Men's Artistic Competition Handbook January to December 2026

Version 1.0- Original

sport scotland
LOTTERY FUNDED

Version History

Scottish Gymnastics reserves the right to make amendments to this Handbook.

Notification of a change to the handbook will be communicated through the Scottish Gymnastics website, and an updated version will be made available to download at the time of change. It is the club/coach's responsibility to ensure they are using the most up-to-date version of the handbook.

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

- Version 1.0 – Original

Contents

Contact information 5
Introduction 6
Domestic & National Competition Calendar 2026 7
General Regulations 8
Terms & Conditions of entry to all competitions 8
Safeguarding 8
Overnight Stay 8
Babies and Young Children 8
Health and Safety 8
Food and Drink 9
Membership 9
Nationality 9
Competition entries 9
Disability gymnastics 9
Registration 9
Coaches 10
Coach code of conduct 10
Assisting Coaches 11
Stand In Coach 11
Coaching Ratios 11
Registration 11
Order of performance 11
Access to Warm-Up Area (Warm-Up Floor) 12
Medical Provision 12
Accident and Incident Reporting 12
Clean Sport 13
Testing 13
Code of Conduct & Competition Attire 13
Code of Conduct & Competition Attire 13
Medal Ceremonies 14
Tenure of Trophies 15
Judges 15
Judge Code of Conduct 15
Judge attire 15
Spectator Code of Conduct 16
Video, Film & Photography 16
Privacy 16

Men's Artistic Technical Information 16
Gymnast membership requirements 16
Competition entry requirements 17
Competition Entry 17
Late Entries 17
Withdrawals and Substitutions 17
Competition Structure 17
Beginner / Intermediate 17
National Setwork Regional Qualifier 18
National Setworks Regional Qualifier Age Groups 18
Rules and Tariff Sheets 18
Nomination of Judges 19
New clubs nominating judges 19
Appeals on D Jury Score 19
Volunteering Regulations 19
Awards 20
Regional Team Finals / National British Finals 20
Competition Programme 21

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Introduction

This handbook contains details of the forthcoming competitions and the entry procedures, rules and regulations relating to the competition programme.

FIG & BG regulations will apply at all Scottish competitions unless stated otherwise.

This handbook must be read in conjunction with the British Gymnastics Men's Artistic Competition Handbook.

Please note that Scottish Gymnastics is not following the British Gymnastics Lead Coach Guidance 2023/2024. Please refer to the coach's section below.

Abbreviations - In this Handbook, the following abbreviations have been used:

FIG	International Gymnastics Federation	CDG	Club Development Grades
BG	British Gymnastics	MAG	Men's Artistic Gymnastics
NEG	National Elite Grades		

Domestic & National Competition Calendar 2026

Key
Scottish event/selection
British event/selection
Representative competition

Event	Date	Venue	Closing Date
Scottish National Artistic Gymnastics Championships	20 – 22 February	Emirates Arena	10 December (noon) Entries
British Artistic Championships	17-22 March	Liverpool	Check the BG website
Voluntary Cup and Challenge	27-29 March	Ravenscraig Regional Sports Centre	28 January (noon) Entries
Summer Extravaganza	30 – 31 May	Caledonia Gladiators, East Kilbride	1 April (noon) Entries
Club Teams & U/12s Championships	5-7 June	Basildon Sporting Village, Basildon	Check the BG website
Adult British Championships	1-2 August	Lilleshall National Sports Centre, Newport	Check the BG website
Commonwealth Games	23 July – 2 August	Commonwealth Arena, Glasgow	N/A
MAG European Championships	19-23 August	Zagreb, Croatia	N/A
National Setwork Grades	29 August	Ravenscraig Regional Sports Centre	2 July (noon) Entries
London Novice Competition	29 August	Ravenscraig Regional Sports Centre	2 July (noon) Entries
MAG 5-Way International	September	Fenton Manor Sports Complex	See BG Website
Winter Extravaganza	23-25 October	Caledonia Gladiators, East Kilbride	26 August (noon) Entries
National Setworks Championships	31 October- 1 November	International Centre, Telford	Check the BG website
Artistic Northern Euros	7-9 November	TBC	Check the BG website
Disability Artistic British Championships	7 November	Fenton Manor Sports Complex	Check the BG website

*** Competition organiser has the right to amend the days on which levels are competed.**
This is subject to the British Gymnastic Competition Calendar, which is subject to change.
Scottish Gymnastics has the right to amend the days on which levels are competed.

General Regulations

Terms & Conditions of entry to all competitions

In addition to Scottish Gymnastics General Rules & Regulations -

- All entrants agree to be treated by Scottish Gymnastics appointed medical staff only and be bound by the decision of Scottish Gymnastics medical staff in relation to their ability to compete in the competition.
- You agree to the storing of competition scores. Scottish Gymnastics will redact your details from the published results unless there is a justifiable reason to reject an objection to publication.
- Scottish Gymnastics reserves the right to refuse any entry and disqualify a competitor or team at any time if they do not comply with Scottish Gymnastics regulations.
- You agree to abide by the Scottish Gymnastics photography policy.
- The person making the online entry on behalf of gymnast(s)/a club 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.

Safeguarding

All coaches are required to hold a current PVG certificate through Scottish Gymnastics, or home nation equivalent, and have current Scottish Gymnastics safeguarding training, at the time of entry and through to the end of the event, in order to be allowed to officiate at a Scottish Gymnastics event. Any coaches who do not fulfil this requirement will not be accredited or allowed to participate at Scottish Gymnastics events.

All coaches, officials, helpers and staff are required to adhere to the standards of behaviour detailed within the Scottish gymnastics code of practice for coaches and officials.

All gymnasts must always have an accredited coach present on the competition floor. If a gymnast attends a competition without a coach, they **will not be allowed** to compete.

If it is found that a club is in breach of the policies above, Scottish 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.

If you have any safeguarding concerns during the competition, please report it immediately to the event manager, floor manager or complete the Club Portal alternatively by scanning one of our QR codes, which you will find on our report a concern posters displayed around the venue. If outside of a competition, please report it immediately to the Safe Sport team by completing a Quick Referral form.

Overnight Stay

For trips out with Scotland or overnight stays, the travel permit must be completed in full and sent to Scottish Gymnastics at least 4 weeks prior to travel. Please note Scottish Gymnastics membership insurance does not cover travel or emergency expenses outside of Scotland. We therefore recommend where necessary you take out additional travel insurance.

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/area or field of play, even if they are being supervised by an adult.

Health and Safety

The safety of all participants (gymnasts, coaches and officials) is the primary consideration. All Scottish Gymnastics policies will be rigorously applied with regard to health, safety, safeguarding and child wellbeing. Coaches are reminded of their responsibility in relation to their gymnasts – in the competition

environment, this will specifically include ensuring the gymnasts are adequately prepared (physically and psychologically) for performing their routines in a competition situation. Anyone requiring first aid assistance should speak to either a member of the events team or the competition organiser.

Food and Drink

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

It may be necessary to place restrictions on the use of products that may contain allergens, where this is made known to the organisers.

Membership

Scottish gymnastics is committed to ensuring the safeguarding and well-being of all members taking part in gymnastics.
All persons attending Scottish Gymnastics events in an official capacity, whether as a gymnast, coach or judge, are required to hold current Scottish Gymnastics/British Gymnastics membership in line with the level of competition entered and awards held

Nationality

Participation in all Scottish Gymnastics events is subject to the requirements of membership, club/regional registration and any other conditions of entry.

For more information regarding Scottish eligibility.

It is the responsibility of the person making the competition entry to ensure all gymnasts meet the eligibility criteria for the competition.

Competition entries

Disability gymnastics

Disability gymnastics is designed to provide competition and development for people who have a disability and choose not to participate in mainstream gymnastics competition.

British Gymnastics has produced its own sport-specific disability gymnastics classification certificate. There are forty-four eligible classifications (profile groups) in the classification pack, however, there is not a separate competition for each of these classifications. Where competitions provide disability categories, the details of these can be found on the competition information pages of this handbook.

Gymnasts will be required to provide proof of disability at least six weeks before the event. Please complete and return the disability gymnastics classification certificate by following the instructions in the Disability Classification Pack and sending it to the Scottish Gymnastics events team.

All clubs and coaches must inform the Scottish Gymnastics events team of any gymnasts who have medical conditions that require special consideration at Scottish Gymnastics events. This information should be shared with the Scottish Gymnastics events team at the point of competition entry and will enable the Scottish Gymnastics events team to make the necessary adjustments, where possible, to cater for the additional needs of each gymnast.

Registration

Gymnasts **will not be allowed** to register or begin warm-up without their coach present.

Coaches must organise a meeting point to collect gymnasts that is not in a location that could cause disruption (e.g., not in the corridors or registration area).

Coaches

Coaches must be qualified to the level of the participant's performance and be a minimum of a level two before being allowed to participate in a Scottish Gymnastics event.

Coaches must have a current, valid safeguarding certificate and PVG. Please see the safeguarding section. The practice of supervising participants working above the level of the coach's qualification is not allowed. The caveat that permits coaches to practice one level above their coaching qualification (appropriately supervised) in the coaching syllabus refers to a training environment only and is not permitted at Scottish Gymnastics events. Its purpose is to enable coaches to practice within the post course guided learning environment following attendance at a course and in preparation for the examination, under the supervision of a Scottish Gymnastics mentor coach.

Coaches entered into the event entry MUST be the same ones attending the event. All coaches who may be in attendance at an event should be entered through MyBG (JustGo) at the time of entry however it is unacceptable to enter a coach who you know will not be attending. Coaches have a duty of care towards their performers and have a responsibility to ensure that they 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.

The British Gymnastics lead coach rule that allows a lead coach to be nominated and to authorise other coaches from their club/region to coach skills at a maximum of 1 level higher than the coaches' qualification (having the coach attended the course) does not apply at Scottish events or to Scottish members. The coach who is on the competition floor coaching the gymnast/s must be qualified to the level of skills being performed by the gymnast/s.

If it is found that a club is in breach of these policies, Scottish 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.

Coach code of conduct

Coaches permitted on the competition floor **must** have been named in the entry or subsequently approved by the event team. Any coach without cleared accreditation will be asked to leave the floor. Where this leaves gymnasts without a qualified and registered coach from the club, the gymnasts may need to be withdrawn from the competition.

- Coaches are expected to adhere to the Scottish Gymnastics code of practice for coaches and officials.
- Coaches are expected to maintain a high standard of dress, ensure hair is tied back and jewellery removed. As outlined in the table on page 18 of this handbook.
- Coaches are not permitted to use mobile phones or any other electronic communication devices, including tablets, to make calls, take photographs/video footage or be used for any other forms of communication in the main arena during a competition.
- Coaches must ensure that their language and behaviour at all times are appropriate, reflecting highly on their club, themselves and the sport.
- Coaches are not permitted to eat or chew whilst in the competition arena/warm-up area.
- Coaches are always expected to show respect for their fellow coaches and competition officials.
- Any coach who is injured or pregnant **MUST** complete a risk assessment (and send to events@scottishgymnastic.org) prior to the competition happening and it is recommended that a second coach from the Club is attends the competition and should be entered prior to the closing date.

Assisting Coaches

Additional assisting coaches (level one and above) may be accredited and must be included in the online entry on JustGo (MyBG), to be present in the competition arena to assist with the pastoral care of the gymnasts. Assisting coaches must have a current, valid safeguarding certificate and PVG.

Stand In Coach

Coaches are to be reminded that using a "stand-in coach" must be used in **exceptional circumstances only** and is **NOT** to be relied on.

If any coach requires the use of a "stand in coach", the coach/club must email events@scottishgymnastics.org for prior approval and written consent with 2 weeks' notice prior to the event. Please find the Stand In Coach form.

Coaching Ratios

At competitions (Outside Home Gym Environment)

At events and competitions, the stricter ratio of 1:8 must be followed at all times. This is because of

- **The increased risk at events** (unfamiliar environments, adults needing to leave temporarily), it is strongly recommended to work to the **stricter 1:8 supervision ratio** across all activities.
- Clubs are advised to bring **extra adults ("+1")** to ensure that ratios are maintained **even if someone steps away**.
- **Movement** (e.g., walking to registration) = supervision ratio (1:8). can be appropriately trained chaperones.
- **Warm-up/competition** = coaching ratio (1:8) must be suitably qualified coaches
- Clubs are advised to bring **extra adults ("+1")** to ensure that ratios are maintained **even if someone steps away**.

Why We Recommend Working to 1:8 at All Times at Events

- Minimises the risk of falling out of ratio unexpectedly.
- Prevents a situation where a single adult is left alone with multiple children.
- Maintains compliance with the Coaches' Code of Practice and Safe Sport requirements.

Quick Summary Table

Situation	Recommended Ratio	Notes
General Supervision (non-coaching)	1:8	Applies when supervising (e.g., walking, waiting, traveling)
Coaching (structured gymnastics)	1:16 head coach and 1:8 per assistant	In a recognised and controlled gymnastics environment
Events (e.g., Gymfest)	1:8	Bring extra adults to account for emergencies or movement needs

Registration

Coaches must register gymnast(s)/club when those competing in that section of the event have arrived at the event and intend to compete. Any withdrawals must be made at registration as soon as possible.

During registration, accreditation/passes may be issued. Abuse of accreditation/passes may result in 'Conduct in Sport' action being taken by Scottish Gymnastics.

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 authorised by the technical panel. For

the purpose of maintaining the smooth and timely running of the event, or where the safety, security and good performance of the gymnasts is a concern, the technical panel reserves 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. Once underway, the order of performance will only be changed, at the discretion of the competition organiser, in extenuating circumstances when a gymnast may be temporarily unable to compete.

For competitions where there is an official podium training, no changes will be made to the running order without the consultation of the coach and gymnast(s) affected.

Wherever practical, the organiser shall produce and circulate a provisional start list and running order for an event to all participating clubs at least 2 weeks before the event.

Please note that due to potential withdrawals, the final running orders will be available on the day.

Access to Warm-Up Area (Warm-Up Floor)

Access to the warmup hall/ area will be limited to the appropriate number of coaches as defined. On arrival, coaches must register and collect accreditation from the registration area. In the case of an event spanning more than one day, separate accreditation may be issued for each day.

Medical Provision

At all Scottish 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.

Anyone requiring first aid assistance should speak to either the competition organiser or Scottish Gymnastics medical team. It is recommended that all coaches have a first aid kit with them for minor 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 coach responsible must also complete the online accident report form on the Scottish Gymnastics website.

The decision of the organiser based upon the recommendation of the Scottish Gymnastics appointed medical officer as to the gymnast's health and medical status and their ability to compete at the event is **absolute and final**.

Accident and Incident Reporting

When an injury occurs at the event that requires first aid or medical support, including emergency services or hospital visits, or when the gymnast is unable to continue and has to leave the competition, this must be recorded on an Incident Report Form found in the insurance portal, under clubs. You do not need to report where a plaster or ice has been applied and then the gymnast has continued.

Reporting enables us to ensure the club is protected against any potential future claims, and also means that, if the injured party makes a personal accident claim (e.g. for physiotherapy or rehabilitation treatments) we can process the claim for the gymnast without any delay. Insurers require the Incident Reporting Form to process personal accident claims.
If you are unsure whether to report an incident or accident, it is better to report it just to be safe. This also applies within the club environment. Reporting accidents or incidents at events is the responsibility of the coach who is present with the injured gymnast.

Clean Sport

Scottish gymnastics believes in clean gymnastics and works in partnership with British Gymnastics, adopting their anti-doping policy and rules. Anti-doping rules apply to all Scottish Gymnastics and British Gymnastics members regardless of your role and level of involvement.

- Find out more information about our clean sport policy

All athletes have the right to compete in sport knowing that they and their competitors, are clean. Whether by accident or on purpose, doping is against the rules of the sport.

The use of performance-enhancing drugs, other banned substances and doping behaviour severely damages the legitimacy of sport and undermines the integrity of clean athletes.

Testing

UK Anti-Doping (UKAD) may attend any of our listed and approved gymnastics competitions throughout the year and carry out testing to protect the integrity of clean sport in gymnastics. Event staff and volunteers will be briefed on the protocols to follow if UKAD attend the event for athlete testing and provides appropriate support to the athlete(s) selected. This could be an athlete at any age or level of performance.

A minor – gymnast aged under 18 – may not participate in gymnastics unless their parent or carer has agreed to the gymnast being tested. For avoidance of doubt, the consent of a parent/carer to testing a minor is assumed, based on them allowing their child to be a member of Scottish Gymnastics and actively participate in Scottish Gymnastics events and activities.

Code of Conduct & Competition Attire

Please also refer to the Clothing attire at events for gymnastics policy & as per FIG regulations.

Exceptions to the above may be applicable in special circumstances which are outlined within the Scottish Gymnastics Body Piercing & Adornments Policy.

***This is subject to change; all home nations are reviewing the clothing and jewellery policies.**

Code of Conduct & Competition Attire

Please also refer to the Clothing attire at events for gymnastics policy & as per FIG regulations, with the following exceptions, detailed within the Scottish Gymnastics Body Piercing & Adornments Policy.

Gymnast Attire – Men's Artistic				
	Required	Allowed	Prohibited	Notes
Leotard	**X**			Must be suitable supportive, safe, non-transparent Leotards must not be removed on field of play or within view of members of the public, wherever possible.
Clothing indicating national team representation should not be worn by gymnasts or coaches at domestic competitions. Any gymnasts found breaking this rule will receive a deduction for attire violation in accordance as per FIG Code of Points.				
Shorts	x			

Longs		**X**		
Footwear			**X**	The wearing of gymnastic footwear is optional
Identifiable Club Tracksuit	**X**			
Earrings			**X**	
Hair				Long hair **MUST** be tied up
Jewellery			**X**	
Alternative competition attire		**X**		May wear attire in accordance with their particular faith, belief or religion with the coach having completed a risk assessment.
Strapping & Taping		**X**		A suitable colour of tape should be used, no bright colours or patterns A suitable colour of tape should be used, no bright colours or patterns

Coach Attire – Men's Artistic				
T-Shirt / Polo Shirt	**X**			
Tracksuit Top / Fleece	**X**			
Full Length Bottoms (Tracksuit / Leggings)	**X**			Leggings may only have mesh below the knee
Footwear (Trainers)	**X**			No sliders allowed
Footwear (Sliders)			**X**	
Jewellery			**X**	This includes earrings, watches & smart watches

If the clothing policy is not followed, this can invalidate your insurance.

Gymnast & coaches are always expected to show respect for their fellow coaches, competitors and competition officials.

Medal Ceremonies

Except in exceptional circumstances, gymnasts who win a medal at a Scottish 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.

Please be aware as per the FIG rule, gymnasts competing at National events may be asked to participate in the medal ceremony wearing their tracksuits.

Tenure of Trophies

All perpetual trophies remain the property of Scottish Gymnastics.
Perpetual trophies are the responsibility of the winning club or individual. The winners 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. **Failure to do this or loss of a trophy will incur a cost to the individual/club**.

Judges

Scottish Gymnastics requires that judges MUST hold a PVG to judge at Scottish Gymnastics competitions. As well as Scottish Gymnastics Safeguarding training. Judges must also hold the current cycle of judging awards.

International judges invited by Scottish Gymnastics to officiate at an event will not require Scottish Gymnastics membership, but are required to complete a PVG check and have attended a safeguarding course. Judges must also hold the current cycle of judging awards.

Currently, some judges are actively involved in club gymnastics and may provide judging instruction to children and young people in a training environment or carry out a supervisory role (or may complete a PVG by virtue of another role they undertake e.g. coach). As not all judges use their qualifications in the same way, it is the club's responsibility to assess the role a judge is undertaking and determine whether the activities involved fall within the eligibility criteria for a PVG i.e. working with children and young people. It is recommended that judges attend safeguarding training.

All judges' coaches, officials, helpers and staff are required to adhere to the standards of behaviour detailed within the Scottish gymnastics code of practice for coaches and officials.

Judge Code of Conduct

- Judges are expected to adhere to the Scottish Gymnastics code of practice for coaches and officials.
- Judges are expected to march into the competition arena prior to the march in of the competing gymnasts unless notified otherwise.
- Judges should keep their tables and area clean and only have on the table items required for judging.
- Judges are not allowed to access mobile phones, tablets or other items on the competition floor (except devices which are being used for scoring purposes)
- Judges are required to stay at the venue until released by the competition organiser in case they are required to assist with the checking of scores.

Judge attire

Regulations of dress are contained in the F.I.G Code of Points and must be adhered to.

Spectator Code of Conduct

Clubs should take responsibility for the behaviour of their members and supporters, and spectators must:

- Switch mobile phones to silent during the competition.
- Ensure the flash is turned off on all devices
- Remain supportive throughout the competition and must not interfere with other spectators' enjoyment or disturb any of the gymnasts.
- Refrain from moving about the seating area whilst gymnasts are competing.
- Remain in the spectator seating area and do not enter controlled areas, including the competition field of play and the control desk.
- Treat the competition venues with respect, particularly in respect of food and drink rules.
- Respect all competitors, coaches and competition officials. The competition organiser reserves the right to remove any spectators in breach of this code of conduct.

Video, Film & Photography

In accordance with current Scottish Gymnastics policy, flash photography is not permitted during the warm-up or competition phases of any Scottish Gymnastics event. Scottish Gymnastics accredited photographers may be present at Scottish Gymnastics events, and in some cases, events may be videoed. These images/ footage may be used by Scottish Gymnastics and our partners for the purposes of promotion, education and development of the sport. They may also be shared with relevant third-party organisations for journalistic/promotional purposes.

Clubs must ensure that gymnasts/parents are informed of the photography arrangements for the relevant event. Any gymnast or parent who does not wish themselves or their child to be photographed/filmed at the event must advise the Scottish Gymnastics events department. The Scottish Gymnastics photography guidelines are available on the Scottish Gymnastics website.

Privacy

Scottish Gymnastics privacy notice.

At many events, Scottish Gymnastics may produce event merchandise e.g. t-shirts and programs. These may include the names and or the club of the gymnasts taking part.

Men's Artistic Technical Information

Gymnast membership requirements

Gymnasts competing in beginner floor and vault competitions require Scottish Gymnastics/British Gymnastics bronze gymnast membership or above. All other levels require silver competitive membership or above.

Coaches Practice

The coach must be a minimum of level 2 coach, qualified to the level of skills their gymnasts are performing. Additional assisting coaches 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.

Competition	Coach	Assistant Coach
Floor and Vault	Level 2 or higher in MAG, WAG, General & TG.	Level 1 or higher in any discipline
Voluntary	Level 2 or higher in MAG	Level 1 or higher in any discipline
Grades	Level 2 or higher in MAG	Level 1 or higher in any discipline

Competition entry requirements

By entering competitions, the club is agreeing to be bound by the conditions set out in this handbook, including the provision of a volunteer where this is required.

Coaches and gymnasts' personal belongings may be left in the warmup area at the owner's own risk. Please minimise as much as possible what you leave in the warm-up area, to ensure smooth changeovers between rounds of competitions

Competition Entry

Changes after an entry has been submitted but before the closing date can be made by contacting events@scottishgymnastics.org. Amendments may be made to submitted entries after the closing date at the discretion of the competition organiser, however, changes are not permitted at Scottish championships. These amendments will be made at a £30 admin fee.

Late Entries

Late entries will only be considered in exceptional circumstances. In the unlikely event of a late entry being accepted, the following penalty structure will be imposed: **Late entries received up to 48 hours after the closing date, if accepted, are charged a double entry fee Late entry payments will be capped at £1,000** (i.e. the additional payment over and above the normal entry fee per gymnast/partnership/group/team). Late entries must be made in writing to the Scottish Gymnastics events department and will then be referred to the organiser for consideration. The organiser and Scottish Gymnastics events department will have absolute discretion whether or not to accept a late entry. Late entry requests may be placed on a reserve list and clubs will be notified if their entry is accepted 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; **withdrawals after the closing date will NOT receive a refund on the entry fee unless under extenuating circumstances.**

Where it is necessary to substitute a coach, the club must inform the Scottish Gymnastics events department, so the coach can be checked for membership, awards, safeguarding and PVG, before they can be accredited for the event before the deadline agreed.

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 login into the individual MyBG (JustGo) to show details of the above with photo identification that will also be required.

Competition Structure

Beginner / Intermediate

This is the entry level of competition where gymnasts compete on floor and vault. The competition rules for beginners and intermediates can be found in this handbook before the entry information.

2026 Age groups	Under 8	Under 10	Under 12	Under 14	14 +
Year born	2019 - 2018	2017 – 2016	2015 – 2014	2013 - 2012	2011+

Any beginner, aged U/8 or U10, who receives a score of 24+ must progress to compete at Intermediate level. Any beginner, aged U/12, U/14 or 14+, who receives a score of 25+ must progress to compete at the Intermediate level at the end of that year's competitions (Changes to the score may be made in 2026, with the newest version of this handbook). Gymnasts who have competed at intermediate cannot go back to beginners.

National Setwork Regional Qualifier

The National Setworks Competition has been structured for development and participation with 2 pathways of performance, Bob Currier and Paul Blakeborough competitions, each with 6 levels.

- Each age group will have 3 routines to choose from they will be judged from 8.00, 9.00 or 10.00pts. This will be decided on by the personal coach as to the competency of each one of their gymnasts
- Each sequence (numbered on each page) will be judged out of 1.00pts unless otherwise stated
- Coaches have a responsibility to choose the correct level routine for their gymnasts and decisions based around D vs E will come into play.
- There will be 3 routines per age group per apparatus.
- Coaches will be expected to submit the routine values being competed for each gymnast before the warm-up commences. Specific details will be communicated in advance.
- Judges will know in advance which routine the gymnast intends to compete and therefore can concentrate on E jury deductions only. If there are mistakes or missed elements, judges will have routines on the table to reference and refer to after the routine finishes in order to deduct accordingly from the D score
- Gymnasts who perform a routine that differs from their submitted exercise will be judged at the lower value score, or the submitted score if the value is higher.
- Unless stated, deductions will be per FIG. Special deductions will be clearly explained on each individual routine sheet.
- Gymnasts can mix and match between any of the 3 routines to suit their ability and level on each apparatus. For the Paul Blakebrough competition, any combination of difficulty routines will be accepted. For the Bob Currier competition, the gymnast can use any combination of difficulty as long as their total difficulty across all 7 routines DOES NOT exceed 60.00pts.

National Setworks Regional Qualifier Age Groups

Bob Currier	
level	Year Born
Level 1	2017
Level 2	2016
Level 3	2015
Level 4	2014
Level 5	2013
Level 6	2012

Paul Blakebrough (Elite)	
level	Year Born
Level 1	2017
Level 2	2016
Level 3	2015
Level 4	2014
Level 5	2013
Level 6	2012

No changes are permitted between the Scottish Regional Qualifiers 2025 and the British Setwork Championship 2025.

Rules and Tariff Sheets

Tariff sheets, rules and additional technical information for Scottish Gymnastics competitions can be found on the Scottish Gymnastics Website.

Nomination of Judges

Failure to supply the required number of judges will result in a **£50 non-judge penalty fee** being applied per team entered. Clubs MUST ensure they have the agreement of the judge in question to officiate at the competition entered PRIOR to submitting their entry. Failure to do so may result in a further £30 administration fee being levied. Judges must be available for the duration of the event.

Judges must be available for the duration of the event and must notify events@scottishgymnastics.org if they are unavailable. If your judge is unable to attend the competition on the run-up to the competition, it is the club's responsibility to find an appropriate replacement. Failure to do so will result in the club being charged non-judge and admin fees

New clubs nominating judges

Clubs entering a Scottish Gymnastics Competition for the first 12 months can request an exemption from the above rule and should seek assistance by contacting the Scottish Gymnastics.

The following procedure should be followed:

- A written request for exemption from the £50 fee must be submitted to the Scottish Gymnastics events department prior to entering the event.

Note: The nominated judge does not have to be a member of the club making the nomination.

Appeals on D Jury Score

Any queries on the start value (D score) must be made to the head judge in the first instance (only for voluntary competition). If this does not resolve the issue, then coaches may appeal formally to the jury of appeal, where available, for a final decision.

Coaches may not approach the judges' table; the inquiry must be submitted via the Floor Manager or Competition Organiser. The E jury score cannot be disputed or appealed. Video/photography evidence cannot be accepted unless an official video replay system is provided by the organiser for the event and has been available for all gymnasts. Spectator video evidence cannot be accepted.

Volunteering Regulations

Scottish Gymnastics recognises the significant contribution that club volunteers have made to the successful delivery of events over the years, and we extend our heartfelt gratitude for their unwavering support and dedication.

While volunteers will continue to be an essential part of our sport, we aim to reduce the reliance on those who have diligently supported Scottish Gymnastics in running our domestic competitions for the members.

In 2026, Scottish Gymnastics plans to employ contracted service providers for key roles that were previously filled by volunteers. These contracted roles will encompass responsibilities such as ticketing and music at all events where applicable.

Judges and other technically specific roles will still be required at events and will be sourced through the entry process, technical committees and SG office.

We are excited to implement these changes and look forward to delivering our events with this new opportunity. We hope you welcome this change, designed to enhance your experience at and enjoyment of our events.

Awards

1st, 2nd, 3rd medals will be awarded for all categories of competitions and 4th, 5th, 6th ribbons may be awarded. The Scottish Gymnastics reserves the right to change the ribbons awarded at a competition.

Regional Team Finals / National British Finals

Unfortunately, there is no subsidy from Scottish Gymnastics towards the cost of clothing and travel. This includes all disciplines and any gymnast selected for international representation.

Competition Programme

<table>
<tr><th>Date</th><th>Event</th><th>Closing date</th></tr>
<tr><td>20-22 February</td><td>Scottish National Artistic Gymnastics Championships</td><td>10 December 2025 (noon)</td></tr>
<tr><td>Venue</td><td colspan="2">Emirates Arena, 1000 London Road, Glasgow G40 3HG</td></tr>
<tr><td>Eligibility</td><td colspan="2">• Any male gymnast affiliated to Scottish Gymnastics as a silver, competitive member who fulfils competition specific eligibility criteria.
• See Scottish Gymnastics nationality requirements enter link.
• Guest entries may be accepted. For further information, please contact: events@scottishgymnastics.org</td></tr>
<tr><td>Age groups & rules</td><td colspan="2">• Rules are as stated in the FIG MAG Code of Points (Cycle 16, 2025 – 2028) and British Gymnastics Junior Code of Points – see Men's Artistic Technical Information
• Five gymnasts may be entered for the team competition with the highest three scores to count. The team total can be made up of a combination of scores across age categories, with a maximum of 2 Seniors in the team.

<table>
<tr><th>2026 Age groups</th><th>Under 12</th><th>Under 14</th><th>Under 16</th><th>Under 18</th><th>Senior</th></tr>
<tr><td>Year born</td><td>2015 - 2014</td><td>2013 - 2012</td><td>2011 - 2010</td><td>2009 - 2008</td><td>2007+</td></tr>
</table>

• MAG Disability categories:
Class I - Open Disability – Open Disability rules.
Class II - Para Disability – Para Disability rules.
• Reasonable apparatus adjustments may be made to support disability gymnasts during the competition. In advance of the competition, please email Events@scottishgymnastics.org to submit any request to adjust the apparatus.
A disability gymnastics classification is required for all Class 1 & Class II competitors. Please follow the procedure detailed on the British Gymnastics website.</td></tr>
<tr><td>Competition format</td><td colspan="2">20-minute general warm-up
Apparatus warm-up will be minimum 2 minutes orientation per gymnast.
Where the apparatus is shared, between MAG & WAG (VT & FX), orientation will be split.
For more information, please refer to the event pack for 2026 Championships, issued separately.</td></tr>
<tr><td>Awards</td><td colspan="2">• All around Champions will be declared with gold, silver and bronze medal awards and places 4th-6th announced in each age category.
• Individual apparatus winners in each age group will be awarded gold, silver and bronze medals.
• Where gymnasts have joint scores, medals will be awarded to all gymnasts in each medal position.
• Team Champions will be declared with gold, silver and bronze medals awarded.</td></tr>
<tr><td>Entry Fee</td><td colspan="2">£80-87 per gymnast (depends on the category)
£32 per team</td></tr>
</table>

Date	Event	Closing date
28-29 March	Voluntary Cup and Challenge	28 January (noon)
Venue	Ravenscraig Regional Sports Facility, 1 O'Donnell Way, Wishaw, Motherwell ML1 2TZ	
Eligibility	• Scottish Challenge - open to gymnasts who have not previously entered a 6-piece event on FIG code this year (i.e. Scottish Championships/British Championships) •Gymnasts may enter **EITHER** the Scottish Challenge or Scottish Cup – **not both**	
Age groups & rules	• O6/U8 (born 2018/2019) – gymnasts must be aged 6 (minimum) on 1st January 2026 • U10 (born 2016/2017) • U12 (born 2014/2015) • U14 (born 2012/2013) • U16 (born 2010/2011) • U18 (born 2008/2009) For disability rules, please check the British Gymnastics website.	
Competition format	For more information, please refer to updated rules for 2026. New competition rules will be added to the Scottish Gymnastics Website.	
Awards	• 1st-6th placings for All-Around • 1st-3rd placings for Apparatus	
Entry Fee	£64 per gymnast	

<table>
<tr><th>Date</th><th>Event</th><th>Closing date</th></tr>
<tr><td>30-31 May</td><td>Summer Extravaganza</td><td>1 April (noon)</td></tr>
<tr><td>Venue</td><td colspan="2">Caledonia Gladiators, East Kilbride</td></tr>
<tr><td>Eligibility</td><td colspan="2">Any beginner who receives a total score, across both pieces, as detailed below, should progress to compete at Intermediate level in the subsequent competition year.
Floor and Vault Merit scores:
U/8 & U/10 = 24.00+ progress to Intermediate level
U/12, U/14 & 14+ = 25.00+ progress to Intermediate level</td></tr>
<tr><td>Age groups & rules</td><td colspan="2">Floor and Vault Rules Age Groups
Rules can be found on the Scottish Gymnastics Website

<table>
<tr><th>2026 Age groups</th><th>Under 8</th><th>Under 10</th><th>Under 12</th><th>Under 14</th><th>14 +</th></tr>
<tr><td>Year born</td><td>2019 - 2018</td><td>2017 – 2016</td><td>2015 – 2014</td><td>2013 - 2012</td><td>2011+</td></tr>
</table>

Disability Rules
Rules can be found on the Scottish Gymnastics Website</td></tr>
<tr><td>Judges/ Volunteers</td><td colspan="2">Clubs must nominate a judge for the full day's competition, to ensure they do not incur £50 non-judge fee. Judges who withdraw after the closing date will also incur £30 additional charge, unless replaced.

Nominate volunteers for this competition will assist with the running of the event, failure to do so will incur a £30 penalty for the club.</td></tr>
<tr><td>Competition format</td><td colspan="2">Beginners and Intermediate Floor and Vault.</td></tr>
<tr><td>Awards</td><td colspan="2">1st – 6th All-Around Awards
1st – 3rd Individual Apparatus
Where gymnasts have joint scores, medals will be awarded to all gymnasts in each medal position.
1st - 3rd Team Awards</td></tr>
<tr><td>Entry Fee</td><td colspan="2">£26 per gymnast
£25 per team</td></tr>
</table>

<table>
<tr><th>Date</th><th>Event</th><th>Closing date</th></tr>
<tr><td>29 August</td><td>National Setwork Grades</td><td>2 July (noon)</td></tr>
<tr><td>Venue</td><td colspan="2">Ravenscraig Regional Sports Facility, 1 O'Donnell Way, Wishaw, Motherwell ML1 2TZ</td></tr>
<tr><td>Eligibility</td><td colspan="2">Rules and code as per the Men's Artistic National Setwork Championship booklet and can be obtained via the British Gymnastics website. Videos of routines can also be found on the BG website.</td></tr>
<tr><td>Age groups & rules</td><td colspan="2">Age groups as per the table in previous section (In Age only)

<table>
<tr><th colspan="2">Bob Currier</th></tr>
<tr><td>Level</td><td>Year Born</td></tr>
<tr><td>Level 1</td><td>2017</td></tr>
<tr><td>Level 2</td><td>2016</td></tr>
<tr><td>Level 3</td><td>2015</td></tr>
<tr><td>Level 4</td><td>2014</td></tr>
<tr><td>Level 5</td><td>2013</td></tr>
<tr><td>Level 6</td><td>2012</td></tr>
</table>
<table>
<tr><th colspan="2">Paul Blakebrough (Elite)</th></tr>
<tr><td>Level</td><td>Year Born</td></tr>
<tr><td>Level 1</td><td>2017</td></tr>
<tr><td>Level 2</td><td>2016</td></tr>
<tr><td>Level 3</td><td>2015</td></tr>
<tr><td>Level 4</td><td>2014</td></tr>
<tr><td>Level 5</td><td>2013</td></tr>
<tr><td>Level 6</td><td>2012</td></tr>
</table></td></tr>
<tr><td>Outcome</td><td colspan="2">The National Setworks Competition has been structured for development and participation with 2 pathways of performance, Bob Currier and Paul Blakeborough competitions, each with 6 levels. See revised rules for 2026.</td></tr>
<tr><td>Selection to British Grades Finals</td><td colspan="2">It is assumed that all gymnasts entering are to be considered for selection. (Clubs must therefore notify the competition organiser if any gymnasts are to be excluded from consideration prior to the start of the competition).

Following the competition, the gymnasts selected to compete at the British Setwork Grades Finals clubs will be notified. Selection letters will be issued, and prompt confirmation will be requested.

Team coaches/judges will also be appointed. See selection policy for information on applying to be a team coach/judge.
Regional team finals information and new competition rules will be added to the Scottish Gymnastics Website.</td></tr>
<tr><td>Judges/ Volunteers</td><td colspan="2">Clubs must nominate a judge for the full day's competition, to ensure they do not incur £50 non-judge fee. Judges who withdraw after the closing date will also incur £30 additional charge, unless replaced.

Nominated volunteers for this competition will assist with the running of the event, failure to attend and carry out the duties assigned at the event will incur a £30 penalty for the club.</td></tr>
<tr><td>Awards</td><td colspan="2">1st – 6th All-Around
1st – 3rd Apparatus</td></tr>
<tr><td>Entry Fee</td><td colspan="2">£64 per gymnast</td></tr>
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Date	Event	Closing date
29 August	London Novice Competition	2 July (noon)
Venue	Ravenscraig Regional Sports Facility, 1 O'Donnell Way, Wishaw, Motherwell ML1 2TZ	
Eligibility	Any gymnast can compete in this category and can still transition/compete in Floor & Vault competitions. Silver membership is required to compete in this event. Rules and code as per the London Men's Artistic Novice Grades criteria.	
Age groups & rules	Age groups as per the table in previous section (In Age only) London Novice Grades **Level** — **Year Born** Level 1 — 2017 Level 2 — 2016 Level 3 — 2015 Level 4 — 2014 Level 5 — 2013 Level 6 — 2012	
Outcome	London Men's Artistic Novice Grades rules apply for participation in this competition. See revised rules for 2026. New competition rules will be added to the Scottish Gymnastics Website.	
Selection to British Grades Finals	No selection/invitation to a British Final is available via this competition.	
Judges/ Volunteers	Clubs must nominate a judge for the full day's competition, to ensure they do not incur £50 non-judge fee. Judges who withdraw after the closing date will also incur £30 additional charge, unless replaced. Nominated volunteers for this competition will assist with the running of the event, failure to attend and carry out the duties assigned at the event will incur a £30 penalty for the club.	
Awards	1st – 6th All-Around 1st – 3rd Apparatus	
Entry Fee	£49 per gymnast	

<table>
<tr><th>Date</th><th>Event</th><th>Closing date</th></tr>
<tr><td>24-25 October</td><td>Winter Extravaganza</td><td>26 August (noon)</td></tr>
<tr><td>Venue</td><td colspan="2">Caledonia Gladiators, East Kilbride</td></tr>
<tr><td>Eligibility</td><td colspan="2">Any beginner who receives a total score, across both pieces, as detailed below, should progress to compete at the Intermediate level in the subsequent competition year.

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