



# 2022 Aerobic Competition Handbook<sup>©</sup>



## COVID-19 Related Preface

COVID-19 and the associated restrictions have had a huge impact upon all our lives and our community. The implications have been clear in relation to the British Gymnastics 2020 and 2021 National Event calendars, where the majority of planned activity in both years have been cancelled.

However, with the vaccine roll out continuing at pace, it is with greater hope that we look forward to resuming a normal programme of Events in 2022.

We continue to work very closely throughout the pandemic with the Technical Committees and Performance teams to review how best to deliver their respective event programmes.

Whilst our planning is progressing on the basis that social distancing has come to an end, we will be taking all reasonable steps to create a COVID-19 secure environment at Events in alignment with current government guidance. We will continue to review this and react accordingly should the government make any changes to their guidance.

This may require returning to limiting the capacity of both entries and spectators within event venues to ensure social distancing can be maintained, increased cleaning and hand hygiene provision and the implementation of personal protective equipment (where necessary).

It's important that everyone planning to attend an Event understands that although measures will be put in place to decrease the likelihood of transmission or contraction of COVID-19, the risk cannot be eliminated.

As such there is an increased risk associated with attendance at an Event and everyone must consider their own circumstances which includes but is not limited to personal underlying health conditions (of themselves or someone within their household), when making an assessment about attending events.

It is also important that each individual understands the responsibilities they have to keep not only themselves safe but to work together to make sure we can create a safe environment for all – we really do need everyone's help!

As a result of the restrictions being different for each part of the UK in late 2020 and continued interruptions to training throughout 2021 the impact restrictions have had on every club have varied widely, it is acknowledged that it will be more difficult than normal to create a completely level playing field for all.

As always, we ask coaches to make the appropriate assessment of a gymnast's ability level and their readiness both physically and mentally to take part in future events, based on their own particular circumstances.

It is fully acknowledged that some flexibility and changes to the normal way Events are staged may be necessary for the foreseeable future.

We are therefore extremely grateful for everyone's patience, understanding and co-operation in trying to regain some much-needed normality in these incredibly challenging times.

## Version History

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

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

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

**Version 1.0:** Original handbook published 13/12/2021

**Version 2.0:** Published 30/03/2022


- Updated Safeguarding and Competition Attire, page 10 and page 15 respectfully

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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	Nigel Saunders	<a href="mailto:Nigel.saunders@british-gymnastics.org">Nigel.saunders@british-gymnastics.org</a>
National Technical Committee Member	Debbie Saunders	<a href="mailto:Aerobicstc@british-gymnastics.org">Aerobicstc@british-gymnastics.org</a>
National Judging Co-ordinator	Leanne Markey	<a href="mailto:Aerobicstc@british-gymnastics.org">Aerobicstc@british-gymnastics.org</a>

### National Competition Organiser


National Competition Organiser	Emily Keane	<a href="mailto:aerobic.competitions@british-gymnastics.org">aerobic.competitions@british-gymnastics.org</a>
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### British Gymnastics Contact Details

Customer Support	0345 1297129	<a href="mailto:customersupport@british-gymnastics.org">customersupport@british-gymnastics.org</a>
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## National Competition Calendar

Event & Date	Opening Date	Closing Date	Venue
Aerobic British Championships and NAC Cup 10th – 11th September 2022	17th June 2022	29th July 2022	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**

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.

Until the end of 2022, it has been agreed that coaches may coach skills at a maximum of one level higher than their current qualification under the guidance of a Lead Coach, even if they have not yet attended a course with a syllabus containing those skills. This will apply to British Gymnastics national events and regional events that lead to a national final (where national rules apply).

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 14)

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 of 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 or leggings with a collared polo shirt or club/region t-shirt
- Appropriate gym or training shoes or plain black socks (except WAG and TRA).

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 shoes

Female: Blazer or jacket, skirt or full-length trousers, white blouse, black 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. 

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 

## Aerobic Gymnastics Technical Information

### Code of Conduct

[British Gymnastics National Technical Committee Technical Regulations](#) 

[Aerobic Judges Code of Conduct](#) 

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

### Inquiries

Official inquiry forms are available from the Organiser and must be completed and returned, within ten minutes from the publication of the scores. Inquiry forms will be published in each Event Work Plan.

A coach may only request an inquiry on the Difficulty Score of a Senior routine, in accordance with the FIG Code of Points. No inquiries can be made against Execution or Artistic Scores, time faults or other penalties. An inquiry form must be delivered without verbal exchange.

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.

Inquiries can be made only for the club/region's own competitors.

On publication of the Difficulty Score, any inquiry for investigation is made within the ten minutes that follows the release of a score. The Supervising Coach for the club/region of the competing gymnasts places the inquiry form with the Chair of the Superior Jury or designated person.

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.

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

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.

The Supervising Coach for the club/region of the competing gymnasts places the appeal form with the President of the Superior Jury or designated person.

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

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

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

### Club Representation

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


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

## Age Policy

Gymnasts' ages for the purpose of entry to all age dependent categories will be taken as the age reached in the year of the competition.

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

Gymnasts competing in a higher age group (one (1) year above) can not then return to the lower age group unless in a different category.

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).

Age Group	Age	DOB
<b>RAC</b>		
<b>Pre-Foundation*</b>	8 Years & Under	2014
<b>Foundation</b>	9 Years	2013
<b>NAC &amp; FIG</b>		
<b>National Development</b>		
<b>NAC</b>	10 – 11 Years	2012-2011
<b>FIG</b>	10-11 Years	2012-2011
<b>Group 1</b>	12 - 14 Years	2010-2008
<b>Group 2</b>	15 - 17 Years	2007-2005
<b>Seniors</b>	18 Years & Above	2004

\*This is not considered to be a National Competition

RAC level gymnasts may not compete at NAC level at the same competition. The coach may choose to move an RAC gymnast up to NAC in the same year if they wish.

Once an RAC gymnast has moved up to NAC any movement back down will require written permission from the Technical Committee.

Same sex pairs (Pair) can only compete in Foundation, RAC and NAC categories. They are not permitted in any FIG categories.

FIG gymnasts may not compete at NAC, this includes members of the National Squad or National Teams

A gymnast may compete in the age category he or she will enter the following year as follows;

- Pairs - 1 gymnast may be out of age.
- Trios - 1 gymnast may be out of age.
- Groups - 2 gymnasts may be out of age.

Note: Gymnasts cannot compete in both a NAC and a FIG Partnership in the same category. Gymnasts can also not compete in NAC and / or FIG Partnerships in both their own category and the category above.

NAC Gymnasts may compete at FIG as follows;

- Pairs - 1 gymnast may be NAC
- Trios - 1 gymnast may be NAC
- Groups - 2 gymnasts may be NAC

Note: Gymnasts cannot compete in both a NAC and a FIG Partnership in the same category. Gymnasts can also not compete in NAC and / or FIG Partnerships in both their own category and the category above.

### **Mobile Phones**

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, to make calls, take photographs or be used for other forms of communication in the main arena during the event. Such mobile devices may only be used for monitoring scores and results, where the British Gymnastics Score App is in operation.

### **Nominated Judges**

The following provision apply to all clubs, except those which are in their first year of national competition. For all competitions, all Clubs must nominate at least one judge at the time of entry. The nominated Judge must be 'Club' level or above. Clubs that do not have an appropriately qualified Judge should consult the Judging register, approach someone suitably qualified to Judge on their behalf and nominate them at the time of entry. Clubs must check with the Judge(s) they are nominating that they are able and willing to Judge on their behalf before nominating.

Clubs that do not have a Judge must either submit a volunteer, acceptable to the National Competition Organiser or Technical Committee for the event or pay a fine of £75 which will be added to the Club's basket. Nominated volunteers are expected to be available for the entire day of competition. Volunteers will be allocated roles at the discretion of the Competition Organiser and will be informed in advance of the event whether their attendance is required or not. British Gymnastics will not be responsible for any expenses incurred by a club's nominated volunteer.

The nomination of a volunteer or request to pay the fine must be submitted in writing to the Events Team [events@british-gymnastics.org](mailto:events@british-gymnastics.org) and National Competition Organiser, [aerobic.competitions@british-gymnastics.org](mailto:aerobic.competitions@british-gymnastics.org) prior to the submission of the online entry and the entry closing deadline.

### **Use of Chalk**

For reasons of safety - chalk is not allowed on hands or shoes on the aerobic floor.

## Aerobic British Championships and NAC Cup

<b>Date:</b>	10 <sup>th</sup> – 11 <sup>th</sup> September 2022
<b>Venue:</b>	Fenton Manor Sports Complex, Victoria Road, Fenton Stoke on Trent ST4 2RR
<b>Opening date:</b>	17 <sup>th</sup> June 2022
<b>Closing date:</b>	Noon Friday 29 <sup>th</sup> July 2022
<b>Music entry closing date:</b>	 Noon Friday 2 <sup>nd</sup> September 2022
<b>Entry Fee:</b>	£50.00 per gymnast for first category and £17.50 for subsequent categories entered.
<b>Code:</b>	<a href="#">FIG Code of Points 2017-2020</a> 
<b>Nationality:</b>	Nationality rules apply as per page 10

### Competition Structure:

Competitions will be offered for FIG Individual, Mixed Pair, Trio and Group and for NAC Individual, Mixed Pair, Pair (Except Senior) Trio and Group at the following levels and age groups;

- FIG National Development (10-11yrs)
- FIG Group 1 (12 to 14yrs)
- FIG Group 2 (15 to 17yrs)
- FIG Senior (18yrs and over)
- NAC National Development (10 to 11yrs)
- NAC Group 1 (12 to 14yrs)
- NAC Group 2 (15 to 17yrs)
- NAC Senior (18yrs and over)
- Foundation (9yrs)

Same sex pairs (Pair) can only compete in Foundation and RAC and NAC Junior categories. They are not permitted in any FIG categories.

NAC National Development and Group 1 gymnasts may only compete in two routines. NAC Group 2 and Seniors may compete in three routines.

FIG gymnasts may perform three routines.

FIG gymnasts may not compete at NAC, (this includes members of the National Squad or National Teams).

A gymnast may compete in the age category he or she will enter the following year as follows;

- Pairs - 1 gymnast may be out of age.
- Trios - 1 gymnast may be out of age.
- Groups - 2 gymnasts may be out of age.

Note: Gymnasts cannot compete in both a NAC and a FIG Partnership in the same category. Gymnasts can also not compete in NAC and / or FIG Partnerships in both their own category and the category above.

NAC Gymnasts may compete at FIG as follows;

- Pairs - 1 gymnast may be NAC
- Trios - 1 gymnast may be NAC
- Groups - 2 gymnasts may be NAC

Note: Gymnasts cannot compete in both a NAC and a FIG Partnership in the same category. Gymnasts can also not compete in NAC and / or FIG Partnerships in both their own category and the category above.

For a full breakdown of level and category dependent restrictions please see appendix 2

### Coach Qualification and Passes:

Aerobic British Championships & NAC Cup	Qualification required
FIG Group - G1 (12-14yrs)	Aero UKCC L2
FIG Group - G2 (15-17yrs)	Aero L3
FIG Group - ND (10-11yrs)	Aero UKCC L2
FIG Group - Senior (18+yrs)	Aero L3
FIG Individual - G1 (12-14yrs) Men	Aero UKCC L2
FIG Individual - G1 (12-14yrs) Women	Aero UKCC L2
FIG Individual - G2 (15-17yrs) Men	Aero L3
FIG Individual - G2 (15-17yrs) Women	Aero L3
FIG Individual - ND (10-11yrs) Men	Aero UKCC L2
FIG Individual - ND (10-11yrs) Women	Aero UKCC L2
FIG Individual - Senior (18+yrs) Men	Aero L3
FIG Individual - Senior (18+yrs) Women	Aero L3
FIG Mixed Pair - G1 (12-14yrs)	Aero UKCC L2
FIG Mixed Pair - G2 (15-17yrs)	Aero L3
FIG Mixed Pair - ND (10-11yrs)	Aero UKCC L2
FIG Mixed Pair - Senior (18+yrs)	Aero L3
FIG Trio - G1 (12-14yrs)	Aero UKCC L2
FIG Trio - G2 (15-17yrs)	Aero L3
FIG Trio - ND (10-11yrs)	Aero UKCC L2
FIG Trio - Senior (18+yrs)	Aero L3
FND Group (9-10yrs)	Aero UKCC L2
FND Individual (9yrs) Men	Aero UKCC L2
FND Individual (9yrs) Women	Aero UKCC L2
FND Pair & Mixed Pair (9yrs)	Aero UKCC L2
FND Trio (9yrs)	Aero UKCC L2
NAC Group - G1 (12-14yrs)	Aero UKCC L2
NAC Group - G2 (15-17yrs)	Aero L3
NAC Group - ND (10-11yrs)	Aero UKCC L2
NAC Group - Senior (18+yrs)	Aero L3
NAC Individual - G1 (12-14yrs) Men	Aero UKCC L2



NAC Individual - G1 (12-14yrs) Women	Aero UKCC L2
NAC Individual - G2 (15-17yrs) Men	Aero UKCC L2
NAC Individual - G2 (15-17yrs) Women	Aero UKCC L2
NAC Individual - ND (10-11yrs) Men	Aero UKCC L2
NAC Individual - ND (10-11yrs) Women	Aero UKCC L2
NAC Individual - Senior (18+yrs) Men	Aero UKCC L2
NAC Individual - Senior (18+yrs) Women	Aero UKCC L2
NAC Pair & Mixed Pair - G1 (12-14yrs)	Aero UKCC L2
NAC Pair & Mixed Pair - G2 (15-17yrs)	Aero UKCC L2
NAC Pair & Mixed Pair - ND (10-11yrs)	Aero UKCC L2
NAC Pair & Mixed Pair - Senior (18+yrs)	Aero UKCC L2
NAC Trio - G1 (12-14yrs)	Aero UKCC L2
NAC Trio - G2 (15-17yrs)	Aero UKCC L2
NAC Trio - ND (10-11yrs)	Aero UKCC L2
NAC Trio - Senior (18+yrs)	Aero UKCC L2

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

### **Coach Passes:**

Only 1 coach allowed into the arena with competing gymnasts.

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

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

Number of routines	Coaches
1	1
2-3	2
4-5	3
6-8	4
9+	5

Upon written request to British Gymnastics, the Competition Organiser, may permit a maximum of five coach passes per day for the NAC Cup and five coach passes per day for the British Championships.

### **Tie Breaks:**

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

### **Awards:**

- Gold, Silver and Bronze medals will be awarded in each competition category.
- A glass trophy will be awarded to the winners in the the Senior Categories and their coaches.
- The winner of each FIG category will be referred to as British Champion.
- The winner of each NAC category will be referred to as NAC Cup category winners.
- NAC Cup and Glass trophy will be awarded to the highest score across the NAC competition

**British Championship and NAC Cup Titles:**

The British Gymnastics Aerobic Technical Committee wishes to draw the appropriate distinction between the category and title winners of the NAC Cup and the British Championships and requests that all clubs respect this distinction:

**The NAC Cup Competition**

The NAC Cup is the developmental competition and all entries are National Aerobic Code level gymnasts.

The gymnast who achieves the highest score of the competition is awarded the NAC Cup and shall be referred to as the titleholder of the NAC Cup.

All other category winners in the NAC Cup competition shall be referred to as NAC Cup category winners

**The British Championships**

The British Championship is the elite level competition and all entries are FIG Code level gymnasts. (For restrictions see Appendix 2).

The category winners in the British Championships shall be referred to as the British Champion and title holder for the category.

## Appendices

### Appendix 1 – Home Countries, English Regions & Island Associations

#### Home Countries

England	<a href="http://www.british-gymnastics.org/england">www.british-gymnastics.org/england</a>
Scotland	<a href="http://www.scottishgymnastics.org">www.scottishgymnastics.org</a>
Wales	<a href="http://www.welshgymnastics.org">www.welshgymnastics.org</a>
Northern Ireland	<a href="http://www.british-gymnastics.org/northern-ireland">www.british-gymnastics.org/northern-ireland</a>

#### Website Address

#### English Regions

North	<a href="http://www.british-gymnastics.org/north">www.british-gymnastics.org/north</a>
North West	<a href="http://www.nwga.co.uk">www.nwga.co.uk</a>
Yorkshire	<a href="http://www.british-gymnastics.org/yorkshire">www.british-gymnastics.org/yorkshire</a>
West Midlands	<a href="http://www.british-gymnastics.org/west-midlands">www.british-gymnastics.org/west-midlands</a>
East Midlands	<a href="http://www.british-gymnastics.org/east-midlands">www.british-gymnastics.org/east-midlands</a>
East	<a href="http://www.british-gymnastics.org/east">www.british-gymnastics.org/east</a>
London	<a href="http://www.british-gymnastics.org/london">www.british-gymnastics.org/london</a>
South East	<a href="http://www.british-gymnastics.org/south-east">www.british-gymnastics.org/south-east</a>
South	<a href="http://www.british-gymnastics.org/south">www.british-gymnastics.org/south</a>
South West	<a href="http://www.british-gymnastics.org/south-west">www.british-gymnastics.org/south-west</a>


#### Island Associations

Isle of Man Gymnastics	<a href="http://www.iomgymnastics.org">www.iomgymnastics.org</a>
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## Appendix 2 – NAC and FIG Restrictions

A gymnast is categorised according to the level of his/her individual routine performance, i.e. either NAC or FIG.

Please Note: Gymnasts having competed in a 2020 FIG partnership (MP TR GR) only, do not have automatic entry to a 2021 FIG individual routine. Gymnasts must either compete as a 2021 NAC individual or Coaches must use the 2021 procedure for transfer from NAC to FIG.

For gymnast movement between NAC and FIG, coaches must follow the rules in the [Aerobic Gymnastic Technical Committee](#)  document “Movement between codes” but please note Gymnasts may not trial at FIG in the British Championships.

New gymnasts or compilations to Aerobic Gymnastics MUST compete in the NAC category. Exceptions to this rule may apply if the athlete’s coach can demonstrate in writing, to the Aerobic Gymnastics Technical Committee, that the athlete has a track record in a sport other than Aerobics. Applications will need to evidence that the athlete has competed at a level high enough to be fast tracked to enter FIG.

The application must be received a minimum of 10 weeks prior to the competition in question. The Technical Committee’s decision is final. [events@british-gymnastics.org](mailto:events@british-gymnastics.org)

Only FIG gymnasts, adhering to full FIG/WAG rulings will be eligible for selection for national squads. NAC gymnasts are therefore not eligible for national squad selection or for wild card nominations.

**All previous appendices from 2021 and before are to be found on the British Gymnastics website next to the handbook.**