

**2026 Recreational
Gymnastics
Events Handbook[©]**

Version History

British Gymnastics 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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Definition of Terms

- **Assisting Coach(es)** are coaches who are permitted on the performance floor and/or warm up hall, but who work under the guidance and responsibility of the Supervising Coach. Assisting coach(es) must meet all of the relevant eligibility requirements.
- **BGF** means British Gymnastics Foundation.
- **British Gymnastics Nomination Panel** – Performance Team, Senior Performance Manager & Technical Committee chair.
- **Championships** means any British Championship organised by or on behalf of British Gymnastics.
- **Chaperone** In exceptional circumstances, chaperones may be permitted to fulfil a pastoral care role. Chaperones under **no** circumstances shall be permitted to coach gymnasts.
- **Choreographers** will create and develop new routines.
- **Coach(es)** are those Coach(es), Lead, Supervised, Assisting Coaches submitted in the online entry process and who are responsible for the gymnast(s) for the entire event. This coach(es) must have the relevant qualifications and British Gymnastics membership as defined in the eligibility section of this handbook. Any changes to these coach(es) submitted on the online entry system must be notified to the Events Department prior to the event and in exceptional circumstances if changes are required during the event, these must be notified to the Organisers. Changes to these coach(es) will only be permitted where the replacement coach meets all of the relevant Eligibility requirements
- **CPSU** means Child Protection in Sport Unit.
- **DBS** means Disclosure and Barring Service, Access NI Eligibility or PVG.
- **Display gymnastics** – refers to the discipline
- **Event** means any national and international competition and championships organised by or on behalf of British Gymnastics.
- **FIG** means Federation International de Gymnastique.
- **Festival gymnastics** – refers to the event where the display gymnastics take place
- **GEL** means Gymnastics Enterprise Ltd, trading as British Gymnastics Official Shop.
- **GFA** The FIG term Gymnastics for All which refers to multi-disciplinary and non-competitive opportunities
- **IDP** means International Development Pathway.
- **Independent** means gymnasts who are not members of a British Gymnastics registered club but hold appropriate British Gymnastics membership.
- **Lead Coach** The coach taking overall responsibility for all the gymnasts from their club/region. The Lead Coach must be present in the performance arena throughout the event to take responsibility for their coaches and gymnasts. The Lead Coach must possess sufficient qualification to cover all the skills that any of their gymnasts will be performing within the competition.
- **Officials** are people recruited to assist with the delivery of the overall event e.g. Floor Manager, Ceremonies Manager, Spectator Tickets Manager.
- **Organiser** means the designated National Competition Organiser (NCO) or their appointed representative, who is authorised by, or on behalf of British Gymnastics.
- **Recreational gymnastics** – Gymnastics outside of a competitive pathway
- **Supervised Coach** means a coach under the responsibility of the Lead Coach, as they are coaching skills to a maximum of 1 level higher than their current qualification, but are in the process of qualifying at the next level.
-  means it is a [hyperlink](#) to official policy statements and other event related information.

Contact Information

Technical Enquiries

Community Team	Polly Hucker	Communitydepartment@british-gymnastics.org
Events Team	Danielle Crowe	events@british-gymnastics.org

General Enquiries

Customer Support	0345 1297129	customersupport@british-gymnastics.org
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Recreational gymnastics is the heart of the sport, where people of all ages create friendships and a love of being active. For some, being on a competitive pathway is what they enjoy and choose to focus on whilst others go on to explore everything else that the sport has to offer. There are so many exciting, meaningful and accessible opportunities available within recreational gymnastics such as:

- Displays
- Inter & intra competitions such as Rise Gymnastics competitions
- Local festivals
- Curricular and extra-curricular activity
- International festivals
- Rise Gymnastics Programme and Award Scheme

The focus is always on enjoyment, whilst developing fundamental movement patterns, life skills and fitness. Recreational gymnastics is not defined by ability level or by being non-competitive; it is truly inclusive and has no prerequisites. Participants could be involved in gymnastics in a variety of ways and do not need to define themselves as one thing or another. Participation in recreational gymnastics can lead to:

- Lifelong participation in sport/physical activity
- Performing in Cirque de Soleil, the West End or Disneyland
- Improved body confidence and self-confidence
- Friendships for life
- Representing your country at World Gymnaestrada
- Volunteering/coaching

No matter where it takes you, recreational gymnastics provides uplifting experiences for all and gives you the opportunity to reach your potential, exploring everything the sport has to offer!

British Gymnastics Recreational Calendar

Event	Date	Venue	Entry opening date	Entry closing date
GymFusion Manchester	1 st February 2026	The Lowry Theatre	7 th November 2025	19 th December 2025 12:00 Noon
Medal Ceremony Display Opportunity at Artistic British Championships	19th -22nd March 2026	M&S Bank Arena, Liverpool	19th December 2026	6th February 2026 12:00 Noon
Medal Ceremony Display Opportunity at TeamGym British Championships	18th-19th April 2026	Northumbria University, Newcastle	9th January 2026	20th February 2026 12:00 Noon
GymFusion Aylesbury	17th May 2026	Waterside Theatre	20th February 2026	7th April 2026 12:00 Noon
Adult British Championships	12 th – 14 th June 2026	Lilleshall National Sports Centre, Telford	20 th March 2026	1 st May 2026 12:00 Noon
Medal Ceremony Display Opportunity at Acrobatic, Aerobic & Rhythmic British Championships	17th -19th July 2026	Telford International Centre	2nd April 2026	22nd May 2026 12:00 Noon
GymFusion York	18th October 2026	The Barbican Theatre	24th July 2026	4th September 2026 12:00 Noon
Medal Ceremony Display Opportunity at Disability British Championships	7 th November	Fenton Manor Sports Complex, Stoke on Trent	14 th August 2026	2 nd October 2026 12:00 Noon
Step into Festivals	TBC	TBC	TBC	TBC

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

For events organised by English Gymnastics, please follow this link 

For events organised by Scottish Gymnastics, please follow this link 

For events organised by Welsh Gymnastics, please follow this link 

For events organised by Northern Ireland, please follow this link 

For festivals organised by BG clubs, regions, and communities, please follow this link: [Gymnastics Festivals](#)

Adult Competitions: For Local Adult Gymnastics competitions, please find the Local Adult Gymnastics competitions calendar 

These pages will be updated throughout the year, if you have any festivals/adult competitions that you would like to be added, please contact communitydepartment@british-gymnastics.org

What is GymFusion?

GymFusion is part of the British Gymnastics National Festival Programme and gives gymnasts the opportunity to show off their skills and talents as part of a team in a friendly, fun and non-competitive environment.

GymFusion is a recreational group showcase, with no barriers. Encompassing the ethos of Gymnastics for All. Gymnasts can take part regardless of age, ability, or discipline. It is open to all, in a fun and non-competitive environment.

The entry fee for 2026 events will be £23.00 per gymnast per show. Entry fees may increase in line with inflation.

GymFusion Theme 2026

The theme for all GymFusion events in 2026 is “Heroes!”

The events in 2026 will run with this theme, we encourage teams to be creative and to take on the theme during the planning for their performances.

GymFusion invites you to use your imagination and creativity to bring our wonderful heroes to life. The possibilities are endless – a storyline character, a person in uniform, or someone who empowers and inspires us all with their actions and words.

We’re calling on all clubs and teams to showcase these amazing world-saving and everyday heroes with routines that leap, twist, and dance before us.

What is the Step into Festivals Event?

This recreational event is an introduction to display gymnastics, which is accessible to all.

This experience invites all British Gymnastics clubs, Leisure Centres and Schools to join in, without restrictions, embracing age, discipline, and ability; it's a celebration of recreational gymnastics in a supportive, non-competitive atmosphere.

Providing a first step into display gymnastics to excite gymnasts and coaches about the possibilities for progression within gymnastics festivals. Bringing coaches and participants together to experience not just gymnastics, but a sense of community. Spending fun, quality time together as a group and meeting other display teams to enjoy activities in addition to performing at the festival.

For more information, please see Appendix 4

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 event entered and awards held.

- **Gymnasts**

Membership level must be a minimum of Community Level of British Gymnastics, 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.

- **Lead Coaches**

Lead Coaches must hold Enhanced level British Gymnastics 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 [!\[\]\(17413706fd4997a1a4bdf85c6864eee1_img.jpg\)](#)

- **Coaches**

Coaches must hold Enhanced level British Gymnastics 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 [!\[\]\(4b7a79268f6ba26c1471d4232fffa85a_img.jpg\)](#)

- **Assisting Coaches**

Assisting Coaches' Membership level must be National (if Level 1), or Enhanced Level of British Gymnastics before being allowed to participate in a British Gymnastics Event. Assisting coaches must have current safeguarding and DBS certificates, please see Safeguarding section. Assisting Coaches cannot be responsible for the gymnasts.

- **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 event. 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 performance area.

- **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 event 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.

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 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 performance 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 in the performance areas and in the warmup hall at all times. If a gymnast attends an event without a suitably qualified coach or supervised coach, they will not be allowed to participate.

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 – Applicable to the Adult British Championships

Participation in all British Gymnastics Events is subject to the requirements of membership, club registration and other conditions of entry.

In addition, the following regulations concerning Nationality are applicable to British Gymnastics Events:

At the discretion of the British Gymnastics Technical Committee and with agreement from the British Gymnastics non-British citizens may take part in other British Gymnastics' events. 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.

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 

Event 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 Club Hub on our 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.

Leisure Partners and Partner Schools

Leisure Partners and Partner Schools are also eligible to enter. We require the following information to be emailed to the events or community team prior to the closing date

- List of Gymnasts
- List of Coaches or Teachers with the highest qualifications, all coaches must have current safeguarding and DBS
- A copy of the current public liability insurance

We will then invoice the leisure centre/school for payment. Payment must be received prior to the event.

Guests -- Applicable to the Adult British Championships

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 event 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.

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 double the normal entry fee stated for the competition/festival (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 the entry fee refunded by contacting the Events Department. Entry fees are non-refundable after the closing date.

If clubs wish to make a substitution (due to the withdrawal of a previous entry) of a gymnast, they can only do so up to two weeks 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.

British Gymnastics reserves the right to cancel an event if entries are not adequate. In such case all performers entered into the cancelled event clubs will be offered the opportunity to transfer to the other event if space permits or will be given a full refund.

General Regulations

Terms & Conditions of Entry to All Events

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.
- 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 for who they are making an entry on behalf of are fully aware of and agree to abide by the contents of this handbook.
- 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.
- 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 

Event Attire

- **Festival**

Gymnasts can wear costumes and do not have to wear leotards as long as their clothing is safe for the skills being performed, does not restrict movement or obscure vision and is suitable for a family audience

- **Competitions**

Competition attire is leotards or shorts/leggings and t-shirts as per the British Gymnastics [clothing policy](#).

Long hair should be tied back so as not to obscure vision. Hair clips, slides, bands, ribbons, and all other character hair accessories, if worn, must be secure.

All jewellery must be removed. If it is impossible to remove items of jewellery, they should be taped. Exceptions are as per British Gymnastics [Health & Safety Guidance: Coaching Practice](#).

The Organiser reserves the right to refuse access to participate if gymnasts' attire is deemed unsuitable or unsafe for gymnastics activities.

If in any doubt whilst planning and designing costumes, please make contact with the Organiser in advance of the event.

- **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 performance 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](#) 

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

Music

All music for performance routines must be uploaded onto the online entry system at the latest four weeks before the event 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-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 performance 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.

Length of routines for Gymfusion

Team routine length must be as follows:

10 - 50 gymnasts – maximum of 6 minutes

51+ gymnasts – maximum of 8 minutes

Teams attending an international festival as part of the British Gymnastics delegation may be required to have different routine lengths to those stated above for their performance. In this instance, and in the year preceding the international festival only, they will be permitted to extend the time needed for their performance. For verification teams must let the Event Organiser know when they submit their entry if this is applicable (to be considered on a case by case basis).

GymFusion Team Sheets

Team sheets must be completed 4 weeks before the event, this is to allow the event organiser time to incorporate details that the clubs provide into the show. Please include as much detail as possible to ensure your team is introduced to the stage in a professional manner.

Order of Performance

The order of competing for individual events and team events shall be decided according to the arrangements made by the Organiser. 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 4 weeks prior to the event.

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 when those performing have all arrived at the venue at your scheduled time. 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.

Warm Up Hall –Festivals

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.

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

A **non-sprung floor** area will be provided in the warm-up hall. This may not be the same size as the performance floor area, and it will not be possible to use large equipment (vaults, trampettes) in the Warm-up hall. It is expected that teams use the Warm-up Hall for pulse raising exercise and practising individual skills. It is not expected that a full routine will be performed in this area as gymnasts should be prepared, knowing the routine and skills before the event date.

Festival Apparatus

At all events the performance floor will be a **non-sprung floor area**. The size of the floor area will vary depending on the performance space available at the venue. Unless otherwise stated.

Festivals

The only equipment provided at these events will be tri-bond floor and two safety landing mats. If a team wishes to use other equipment, they can submit a request to the British Gymnastics Events Team that the equipment is provided. To do this they must complete the team sheet with their request 4 weeks prior to the event. British Gymnastics cannot guarantee that the equipment will be available however will work with Gymnova to obtain it, where possible. If British Gymnastics cannot provide the equipment, the club will be informed as soon as possible, and it is then the responsibility of the club to provide the equipment they need on the day. It is the club's responsibility to make any transport / parking arrangements, there is no guarantee parking will be available onsite for vans / trailers etc. It is also the club's responsibility to provide the Event Organiser with a Risk Assessment, Equipment Check and Method Statement. This form can be obtained by contacting the British Gymnastics Events Department events@british-gymnastics.org. Equipment will not be allowed on the performance area without this paperwork. The Event Organiser reserves the right to refuse permission to use equipment that is not deemed fit for purpose.

Coaches Participation

Coaches are not permitted to participate in team performances.

The spotting and supporting of safe and well-prepared gymnastics skills and routine elements is permitted. However, the Organiser reserves the right to enforce the removal of unsafe or dangerous practices and elements from team routines. Coaches are encouraged to prepare their teams to independently perform with limited direction or guidance on the day of the event. Where possible coaches should remain out of sight in the wings of the stage/performance area and will not be permitted to jump off the stage to position themselves centrally in front of the audience as this does not comply with health & safety regulations and potentially obstructs spectators view of team performances.

Non-compliance may result in removal of the coach/participants and consequently, for Health and Safety reasons, their team participants from the event.

If in any doubt whilst planning team routines, please make contact with the Organiser in advance of the event.

Props & Theatrical Aids (where applicable)

Coaches & Team Managers wishing to use props or theatrical aids as part of their team's performance are permitted to do so. Please ensure you give consideration as to the appropriate nature of the props given the family orientated audience that will be spectating.

The Organiser reserves the right to enforce the removal of unsafe or dangerous practices and elements from team routines. It remains the responsibility of the Coach & Team Manager to transport, unload, load, position and check all props & theatrical aids. If making props, please consider the materials you use and the general structure to ensure it is easily moved, has no sharp or protruding edges or fixings and will not leave debris / splinters when it is removed from the floor. All props & theatrical aids must be carried into and out of position, not dragged across the performance floor. Please ensure details of your props are included within the team information sheet submitted including the size and weight to ensure safe passage can be made from loading areas to the performance area. All props should comply with the relevant health & safety and fire regulations for use in public buildings. Once confirmed with the organiser, method statement and risk assessment will need to be completed two weeks prior to the event.

Food and Drink

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

Babies and Young Children

In the interests 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 warm up or whilst performing 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 participate at the event is absolute and final.

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 performing.

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.

Special Effects – GymFusion

theatrical special effects will be used throughout GymFusion events. This will include the use of theatrical lighting, smoke, haze, video projection and sound effects.

Coaches & Team Managers wishing to use special effects or those who have special requests need to submit these in writing (as part of the team information sheet or by making direct contact with the Organiser) at least four weeks in advance of the event. Requests will be considered and assessed with the venue and event technicians for feasibility. Please note that it may not be possible to fulfil all requests.

Teams with gymnast participants or coaches with specific medical requirements in relation to special effects need to detail their personal requirements or issues with the Organiser five weeks in advance of the event. It is the Team Manager / Coaches responsibility to inform the Organiser of all such issues to ensure the safety and wellbeing of team members.

The use of any pyrotechnics or substances that may be deemed as hazardous is strictly prohibited.

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. 

Spectator Ticket Information

Spectator ticket information can be found on the specific event page within the event finder section of the British Gymnastics website.

Venue Specific Ticket Information

Some of our venues sell tickets on our behalf. Please be aware that booking fees and theatre levy fees may apply to ticket purchases, please refer to the specific box office terms and conditions for further information.

Participation

For help & support with festival preparation there are several avenues you could explore as follows.

Please see the Festivals Section of the **British Gymnastics website** 

For preparation in running your own local festival please make contact with Polly Huckerat communitydepartment@british-gymnastics.org

GymFusion Manchester

Date:	1 st February 2026
Venue:	The Lowry Theatre, Manchester
Opening date:	7 th November 2025 9am
Closing date:	19 th December 2025 12:00 Noon
Music/Team Sheet deadline:	2 nd January 2025 12:00 Noon
Entry Fee:	£23.00 per gymnast per show
Organiser:	British Gymnastics – contact Danielle Crowe

Show Times

Show One (Sunday)	AM
Show Two (Sunday)	PM

Performance Area

The performance floor will be a 12m wide x 12m deep tribond matted area.

Props may be placed around the matted area. Clubs should ensure that gymnasts always remain on the matted area throughout the performance for health and safety reasons.

All entered Clubs, Leisure Centres or Schools will be accepted on a first-come first first-served basis, and all clubs will be allocated a show at random. Confirmation of this will be communicated to clubs once entries have closed.

British Gymnastics reserves the right to cancel a show if entries are not adequate. In such case all performers entered into the cancelled show may be offered the opportunity to transfer to the other show if space permits or will be given a full refund.

Medal Ceremony Display Opportunity at Artistic British Championships

Date:	19 th – 22 nd March 2026
Venue:	M&S Bank Arena, Liverpool
Deadline:	6 th February 2025 12:00 Noon
Organiser:	Please register your interest by contacting communitydepartment@british-gymnastics.org

Would you like your team to be considered to perform prior to the presentation ceremony at a British Championship event?

British Gymnastics welcomes any display team to apply. All applications should be submitted by video via the Kaltura platform instructions in the Appendix 1. entry to British Gymnastics community@british-gymnastics.org along with a short statement to tell us about your display team.

When submitting your entry, please construct the file name for your video submission in the following way:

Club Name – Team Name – Performance Title.mp4

If your routine has been performed at one of 2025/26 GymFusion we will be able to obtain the footage of your routine, and you will not be required to reupload to Kaltura please detail this in the email to communitydepartment@british-gymnastics.org

Display routines will be evaluated by a panel of festival routine experts, the panel will score routines out of 20 based on the following criteria:

- Entertainment value
- Innovation, originality and variety
- Technique, quality and safety
- Overall impression

If your performance is selected, any costs incurred by attending the British Championships will be at the club's discretion.

Medal Display Opportunities for other British Championships (if scheduling permits) will be given to clubs that submit a video as per the above as an ongoing process throughout the year. Please contact communitydepartment@british-gymnastics.org for further information.

GymFusion Aylesbury

Date:	17th May 2026
Venue:	The Waterside Theatre, Aylesbury
Opening date:	20th February 2026 9am
Closing date:	7th April 2026 12:00 Noon
Music deadline:	17th April 2026 12:00 Noon
Entry Fee:	£23.00 per gymnast per show. Entry fees may increase in line with inflation.
Organiser:	British Gymnastics – contact Danielle Crowe

Show Times

Show One (Sunday)	AM
Show Two (Sunday)	PM

Performance Area

The performance floor will be a 12m wide x 10m deep tribond matted area.

Props may be placed around the matted area. Clubs should ensure that gymnasts always remain on the matted area throughout the performance for health and safety reasons.

All entered Clubs, Leisure Centres or Schools will be accepted on a first-come first first-served basis, and all clubs will be allocated a show at random. Confirmation of this will be communicated to clubs once entries have closed.

British Gymnastics reserves the right to cancel a show if entries are not adequate. In such case all performers entered into the cancelled show may be offered the opportunity to transfer to the other show if space permits or will be given a full refund.

Medal Ceremony Display Opportunity at the TeamGym British Championships

Date:	18 th – 19 th April 2026
Venue:	Northumbria University, Newcastle
Deadline:	20 th February 2025 12:00 Noon
Organiser:	Please register your interest by contacting communitydepartment@british-gymnastics.org

Would you like your team to be considered to perform prior to the presentation ceremony at a British Championship event?

British Gymnastics welcomes any display team to apply. All applications should be submitted by video via the Kaltura platform instructions in the Appendix 1. entry to British Gymnastics community@british-gymnastics.org along with a short statement to tell us about your display team.

When submitting your entry, please construct the file name for your video submission in the following way:

Club Name – Team Name – Performance Title.mp4

If your routine has been performed at one of 2025/26 GymFusion we will be able to obtain the footage of your routine, and you will not be required to reupload to Kaltura please detail this in the email to communitydepartment@british-gymnastics.org

Display routines will be evaluated by a panel of festival routine experts, the panel will score routines out of 20 based on the following criteria:

- Entertainment value
- Innovation, originality and variety
- Technique, quality and safety
- Overall impression

If your performance is selected, any costs incurred by attending the British Championships will be at the club's discretion.

Medal Display Opportunities for other British Championships (if scheduling permits) will be given to clubs that submit a video as per the above as an ongoing process throughout the year. Please contact communitydepartment@british-gymnastics.org for further information.

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:	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
- 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
- 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 BG National Event that calendar year.

Competition Structure

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

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

Medal Ceremony Display Opportunity at Acrobatic, Aerobic & Rhythmic British Championships

Date:	17 th – 19 th July 2026
Venue:	Telford International Centre
Deadline:	22 nd May 2025 12:00 Noon
Organiser:	Please register your interest by contacting communitydepartment@british-gymnastics.org

Would you like your team to be considered to perform prior to the presentation ceremony at a British Championship event?

British Gymnastics welcomes any display team to apply. All applications should be submitted by video via the Kaltura platform instructions in the Appendix 1. entry to British Gymnastics community@british-gymnastics.org along with a short statement to tell us about your display team.

When submitting your entry, please construct the file name for your video submission in the following way:

Club Name – Team Name – Performance Title.mp4

If your routine has been performed at one of 2025/26 GymFusion we will be able to obtain the footage of your routine, and you will not be required to reupload to Kaltura please detail this in the email to communitydepartment@british-gymnastics.org

Display routines will be evaluated by a panel of festival routine experts, the panel will score routines out of 20 based on the following criteria:

- Entertainment value
- Innovation, originality and variety
- Technique, quality and safety
- Overall impression

If your performance is selected, any costs incurred by attending the British Championships will be at the club's discretion.

Medal Display Opportunities for other British Championships (if scheduling permits) will be given to clubs that submit a video as per the above as an ongoing process throughout the year. Please contact communitydepartment@british-gymnastics.org for further information.

GymFusion York

Date:	18th October 2026
Venue:	The York Barbican Theatre
Opening date:	24th July 2026, 9 am
Closing date:	4th September 2026 12:00 Noon
Music deadline:	18th September 2026 12:00 Noon
Entry Fee:	£23.00 per gymnast per show. Entry fees may increase in line with inflation.
Organiser:	British Gymnastics – contact Danielle Crowe

Show Times

Show One (Sunday)	AM
Show Two (Sunday)	PM

Performance Area

The performance floor will be a 12m wide x 7m deep tribond matted area.

Props may be placed around the matted area. Clubs should ensure that gymnasts always remain on the matted area throughout the performance for health and safety reasons.

All entered Clubs, Leisure Centres or Schools will be accepted on a first-come first first-served basis, and all clubs will be allocated a show at random. Confirmation of this will be communicated to clubs once entries have closed.

British Gymnastics reserves the right to cancel a show if entries are not adequate. In such case all performers entered into the cancelled show may be offered the opportunity to transfer to the other show if space permits or will be given a full refund.

Medal Ceremony Display Opportunity at Disability British Championships

Date:	7 th November 2026
Venue:	Fenton Manor Sporting Complex, Stoke on Trent
Deadline:	2 nd October 2025 12:00 Noon
Organiser:	Please register your interest by contacting communitydepartment@british-gymnastics.org

Would you like your team to be considered to perform prior to the presentation ceremony at a British Championship event?

British Gymnastics welcomes any display team to apply. All applications should be submitted by video via the Kaltura platform instructions in the Appendix 1. entry to British Gymnastics community@british-gymnastics.org along with a short statement to tell us about your display team.

When submitting your entry, please construct the file name for your video submission in the following way:

Club Name – Team Name – Performance Title.mp4

If your routine has been performed at one of 2025/26 GymFusion we will be able to obtain the footage of your routine, and you will not be required to reupload to Kaltura please detail this in the email to communitydepartment@british-gymnastics.org

Display routines will be evaluated by a panel of festival routine experts, the panel will score routines out of 20 based on the following criteria:

- Entertainment value
- Innovation, originality and variety
- Technique, quality and safety
- Overall impression

If your performance is selected, any costs incurred by attending the British Championships will be at the club's discretion.

Medal Display Opportunities for other British Championships (if scheduling permits) will be given to clubs that submit a video as per the above as an ongoing process throughout the year. Please contact communitydepartment@british-gymnastics.org for further information.

Step into Festivals

Date:	TBC
Venue:	TBC
Opening date:	TBC
Closing date:	TBC
Music deadline:	TBC
Entry Fee:	TBC
Organiser:	British Gymnastics – contact Danielle Crowe

Show Times

Show 1 - Sunday Morning
Show 2 - Sunday Afternoon

All entered Clubs, Leisure Centres or Schools will be accepted on a first-come first first-served basis, and all clubs will be allocated a show at random. Confirmation of this will be communicated to clubs once entries have closed.

Event requirements

- A display routine that is no longer than 6 minutes; for first-time display teams, we recommend 4 minutes.
- Minimum age of 5 years old in the year of the event
- Minimum of 5 gymnasts within the team
- No large apparatus, only hand apparatus, e.g. hoops, ribbons, clubs and balls.

Performance Area

The performance floor will be a 12m wide x 12m deep matted area.

Clubs, Leisure Centres and Schools should ensure that gymnasts always remain on the matted area throughout the performance for health and safety reasons.

British Gymnastics reserves the right to cancel a show if entries are not adequate. In such case all performers entered into the cancelled show may be offered the opportunity to transfer to the other show if space permits or will be given a full refund.

Appendix 1

Filming Requirements for Medal display Submission

General is

- Filming must be done in landscape, ideally using a tripod to ensure stability.
- Audio must be good enough quality to clearly hear the music.
- Each performance must be filmed in one take, with no editing or cuts.
- Where the camera is following the gymnast, please try and make the camera movements as smooth as possible.

Video Submissions

- Files can be uploaded using the Kaltura KMS Go App, which can be found in the iOS or Google Play App stores (if for any reason you are unable to access these, then please do contact us).
- Details of how to install and use the App can be found in the enclosed attachment (KMS Go Instructions).
- When logging into the App you should use the following details:
 - o User ID: The email address to which you received this information
 - o Password: Your BG Club Number, for which this user email is associated
- The file must strictly follow the naming convention below, to assist with the identification and assessment of routines.
- Alternatively, videos can be uploaded to Kaltura using a web browser using the following address and selecting the “Video Submission” option:

<https://britishgymnastics.mediaspace.kaltura.com/channel/channelid/326090202>

- Technical Support – If you experience difficulties uploading your submission, or have any other queries, please email communitydepartment@british-gymnastics.org

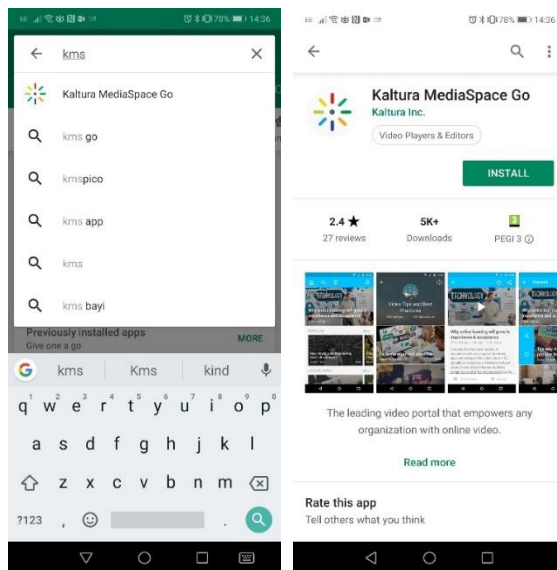
File Naming Convention It is important that all files submitted follow this naming convention, so that they can be appropriately assessed:

Please construct the file name for your video submission in the following way:

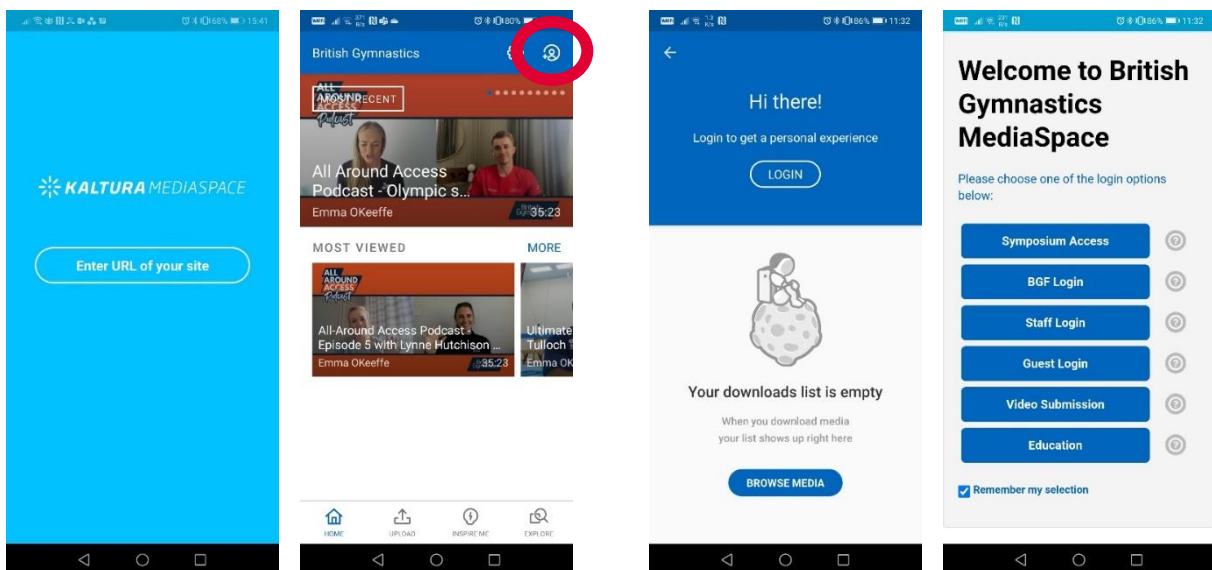
Club Name – Team Name – Performance Title.mp4

Installing KMS Go App on your mobile device

1. Go to Google Play Store or App Store and search for the KMS Go app and install.



2. Open the app and enter <https://britishgymnastics.mediaspace.kaltura.com> as the URL when requested.
3. Click on the login icon, select the relevant login from the list and tick 'Remember my selection'
4. Login with your user ID and password



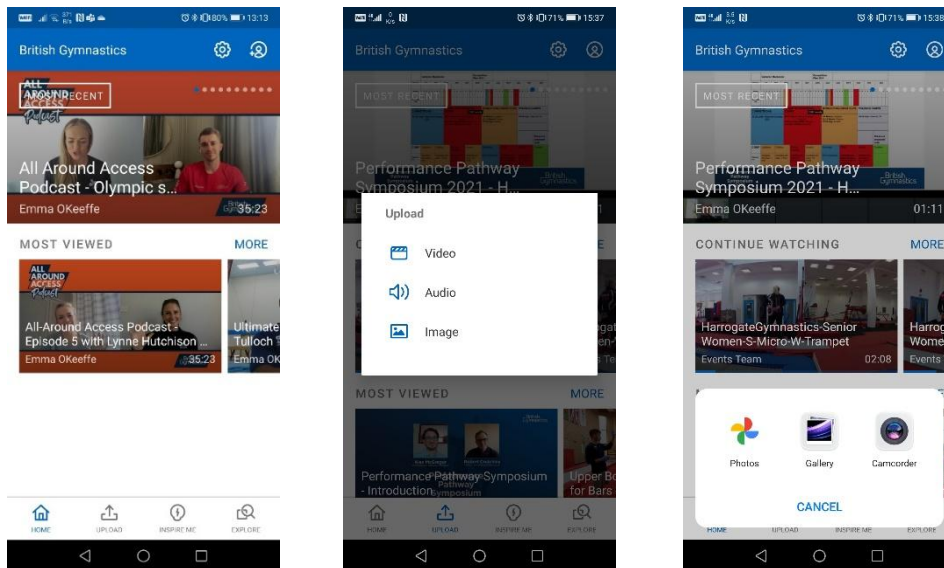
KMS
Go
App –

create, upload, edit and publish media

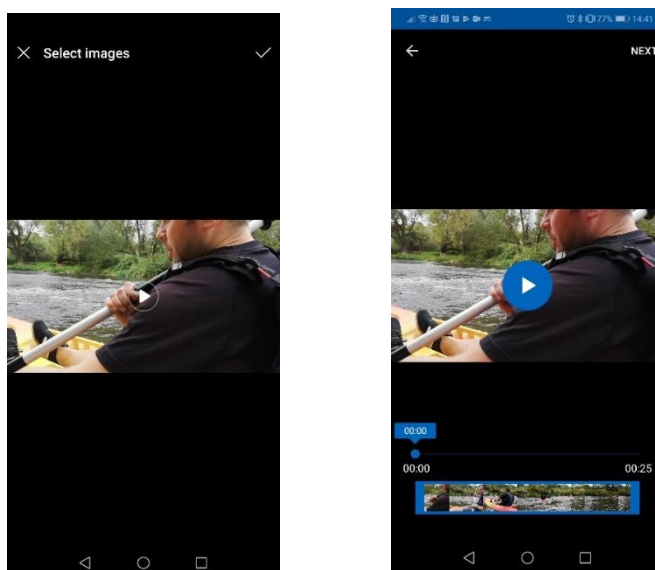
Once you've logged into the KMS Go app you will be taken to the home page. From here you have the options for 'Upload', 'Inspire Me' and 'Explore' along the bottom, and settings and your profile page along the top.

To record or upload a video:

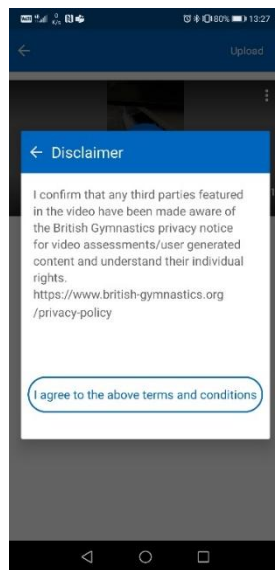
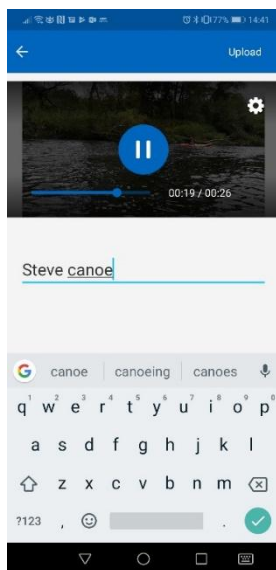
1. Click 'Upload' at the bottom of the screen.
2. Select 'Camera' to record a new video, or choose a video from your gallery.



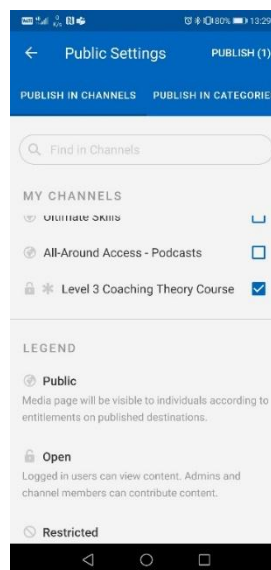
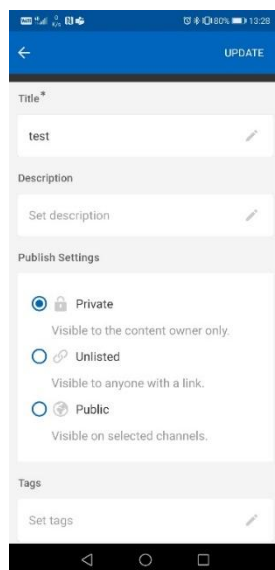
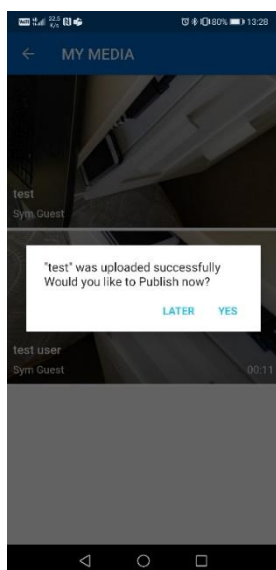
3. Once you have recorded your video click the tick in the top right-hand corner, press the cross if you want to re-record.
4. Move the blue sliders at the start/end of the video to trim if required, then click 'Next'



5. Name the clip, using specified naming convention provided, and click upload
6. You will be shown a privacy policy disclaimer, click 'I Agree to the terms and conditions'



7. You will be offered the option to publish now or later. Select 'Yes'.
8. Select 'Public' in the publish settings and then choose the relevant channel to publish to.



Appendix 4

What is the Step into Festivals event?

This recreational event is an introduction to display gymnastics, which is accessible to all.

This experience invites all British Gymnastics clubs, Leisure Centres and Schools to join in, without restrictions, embracing age, discipline, and ability; it's a celebration of recreational gymnastics in a supportive, non-competitive atmosphere.

Providing a first step into display gymnastics to excite gymnasts and coaches about the possibilities for progression within gymnastics festivals. Bringing coaches and participants together to experience not just gymnastics, but a sense of community. Spending fun, quality time together as a group and meeting other display teams to enjoy activities in addition to performing at the festival.

We will establish partnerships with local establishments to offer discount codes for a variety of ancillary activities, enhancing the overall experience of a sporting day out.

Event requirements

- A display routine that is no longer than 6 minutes; for first-time display teams we recommend 4 minutes.
- Minimum age of 5 years old in the year of the event.
- Minimum of 5 gymnasts in a team
- No large apparatus, only hand apparatus, e.g. hoops, ribbons, clubs and balls.

What to expect on the day

- Once clubs, Leisure Centres and Schools have entered the event, they will receive a work plan and schedule approximately four weeks prior to the event. This will detail the full information for the day.
- Each club, Leisure Centre and School will be asked to complete a team sheet, which will require additional details about their performance. This can be found on the event page in MyBG.
- Once on-site, a coach or Teacher from each club, Leisure Centre or School will be required to register their team. Registration will be scheduled throughout the day and detailed in the work plan, allowing teams to organise transportation or other activities. All gymnasts and coaches will receive an accreditation wristband that must be worn when in the venue.
- Teams will be escorted through the venue to the warm-up area by event chaperones. All warm-up sessions will be detailed in the work plan, all performance music will be preloaded, however, we ask that teams bring a copy of their music on a USB.
- After warming up, teams will be invited to perform in front of spectators and fellow participants.
- A Photo studio will be available for team photos once teams have performed.
- All gymnasts may sit in the designated seating area to watch other performances throughout the day, where they can cheer on their gymnastics friends.