




2023 Acrobatic Gymnastics Competition Handbook[©]

Version History

The Technical Committee reserves the right to make amendments to this Handbook.

Notification of a change to the handbook will be communicated through the [British Gymnastics Website](#)  and an updated version will be made available to download at the time of change.

All versions will be listed on this page, with reference to amendments made;


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Definition of Terms

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

Where no specific point is addressed in the regulations, the current FIG rules apply. However, the Technical Committee and its appointed officials reserve the right to define any regulation conflict as is deemed appropriate to ensure a fair and equitable competition.

Contact Information

Technical Committee

Chair	Melanie Sanders	melanie.sanders@british-gymnastics.org
National Technical Committee Member	Debby Said	acrobatic.competitions@british-gymnastics.org
National Judging Co-ordinator	Caroline Hodgson	

National Competition Organiser

National Competition Organiser	Debby Said	acrobatic.competitions@british-gymnastics.org
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British Gymnastics Contact Details

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

Event & Date	Opening Date	Closing Date	Venue
Acrobatic NDP, Youth and IDP Finals and Disability Acrobatic Finals 2023, 13 th -14 th May	17 th February 2023	Noon Friday 31 st March 2023	Fenton Manor Sports Complex
Acrobatic British Championships 2023, 7 th -9 th July	14 th April 2023	Noon Friday 26 th May 2023	Telford International Centre
Acrobatic Pat Wade Classic 2023, 25 th -26 th November	1 st September 2023	Noon Friday 13 th October 2023	Fenton Manor Sports Complex

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

Eligibility

Membership

All persons attending British Gymnastics events in an official capacity, whether as a gymnast, coach or judge are required to hold a current British Gymnastics membership in line with the level of competition entered and awards held.

- **Gymnasts**


Membership level must be Competitive Gymnast, Coach or Life Member 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.

For all Grades/NDP Events, gymnasts must hold current British Gymnastics Competitive Gymnast membership at the time of the Regional Qualification Events. Anyone discovered to have been without the correct level of membership for these qualification Events will be disqualified.

- **Lead Coaches**

Lead Coaches' membership level must be Coach or Life Member of British Gymnastics and coaches must be qualified to the level of all the skills being performed by all gymnasts in the club/region before being allowed to participate in a British Gymnastics Event. 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 the changes introduced for Lead and Supervised Coaches, please click here 

- **Coaches**

Coaches' membership level must be Coach or Life Member of British Gymnastics 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**

Please note that Supervised Coaches requirements have now reverted to pre-COVID levels.

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 the changes introduced for Lead and Supervised coaches, please click here



- **Assisting Coaches**

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

- **Choreographer**

Choreographers' Membership level must be Competitive Gymnast, Assistant Coach (if Level 1), Coach or Life Member of British Gymnastics 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' membership level must be Judge or Life Member of British Gymnastics for Club/County/Regional Judges, and National/Brevet Judge or Life Member of British Gymnastics for National and Brevet Judges before being allowed to officiate at a British Gymnastics Event. Members with coaching memberships that also have the required judge qualifications as laid out above are also applicable. 

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 15)

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, Assistant 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 of 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 GymNET online Entry Portal are available to download from the British Gymnastics Website [🔗](#)

All entries must be fully submitted electronically to British Gymnastics by the stipulated closing date and time.

Prior to the event, an entry may only be amended by the person making the original entry.

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 should 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 entry is accepted the entry fee will then become payable and entered into the club basket.

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.

Where an event includes both mainstream and disability competitions, disabled gymnasts may enter both competitions providing there are no scheduling conflicts. If there are scheduling conflicts the gymnast must choose which competition, they wish to enter.

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 Team 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 Team at the point of competition entry and will enable the British Gymnastics Events Team 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 can be made by Debit Card, Credit Card or BACS payment. BACS payment however may slow the entry process. Payments should be received by British Gymnastics within 48 hours of the entry being submitted.

Cheques are no longer accepted, therefore clubs and regions must arrange alternative payment methods.

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 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 before the closing date will not incur a penalty and in the case of withdrawals, the entry fee will be refunded. 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 event 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 added to the club basket or in the case of regional entries, basket of the person making that entry.

Fees will be charged 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 6](#) 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 -

- 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 added to the club/region basket.
- 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 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 new policy has recently 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 for the first year 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.

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/region 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 2022-2024](#) 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 GymNet portal at the latest one week before the competition date (see event page for specific time and date). If your gymnast does not require music, please tick the 'Music not required'.

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 added to the club basket. In the case of regional entries, the fee will be added to the basket of the person that has made the entry. 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 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 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 t-shirts). 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 TV 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 four weeks prior to travel so we can get your trip approved and endorsed by our insurers. Failure to inform British Gymnastics of any overnight stays may invalidate your insurance.

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 

Acrobatic Technical Information

Code of Conduct

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

[Acrobatic Judges Code of Conduct.](#)

British Gymnastics, acting through the Board or its Committees, reserves the right to refuse any entry and disqualify an official, judge, competitor 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, where the competition year is defined as 1st January-31st December.

The minimum age for entry to National British Gymnastics Events is 9 in the year of competition.

To view further information on age, participation and competition please view the [Health & Safety Guidance: Coaching Practice document](#) (available within the Resource Library on GymNET).

Year Born Eligibility for Acrobatic Gymnastics National Competitions 2022			
British Championships	Year of Birth	NDP Finals	Year of Birth
AG 11 – 16	2007 – 2012	Grade 1 Pairs	2012 – 2014
AG 12 – 18	2005 – 2011	Grade 2 Pairs	2011 – 2014
AG 13 – 19	2004 – 2010	Grade 2 Groups	2011 – 2014
Senior (15yrs +)	2008 or earlier	Grade 3	2009 – 2014
		Grade 4	2014 or earlier
		Youth	2005-2014
		Grade 5	2014 or earlier
		IDP	2014 or earlier
		Disability Acro	
		Grade 1 Pairs	2014 or earlier
		Grade 2 Pairs	2014 or earlier
		Grade 2 Groups	2014 or earlier
		Grade 3 Pairs	2014 or earlier
		Grade 3 Groups	2014 or earlier
		Grade 4 Pairs	2014 or earlier

NDP Levels

- Grade 1 (Pairs competitions only) – Age capped at 11 years
- Grade 2 – Age capped at 12 years
- Grade 3 – No more than 7 years age difference between the oldest and youngest partner – Age capped at 14 years
- Grade 4 – No more than 7 years age difference between the oldest and youngest partner
- Youth – No more than 5 years age difference between the oldest and youngest partner – Age capped at 18 years
- Grade 5 – No more than 7 years age difference between the oldest and youngest partner
- IDP 1 & 2 – No more than 10 years age difference between the oldest and youngest partner

Disability NDP Levels

- Grades 1 – 4 (Pairs competitions only). Minimum of 1 Disability Gymnast in the partnership
- Grade 2 & 3 (Groups competition) 3 girls or 3 boys group. Minimum of 2 Disability Gymnast in the partnership

FIG Levels

- 11-16 – No more than 5 years age difference in partnership
- 12-18 – No more than 6 years age difference in partnership
- 13-19 – no more than 6 years age difference in partnership

Grade/Level

Gymnasts can only compete in one Grade/level per event.

The exception to this is:

- Non-disabled gymnasts who compete in a disability partnership are able to compete in one pair partnership and one group partnership per Disability NDP competition and one NDP discipline within the same competition at different Grades/Levels.
- Disabled gymnasts are permitted to compete in one pair partnership and one group partnership per Disability competition at different Grades.

Regional Representation

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

Gymnasts may only represent one Region/club at any one time.

Gymnasts may only compete for one Region within the NDP annual cycle unless they transfer clubs to a new Region.

Exceptional circumstances will be considered following written application to the British Gymnastics Technical Committee.

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 the Regional uniform; no club uniform is 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.

Gymnasts who compete two routines (Balance and Dynamic) must compete both routines at their Regional Preliminaries to qualify for National Finals

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

Mobile Devices

Apart from as required for the running of the competition, gymnasts, coaches, judges and officials must not use mobile phones or any other electronic communication devices including tablets, watches that can be used to make calls, take photographs or be used for other forms of communication in the field of play during the event. Such mobile devices may only be used for monitoring scores and results in the Warm Up Hall where the BG Score App is in operation.

Competition Apparatus

Unless otherwise stated, the equipment at Acrobatic Technical Committee competitions will be to current FIG specifications: Only apparatus supplied at the request of the Acrobatic Technical Committee may be used at national events.

Height Deductions

All height measurements will be in accordance with the FIG measuring protocol. A member of the National Technical Committee will be present at the time of measurement together with one club official of the Gymnasts.

Competition Level	Height Difference Penalty	
	30.00cm - 34.99cm	35+cm
NDP (Grades 1-5)	0.1	0.3
Youth	N/A	N/A
IDP 1 & 2	0.1	0.3
Disability NDP	N/A	N/A
Age Group (11-16)	0.1	0.3
Age Group (12-18)	0.3	0.5
Age Group (13-19)	0.5	1.0
Senior	0.5	1.0

All partnerships must report for measuring at the times published in the Work Plan or Competition Schedule. Gymnasts may not compete if they have not been height checked.

Inquiries

Official inquiry forms are available from the Organiser and must be completed and returned, as soon as possible after the publication of the scores. Inquiry forms will be published in each Event Work Plan.

Only a coach or Team Manager may request an inquiry for gymnasts from their own club/Region and only on the Difficulty Score, in accordance with the FIG Code of Points. No inquiries can be made against Execution or Artistic Scores, time faults or other penalties.

In the interests of justice, if the Difficulty Score does not appear to correlate with what was performed, or there is an arithmetical error in the calculation of the Difficulty Value, conversion to the Difficulty Score or in the calculation of the Final Score, an appeal may be made for review to the Superior Jury.

The DJ penalty score may need to be reconsidered if there is a change in the Difficulty Score after the inquiry.

On publication of the Difficulty Score, any inquiry for investigation is made at the very latest before the end of the next exercise that follows the release of a score. The Coach or Team Manager for the club/Region of the competing gymnasts places the inquiry form with the Chair of the Superior Jury or designated person.

An inquiry form must be delivered without verbal exchange.

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

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

The President of the Superior Jury (or delegate) will immediately notify the Superior Jury Difficulty Experts and the CJP of the panel concerned of the inquiry. The CJP immediately requests the DJs to review the Difficulty Score.

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

The Technical Committee cannot accept any photographic analysis at an event unless an official video replay system is available and could be referred to by the Superior Jury or the Chair of the Judging Panel for the benefit of every competitor.

If the inquiry is rejected, the fee will be put into the appropriate club basket for immediate payment.

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

The fee will not be collected in cash at the event but added to the basket of the club/coach concerned.

Musical Accompaniment

All exercises are performed to music.

Music with lyrics (words) may be used in all exercises but must respect the FIG code of ethics.

Length of Exercises

- NDP Grades 1, 2, 3, 4, & 5 – All exercises have a maximum duration of 2 minutes, there is no minimum duration.
- Disability NDP – All exercises have a maximum duration of 2 minutes 30 seconds, there is no minimum duration.
- Youth – All exercises have a maximum duration of 2 minutes, there is no minimum duration.
- IDP 1 & 2 – The Balance exercise has a maximum duration of 2 minutes 30 seconds and the Dynamic exercise has a maximum duration of 2 minutes, there is no minimum duration for either exercise
- Age Group: 11-16 – All exercises have a maximum duration of 2 minutes, there is no minimum duration.
- Age Group 12-18 , Age Group 13-19 (Junior) & Senior – The Balance and Combined exercises have a maximum duration of 2 minutes 30 seconds and the Dynamic exercise has a maximum duration of 2 minutes, there is no minimum duration for any exercise.

In all exercises the first note of the music (excluding the beep) indicates the start of the exercise and the beginning of the timing. The end of an exercise is the static position of all partners, which should coincide with the end of the music and is the end of the timing.

Partnerships

- Gymnasts are permitted to compete in only one (1) discipline and one (1) partnership per event.
- The only exception to this being non-disabled gymnasts who compete in a disabled partnership. These individuals are able to compete in one disabled discipline and one non-disabled discipline within the same event. The two disciplines do not need to be the same.
- The partnership rules apply to all competitors entering the National British Gymnastics Acrobatic Events i.e., NDP finals, British Championships and The Pat Wade Classic.
- Partnership must choose whether to enter the NDP Finals or The British Championships, they cannot enter both events in the same year in the same partnership. *Entry into the English Championships is not governed by these rules.*
- Youth and IDP partnerships can enter both the NDP and The Pat Wade Classic in the same year in the same partnership. However if an average score of 25.00 or more is achieved across all routines performed at a National FIG level event then the same partnership cannot compete in the NDP Prelims the following year at the same, lower level or equivalent level.
- Partnerships may only move up the performance and participation pathways or across from the NDP Grades to the FIG Levels. The only exception to this is IDP1 and IDP2 where they can move down to 11-16 and 12-18 respectively.
- Gymnasts who have previously competed are not permitted to compete at a lower level within the same partnership, where a partnership is defined as all members of the pair/group remaining the same, irrespective of the pathway.
- Partnerships may repeat the same level in the same partnership in consecutive years.
- Pairs or Groups who have competed in World Championships, World Cup or World Games or as Seniors in a Continental Championships may not compete in Age Group competitions. Individuals who have competed as Seniors, but are in a newly formed age group pair or group are eligible. Pairs or Groups who have competed in the Age Group 12-18 or Age Group 13-19 (Junior) in any FIG approved competition, including Continental Championships, may not compete in the Age Group 11-16. A Pair/Group can move up in age groups.
- A gymnast can move down in age groups only if they belong to a different unit, which is defined as one partner changing in a pair or group.


NB. The same rule/s and principles apply to British Gymnastics Competitions and Selection Events. A waiver may be granted if a written agreement is in place endorsed by the Acrobatic Technical Committee.

Tariff Sheets

British Gymnastics and the Acrobatic Technical Committee are currently working with Acro Companion to investigate moving to the use of the Acro Companion Tariff Sheet System for the 2023 National events. As this work progresses the following section will be updated to reflect the change in tariff sheet submission process, including the tariff sheet fee that will be charged to clubs/regions for each event.

It is the coach's responsibility to ensure that the Tariff Sheets are completed correctly.

All elements to be performed must be included on the tariff sheet in the order of performance. If the declared elements are performed out of order, then a penalty will be applied (only once per exercise).

An official tariff sheet must be used and an excel template is available for both NDP & FIG levels from the downloads section on the British Gymnastics Website. 

Please ensure that each tariff sheet for each routine is saved as an individual file and titled using the exact naming convention below:

Routine number- Gymnasts names-Category-Routine

E.g 110-Smith & Smith-11-16 WP- Balance

For NDP Grades 1-4 and all Disability Grades, 4 printed copies of each tariff sheet must be handed in on the day of the competition at the registration desk.

For Youth, NDP Grades 5, IDP 1 & 2 and all FIG levels, one copy of each tariff sheets must be emailed as an excel file to the nominated Difficulty Judge [DJ], and an appointed Technical Committee member/representative, as per the event work plan. The closing date for tariff sheet submission to the DJ is 2 weeks before the competition date and will be published in the event work plan.

Coaches must send their tariff sheets as an email attachment, in excel using the official tariff sheet and, where possible, use the "return receipt" facility to make sure that the DJ has received the tariff sheets.

All tariff sheets must clearly indicate competitor number, names and coaches contact details.

In keeping with the established practice in Acrobatic Gymnastics, the CJP/DJ checking the tariff sheets will contact the coach if he/she/they discovers any aspects which affects the value of the exercise.

Late, incorrect, or illegible tariff sheets, at the tariff sheet submission closing date, will be returned and a financial penalty of £50 applied. The fee will not be collected in cash at the event but added to the basket of the club/coach concerned.

Changes to tariff sheets can be made and will be accepted up to the end of podium training for all events providing that the coach brings 4 printed copies of the amended tariff sheets and pays a financial penalty of £20.00 per tariff sheet.

Changes requested after podium training without support of a medical professional will incur a financial penalty of £20. This rule applies to Youth, Grade 5, IDP 1 & 2 and all FIG levels only.

Any tariff sheets received before, during or after podium training has commenced won't be checked in advance of the competition.

On the day of competition, tariff sheets will not be available to be changed by the coach unless there is an injury.

In the case of injury in the warm-up hall, the coach has the right to make an amendment on the competition day, up to 30 minutes before gymnasts are due to compete. The injury must be assessed by the competition doctor or physiotherapist.

Any such change must be communicated to the National Competition Organiser, who will inform the relevant DJ.

Competitors may not compete without submitting a tariff sheet.

Rules for Tie Break

These tie-breaking rules define how to determine which gymnast should prevail in case of equality of points in Qualification and Finals

NDP Finals Tie Break

- The highest E-score of the (Balance+Dynamic) or Combined routines
- The highest sum of the E+A scores of the (Balance+Dynamic) or Combined routines
- If there is still a tie, the tie will not be broken
- The above rules also apply to the Team Event.

FIG Tie Break:

Tie Break from Qualifications into Finals:

- The highest sum of the E-scores of the (Balance+Dynamic) routines.
- The highest sum of the E+A scores of the (Balance+Dynamic) routines.

Tie Breaking in the Final

- The highest E-score of the final routine (whether it be Balance, Dynamic or Combined depending on category/competition).
- The highest sum of the E+A scores of the final routine (whether it be Balance, Dynamic or Combined depending on category/competition).

NDP, Youth & IDP Finals & Disability Acro Finals 2023

Date:	13 th May – 14 th May 2023
Venue:	Fenton Manor Sports Complex, City Rd, Fenton, Stoke-On-Trent, ST4 2RR
Opening Date:	Friday 17 th February 2023
Closing Date:	Noon Friday 31 st March 2023
Music Entry Closing Date:	Noon Friday 5 th May 2023
Tariff Sheets Closing Date:	Noon Friday 28 th April 2023
Entry Fee:	£55.00 per gymnast and £400.00 per region (Entry Fees may increase with inflation)
Code:	NDP 10 (available in the GymNET Resource Centre) Plan in conjunction with FIG Code of Points and Tables of Difficulty (2022-2024) 

Eligibility:

- Entry is through Regional qualifiers, the first placed Pair or Group that meet the age criteria in each available category will proceed to finals. Gymnasts are permitted to compete in only one (1) discipline and one (1) partnership at NDP 1 – 5, Youth and IDP 1 & 2, with the following exceptions:
 - Non-disabled gymnasts who compete in a disability partnership are able to compete in one pair partnership and one group partnership per Disability NDP competition and one NDP discipline within the same competition at different Grades/levels.
 - Disabled gymnasts are permitted to compete in one pair partnership and one group partnership per Disability competition. This can be at the same or different Grades.
- Only one partnership in each discipline from each level can proceed to the National Finals, therefore in the qualifications tie break rules are:
 - The highest sum of the E-scores of the (Balance+Dynamic) routines or Combined routine depending on Grade.
 - The highest sum of the E+A Scores of the (Balance+Dynamic) routines or Combined routine depending on Grade.
 - In the exceptional event that a tie still remains, the onus is that of the Region to select and nominate their representatives to attend national finals.

A signed copy of Regional results must be sent to the National Competition Organiser, acrobaticcompetitions@british-gymnastics.org by the entry closing deadline.

Failure to send results may invalidate the entry. Results will be checked and Regions notified if ineligible gymnasts are identified.

The TC may invite additional partnerships to compete/guest at national finals if entry numbers are low.

Competition Structure:

NDP competitions will be offered for Men's Pair, Women's Pair, Mixed Pair, Men's Group and Women's Group at;

- Grade 1 (Pairs competitions only) – Age capped at 11 years
- Grade 2 – Age capped at 12 years
- Grade 3 – No more than 7 years age difference between oldest and youngest partner – Age capped at 14 years
- Grade 4 – No more than 7 years age difference between oldest and youngest partner
- Youth – No more than 5 years age difference between oldest and youngest partner – Age capped at 18 years
- Grade 5 – No more than 7 years age difference between oldest and youngest partner
- IDP 1 & 2 – No more than 10 years age difference between oldest and youngest partner

- IDP 2 must have at least the IDP 1 Difficulty in all routines: Bal-60v; Dyn-50v
- Mens Groups in Grade 2 may consist of 3 or 4 boys. Grades 3-5, Youth and IDP will consist of 4 boys. All Womens Groups will consist of 3 girls.
- Grades 1-4 and Youth will perform one Combined routine. Grade 5 and IDP 1 & 2 will perform one Balance and one Dynamic routine.

Disability NDP competitions will be offered for Mens's Pair, Women's Pair, Mixed Pair and Groups.

- All grades (pairs: minimum of one (1) disabled gymnast)
- Grade 2 Groups a minimum of two (2) disabled gymnasts)
- Grade 3 Groups a minimum of two (2) disabled gymnasts)

All gymnasts must be a minimum of 9 years of age in year of competition.

NDP Team Competition

- Named team to be submitted at the same time as the Regional online entry
- Only teams declared at the time of entry will be eligible
- No additional entry fee
- Maximum entry: 5 x Partnerships selected from any discipline and any grade. The team must consist of at least 1 x pair and 1 x group plus one (1) other.
- The winning team will be declared from the top three (3) scores achieved by the following partnerships: 1 x Pair, 1 x Group plus one (1) other partnership from the 5 originally nominated partnerships.
- In Grade 5 or IDP 1 & 2, the average score (excluding difficulty) of the Balance & Dynamic exercises will contribute towards the team score and in Grades 1 - 4 and Youth the score (excluding difficulty) of the Combined exercise will count towards the team score. Team scores are calculated excluding the difficulty to take account of the different difficulty values for Grades and IDP levels.

Coach Qualification and Passes:

Competition	Lead Coach Minimum Qualification Required (or equivalent)
Grade 1	UKCC L2 excluding Pre-school + L1 in Acrobatics equivalent qualification
Grade 2	UKCC L2 excluding Pre-school + L1 in Acrobatics equivalent qualification
Grade 3	UKCC L2 or equivalent qualification
Grade 4	UKCC L2 or equivalent qualification
Youth	L3 Technical Modules 1,2, 3 and 4 or equivalent qualification
Grade 5	L3 Technical Modules 1,2, 3 and 4 or equivalent qualification
IDP	L3 Technical Modules 1,2, 3 and 4 or equivalent qualification

Please follow the link to check equivalent levels of qualifications from previous cycles 

For further information on coaching levels or if coaches have queries about their own level, please contact the British Gymnastics Coach Education Department.

The lead coach/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.

The allocation of passes will be based on the number of partnerships each day as per current FIG accreditation rules.

Number of Partnerships	Coaches	Choreographers
1	1	No Choreographer passes issued at NDP Finals
2-3	2	
3-4	3	
5-6	4	
7-8	5	
9+	6	
1 Additional Coach pass allowed for 4 or more partnerships		

- Only 1 coach allowed into the arena with competing gymnasts. It may not be possible to issue personal coaches passes, dependant on the number of partnerships, coach passes will be issued accordingly.
- Only 1 coach allowed in the Kiss & Cry, but 1 coach must be present.

Tie Breaks:

- Tie-breaking rules as per [Page 25](#).

Awards:

NDP Grades:

- Gold, Silver and Bronze Medals will be awarded at Grades 1-5, Youth & IDP for Women's Pair, Mixed Pair, Men's Pair, Women's Group & Men's Group within each grade.

Disability NDP

- Gold, Silver and Bronze Medals will be awarded to Grades 1-4 Pairs & Grade 2&3 Groups
- Perpetual Trophy awarded to the favourite Pair or Group (Judges Award)

NDP Team Competition

- Perpetual Trophy and Gold medals for the winning team
- The team awards will take place on the Sunday

Acrobatic British Championships 2023

Date:	7 th July – 9 th July 2023
Venue:	Telford International Centre, International Way, Telford, TF3 4JH
Opening Date:	Friday 14 th April 2023
Closing Date:	Noon Friday 26 th May 2023
Music Entry Closing Date:	Noon Friday 30 th June 2023
Tariff Sheets Closing Date:	Noon Friday 23 rd June 2023
Entry Fee:	£60.00 per gymnast (Entry Fees may increase with inflation)
Code:	NDP 10 (available in the GymNET Resource Centre) and FIG Code of Points and Tables of Difficulty (2022-2024) 

Eligibility:

Open entry

Nationality:

Gymnasts of foreign nationality or who hold an FIG license for another member federation, must ensure that their nationality is declared on their membership record in order for them to be identified as guests. Please revisit [page 11](#) for more details on guests. Entries from guests will only be considered if the number of entries allows.

Competition Structure:

Competitions will be offered for Men's Pair, Women's Pair, Mixed Pair, Men's Group and Women's Group at;

- Senior (15 years and over)
- Age Group 13-19 (Juniors) – no more than 6 years age difference between partnerships is allowed
- Age Group 12-18 – no more than 6 years age difference between partnerships is allowed
- Age Group 11-16 – no more than 5 years age difference between partnerships is allowed

Senior, Age Group 13-19 (Junior) and Age Group 12-18 will perform 1 x Balance and 1 x Dynamic Exercise for qualification. The top 8 in qualification will go through to the Combined Final. If there are less than 12 entries to a category, then only 6 proceed to the final and if there are more than 30 entries then 10 proceed to the final.

The starting order for each final will be determined by random draw, with those placed 5-8 first and those placed 1-4 will follow. In case of 6 participants in the finals, those placed 5 and 6 will perform first and second with the position determined by draw; those placed 1 to 4 will follow with the order determined by draw. In case of 10 participants in the finals, there will be a draw with those placed 6-10 first and those placed 1-5 to follow.

The Final for Seniors, Age Group 13-19 and Age Group 12-18 will start from zero and the Combined routine score deciding the winner.

- Senior partnerships must compete with at least the Age Group 13-19 Difficulty in all routines Bal 120v, Dyn 110v, Comb 140v.
- Age Group 13-19 (Junior) partnerships must compete with at least AG12-18 Difficulty in all routines Bal 80v, Dyn 70v, Comb 100v.

N.B: Any partnership that submits tariff sheets with the correct difficulty but doesn't perform the required minimum difficulty will receive a 1.00 mark penalty on each routine. The only exception to this is if a partnership has a fall during the competition which takes the difficulty below that required

- Age Group 11-16 will perform 1 x Balance and 1 x Dynamic exercise with the sum of the balance and dynamic score declaring the winner. Unless there is time for a Final, which if it is possible will start from zero and will be aligned with the FIG Rules and Regulations 2022-2024.

Coach Qualification and Passes:

Competition	Lead Coach Minimum Qualification Required (or equivalent)
Age Group 11-16	L3 Technical Modules 1,2, 3 and 4 or equivalent qualification
Age group 12-18	SCC
Age Group 13-19	SCC
Senior 15+	HPC

- Please follow the link to check equivalent levels of qualifications from previous cycles 

The lead coach/coach must have the relevant qualifications and British Gymnastics membership as defined in the eligibility section of this handbook. Qualifications must cover the level of the skills being performed by the gymnasts. In the event of an accident, failure to hold the correct level of qualification may lead to your insurance being negated.

Number of Partnerships	Coaches	Choreographers
1	1	Only 1 Choreographer pass per club
2-3	2	
3-4	3	
5-6	4	
7-8	5	
9+	6	
1 Additional Coach pass allowed for 4 or more partnerships		

- 2 coaches are allowed into the field of play with competing gymnasts.
- 1 Choreographer pass may be issued to a club on written application to the National Competition Organiser at the time of entry. Choreographers must hold the relevant British Gymnastics Membership, Safeguarding and DBS certificates. Choreographers will be allocated a position on the field of play to observe their gymnasts' routines.
- Only 1 official (Coach/Choreographer) is allowed to be present in the 'Kiss & Cry', but at least one official must be present.

Tie Breaks:

- Tie-break rules as per [page 25](#).

Awards:

- Gold, Silver and Bronze medals will be awarded in Men's Pair, Women's Pair, Mixed Pair, Men's Group and Women's Group within each age group.
- A trophy will be presented to the winners in Men's Pair, Women's Pair, Mixed Pair, Men's Group and Women's Group within the Senior category.
- A presentation will be made to the coach of the winning Men's Pair, Women's Pair, Mixed Pair, Men's Group and Women's Group within the Senior category.

The Pat Wade Classic 2023

Date:	25 th November – 26 th November 2023
Venue:	Fenton Manor Sports Complex, City Rd, Fenton, Stoke-On-Trent, ST4 2RR
Opening Date:	Friday 1st September 2023
Closing Date:	Noon Friday 13 th October 2023
Music Entry Closing Date:	Noon Friday 17 th November 2023
Tariff Sheets Closing Date:	Noon Friday 10 th November 2023
Entry Fee:	£55 per gymnast (Entry Fees may increase with inflation) The cost of entry for the Pat Wade in 2023 will remain the same for competitors whether they are going to compete 1 routine or all three.
Code:	NDP 10 (available in the GymNET Resource Centre) and FIG Code of Points and Tables of Difficulty (2022-2024) 

Eligibility:

The Pat Wade Classic is an open entry event except for:

Youth category - Each Region/Home Nation are entitled to send 3 Youth partnerships in each discipline which have a qualified in a Regional event. Evidence of qualifying scores must be sent to the National Competition Organiser via email by the closing date. Entry will be refused until results are submitted, if results are received after the closing date a late entry fee will be charged.

Competition Structure:

Overall competitions will be offered for Men's Pair, Women's Pair, Mixed Pair, Men's Group and Women's Group at;

- Senior (15 years and over*)
- Age Group 13-19* (Junior) – no more than 6 years age difference between the partnerships is allowed
- Age Group 12-18* – no more than 6 years age difference between the partnerships is allowed
- Age Group 11-16* – no more than 5 years age difference between the partnerships is allowed
- IDP 1&2 – no more than 10 years age difference between the partnerships is allowed
- Youth – no more than 5 years age difference between the partnerships is allowed – Age capped at 18 years

All Gymnasts must be a minimum of 9 in the year of competition.

*Gymnasts will be able to compete a year out of age.

Senior, Age Group 13-19 (Junior) and Age Group 12-18 will perform 1 x Balance and 1 x Dynamic Exercise for qualification. The top 8 in qualification will go through to the Combined Final. If there are less than 12 entries to a category, then only 6 proceed to the final and if there are more than 30 entries then 10 proceed to the final.

The sum of the qualification scores (Balance and Dynamic) plus the Final routine (Combined) score declares the winner.

IDP 1&2 and Age Group 11-16 will perform 1 x Balance and 1 x Dynamic exercise with the sum of the Balance & Dynamic score declaring the winner. There will be no final exercise.

IDP 2 must have at least the IDP 1 Difficulty in all routines: Bal-60v; Dyn-50v.

Youth will perform 1 x Combined exercise with the score declaring the winner.

In addition to the overall competitions listed above the following competitions will be offered for the Junior & Senior partnerships:

- They are allowed to enter only an individual Balance routine and be eligible for an individual Balance medal.
- They are allowed to enter only an individual Dynamic routine and be eligible for an individual Dynamic medal.

- Individual Balance and Dynamic medals are calculated from the qualification Balance and Dynamic Routines. No separate Finals are held.
- Senior Partnerships wishing to enter only a combined routine may do so but they are only able to compete as Guests and Guest partnerships are not eligible for a medal.

Senior partnerships must compete with at least the AG 13-19 Difficulty in all routines: Balance-120v; Dynamic-110v; Combined-180v:

Junior partnerships must compete with at least AG 12-18 Difficulty in all routines: Balance-80v, Dynamic-70v; Combined-100v:

N.B: Any partnership that submits tariff sheets with the correct difficulty but does not perform the required minimum difficulty will receive a 1.00 mark penalty on each routine. The exception to this is if a partnership has a fall during the competition which takes the difficulty below that required.

Coach Qualification and Passes:

The lead 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.

Competition	Lead Minimum Qualification Required (or equivalent)
IDP 1&2	L3 Technical Modules 1,2, 3 and 4 or equivalent qualification
Youth	L3 Technical Modules 1,2, 3 and 4 or equivalent qualification
Age Group 11-16	L3 Technical Modules 1,2, 3 and 4 or equivalent qualification
Age Group 12-18	SCC
Age Group 13-19 (Junior)	SCC
Senior	HPC

Please follow the link to check equivalent levels of qualifications from previous cycles [🔗](#)

The allocation of passes per club will be based on the number of partnerships as per current FIG accreditation rules.

Number of Partnerships	Coaches	Choreographers
1	1	Only 1 Choreographers pass per club
2-3	2	
3-4	3	
5-6	4	
7-8	5	
9+	6	
1 Additional Coach pass allowed for 4 or more partnerships		

- 2 coaches are allowed into the field of play with competing gymnasts.
- One Choreographer pass may be issued to a club on written application to the National Competition Organiser at the time of entry. Choreographers must hold the relevant British Gymnastics Membership, Safeguarding and DBS certificates. Choreographers will be allocated a position on the field of play to observe their gymnasts' routines.
- Only 1 official (Coach/Choreographer) is allowed to be present in the 'Kiss & Cry', but one coach must be present.

Tie Breaks:

- Tie-break rules as per [page 25](#).

Awards:

- Gold, Silver and Bronze medals will be awarded for the overall winner in Men's Pair, Women's Pair, Mixed Pair, Men's Group and Women's Group within each age group.
- Gold, Silver and Bronze medals will be awarded for Balance winner in Men's Pair, Women's Pair, Mixed Pair, Men's Group and Women's Group within Junior and Senior.
- Gold, Silver and Bronze medals will be awarded for Dynamic winner in Men's Pair, Women's Pair, Mixed Pair, men's Group and Women's Group within Junior and Senior.

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.co.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
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