opening date:	14 th August 2026
Closing date:	Noon 25 th September 2026
Entry Fee:	£68.00 per gymnast. Entry fees may increase in line with inflation.
Code:	MAG Disabilities COP 2025-2029 
Eligibility:	

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

Competition Structure:

Competitions available

- Open
- Competition A
- Competition B

In all Disability Competition Age groups and Competition Groupings will be determined according to entries and classification profiles in order to make a fair and meaningful competition.

Coach Qualifications:

Category	Qualification
All Competitions	General Level 2 or discipline specific Club and above

Awards:

- Trophies will be presented to the winners of the Open (Senior) competition.
- A presentation will be made to the coaches of the overall Senior British Champion
- All Around and Apparatus Medals will be awarded to the top 3 overall placing gymnasts in competition group offered
- To be considered for overall placing in the Open, Competition A and Competition B, the gymnast must compete on a minimum of 3 (Women) or 4 (Men) pieces of apparatus. The overall total scores for each gymnast will determine the final placing.

Appendices

Appendix 1 – Home Countries, English Regions & Island Associations

Home Countries	Website Address
England	www.british-gymnastics.org/england
Scotland	www.scottishgymnastics.org
Wales	www.welshgymnastics.org
Northern Ireland	www.british-gymnastics.org/northern-ireland
English Regions	
North	www.british-gymnastics.org/north
North West	www.nwga.org.uk
Yorkshire	www.british-gymnastics.org/yorkshire
West Midlands	www.british-gymnastics.org/west-midlands
East Midlands	www.british-gymnastics.org/east-midlands
East	www.british-gymnastics.org/east
London	www.british-gymnastics.org/london
South East	www.british-gymnastics.org/south-east
South	www.british-gymnastics.org/south
South West	www.british-gymnastics.org/south-west
Island Associations	
Isle of Man Gymnastics	www.iomgymnastics.org

Appendix 2 –National Networks Competition

The National Networks Competition has been structured for development and participation with 2 pathways of performance, Bob Currier and Paul Blakebrough competitions, each with 6 levels. The MTC age for each level is defined. This allows Regions to field up to 12 teams over the 2 pathways.

It is important to study the entire Networks booklet to see how progress is made. There are no qualifying scores to pass from one pathway to another however, coaches should make realistic choices to provide the best opportunity for their gymnasts and refer to the guidelines provided in the Networks Booklet.

Clubs and Regions may wish to adapt the pathway model for their own development purposes and would be encouraged to provide opportunities for out of age competition experience to assist regional development.

National Networks Championships Bob Currier Competition (Team and Individual) Bob Currier Trophy			GYMNASTS MAY ONLY COMPETE IN ONE PATHWAY IN ANY ONE YEAR BUT MAY TRANSFER ACROSS IN EITHER DIRECTION IF THEIR PERFORMANCE LEVEL REQUIRES IN SUBSEQUENT YEARS	National Networks Championships Paul Blakebrough Competition (Team and Individual) Paul Blakebrough Trophy		
National Finals Age Group				National Finals Age Group		
Regional entry (Individuals accepted*)				Regional entry (Individuals accepted*)		
Level 6	U14	6/6/3		Level 6	U14	6/6/3
Level 5	U13	6/6/3		Level 5	U13	6/6/3
Level 4	U12	6/6/4		Level 4	U12	6/6/3
Level 3	U11	6/6/4		Level 3	U11	6/6/3
Level 2	U10	6/6/4		Level 2	U10	6/6/4
Level 1	O8/U9	6/6/4		Level 1	O8/U9	6/6/4
*Individual entries outside a team are not accepted				*Individual entries outside a team are accepted at the discretion of the national staff – enquiry by region needed.		

It is hoped that Regions will take the initiative to create Regional Squad structures (with British Gymnastics support where possible), catering for the performance development of their Clubs and gymnasts. Regions should be the focus of our foundations for future excellence, concentrating on performing the Network exercises with high technical quality. This in turn will underpin the Great Britain National Squad structures. Clubs should support their Region and further progress their gymnasts along the voluntary performance path. Each level of the Networks Competition is critical to the development of sound foundations for progressive gymnastic performance as demonstrated by the success across Europe and the World by British Men's gymnastics.

Note that all 'E' judging is as per the FIG Code of Points unless specific rules apply.

Appendix 3 – 2025-2028 MTC Judging Codes

The FIG Code of Points is used for all British Gymnastic Competitions in all age groups. ONLY the following exceptional amended rules apply. If there is no exception or amended rule listed in this document, then the published FIG Code rule applies.

Senior

Senior gymnasts will be judged on the [FIG code 2025-2028](#)

U18 and U16

2008-2011 born will be judged on the [FIG JNR code 2025-2028](#)

U14

2012-2013 born, will be judged on the [FIG JNR code 2025-2028](#) with the following exceptions and amendments:

- Additional safety mats up to 30cm will be allowed as an option on request at High Bar, Rings and 10cm at Parallel Bars all without penalty.
- For Pommel Horse a springboard and/or 20cm mat may be used to mount the apparatus without penalty. Please note- it is compulsory for the coach to remove a springboard after mount. – 0.5 deduction.
- Vault Final and Qualification to Vault Finals – Must be 2 different vaults but can be from same element group.
- Vault height 125cm

U14 – Short Routines Deductions

As per [FIG JNR code 2025-2028](#)

U12

2014 and 2015 born will be judged on the [FIG JNR code 2025-2028](#) with the following exception and amendments including the MTC supplementary list of recognised A parts (Appendix 4):

- One Vault will count for All-Around Final and Apparatus Final
- For Pommel Horse a springboard and/or 20cm mat may be used to mount the apparatus without penalty. Please note- it is compulsory for the coach to remove a springboard after mount. – 0.5 deduction.
- Additional safety mats will be allowed as follows:
 - 30cm safety mats are compulsory at high bar
 - up to 30cm will be allowed as an option on request at Rings without penalty.
 - 10cm as an option on request at Parallel Bars without penalty.
- Vault height will be 120cm.
- Shorts with socks may be used without penalty. (Teams must dress uniformly)
- The MTC supplementary list of recognised A parts (Appendix 4) will be used. These A parts will be counted as Elements of value 0.1 and qualify for Element Groups.

U12 – Short Routines Deductions

- | | | |
|----------------------|----|--------|
| • 5 elements or more | ND | -0.00 |
| • 4 elements | ND | -2.00 |
| • 3 elements | ND | -4.00 |
| • 1-2 elements | ND | -6.00 |
| • 0 elements | ND | -10.00 |

Special Notes for Stand-Ins

In addition to the FIG Code of Points right for coaches to be present at Rings and Horizontal Bar, at all MTC competitions for U12s and U14s, coaches may be present at Floor (outside the 12m x 12m lines), Vault and Parallel Bars during the gymnasts' exercise for reasons of safety, without penalty.

At all MTC competitions for U12s and U14s stand-ins are COMPULSORY at Horizontal Bar and Rings. The coach is required to stand between the apparatus uprights during the gymnasts exercise.

Special bonus elements and other exceptions for U12 & U14 gymnasts:

Bonus elements:

Rings Lift to handstand with bent body and straight arms (EGII Box 26.)
Will receive B value but also +0.2 Bonus from D jury if completed without any error.

All apparatus (except Pommel Horse) “Stick” Bonus from D jury will be awarded for all somersault dismount landings (any value element) that would not incur an E-Jury deduction in accordance with FIG definition. This does not include any deductions incurred during the dismount or preparation for landing.

Other exceptions:

Floor No -0.3 deduction if multiple salto element is not performed

Include all previous code values for twisting i.e Straight back salto with 1/2 twist B and Straight back salto with 1/1 twist B – can be used in same exercise for value:

Element	Value	EGR
Tempo salto (Whip back)	B value	Gp III
Straight back salto	B value	Gp III
Straight back salto 1/2	B value	Gp III
Straight back salto 1/1	B value	Gp IV
Straight back salto 3/2	C value	Gp IV
Straight back salto 2/1	C value	Gp IV
Straight front salto	B value	Gp II
Straight front salto 1/2	B value	Gp II
Straight front salto 1/1	C value	Gp IV
Straight front salto 3/2	C value	Gp IV

Rings No -0.3 deduction if swing to handstand isn't performed (U12 only)

Parallel Bars After swing to handstand, next element need not continue in same direction

Appendix 4 - MTC Supplementary list of recognised A parts - U12

Element Group	1	2	3	4
Floor	Non acrobatic elements	Acrobatic elements forward	Acrobatic elements backward & Arabian elements	Salto fwds/bkwds with more than one twist
	Backward roll to handstand straight arms	Round off		
Pommel	Single leg swings and scissors	Circle & flairs, with and/or without spindles, handstands, Kehrsings, etc	Travel type elements	Dismounts
	½ scissor (one only either fwds or bwd)			
Rings	Kip and swing elements & swings through or to handstand	Strength elements and hold elements	Swing to strength hold elements	Dismounts
		Muscle up Tucked top planche (2s)		
P. Bar	Elements starting in upper arm position	Elements in support or through support on 2 bars	Long swings in hang on 1 or 2 bars and underswings	Dismounts
	Back uprise to support	Stutz to 45°	Moy to upper arm	Back salto tucked. Also from long hang
H. Bar	Long hang swings and without turns	Flight elements	In bar and Adler elements	Dismounts
	Swing forward and half turn to handstand*		Stoop/straddle on & off backwards	

*No deduction for element not continuing in intended direction