**Present continuous**

1. Verbs that end in -e, remove the -e before adding -ing. If they end in -ee, they gerund normally.

love loving

come coming

see seeing

1. Single-syllable verbs that have only one vowel and end in a consonant double that consonant before adding —ing.

run running

win winning

sit sitting

1. Two-syllable verbs with the accent on the second syllable also double the consonant.

begin beginning

prefer preferring

admit admitting

1. Verbs ending in a single vowel + L, double the L before adding —ing in British English but not in American English.

travel traveling (UK)

travel traveling (USA)

Folding the final -L is a general rule of spelling in British English, which applies in other cases and also when the final consonant is doubled.

1. Verbs ending in -y make the gerund normally.

play playing

study studying

carry carrying