



Welsh Gymnastics  
Gymnasteg Cymru

Llawlyfr Cystadleuaeth  
Gymnasteg i Bawb 2026

Gymnastics for All Competition  
Handbook 2026

## Introduction

Our mission as a GFA technical Panel is to provide positive, inclusive and fun competitive opportunities for all participants across Wales.

Please refer to this handbook for general rules, criteria and contact details for all competitions and events throughout the period of January to December, 2026.

Participants who compete in the Bronze membership category competitions will not be permitted to compete in Silver membership category competitions or trial for area squads during that competition year (January – December)

We respect and value the knowledge and experience of our coaches in Wales and therefore it is at the coaches' discretion as to which pathway their gymnasts compete within for that membership year. **Coaches should enter gymnasts into appropriate competitions for the level that they train at.**

All competitions within this handbook are inclusive which allows for competitive opportunities for all individuals. Criteria can be found within each competition.

## Contacts

### Competition Queries:

[competitions@welshgymnastics.org](mailto:competitions@welshgymnastics.org)

### Generic Development Queries:

[Development@welshgymnastics.org](mailto:Development@welshgymnastics.org)

### Safeguarding & Welfare Concerns/Queries:

[safeguarding@welshgymnastics.org](mailto:safeguarding@welshgymnastics.org)

## Gymnastics for All Technical Panel

Welsh Gymnastics Representative: Maria Gaynor

Competition Lead: Kathryn Griffiths

Discipline Lead: Jazz Tredinnick

Judging Lead: Harri Pugh

**For any event/competition queries please use the [competitions@welshgymnastics.org](mailto:competitions@welshgymnastics.org) email address.**

## **Changes for 2026**

### **Judges**

New & Updated GFA Generic Judging Guidelines & Rules added to handbook.

Judges are required for each day of competition. Failure to adhere to this will result in a fine issued to the club. Judges could be required on any day, and not necessarily on the day their gymnasts/club are competing.

To judge any GFA event moving forward there will be an expectation of clubs to provide either a club or GFA judge. To help with judging confidence at the Tin Level Sarah Twose (WAG Brevet) has agreed to put on a workshop to develop skill recognition and D Jury knowledge.

### **Volunteers**

Anyone aged 16 and over must have a current DBS on the day of the competition.

### **Preliminary Championships (Prelims) Criteria**

New for 2026, age groups have been changed and new criteria

### **Late Entries**

Moving into 2026 once the final copy of the running order has been sent out no changes (unless withdrawals due to illness or injury) will be accepted.

### **New Event - GymTastic**

The GymTastic Event is an opportunity for gymnasts who train between 45 mins and 90 mins per week. The event was piloted last year (2025) and was a great success. The criteria can be found at the end of the document as Appendix #1. There will be an event in the North, in the West and one in South Central

**The GFA Event Calendar 2026 is available via the**  
**[Welsh Gymnastics Website](#)**

## Information

### General Competition Information & Codes of Conduct

All information including codes of conduct, health & safety and general competition information can be found in the Welsh Gymnastics Competition Handbook. (Please see resources sections of the website).

### Age Groups

The age groups for all development competitions are consistent categories across all competitions:

- 6 years (Area Competitions Only),
- 7 years (Area Competitions Only; with the exception of ABC Tin, where an age 7 option will remain),
- 8 in year,
- 9 in year,
- 10 in year,
- 11 –12 years,
- 13 – 14 years,
- 15 – 17 years,
- 18 years plus,
- ABC Age Groups: 8yrs, 9-10yrs, 10-11yrs, 13-14yrs, 15-17yrs, 18yrs plus. Where age groups have many entries, age groups will be split randomly to give gymnasts more opportunity to make podium finishes.

### Entry Fees

- £10.00 per individual for all GFA Entries,
- Teams to consist of 3-5 individually entered gymnasts,
- Team charge: £10 per team + Individual Entry Fee (across all events),
- Spectator Fees: All GFA events, Adult: £8 Child: £5 ,
- All GFA events will be pre-ticketed events.

### Eligibility

- Although all GFA competitions and events require bronze membership, we recognise that gymnasts develop at very different stages. To ensure fairness, any gymnast that has taken part in any of the following will be refused entry to any competition listed within the handbook:
  - Squad trials – Area, Regional and National,
  - Welsh Championships,
  - WAG Area and Prep/Excel Grades, MAG National Development Pathway,
  - Classic Challenge: Zinc and Above

## Medals

- Trophies will be awarded to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> positions along with medals, then ribbons for 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup>. We are also including different medals for apparatus finishes,
- Team medals will be presented to teams in 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> and ribbons for 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup>.

## Coaches

- All coaches are to remain professional at Welsh Gymnastics GFA Events (Please familiarise yourself with the code of conduct, see Generic Judging Guidelines & Rules),
- All coaches must have a current DBS, SPC and Appropriate Membership Level on the day of competition,
- Coaches must be appropriately qualified to the level of the gymnasts competing,
- Coaches **must not** approach judges. If there are any score query this will be dealt with by the competition organiser who will correspond with judges where applicable.
- All coaches **must** ensure they are wearing appropriate clothing for coaching which is safe and smart,
- No jewellery to be worn, hair must be tied back,
- Only approved coaches submitted either via Sport80 or on a one drive document will be permitted on the competition floor or warm area. Clubs will be notified if coaches that do not reach the above criteria. Please ensure **all coaches names are submitted** prior to the event.
- No babies or toddlers will be allowed access to the competition floor.

## Gymnasts

- Participate within the rules and respect coaches, judges and their decisions
- Respect opponents and fellow club members (please ensure you share the code of conduct with your gymnasts)
- Wear suitable attire, keep all long hair tied back and remove all body jewellery,
- Gymnasts will compete age in year (For example, if a gymnast is aged 11 in December they will compete in the 11 in year age category)
- If gymnasts are not competing, they will not be permitted access to the competition floor.

## Judges

- All judges are to remain professional at every GFA event
- Judges above the age of 16 must have current membership, DBS, Safeguarding training and appropriate judging qualification
- All judges must be wearing appropriate clothing (Please see Generic Judging Guidelines & Rules),
- Clubs are required to provide a judge for each day that they are competing. Judges are required to stay for the duration of the competition,
- Judge to gymnast ratio is 1:16 per competition, per club, per day.

## Volunteers

- Volunteers aged 16 and over must have an up to date and recognised DBS on the day of competition. If over the age of 18, volunteers must also have a current Welsh Gymnastics memberships and current recognised Safeguarding Certification (SPC).

## Safeguarding & Welfare

- **Welsh Gymnastics wants everyone to enjoy a fun, positive experience where gymnasts can fulfil their potential in an environment safe from any form of abuse. If you have a worry or concern, please contact [safeguarding@welshgymnastics.org](mailto:safeguarding@welshgymnastics.org)**
- At every Welsh Gymnastics sanctioned event, there will be a designed Safeguarding & Welfare Officer (SWO) available to take any reports of immediate safeguarding concerns.

## Changes and Amendments

- All clubs will be sent a working version of the running order to check, this will the clubs opportunity and responsibility to flag required changes in order for the events team to make amendments and corrections.
- Due to the increased number of participants in all GFA events we can not guarantee changes requested on the day of an event can be made.
- **Clubs are responsible for and must share the running order to their involved coaches/judges/volunteers prior to the first day of competition.**

## Music

- All music must be uploaded to either the one drive document or to a folder that the competition organiser will direct you to. Bringing music on the day causes delays to competition running times across the entire day.

## Opportunities for GFA Gymnasts

Below you will find a list of competitions that GFA gymnasts are eligible to participate in. There are various opportunities from each discipline that GFA gymnasts who have current bronze membership can take part in.

These events all have various levels from low level recreational through to work that can feed into discipline pathways.

**In the spirit of Gymnastics for All, all gymnasts should be entered into the correct level for their ability. We trust that coaches will adhere to this advice, for those that constantly and flagrantly abuse this trust we will issue a warning and then clubs will be politely asked not to enter the following GFA competition.**

None of the below competitions will be considered part of pathway competitions, and are just for fun, participation and friendship.

### **Area and National Prelims**

Vault & Tumble – GFA Handbook

### **Annette Brown Classic**

L1/L2/L3, Tin

### **Tumble League – Flic & Cartwheel**

[Tumble-League-2024-v1.1.pdf](#)

### **Area Entry & National Finals Gymspire**

Vault, Tumble & Trampoline

### **MAG – Dragon Cup Floor & Vault**

MAG Handbook

### **TRA/DMT**

All Clubs Series Competitions

[tra-technical-requirements-2025-regional-pathway.pdf](#)

### **AERO**

IAC Competitions

[Introductory Aerobics](#)

## Generic Judging Guidelines & Rules

This page outlines the basic principles of judging to ensure consistency across development competitions. It should be used in conjunction with Judging Qualifications and referred to as a guide only.

## Judging Requirements

### **1 x Qualified Judge per Sixteen (16) gymnasts,**

In some case more experienced judges may be asked to judge on their own with the support of the Head Judge who will be a Regional Judge.

Regional Judges will be selected and offer the Head Judge role in advance of the event.

## Declarations

This page outlines the basic principles of judging a competition on the GFA Competitive Scheme.

- It should be used in conjunction with standard FIG Code of Points & Competition Specific rules as set by the Welsh Gymnastics GFA Technical Panel (GFA TP). It should be referred to as a guide only,
- Where appropriate, competition specific rules should be applied in place of these generic judging guidelines,
- The GFA TP reserves the right to modify these guidelines if/when it is necessary, appropriate & applicable.
- Sufficient time will be provided to clubs to become compliant with any and all changes. Clubs will be notified via your Development Officers.

## Panel Combinations

*Where possible*, judging panels will consist of at least 2 x Club Judge and/or 1 Club & 2 x Intro to/GFA Judge(s). In some circumstances, a panel may consist of the following combinations:

- 1 x Regional Judge & 1 x Club Judge
- 1 x Regional Judge & 1 x Intro to Judging/GFA Judge
- 2 x Club Judge
- 1 x Club Judge & 1 x Intro to Judging/GFA Judge

Note: Where possible, panels that are required to calculate a Difficulty (D) Score will be supplied with a Regional Judge in the appropriate discipline. However, GFA Competitions do not require Regional Judges to attend competitions.



## Expectations of Judges

At all Welsh Gymnastics sanctioned events, judges are expected to uphold a professional code of conduct in line with the expected standards of Welsh Gymnastics.

**It is the responsibility of judges to:**

- Arrive punctually to events and register with the Lead Judge/Floor Manager 30 minutes prior to competition start (or in accordance with correspondence with Event Manager/Coordinator),
- Supply their own judging equipment (i.e. Paper, stationary),
- Review the scheme of work they will be judging prior to the competition,
- Wear appropriate smart clothing (White Shirt/Blouse, Dark coloured trousers/skirt & smart shoes).

*Judges must be impartial towards all competitors and judge all routines objectively in line with these guidelines and competition specific rules.*

## Judging Guidelines & Competition Rules

### 1.1. Baseline Scores

- 1.1.1. The baseline score provided at GFA Competitions is 6.00.
- 1.1.2. A baseline score will be provided where the execution score of an exercise exceeds 4.00 in deductions.
- 1.1.3. An exercise that has 4 or more missing prescribed/recognised elements will be provided with a baseline score.

### 1.2. Additional/Missing/Held Elements

- 1.2.1. Any missing elements will incur a neutral deduction of 1.00 per missing element(s) from the Start Value (SV).
- 1.2.2. Unrecognised elements will be deducted by the E Jury and will not count towards the SV.
- 1.2.3. Any additional elements to the exercise requirements will be deducted by the E Jury and will not count towards the SV.
- 1.2.4. Any element that incurs a fall deduction and does not receive element credit must be repeated in order to contribute to exercise requirements
- 1.2.5. Exercises that require connected elements will incur a 0.30 deduction if the connection is not made (Example: Large pause/steps between elements)
- 1.2.6. Elements that are prescribed as held elements must be completed for 2 seconds. If an element is held for <2 seconds it will incur a deduction of 0.30. If an element is not held for >1 second it will receive no credit towards SV and incur a deduction of 0.50.

### **1.3. Incorrect Exercise/Order of Elements**

- 1.3.1. Where an exercise deviates from the prescribed order of elements, the exercise will incur a neutral deduction of 0.3.
- 1.3.2. If the incorrect exercise has been performed in relation to the age/level of entry of the competitor, the routine will be judged on what is performed & incur a neutral deduction of 2.00 from the SV. (Example: Age 9, Level 2 competitor completes an Age 8, Level 1 exercise).
- 1.3.3. Where an incorrect vault/trampette exercise is completed, it will be judged as normal and incur a neutral deduction of 2.00 from the SV. (Example: Squat on, Stretch off completed instead of required Squat Through).

### **1.4. Competitor Attire**

- 1.4.1. There are no attire deductions within GFA Events with the exception of any National Finals events where regions must compete in teams with matching attire.
- 1.4.2. In mixed teams, girls and boys are not required to have attire of matching colours but must match their respective gender of entry.
- 1.4.3. Teams that do not have matching attire will incur a neutral deduction of 0.3 per apparatus performed from when the violation is first formally noted.

### **1.5. Code of Conduct**

- 1.5.1. In the event that any person displays behaviour that falls below the standard expected at Welsh Gymnastics events, the violation should be referred to the Lead Judge/Floor Manager for review. Behaviour that falls below the standard expected includes (but is not limited to):
  - 1.5.1.1. Unsportsmanlike conduct,
  - 1.5.1.2. Approaching panel judges (where a disagreement is held),
  - 1.5.1.3. Intentional disruption of order/running of event where not expressly permitted by the Lead Judge/Floor Manager,
  - 1.5.1.4. Unauthorised access to competition floor,
  - 1.5.1.5. Other flagrant, undisciplined and abusive behaviour (Example: foul language, speaking directly to judges regarding a dispute with the exception of the Lead Judges).
- 1.5.2. It is the right of the Competition Organiser, Events Manager, Floor Manager and Lead Judge to award a yellow card (warning) to any person who violates the code of conduct, and further removal from the competition (red card) where necessary.
- 1.5.3. If any person receives two yellow cards during an event, they will subsequently receive a red card and be removed from the competition.
- 1.5.4. Where necessary, Yellow/Red Card violations will be referred to the Welsh Gymnastics Safeguarding team for review.

### Generic Judging Guidelines

Deviation from Ideal Execution	Deduction	Example Fault
Minor Deviation	0.1	Small Bend in Arms/Legs, Small Deviation of Shape, Small Step in Landing,
Medium Deviation	0.3	Medium Bend in Arms/Legs, Insufficient Dynamics,
Large Deviation	0.5	Deep Squat in Landing, Large Bend in Arms/Legs, Indistinct Shape
Fall	1.0	Landing off feet, Incomplete skill,
Interference	0.5	Coaching during exercise, Coach present on exercise field where not permitted.
Landings (Max 0.8 or Fall)	0.1, 0.3 & 1.0	Small Step (0.1), Medium Step/Hop (0.3), Fall on Landing (1.0)

**Examples are a guide and are not limited to the deviation they are listed in.**

## Competition Work Schemes

### Preliminary Championships 2026

#### Welsh Gymnastics Competition Objective Fun, Friendship & Participation

##### Age Groups

Each level will have opportunities for the following age groups to compete

Please Note: All age groups are "in year"

6 and 7 in year

8 in year

9 - 10 in year

11 - 12 in year

13 - 14 in year

15 - 17 in year

18+ (Adult)

##### Competition Set Up

Each competition will be a 2-day event (Saturday and Sunday) however in cases of high entry numbers it will become a 3-day event (Friday evening)

Where possible at a 2-day event, Level 1 and 2 gymnasts will compete on Saturday, and Tin and Zinc gymnasts will compete on Sunday. Disability will compete with L1/L2

Each competition will be a 2-day event (Saturday and Sunday) however in cases of high entry numbers it will become a 3-day event (Friday evening)

Where possible at a 2-day event, Level 1 and 2 (younger) gymnasts will compete on Saturday, and Level 2 (older ages) 3 gymnasts will compete on Sunday. Disability will compete alongside the mainstream competition age group and level.

##### Competition Categories

At Welsh Gymnastics, we believe in providing opportunities for all, this is why we have categories to suit all levels and abilities.

At the Preliminary Championships competition, gymnasts can chose the category they enter, gymnasts will compete on 4 apparatus (2 x vaults and 2 x tumbles) with all 4 scores combined to make the overall score.

##### Judging

All vaults and tumbles are judged out of 10.00

Tumble – Each missing skill will incur 1.00 from the SV (1 missing skill = 9.0 SV etc.)

# Preliminary Championships 2026

	LEVEL 1 - CORE CRITERIA				
	Gymnasts 6 and 7 in year	Gymnasts 8 in year	Gymnasts 9 and 10 in year	Gymnasts 11 - 12 in year	Gymnasts 13-14, 15-17 and 18+
Apparatus	Mini Springboard 60cm block – lengthways, 20cm landing mat	Mini Springboard 60cm block – lengthways, 20cm landing mat	Large Springboard Table vault set at 100cm height, 20cm + 10cm landing mat	Large Springboard Table vault set at 100cm height, 20cm + 10cm landing mat	Large Springboard Table vault set at 100cm height, 20cm + 10cm landing mat
Vault 1	Run, squat onto a 60cm block from springboard, walk to end, straight jump off	Run, squat onto a 60cm block from springboard, walk to end, star jump off	Run, Squat on to table vault, immediate star jump	Run, Squat on to table vault, immediate star jump	Run, Squat on to table vault, immediate star jump
Apparatus	Mini Springboard, 20cm landing mats	Large Springboard, 20cm landing mats	Large Springboard, 20cm landing mats	Large Springboard, 20cm landing mats	Large Springboard, 20cm landing mats
Vault 2	Run, Straight jump from the springboard	Run, Star jump from the springboard	Run, Tuck jump from the springboard	Run, Tuck jump from the springboard	Run, Tuck jump from the springboard
Apparatus	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats
Tumble 1	Forward roll, straight Jump, forward roll, half turn jump, backward roll	Straight jump, forward roll, forward roll, straight jump to one foot, cartwheel (finish in a star shape)	Side to side cartwheel, cartwheel 1/4 turn, backward roll, half turn straight jump, forward roll	Side to side cartwheel, cartwheel 1/4 turn, backward roll, half turn straight jump, forward roll	Side to side cartwheel, cartwheel 1/4 turn, backward roll, half turn straight jump, forward roll
Apparatus	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats
Tumble 2	Backward roll, half turn straight jump, forward roll, forward roll, star jump	Backward roll, half turn straight jump, forward roll to one foot, cartwheel (finish in a star shape)	Backward roll, half turn straight jump, forward roll to one foot, cartwheel, cartwheel (finish in a star shape)	Backward roll, half turn straight jump, forward roll to one foot, cartwheel, cartwheel (finish in a star shape)	Backward roll, half turn straight jump, forward roll to one foot, cartwheel, cartwheel (finish in a star shape)

	<b>LEVEL 2 - CORE CRITERIA</b>				
	<b>Gymnasts 6 and 7 in year</b>	<b>Gymnasts 8 in year</b>	<b>Gymnasts 9 and 10 in year</b>	<b>Gymnasts 11 - 12 in year</b>	<b>Gymnasts 13-14, 15-17 and 18+</b>
<b>Apparatus</b>	<b>Large Springboard 60cm Block – Widthways, 20cm landing mat</b>	<b>Large Springboard 60cm Block – Widthways, 20cm landing mat</b>	<b>Large Springboard Table vault set at 100cm height, 20cm + 10cm landing mat</b>	<b>Large Springboard Table vault set at 105cm height, 20cm + 10cm landing mat</b>	<b>Large Springboard Table vault set at 105cm height, 20cm + 10cm landing mat</b>
<b>Vault 1</b>	Run, Straight jump onto a 60cm block, immediate star jump off	Run, Straight jump onto a 60cm block, immediate straight jump off	Run, squat on, immediate straight jump	Straddle Over	Straddle over
<b>Apparatus</b>	<b>Large Springboard, 20cm landing mats</b>	<b>Large Springboard, 20cm landing mats</b>	<b>Large Springboard, 20cm landing mats</b>	<b>Large Springboard, 20cm landing mats</b>	<b>Large Springboard, 20cm landing mats</b>
<b>Vault 2</b>	Run, straight jump from the springboard	Run, Tuck jump from the springboard	Run, Straddle jump from the springboard	Run, Dive roll from the springboard	Run, Dive roll from the springboard
<b>Apparatus</b>	<b>One length of Floor Mats</b>	<b>One length of Floor Mats</b>	<b>One length of Floor Mats</b>	<b>One length of Floor Mats</b>	<b>One length of Floor Mats</b>
<b>Tumble 1</b>	Straight jump, forward roll, forward roll, straight jump to one foot, cartwheel (finish in a star shape)	Side to side cartwheel, cartwheel 1/4 turn, backward roll, half turn straight jump, forward roll	Handstand forward roll, forward roll to one foot, cartwheel, cartwheel 1/4 turn, backward roll	Handstand forward roll, forward roll to one foot, cartwheel, cartwheel 1/4 turn, backward roll	Handstand forward roll, forward roll to one foot, cartwheel, cartwheel 1/4 turn, backward roll
<b>Apparatus</b>	<b>One length of Floor Mats</b>	<b>One length of Floor Mats</b>	<b>One length of Floor Mats</b>	<b>One length of Floor Mats</b>	<b>One length of Floor Mats</b>
<b>Tumble 2</b>	Backward roll, half turn straight jump, forward roll, forward roll to one foot, cartwheel (finish in a star shape)	Backward roll, half turn straight jump, forward roll to one foot, cartwheel, cartwheel (finish in a star shape)	Hurdle jump round off, backward roll, half turn jump, forward roll to one foot, cartwheel (finish in star shape)	Hurdle jump round off, backward roll, half turn jump, forward roll, cartwheel (finish in star shape)	Hurdle jump round off, backward roll, half turn jump, forward roll, cartwheel (finish in star shape)

### LEVEL 3 – CORE CRITERIA

	Gymnasts 7 in year	Gymnasts 8 in year	Gymnasts 9 and 10 in year	Gymnasts 11 - 12 in year	Gymnasts 13-14, 15-17 and 18+
<b>Apparatus</b>	<b>60cm Block – Widthways, 20cm landing mat</b>	<b>Large Springboard, Table Vault set at 100cm Height, 20cm + 10cm landing mat</b>	<b>Large Springboard, Pile of landing mats set at 100cm Height</b>	<b>Large Springboard Table vault set at 110cm height, 20cm + 10cm landing mat</b>	<b>Large Springboard Table vault set at 110cm height, 20cm + 10cm landing mat</b>
<b>Vault 1</b>	Run, Straight jump onto a 60cm block, immediate straight jump off	Straddle over	Handstand flat back	Handspring	Handspring
<b>Apparatus</b>	<b>Large Springboard, 20cm landing mats</b>	<b>Large Springboard, 20cm landing mats</b>	<b>Large Springboard, 20cm landing mats</b>	<b>Large Springboard, 20cm landing mats</b>	<b>Large Springboard, 20cm landing mats</b>
<b>Vault 2</b>	Run, Straight jump from the springboard	Run, Tuck jump from the springboard	Run, Straddle jump from the springboard	Run, Front Somersault from the springboard	Run, Front Somersault from the springboard
<b>Apparatus</b>	<b>One length of Floor Mats</b>	<b>One length of Floor Mats</b>	<b>One length of Floor Mats</b>	<b>One length of Floor Mats</b>	<b>One length of Floor Mats</b>
<b>Tumble 1</b>	Forward roll, forward roll, jump to one foot, cartwheel, cartwheel (finish in a star shape)	Side to side cartwheel, cartwheel 1/4 turn, backward roll, half turn straight jump, forward roll	Handstand forward roll, straight jump to one foot, cartwheel, cartwheel, round off	Handstand forward roll, straight jump to one foot, cartwheel, cartwheel, round off	Handstand forward roll, straight jump to one foot, cartwheel, cartwheel, round off
<b>Apparatus</b>	<b>One length of Floor Mats</b>	<b>One length of Floor Mats</b>	<b>One length of Floor Mats</b>	<b>One length of Floor Mats</b>	<b>One length of Floor Mats</b>
<b>Tumble 2</b>	Cartwheel 1/4 turn, backward roll, half turn jump, forward roll, tuck jump	Backward roll, half turn straight jump, forward roll to one foot, cartwheel, cartwheel (finish in a star shape)	Voluntary Routine (See below for more)	Voluntary Routine (See below for more)	Voluntary Routine (See below for more)

### **Level 3 - Voluntary Routine**

**This routine must include 5 skills from the skills list**

**The routine MUST be different from the set routine**

**Skills can only be repeated a maximum of twice (eg. cartwheel, cartwheel)**

#### **Skills List:**

**Straight jump from springboard to one foot**

**Half-turn straight jump (to one or two feet)**

**Tucked forward roll**

**Tucked backward roll**

**Handstand forward roll**

**Cartwheel**

**Roundoff**

**Handspring to 1 or 2 (0.5 bonus)**

**Flic (0.5 bonus)**

**Tuck front somersault step out (0.5 bonus) - with or without a springboard**

**Tuck back somersault (0.5 bonus)**

#### **Notes**

**A half-turn straight jump can be to 1 foot and complete within during the  
tumble or to two feet at the end**

**Some skills will be credited a 0.5 bonus if completed without a fall**

**Each routine can ONLY credited a maximum of 1.0 bonus**



# Preliminary Disability Championships 2026

LEVEL 1					
	Gymnasts 6 and 7 in year	Gymnasts 8 in year	Gymnasts 9 and 10 in year	Gymnasts 11 - 12 in year	Gymnasts 13-14, 15-17 and 18+
Apparatus	Mini springboard, 20cm block (minimum) lengthways, 10cm landing mat	Large Springboard 20cm block (minimum) – lengthways, 10cm landing mat	Large Springboard 20cm block (minimum) – lengthways, 10cm landing mat	Large Springboard 20cm block (minimum) – lengthways, 10cm landing mat	Large Springboard 20cm block (minimum) – lengthways, 10cm landing mat
Vault 1	Step onto block from springboard, walk to the end, jump or step off to land	Step onto block from springboard, walk to the end, jump or step off to land	Step onto block from springboard, walk to the end, jump or step off to land	Step onto block from springboard, walk to the end, jump or step off to land	Step onto block from springboard, walk to the end, jump or step off to land
Apparatus	Mini Springboard, 20cm of landing mats	Large Springboard, 20cm landing mat	Large Springboard, 20cm landing mat	Large Springboard, 20cm landing mat	Large Springboard, 20cm landing mat
Vault 2	Run or start on springboard, Straight jump from the springboard	Run or start on springboard, Straight jump from the springboard	Run or start on springboard, Star jump from the springboard	Run or start on springboard, Star jump from the springboard	Run or start on springboard, Star jump from the springboard
Apparatus	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats
Tumble 1 3 Skills	Straight jump, jump to side egg roll, stand and turn forward, star jump	Straight jump, sit in tuck, rock and roll to stand	(Start in tuck) Rock and roll to stand, straight jump, star jump	(Start in tuck) Rock and roll to stand, straight jump, star jump	(Start in tuck) Rock and roll to stand, straight jump, star jump
Apparatus	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats
Tumble 2 3 skills	(Start laying on back) Log roll, rock and roll to stand, straight jump	(Start lying on your back) Log roll, rock and roll to stand, Straight jump	Balance in tuck shape, log roll, rock and roll to stand	Balance in tuck shape, log roll, rock and roll to stand	Balance in tuck shape, log roll, rock and roll to stand

DISABILITY LEVEL 2					
	Gymnasts 6 and 7 in year	Gymnasts 8 in year	Gymnasts 9 and 10 in year	Gymnasts 11 - 12 in year	Gymnasts 13-14, 15-17 and 18+
Apparatus	Large Springboard, 60cm block – lengthways, 20cm landing mats	Large Springboard 60cm block – lengthways, 20cm landing mats	Large Springboard 60cm block – lengthways, 20cm landing mats	Large Springboard 60cm block – lengthways, 20cm landing mats	Large Springboard 60cm block – lengthways, 20cm landing mats
Vault 1	Run, any jump onto 60cm block, walk to the end, Star Jump to land	Run, jump onto 60cm block, walk to the end, star jump to land	Run, jump onto 60cm block, walk to the end, tuck jump to land	Run, jump onto 60cm block, walk to the end, tuck jump to land	Run, jump onto 60cm block, walk to the end, Straight jump to land
Apparatus	Large Springboard, 20cm landing mats	Large Springboard, 20cm landing mats	Large Springboard, 20cm landing mats	Large Springboard, 20cm landing mats	Large Springboard, 20cm landing mats
Vault 2	Run, Straight Jump from Springboard	Run, straight jump from the springboard	Run, star jump from the springboard	Run, tuck jump from the springboard	Run, tuck jump from the springboard
Apparatus	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats
Tumble 1 5 Skills	Straight jump, forward roll to straddle sit, show pike sit (2s), rock and roll to stand, Star Jump	Forward roll to pike sit, rock and roll to stand, straight jump, star jump, forward roll to stand	Forward roll to pike sit, rock and roll to stand, straight jump, star jump, forward roll to stand	Forward roll to pike sit, rock and roll to stand, straight jump, star jump, forward roll to stand	Forward roll to pike sit, rock and roll to stand, straight jump, star jump, forward roll to stand
Apparatus	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats
Tumble 2 5 Skills	Rock and roll to stand, half turn straight jump, forward roll, bunny hop x 2	Rock and roll to stand, half turn straight jump, forward roll, bunny hops x 2	Side to side bunny hops x 2, forward roll to pike kit, rock and roll to stand, forward roll, forward roll	Rock and roll to stand, half turn straight jump, forward roll, forward roll, cartwheel to finish in star shape	Rock and roll to stand, half turn straight jump, forward roll, forward roll, cartwheel to finish in star shape

DISABILITY LEVEL 3					
	Gymnasts 7 in year	Gymnasts 8 in year	Gymnasts 9 and 10 in year	Gymnasts 11 - 12 in year	Gymnasts 13-14, 15-17 and 18+
Apparatus	Large Springboard, 60cm block widthways, 20cm landing mats	Large Springboard 60cm block – widthways, 20cm landing mats	Large Springboard 60cm block – widthways, 20cm landing mats	Large Springboard 60cm block – widthways, 20cm landing mats	Large Springboard 60cm block – widthways, 20cm landing mats
Vault 1	Run, Straight Jump onto block, immediate Star Jump off	Run, Straight jump onto a block, immediately Straight jump off	Run, Straight jump onto a block, immediately straddle jump jump off	Run, Straight jump onto a block, immediately ANY*** jump jump off	Run, Straight jump onto a block, immediately <b>ANY***</b> jump off
Apparatus	Large Springboard, 20cm landing mats	Large Springboard, 20cm landing mats	Large Springboard, 20cm landing mats	Large Springboard, 20cm landing mats	Large Springboard, 20cm landing mats
Vault 2	Run, Straight Jump off Springboard	Tuck jump from the springboard	Tuck jump from the springboard	Straddle jump from the springboard	Straddle jump from the springboard
Apparatus	One Length of Floor Mats	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats
Tumble 1 5 Skills	Straight Jump, Forward Roll, Forward Roll, Star Jump, Tuck Jump	Straight jump, forward roll, forward roll, star jump, tuck jump	Side to side cartwheel, cartwheel, round off, half turn jump, forward roll	Side to side cartwheel, cartwheel, round off, half turn jump, forward roll	Side to side cartwheel, cartwheel, round off, half turn jump, forward roll
Apparatus	One Length of Floor Mats	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats	One length of Floor Mats
Tumble 2 5 Skills	Cartwheel ¼ turn in, Half Turn Jump, Forward Roll, Forward Roll, Tuck Jump	Side to side cartwheel, cartwheel 1/4, half turn jump, forward roll, tuck jump	Voluntary Routine (See below for more)	Voluntary Routine (See below for more)	Voluntary Routine (See below for more)

### **Level 3 - Voluntary Routine**

**This routine must include 5 skills from the skills list**

**The routine MUST be different from the set routine**

**Skills can only be repeated a maximum of twice (eg. cartwheel,  
cartwheel)**

**Skills List:**

**Straight jump**

**Star jump**

**Tuck jump**

**Straddle jump**

**Straight jump from springboard to one foot**

**Half-turn straight jump (to one or two feet)**

**Tucked forward roll**

**Tucked backward roll**

**Handstand forward roll**

**Cartwheel**

**Roundoff**

**Handspring to 1 or 2 (0.5 bonus)**

**Flic (0.5 bonus)**

**Tuck front somersault step out (0.5 bonus) - with or without a springboard**

**Tuck back somersault (0.5 bonus)**

#### **Notes**

**A half-turn straight jump can be to 1 foot and complete within during the  
tumble or to two feet at the end**

**Some skills will be credited a 0.5 bonus if completed without a fall**

**Each routine can ONLY credited a maximum of 1.0 bonus**

## **ABC Series 2026**

### **Age Groups**

- 7 in years (Tin Only),
- 8 in year,
- 9-10 in year,
- 11-12 in year,
- 13-14 in year,
- 15-17 in year,
- 18+,

### **Criteria**

- Competitions run through 2026 in a league format. All will be a competition within itself, but points gained by individual members will be added to the Clubs total to determine an annual winner,
- Open to all affiliated clubs,
- Four-piece competition.
- WAG & MAG can compete on any piece of apparatus available, VT, BRS, BM, Pbars, FX,
- Criteria WAG - Overall positions scored out of the best four scores,
- Criteria MAG - Overall positions scored out of the best three scores,
- There is also a team options available to clubs. Team score will be calculated from the best 3 overall scores from the team individuals,
- Gymnasts MUST be entered as an individual before being entered as a team member, anyone not entered into an individual competition first, but into a team will be subject to late charge.

### **Entry Fee**

- £10.00 per individual gymnast,
- Team - £10.00 per team + Individual Gymnast Entry.

# Gymspire Championships 2026

## General

- Each area will host a regional competition open to all affiliated clubs,
- The top 6 overall competitors in each category will qualify for the National Final Competition (There is **no fee** per Regional team age group and level),
- Regional Teams are to consist of 3 – 5 gymnasts, with the top 3 overall scores being calculated for the team score,
- Phase 3 has been added to the 7 in year category catering for those moving into the artistic pathway the following year,
- There is no 6 – 7 in years category at Gymspire National Finals.

## Competition Specific Rules

- Each gymnast is to perform 1 vault, 1 floor routine and 1 trampette.
- Floor routines will be performed on a 12x12 surface.
- Floor skills that are performed with a connection are indicated with the word 'linked' next to the passage.
- Trampette set up, using a block, 60cm matted area, with trampette sloping upwards towards landing.



**All Trampette skills are to be performed from a step off the block. No Run or Hurdle is permitted on entry to the trampette.**

6&7 yrs	Phase 1	Info
<b>Trampette</b>	Straight Jump	
<b>Floor</b>	Stork Balance (2s) Forward Roll to Straddle Sit Pike Sit Tuck Sit Tuck Rock x 2 Stand Chasse Step Straight Jump	Set Routine. All skills should be performed in the order written.  Start Value of 10.00
<b>Vault</b>	Squat On, Walk to End, Star Jump Off	60cm Block, lengthways Baby Board (7yrs have the option of using a full sized springboard)

6&7 yrs	Phase 2	Info
<b>Trampette</b>	Tuck Jump	
<b>Floor</b>	Stork Balance (2s) Forward Roll to Pike Sit Pike Fold Tuck Sit Supported Shoulder Stand Chasse Step Jump ½ Turn, Backward Roll, Star Jump (linked)	Set Routine. All skills should be performed in the order written.  Start value of 10.00  Supported Shoulder Stand – Gymnasts may use their hands on their hips and elbows on the floor when performing this skill.
<b>Vault</b>	Squat On, Star Jump Off	60cm Block, widthways Full Sized Springboard

7 yrs only	Phase 3	Info
<b>Trampette</b>	Straddle Jump	
<b>Floor</b>	Arabesque/Y Balance (2s) Chasse Scissor Kick (linked) Hurdle Step Round Off Cartwheel, Backward Roll (linked) Straight Jump, Star Jump (linked)	Set Routine. All skills should be performed in the order written.  Start value of 10.00
<b>Vault</b>	Straight Jump, Kick to Handstand, Flatback.	60cm Block, lengthways. Mat Stack to meet Block Height. Full Sized Springboard Hands to be placed on the end of the block for the handstand, not on the mats.

8 yrs	Phase 1	Info
<b>Trampette</b>	Star Jump OR Straddle Jump (0.5 Bonus)	
<b>Floor</b>	Star Jump Backward Roll Jump ½ Turn Forward Roll, Tuck Jump (linked) Arabesque/Y Balance (2s) Step, Catleap	Set Routine. All skills should be performed in the order written.  Start value of 10.00  No chasse steps into the catleap.
<b>Vault</b>	Squat On, Star Jump Off	60cm Block, widthways Full Sized Springboard

8 yrs	Phase 2	Info
<b>Trampette</b>	Straddle Jump OR Straight Jump ½ Turn (0.5 Bonus)	
<b>Floor</b>	Forward Roll, Jump ½ Turn (linked) OR 3 Steps, Dive Roll, Jump ½ Turn (linked, 0.5 Bonus)  Arabesque/Y Balance (2s) Tuck Jump, Star Jump (linked) Cartwheel, Backward Roll (linked) Step, Catleap, Scissor Kick (linked)	Set Routine. All skills should be performed in the order written.  Start value of 10.00. Maximum start value of 10.5 with dive roll bonus.  No chasse steps into or between leaps.
<b>Vault</b>	Squat On, Straight Jump Off	100cm Table Vault



9 & 10 yrs	Phase 1	Info
<b>Trampette</b>	Straddle Jump	
<b>Floor</b>	Forward Roll, Cartwheel (linked) Jump ½ Turn ½ Handstand Catleap, Scissor Kick(linked) Arabesque/Y Balance (2s)	Set Routine. All skills should be performed in the order written.  Start value of 10.00.  ½ Handstand AKA L-Handstand/Teeter Totter  No chasse steps into or between leaps.
<b>Vault</b>	Squat On, Straight Jump OR Squat Through (0.5 Bonus) OR Straddle Over (0.5 Bonus)	100cm Table Vault

9 & 10 yrs	Phase 2	Info
<b>Trampette</b>	Straight Jump ½ Turn	
<b>Floor</b>	Cartwheel, Round Off (linked) Jump Full Turn Handstand Catleap, Scissor Kick (linked) Arabesque/Y Balance (2s)	Set Routine. All skills should be performed in the order written.  Start value of 10.00  Handstand – no hold required, but a clear demonstration of Handstand shape.  No chasse steps into or between leaps.
<b>Vault</b>	Squat Through OR Straddle Over	100cm Table Vault

11-12 yrs	Phase 1		Info
<b>Trampette</b>	Dive Roll OR Tuck Front Somersault (0.5 Bonus)		
<b>Floor</b>	Balance	Arabesque (2s) Y Balance (2s) Tucked Headstand (2s) Stork Balance (2s)	Voluntary Routine (max 60s) with or without music (no bonus for artistry).
	Forward Acro	Forward Roll Dive Roll Handstand Roll	Routines to have 8 elements to include a minimum of 1 from each category.
	Backward Acro	Backward Roll (to crouch, pike stand, straddle stand, front support) Cartwheel Round Off	Skills can only be performed once and not repeated.
	Non-Acro	Straight Jump Tuck Jump Star Jump Straight Jump ½ Turn Catleap Scissor Kick Split Leap ½ Spin Shoulder Stand (unsupported) (2s) Swedish Fall Splits (any direction)	Each skill holds a value of 0.1, with the maximum start score being 10.8.
<b>Vault</b>	Flatback		100cm Mat Stack

11-12 yrs	Phase 2		Info
Trampette	Tuck Front Somersault		
Floor	Balance		Arabesque (2s) Y Balance (2s) Tucked Headstand (2s) Stork Balance (2s)
Floor Vault	Forward Acro	Forward Roll Dive Roll Handstand Roll Handspring (0.5 bonus) Tuck/Pike Front Somersault	<p>Voluntary Routine (max 60s) with or without music (no bonus for artistry).</p> <p>Routines to have 8 elements to include a minimum of 1 from each category.</p> <p>Skills can only be performed once and not repeated.</p> <p>Each skill holds a value of 0.1 and a maximum of 1.00 bonus may be awarded per gymnast. Making the highest start score 11.8.</p>
	Backward Acro	Backward Roll (to crouch, pike stand, straddle stand) Cartwheel Round Off Flic (0.5 bonus) Tuck Back Somersault (0.5 bonus)	
	Non-Acro	Straight Jump Tuck Jump Star Jump Straight Jump ½ Turn/Full Turn Catleap Scissor Kick Split Leap Full Spin Shoulder Stand (unsupported) (2s) Swedish Fall Splits (any direction)	
	Flatback	100cm Mat Stack	

13+	Phase 1		Info
Trampette	Dive Roll OR Tuck Front Somersault (0.5 Bonus)		
Floor	Balance		Arabesque (2s) Y Balance (2s) Tucked Headstand (2s) Stork Balance (2s)
Floor Vault	Forward Acro	Forward Roll Dive Roll Handstand Roll	Voluntary Routine (max 60s) with or without music (no bonus for artistry).  Routines to have 8 elements to include a minimum of 1 from each category.  Skills can only be performed once and not repeated.  Each skill holds a value of 0.1, with the maximum start score being 10.8.
	Backward Acro	Backward Roll (to crouch, pike stand, straddle stand, front support) Cartwheel Round Off	
	Non-Acro	Straight Jump Tuck Jump Star Jump Straight Jump ½ Turn Catleap Scissor Kick Split Leap ½ Spin Shoulder Stand (unsupported) (2s) Swedish Fall Splits (any direction)	
	Flatback	100cm Table Vault with Mat Stack	

13+	Phase 2		Info
Trampette	Tuck Front Somersault OR Pike Front Somersault (0.5 bonus)		
Floor	Balance		Arabesque (2s) Y Balance (2s) Tucked Headstand (2s) Stork Balance (2s)
Floor Vault	Forward Acro	Forward Roll Dive Roll Handstand Roll Handspring (0.5 bonus) Tuck/Pike Front Somersault	Voluntary Routine (max 60s) with or without music (no bonus for artistry).  Routines to have 8 elements to include a minimum of 1 from each category.  Skills can only be performed once and not repeated.  Each skill holds a value of 0.1 and a maximum of 1.00 bonus may be awarded per gymnast. Making the highest start score 11.8.
	Backward Acro	Backward Roll (to crouch, pike stand, straddle stand) Cartwheel Round Off Flic (0.5 bonus) Tuck Back Somersault (0.5 bonus)	
	Non-Acro	Straight Jump Tuck Jump Star Jump Straight Jump ½ Turn/Full Turn Catleap Scissor Kick Split Leap Full Spin Shoulder Stand (unsupported) (2s) Swedish Fall Splits (any direction)	
	Handspring	110cm Table Vault	

## Inclusive Criteria

Phase 1	
<b>Trampette</b>	Straight Jump onto mats from 3 x bounces/step off block
<b>Floor</b>	Straddle Sit
	Pike Sit
	Tuck Sit
	Lie back into a Straight Shape
<b>Vault</b>	Squat on (from standing on top of board), Walk to end, Star Jump Off
	Full Sized Springboard & 60cm Block, lengthways
Phase 2	
<b>Trampette</b>	Tuck Jump from 3 x bounces/step off block
<b>Floor</b>	Stork Balance
	Forward Roll to Pike Sit
	Tuck Sit
	Tuck Rock x 2 to stand
	Chasse Step
<b>Vault</b>	Squat on, Star Jump Off
	Full Sized Springboard & 60cm Block, widthways
Phase 3	
<b>Trampette</b>	Jump 1/2 Turn from 3x bounces/step off block
<b>Floor</b>	Straight Jump
	Forward Roll
	Star Jump
	Backward Roll
	Step, Catleap (no chasse)
	Arabesque
<b>Vault</b>	Squat On, Straight Jump Off
	Table Vault 100cm
Phase 4	
<b>Trampette</b>	Dive Roll
<b>Floor</b>	Jump 1/2 Turn
	Forward Roll, Cartwheel (linked)
	Step Catleap, Scissor Kick (linked) (no chasse)
	Arabesque
	Straight Jump, Star Jump (linked)
<b>Vault</b>	Flatback
	100cm Mat Stack