



Welsh Gymnastics
Gymnasteg Cymru

Llawlyfr Cystadleuaeth Artistig Menywod 2026

Women's Artistic Competition Handbook 2026

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Section 1 – Version History

The Women’s Artistic Technical Panel (WTP) reserves the right to make amendments to this handbook.

Notification of a change to the handbook will be communicated through the Welsh Gymnastics website and an updated version will be made available to download at the time of change.

Any enquiries regarding competitions should be directed to one of the following:

- Welsh Gymnastics Competition Team
competitions@welshgymnastics.org
- Welsh Gymnastics Performance Team
performance@welshgymnastics.org
- Women’s Artistic Technical Panel Lead – Carol Sargeant
- Women’s Artistic Technical Judging Lead – Sarah Twose
- Women’s Artistic Judging – For any judging queries, please make contact via the Facebook page (Welsh Gymnastics WTC Information / Updates 2024 onwards) or email – performance@welshgymnastics.org

Section 2 – Judges

Clubs and Areas entering competitions are required to nominate and supply a judge or judges for the day(s) on which their gymnasts are competing. If a Club or Region's competitors cover various age groups / grades it will be necessary to provide a judge for each day of their competition (please see below). Numbers of gymnasts are across the full competition, not per day. Whilst we will do our best to put judges on the same day as their club's competing gymnasts, this is not a guarantee. Club's need to provide judge availability to the competition organiser before the entry deadline and ratio's will be determined based on numbers at entry. The number of judges required is as below*:

- 1 – 8 gymnasts entered – 1 judge for one whole day
- 9 – 16 gymnasts – 1 judge that can judge two whole days, or 2 judges that can judge one whole day each
- 17 + gymnasts – 3 judges across both days (e.g. 2 judges on one day, 1 judge on one day)
- Area entries – 3 judges per area per day, at least 1 judge per day must be regional or above. Please note that clubs qualifying gymnasts to area finals will be expected to provide judges to enable the area to compete in finals.

** clubs are not required to enter judges for Welsh Championships*

As per the Generic Competition Handbook, at least one regional judge or above will now be required as part of the ratio for qualifying competitions and identified pathway competitions when entering more than 3 gymnasts. For WAG, this is any competitions listed within this handbook. If you have any concerns around this, please get in contact so we can look to support you in accessing a course or connecting you with other regional judges. To support fairness of the competition, a maximum of 3 judges from a singular club per day with not more than one of these per panel.

Clubs are required to check nominated judges' availability before entering them for any event. If a club needs to change their original nomination, they will have to replace a like for like in terms of qualification/experience. Clubs will face a judging fine if a judge is unavailable (unless there is a valid reason), once judging panels have been sent out.

These rules must be enforced to ensure that all competitions can run. It is important that we have club judges and enough numbers of regional (or higher) judges at each competition to ensure fairness and expertise to recognise the work that our gymnast and coaches are producing. For grades, it is essential to have 5 regional judges, 1 on each piece. Areas need to ensure that this stipulation is met when holding Area grades competitions. Clubs need to be mindful of this when nominating judges.

Section 3 – General Rules and Penalties

General rules and penalties as per FIG Code of Points and Welsh Gymnastics membership rules / terms and conditions.

Competition Attire

For all events held by Welsh Gymnastics, excluding Welsh Championships, no attire deductions will be taken. Welsh Championships are governed by FIG rules unless otherwise specified. Please refer to British Gymnastics handbooks for any British Gymnastics competitions.

Appropriate attire for Welsh competitions on top of regular FIG rules:

- Shorts and leggings are accepted, but clothing must be fitted and not restrict the view of the judges.

Section 4 - National Competition Calendar

Competition Name	Venue	Date(s)	Closing Date	Membership Levels
Welsh Artistic Championships	SWNC	12 th – 15 ^h February 2026		Silver
South Central Preparation & Development, & Disability Preparation & Development Grades South Central Performance and Excel Run Through	City of Newport Gymnastics Club	7 th – 8 th March 2026		Silver
West Area Preparation & Development Grades	Swansea Gymnastics Club	1 st March 2026		Silver
West Area Performance and Excel Grades Run Through	Swansea Gymnastics Club	15 th March 2026		Silver
North Preparation & Development, & Disability Preparation & Development Grades Performance and Excel Grades Run Through	Deeside GA	14 th /15 th March 2026		Silver
South East Preparation & Development, & Disability Preparation & Development Grades South East Performance and Excel Grades Run Through	City of Newport Gymnastics Club	21 st – 22 nd March 2026		Silver

Preparation 3, Performance, Pre Excel, and Excel *Grades	SWNC	28 th – 29 th March 2026		Silver
Floor & Vault 1 (CWG Themed)	SWNC	18 th – 19 th July 2026		Silver
South Central Classic Challenge Championships (Zinc & Copper) & Voluntary Disability Competition (A & B) Bronze, Silver, & Gold & Disability Open Run Through	City of Newport Gymnastics Club	12 th – 13 th September 2026		Silver
North Classic Challenge Championships (Zinc & Copper) & Voluntary Disability Competition (A & B) Bronze, Silver, & Gold & Disability Open Run Through	Deeside Gymnastics Academy (tbc)	12 th – 13 th September 2026		Silver
South East Classic Challenge Championships (Zinc & Copper) & Voluntary Disability Competition (A & B) Bronze, Silver, & Gold & Disability Open Run Through	City of Newport Gymnastics Club	19 th – 20 th September 2026		Silver
West Classic Challenge Bronze, Silver, & Gold & Disability Open Run Through	Swansea Gymnastics Club	20 th September 2026		Silver

Classic Challenge Championships (Bronze, Silver & Gold) FIG Development (1-3) & Pre-Grade FIG Qualifier Disability Open	SWNC	26 th – 27 th September 2026		Silver
West Classic Challenge Championships (Zinc & Copper) & Voluntary Disability Competition (A & B)	Swansea Gymnastics Club	4 th October 2026		Silver
Classic Challenge Zinc & Copper Finals	City of Newport Gymnastics Club	17 th – 18 th October 2026		Silver
Welsh Club Teams	SWNC	31 st October – 1 st November 2026 tbc		Silver
Floor & Vault 2	Deeside	28 th – 29 th November 2026		Silver
Welsh Championships 2027	SWNC	11 th -14 th 2027 Feb		Silver

*Please follow BG guidance on working towards scores and retake opportunities. If you wish to utilise this opportunity, please contact performance@welshgymnastics.org.

Section 5 - Competition Apparatus

Unless otherwise stated in the competition directives, the equipment at WTC competitions will be to current FIG specifications.

Vault

- Maximum run allowed 25 metres.
- 125cm from the floor to the top of the table unless specified in the rules.
- 20cm FIG specification matting + 10cm supplementary matting with markings as specified or vault landing.
- For round off entry vaults, the safety collar must be in place.
- Mat for hand placement will be provided.
- Springboards – unless stated otherwise only hard and soft coil boards will be provided.

Uneven Bars

- Low Bar 175cm / High Bar 255cm from the floor to the top side of the bars.
- 20cm FIG specification matting with 10cm supplementary landing mat.
- The take-off board may be placed on the supplementary mat.
- The supplementary mat may not be moved during the exercise.
- Both bars may be raised by 5cm where gymnasts' feet touch the basic matting while she is swinging on the high bar or hips touch the basic matting while she is hanging on the low bar.
- The request for the bars to be raised must be made with the competition entry form. The bars will be raised in accordance with the FIG/WTC regulations.
- Unauthorised raising of the bars will be penalised in accordance with the FIG regulations.

Balance Beam

- 125cm from the floor to the top of the beam
- 20cm FIG specification matting with 10cm supplementary landing mat

Floor

- 12m x 12m FIG specification floor area

Only apparatus supplied at the request of the WTP may be used at National events.

Section 6 - Grades

For detail on the Grades structure and criteria please see the British Gymnastics website (links below), Sport80 resource bucket, or email performance@welshgymnastics.org. The updated WAG Excel Framework for 2026 was circulated via email from WG. For version control this document will be utilised until the confirmed version is uploaded to the BG website.

Please note that the grade undertaken by a gymnast may impact upon the voluntary competition entered later in the year, thus it is the responsibility of the coach to select the most appropriate grade and pathway. There is an expectation that gymnasts are appropriately prepared for their grading and that the correct pathway is chosen, considering a gymnast's likely development and progression. Gymnasts would not be able to compete an NDP (either performance or preparation) and an excel grade within the same year. Clubs should also check that gymnasts hold the correct insurance to take part in Grades events.

For 2026 a Pre Excel competition will be run alongside Excel Grades. For this year, gymnasts who entered the Welsh Pre Grade competition in Autumn 2025 can enter Pre Excel. For 2027 gymnasts will need to follow excel rules regarding repeating a grade. Any gymnasts who compete in Pre Excel would need to enter the Pre Fig-Development competition at the end of the year and would not be able to enter Classic Challenge.

There is no longer a minimum attainment at Excel 1.

The format for the performance grade finals (grades 1-4) competition is 5,4,3. For the Welsh Region, the top 5 gymnasts AA will represent the region. From these 5, the top 4 will compete on each apparatus. If one gymnast placed 5th on all apparatus and subsequently would not compete on any pieces, they could choose whether they attend as a travelling or non-travelling reserve.

<https://www.british-gymnastics.org/wag-comp-framework-update>

<https://www.british-gymnastics.org/technical-pages/womens-artistic-technical-information>

<https://www.british-gymnastics.org/technical-pages/disability-gymnastics-technical-resources>

All Clubs should please note the following:

For all NDP competitions there must be a minimum of two judges one each piece of apparatus and at least ONE must be qualified to a regional level or above. There must be a minimum of one National or Brevet judge at each qualifying competition.

Certificates are now included in the competition entry fee. They will be available on the day to all gymnasts subject to WG receiving them.

Progression to British Gymnastics National Finals

Competition	Grade	Requirements to be selected to National/Regional Finals
Performance Grades	1-4	<p>Top 5 to qualify as part of the team to British Finals with a score of 50.00+ or above for Performance 1-4. No reserve. Please refer to the British Gymnastics competition handbook, for tie break rules.</p> <p>No individual entries. PLEASE NOTE – R&C WILL be performed at the National Final. Please refer to BG rulings for detail / clarifications.</p>
Excel Grades	1-3	<p>Excel 1 - There will be no National Finals for Excel 1.</p> <p>Excel 2 - Top 4 to qualify as part of the team for British Finals (minimum age of 10), 5th place reserve. Must have achieved a minimum attainment score as specified by BG.</p> <p>Excel 3 - Clubs are responsible for entering gymnasts into British Excel 3.</p>

Section 7 - Voluntary Programme

Each year, gymnasts may only compete in one Welsh voluntary competition, as detailed on the table. It is the responsibility of the coach to select the appropriate competition pathway. A gymnast may not compete in the Classic Challenge Championships if they have achieved a 'working at' in any Excel Grade in the same year.

Floor and Vault

- Please see attached rules.
- 1-4 team placings awarded.
- This is a team competition only, but individual entries will be accepted.

Classic Challenge Championships – Zinc + Copper

- The Zinc and Copper Levels will take place in Areas.
- Club teams in the Area competitions can consist of 3-5 gymnasts, 3 scores to count on each piece.
- The top 5 gymnasts in each age group/level making up the team for the Welsh Finals.
- In the case of a 5th place tie, the gymnast with the highest E score will make up the team. If a tie still remains, both gymnasts will compete in the finals with the highest score to count.
- Recommended 2 coaches per team to be submitted for entry to Welsh Finals.
- It is the responsibility of the area to arrange kit.
- Invoices for teams will be sent to relevant area representatives.
- For 8 and 9 in year Zinc competitions, the 1-mark penalty for not using both bars will not be applied.

Classic Challenge Championships – Bronze, Silver, and Gold

- Bronze, Silver, and Gold levels will be a Regional (Welsh) Competition.
- In the Welsh Regional Competition, teams will comprise of 4 to compete, 3 scores to count on each piece.
- The top 6 overall scoring gymnasts, in each level, from across all the age groups will make up the Team for the National Final. A reserve for each level will also be selected.

Voluntary Levels

- There will be no National Finals for FIG Development 1.
- FIG Development 3 will be direct entry to National Finals. Clubs are responsible for entering gymnasts.

Pre-FIG Development

- This competition will be a Regional (Welsh) Competition. Rules tbc.

FIG Qualifier

- Wales will be running 1 FIG regional qualifier alongside the Welsh Classic Challenge / Voluntary Levels competition.

In all events where team medals are awarded the Team score will comprise the highest 3 scores on each apparatus.

Welsh Club Teams

- Rules tbc

Eligibility and Criteria

Please see appended documents (Floor & Vault & Pre-Grade).

NDP/Excel Grades, Development Levels, Classic Challenge & Disability rules and criteria are available via British Gymnastics website.

For eligibility for Home Nations / British Championships / Classic Challenge, please refer to British Gymnastics guidance.

IMPORTANT - Please note that as per the COP on floor, acro elements should not be performed after the final acro line (dismount).

Voluntary Competitions - Age in Year										
	8	9	10	11	12	13	14	15	16	16+
Zinc Classic Challenge Championships	8 Years	9 Years	10/11 Years		12 Years+					
Copper Classic Challenge Championships		9 Years	10/11 years		12 Years +					
Bronze Classic Challenge Championships			10/11 Years		12/13 Years		14 Years +			
Silver Classic Challenge Championships					12/13 years		14+ Years			
Gold Classic Challenge Championships							14+ Years			
Pre FIG- Development	8/9 Years									
Espoir					Welsh Artistic Championships / FIG					
Junior							Welsh Artistic Championships / FIG			
Senior									Welsh Artistic Championships / FIG	

Floor and Vault Competition - Rules 2026

- This is a team competition, but individual entries will be accepted. Teams must comprise of between 3-5 gymnasts; the highest 3 scores on vault and floor will count towards the final team score. Medals will be awarded to the top 3 teams in each of the 4 categories with ribbons awarded to the 4th place team. In addition, individual awards will be presented for Artistry on floor and highest E (execution) score on vault and floor.
- The theme of the 2026 competition will be **Commonwealth Games 2026!**
- It is the responsibility of the coach to select the most appropriate level for their gymnast in line with the below:
 - Level 1 – pre excel, preparation and development grade pathway or below
 - Level 2 – performance grades 1-3, excel grade 1, bronze classic challenge
 - Level 3 – performance 4, excel grades 2 and 3, silver / gold classic challenge, and FIG
- Maximum D score does not include bonus. Bonus is added in addition.
- Clubs will need to enter **1 team in 6 of the 8 categories** to be eligible for the Neyland Cup. A club may enter a maximum of 16 teams (2 in each age group in each level) but must nominate which teams they wish to put forward for the Neyland Cup. Judge entry is as per the Women’s Artistic Competition Handbook.
- The top 6 club team scores from different categories will be used to calculate the final score. The winning club at the end of the competition will be awarded the Neyland Cup!

	Level 1 Floor and Vault	Level 2 Floor and Vault	Level 3 Floor and Vault
10 in Year and under (2016-2018)	<p>Vault: Vaulting table 100cm, 110cm or 120cm 2 vaults to be performed, best vault to count No vault higher in difficulty than 2.4</p> <p>Floor: 8 highest counting elements (3 x Dance, 3 x Acro and 2 x Optional). No acro elements count after last acro line. DV for</p>	<p>Vault: Vaulting table 110cm or 120cm 2 vaults to be performed, best vault to count No vault higher in difficulty than 3.0</p> <p>Floor: 8 highest counting elements (3 x Dance, 3 x Acro and 2 x Optional). No acro elements count after last acro line. No elements higher than B value may be performed.</p>	

	<p>this competition is capped at 1.0 (e.g. 6 x A/uncoded elements and 2xB).</p> <p><u>Requirements (each worth 0.5):</u></p> <ul style="list-style-type: none"> • Dance passage (minimum 2, 1 with 135 degree split) • Acro line with min 2 flight elements • Mixed series with one acro element and one dance element directly connected • Second different acro line with min 1 flight element. Only one element required. <p><u>Bonus (if successfully completed):</u> <u>Awarded once only:</u> Leap / jump achieving 180 degree split (0.5) Salto (not aerial) fwd (0.2) Salto bwd (0.2)</p> <p><u>Uncoded elements (worth 0.1):</u> Backward roll to; pike stand, front support or handstand, Backward walkover, Forward walkover, Valdez, Handstand forward roll, Cartwheel.</p>	<p><u>Requirements (each worth 0.5):</u></p> <ul style="list-style-type: none"> • Dance passage (minimum 2, 1 with 180 degree split / straddle) • Acro line (minimum of two connected flight elements) with salto • Mixed series with one acro element and one dance element directly connected • Second acro line with minimum two flight elements <p><u>Bonus (if successfully completed):</u> <u>Awarded once only:</u> Straight salto forwards or backwards (0.2) B value spin (0.2) Leap / jump achieving 180 degree split (0.5) 3 or more B leaps/jumps (0.2)</p>	
<p>12 in Year</p>	<p>Vault: Vaulting table 110cm, 120cm or 125cm</p>	<p>Vault: Vaulting table 120cm or 125cm</p>	<p>Vault: Vaulting table 120cm or 125cm</p>

<p>and Under (2014-2015; inclusive of 2016 for level 3)</p> <p>13+ Years (2011+)</p>	<p>2 vaults to be performed, best vault to count No vault higher in difficulty than 3.0</p> <p>Floor: 8 highest counting elements (3 x Dance, 3 x Acro and 2 x Optional). No acro elements count after last acro line. DV for this competition is capped at 1.0 (e.g. 6 x A/uncoded elements and 2xB).</p> <p><u>Requirements (each worth 0.5):</u></p> <ul style="list-style-type: none"> • Dance passage (min 2, 1 with 135 degree split) • Acro line (minimum of two connected flight elements) with salto • Mixed series with one acro element and one dance element directly connected • Second acro line with min two flight elements (can include non flighted also) 	<p>2 vaults to be performed, best vault to count No vault higher in difficulty than 3.5</p> <p>Floor: 8 highest counting elements (3 x Dance, 3 x Acro and 2 x Optional). No acro elements count after last acro line. No elements higher than C value may be performed.</p> <p><u>Requirements (each worth 0.5):</u></p> <ul style="list-style-type: none"> • Dance passage (min 2, 1 with 180 degree split / straddle) • Saltos in different directions (both must be within acro lines) • Minimum of two FIG acro lines (minimum of two flight elements including a salto) • B value dismount (highest value salto in last acro line) <p><u>Bonus (if successfully completed):</u> <u>Awarded once only:</u></p>	<p>2 vaults to be performed, best vault to count Any vault from the new vault table outlined in British Gymnastics classic challenge rules.</p> <p>Execution deductions of 0.1, 0.3, 0.5, & 0.8 for height will apply.</p> <p>Floor: 8 highest counting elements (3 x Dance, 3 x Acro & 2 x Optional). No acro elements count after last acro line.</p> <p>Minimum 3 FIG acro lines to be performed (or penalty of 1.0 and no DMT will be awarded).</p> <p>For D+ saltos a jersey mat (depth 10cm) is allowed, no restrictions or deduction (2 jersey mats available, & can be moved). The mat(s) must be removed once no longer needed.</p> <p>An acro element may be repeated without DV for purposes of fulfilling a mixed series.</p>
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	<p><u>Bonus (if successfully completed):</u> <u>Awarded once only:</u> Leap / jump achieving 180 degree split (0.5) Saltos fwd/swd AND bwd (not including aerials) (0.5)</p> <p><u>Uncoded elements (worth 0.1):</u> Backward roll to; pike stand, front support or handstand, Backward walkover, Forward walkover, Valdez, Handstand forward roll, Cartwheel.</p>	<p>Two directly connected somersaults (0.2) Salto with minimum of 360-degree twist (0.2) B (or higher) value spin (0.2) 3 or more B leaps/jumps (0.2)</p>	<p>Maximum D Score 4.5</p> <p><u>Requirements (each worth 0.5 maximum awarded 2.00)</u></p> <ul style="list-style-type: none"> • Acro line with min 2 different saltos. • A dance passage of 2 different leaps / hops – 1 with 180 degree split (cross or side) or straddle. • Mixed series minimum 3 directly connected elements (acro/dance/acro or dance/acro/dance). • Saltos in different directions (no aerials). Acro line not necessary, no stationary skills. • Salto with LA Turn (min 360, acro line not necessary). <p><u>Bonus (if successfully completed):</u> C spin or more (any position; 0.2) Minimum 3 dance elements 'C' or more throughout routine (0.2) Dismount (last acro line) C or more (0.2)</p>
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