

England Trampoline, DMT & Tumbling



Competition Handbook 2026



— A decade of performance, progress, and pride —

Section 1 – About

1.1 – English Gymnastics

The English Gymnastics Association Limited (EGA) was originally formed in 1982 by the English Regions, to ensure that England was represented in the Commonwealth Games and other international events. English Gymnastics is recognised by Commonwealth Games England and affiliated to the Commonwealth Gymnastics Federation, along with Scottish Gymnastics, Welsh Gymnastics and Gymnastics Northern Ireland all being recognised by the Commonwealth Gymnastics Federation too.

More details about us and our strategy can be found [online](#).

1.2 – English Gymnastics Sponsors

English Gymnastics would like to thank its partners Gymaid and Milano for their continued support:



Having a passion for high quality products and services of trampolines. Gymaid are the only UK supplier of Eurotramp and AirTrack Factory products.



Official Leotard Partner of British Gymnastics, Milano stock a huge range of stunning gymnastics leotards for women's and men's gymnastics leotards to suit of any level, experience, and age.



1.3 – Welcome Letter

Dear Clubs,

Thank you for taking the time to read the **English Competition Handbook 2026**. I am delighted to welcome you to the **English Championships**, as we proudly celebrate our **10th year of competition since the English Championships were reinstated**. This milestone reflects a decade of growth, development, and continued commitment to providing high-quality competition opportunities across England.

The English Championships are designed to underpin and support the National competition structure provided by British Gymnastics. Over the past ten years, the English competition pathway has continued to evolve, and this handbook sets out the framework that supports athletes, coaches, and clubs within that structure.

For those new to the English competition pathway, the structure is organised across **bronze, silver, and gold** levels. Qualification to the English Championships at each level is achieved through **two designated qualifying competitions**. Gymnasts may compete in the following disciplines at the English Championships:

- Trampoline Individual (TRI)
- Trampoline Synchronised (TRS)
- Double Mini Trampoline (DMT)
- DMT Synchronised (DMTS)
- Tumbling (TUM)
- Disability Trampoline Individual (DIS TRA)
- Disability Trampoline Synchronised (DIS TRS)
- Disability Double Mini Trampoline (DIS DMT)

Please note that **Tumbling** has alternative qualification pathways compared to Trampoline and Double Mini Trampoline. These pathways are clearly outlined within this handbook.

Qualification to the British Championships cannot be achieved via the English Series or the English Championships. England will, however, accept scores from **British Qualification Series 1** for ‘Gold level’ only. Due to the compression of competition dates within the season, it is not possible to use scores from **British Qualification Series 2** for qualification purposes. **This does not apply to synchronised entries.**

For Tumbling, the qualification process will follow that of previous years. Qualification to the British Championships cannot be achieved via the English Championships, although this may be reviewed and subject to change in future years.

We strongly encourage all coaches to read this handbook carefully and familiarise themselves with any updates or changes. Coaches are also asked to be mindful when selecting competition levels for their gymnasts – if a gymnast has the ability to compete at **gold level**, they should be entered accordingly.

Thank you once again for your continued support and commitment. As we mark this significant 10-year milestone, I look forward to welcoming you and your gymnasts to the English competitions throughout 2026 and wish you every success for the season ahead.

Yours in Sport,



Stephen Wood

English Gymnastics Trampoline, Double Mini Trampoline and Tumbling Technical Chair

E. engevents@englishgymnastics.org

W. www.englishgymnastics.org.uk

F. www.facebook.com/EnglishGymnastics



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1.4 – Abbreviations & Terminology

English Gymnastics events are Governed by British Gymnastics policies & guidance, although this document will provide details specific to this event.

On the [English Gymnastics website](#) you can find abbreviations and terminology that is regularly used across all events. This document will reference these terms and link to the website as appropriate.

1.5 – Key Contacts

English Gymnastics Events:
(All entry & technical enquiries)

Email: engevents@englishgymnastics.org.uk
Info: [English Gymnastics website](#)

British Gymnastics Customer Support:
(My BG account enquiries)

Phone: 0345 1297129
Email: customersupport@british-gymnastics.org

You may find the [British Gymnastics Membership Modernisation](#) page useful, specifically the following documents (you may require BG sign in to view/download the following):

- [Membership Competition Categories \(2024\)](#)
- [Event entry to events](#)

1.6 – Version History

EGA reserves the right to make amendments to this handbook.

Updates are communicated in line with data protection and the [English Gymnastics privacy policy](#) by using the following methods:

- [English Gymnastics website](#)
- [EGA Facebook page](#)
- Use of previous event attendees' details
- Use of British Gymnastics membership base (as applicable)

Version 2.0

Heading/ Subtitle	Amendment	Page range
3.3 Age Policy	Added note referring to 17+ category within 'notes' section. Year Born Eligibility table also updated to relax category changes.	11
6.1 - 6.3 Provision of Volunteers	Volunteer Levy added in with accompanying information/protocol included in sections 6.2 and 6.3	14
9.3 Order of Performance	Day Bronze will perform added to order of performance.	20

Version 3.0

Heading/ Subtitle	Amendment	Page range
1.3 Welcome Letter	Amendment regarding synchronised categories.	3
1.6 Event Calendar	English TRA/DMT Q1 closing date extended	7
3.3 Age Policy	Gold 17-21 category can now enter Senior Gold	12
9.3 Order of Performance	At the English TRA/DMT Q 1 and Q2 Silver and Gold will be spread over Saturday & Sunday due to events being used as a DSE	20



1.6 – English Events Calendar 2026

Event Name:	English Qualification Series 1		
Event Date:	28 th – 29 th March 2026		
Entry Opening Date:	Noon on the Wednesday 14 th January 2026		
Entry Closing Date:	Noon on the Monday 16 th February 2026		
Event Location:	Birmingham University	B15 2TT	Google link 
		what3words – ///could.pack.piano	
Disciplines:	TRI, TRS, DMT, DIS		
Levels and age groups:	Gold, Silver, Bronze all age groups (refer to exercise criteria documents)		
Find an Event link:	TRA/ DMT – Online entry link 		
Event Name:	Home Nations Competition 28th – 29th May 2026		
Event Name:	English Tumbling Silver and Gold Championships & English Qualification Series 2		
Event Date:	29 th May – 31 st May 2026		
Entry Opening Date:	Noon on the Monday 30 th March 2026		
Entry Closing Date:	Noon on the Thursday 30 th April 2026		
Event Location:	Telford International Centre	TF3 4JH	Google link 
		what3words – ///tutorial.denote.hurls	
Disciplines:	TRI, TRS, DMT, DIS, and TUM (Silver & Gold)		
Levels and age groups:	Gold, Silver, Bronze all age groups (refer to exercise criteria documents)		
Find an Event link:	TRA – Online entry link 	TUM – Online entry link 	
Event Name:	English Championships		
Event Date:	10 th – 12 th July 2026		
Entry Opening Date:	Noon on the Wednesday 3 rd June 2026		
Entry Closing Date 1:	Noon on the Wednesday 17 th June 2026		
Entry Closing Date 2:	Noon on the Wednesday 24 th June 2026		
Event Location:	Telford International Centre	TF3 4JH	Google link 
		what3words – ///tutorial.denote.hurls	
Disciplines:	TRI, TRS, DMT, and DIS		
Levels and age groups:	Gold, Silver, Bronze all age groups (those qualified from Q1 and Q2)		
Find an Event link:	TRA/ DMT – Online entry link 		

A complete domestic and international events calendar can be found [online](#) 



1.7 – English Events Calendar 2027

Event Name:	English Qualification Series 1
Event Date:	10 th – 11 th April 2027
Entry Opening Date:	<i>Noon on the 10th February 2027 (TBC)</i>
Entry Closing Date:	<i>Noon on the 10th March 2027 (TBC)</i>
Event Location:	To be confirmed
Disciplines:	TRI, TRS, DMT & DIS
Levels and age groups:	Gold, Silver, Bronze all age groups (refer to exercise criteria documents)
Find an Event link:	TRA/ DMT – Online entry link
Event Name:	English Tumbling Silver and Gold Championships & English Qualification Series 2
Event Date:	21 st – 23 rd May 2027 (TRA/DMT only Sat & Sun)
Entry Opening Date:	<i>Noon on the 12th April 2027 (TBC)</i>
Entry Closing Date:	<i>Noon on the 27th April 2027 (TBC)</i>
Event Location:	Telford International Centre TF3 4JH Google link what3words – ///tutorial.denote.hurls
Disciplines:	TRI, TRS, DMT, DIS, and TUM (Silver & Gold)
Levels and age groups:	Gold, Silver, Bronze all age groups (refer to exercise criteria documents)
Find an Event link:	TRA/ DMT – Online entry link TUM – Online entry link
Event Name:	English Championships
Event Date:	16 th – 18 th July 2027 To be confirmed
Entry Opening Date:	<i>Noon on the 26th May 2027 (TBC)</i>
Entry Closing Date 1:	<i>Noon on the 16th June 2027 (TBC)</i>
Entry Closing Date 2:	<i>Noon on the 30th June 2027 (TBC)</i>
Event Location:	To be confirmed
Disciplines:	TRI, TRS, DMT, and DIS
Levels and age groups:	Gold, Silver, Bronze all age groups (those qualified from Q1 and Q2)
Find an Event link:	TRA/ DMT – Online entry link

A complete domestic and international events calendar can be found [online](#)



Section 2.0 – Event Requirements

2.1 – Eligibility & Nationality

English Gymnastics events are only open to British Gymnastics registered clubs, who are affiliated to their respective English region.

Gymnasts must meet the minimum Nationality requirements to attend an English Gymnastics event.

These terms can be found on the [English Gymnastics website](#) under English Gymnastics Competitions.

2.2 – Qualification Requirements

See [Section 3.0 – Event Specific Details](#) for full details.

2.3 – Guests

Those representing another Country or Home Nation and wishing to compete as a Guest at an English Gymnastics event must apply prior to entering a EGA event.

It is the responsibility of the individual submitting the event entry, that anyone wishing to represent another Country or Home Nation as a Guest at an English Gymnastics event must apply to enter prior to the online entry process.

Guests aren't eligible for awards as part of their entry.

Guest applications are sent via email to [English Gymnastics Events](#)

Where Coaches wish to transfer their qualification from abroad to participate (coach) at a EGA event, then the [International Transfer](#) process must be followed.

Further details can be found on the [English Gymnastics website](#)

2.4 – Disclosure

It is the responsibility of the person making the event entry to ensure that all the gymnasts have declared any non-English nationality to [English Gymnastics Events](#) prior to the point of entry.

2.5 – Code of Conduct

English Gymnastics requires all those attending an EGA event to adhere to their relative Code of Conduct.

These can be found on the [English Gymnastics website](#)

2.6 – Terms & Conditions

English Gymnastics are Governed by English Gymnastics outline in this Handbook & online their EGA focused policies, rules, and procedures in which enhance British Gymnastics' policies & regulations which we are governed by.

EGA's Terms & Conditions can be found in the on the [English Gymnastics website](#) under EGA Policies & Procedures.



Section 3.0 – Event Specific Details

3.1 – Discipline Details

The English Championships, have a set number of places available for gymnasts. Gymnasts must qualify through the 'English Qualification Competitions'. The numbers are listed in the table below:

Level	Discipline	Number of spaces available:	
Gold	TRI	32	Qualifiers Male and Female
Gold	DIS TRI	16	Qualifiers Male and Female
Gold	TRS	10	Qualifying Pairs Male, Female, or Mixed
Gold	DIS TRS	10	Qualifiers Male and Female
Gold	DMT	24	Qualifiers Male and Female
Gold	DIS DMT	12	Qualifiers Male and Female
Gold	TUM *	16	Male and Female
Silver	TRI	32	Qualifiers Male and Female
Silver	DIS TRI	16	Qualifiers Male and Female
Silver	TRS	10	Qualifying Pairs Male and Female
Silver	DIS TRS	10	Qualifiers Male and Female
Silver	DMT	16	Qualifiers Male and Female
Silver	DIS DMT	12	Qualifiers Male and Female
Silver	TUM *	Exercise Criteria Handbook	
Bronze	TRI	16	Qualifiers Female Only
Bronze	DIS TRI	Can not qualify for the English Championships	

* There are no Qualification events for Tumbling at the English qualification series. Silver qualification will be taken from regional qualification competitions. For Gold level please see the '[Exercise Criteria Handbook](#)'.

All discipline specific exercise criteria can be found in the 'Exercise Criteria Handbook', which can be found on the [English Gymnastics website](#).

3.2 – Disability Trampoline, DMT, and Synchronised (DIS)

See separate document 'English Disabilities Handbook', which can be found on the:

- British Gymnastics Find an Event calendar – Individual event pages.
- [English Gymnastics website](#) – Handbook section.



3.3 – Age Policy

To enter all age dependent categories, a gymnast's age will be taken as the age reached in the year of the competition. The minimum age (within the year of competition) for entry to English Gymnastics' events is:

Year Born Eligibility for competitions 2026	
9 - 10 years	Born 2017 – 2016
11 - 12 years	Born 2015 – 2014
13 - 14 years	Born 2013 – 2012
15 - 16 years	Born 2011 – 2010
17+ years (Silver)	Born before 2009
17 - 21 years (Gold)	Born 2009 – 2005
Senior (Gold)	Born before 2010
TRS Youth (Silver)	Born 2017 – 2014
TRS Junior (Silver)	Born 2013 – 2010
TRS Youth (Gold)	Born 2016 – 2014
TRS Junior (Gold)	Born 2013 – 2010
TRS Senior (Gold)	Born before 2010

Notes:

- Gymnasts in Gold 15-16 aged 16 in the year of competition, are eligible to enter their age group and they can also enter the Senior Gold level of competition, as long as they can meet the criteria.
Gymnasts can only enter a maximum of three groups not including TRS.
- Exercise Criteria can be found in the 'Exercise Criteria Handbook'.

Updates to age grouping for 2026:

- If you competed in Silver at Qualification 1, you could transfer to Gold in Qualification 2 although you will lose any achieved qualification score for Silver Championships.
- If you compete in Gold at any English TRA/DMT/TUM event, you cannot transfer to Silver during the course of that season.
- If you competed at Gold TRI/ DMT then you can only compete Gold TRS/ DMTS.
- ~~Gymnasts entered into the Gold 17-21 category, are unable to also enter the Senior Gold level of competition.~~ This is now allowed due to events being used as a DSE.



Section 4.0 – Results & Awards

The celebration of success is vital throughout all EGA events for all those involved including gymnasts, judges, coaches, and volunteers. EGA aim to provide recognition of those involved either during or after each event.

4.1 – Ceremonies

Those who win a medal at EGA events are expected to remain in the venue until their medal ceremony is completed. Medals will only be handed out on the podium and will NOT be given out to other members of the club or coaches. They will also not be sent on via the post. The medal should be collected personally. In the event that a medallist is unable to attend the medal ceremony, the medal will be forfeited. Attire for medal ceremonies is according to [World Gymnastics \(Formerly FIG\) Rules for World Championships](#)

4.2 – Publication of Results

Following each EGA event the results will be collated, ranked, and verified for publication. Results and standings will be circulated in the following week of the event via:

- [English Gymnastics website](#)
- [EGA Facebook page](#)
- [Gymdata website](#)
- Use of previous event attendees' details

Gymdata will be in attendance & managing results for this event.



Section 5.0 – Health, Safety, & Welfare

5.1 – Health & Safety Statement

The Health, Safety, & Welfare of attendees is a primary focus, therefore EGA adhere to the British Gymnastics Health, Safety, and Welfare Policies & Procedures found on the [Hub: Safe and Fair Sport](#)

5.2 – Welfare

English Gymnastics recognise the value in the welfare of those attending events, therefore will organise a Designated Welfare Officer through the duration of the event. This person will be named in the Work Plan.

EGA support the [#BeTheChange](#) campaign, where all those involved in the sporting journey are supported before, during and after the event.

If you have any concerns, please contact [English Gymnastics Events](#) or use the appropriate contact(s) from the [British Gymnastics Hub: Safe and Fair Sport](#)

5.3 – Emergencies

In the event of an emergency, everyone attending must adhere to the emergency procedures which will be clearly marked out by signage throughout the venue.

Coaches are to ensure all their gymnasts are kept together until registered and then handed back to their responsible adult in line with their club's event attendance risk assessment.

5.4 – Overnight UK Stays

EGA require all clubs to follow the [British Gymnastics Health, Safety, and Welfare Guidance – Safe Trips](#)

Remember overnight stay forms must be submitted to British Gymnastics a **minimum 4 weeks** prior to departure for insurance to be valid.

5.5 – Drug Free Sport

English Gymnastics adhere to the rules published in the [World Anti-Doping Code](#), which are implemented by [British Gymnastics](#) and [UK Anti-Doping](#) into all competitive athletes.

5.6 – Manipulation of Competition

English Gymnastics support the integrity of sport and fight against the manipulation of competitions, by adhering to the standards set out in the Olympic Movement Code found in the [British Gymnastics Prevention of Manipulation of Competitions Policy](#)



Section 6.0 – Judges & Officials Requirements

6.1 – Provision of Volunteers (TRA/ DMT/ TUM)

Just Volunteers: Clubs will be required to nominate one volunteer when entering gymnasts online for the English Championships, regardless of the number of gymnasts entered. **All volunteers are required for the full day.**

The English series, realise on volunteers, we require volunteers for collecting payments on the doors, look after the warm-up area and help deal with crowds. Anyone who volunteers for either the Saturday or Sunday, they will receive free entry to the competition floor and receive a free lunch.

6.2 – Missing Volunteer

Missing Volunteer fee:	£150 per missing volunteer, per day.
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Where a club is unable to supply a judge and accepts the above fine, they are to email [English Gymnastics Events](#) stating:

- Their Club
- Number of gymnasts being entered into the event
- Number of missing judges
- Acceptance of missing judge fee

The EGA Admin Team will confirm the missing judge fee application and inform of the next steps.

6.3 – Withdrawal of Volunteer

2+ days prior to the event fee:	£150 per missing judge/ volunteer, per day.
0 – 1 day prior to the event fee:	£300 per missing judge/ volunteer, per day.

- Substitution process will prevail where a suitable replacement is found by the club.
- Fees **will still apply** to clubs' judges/ officials **with illness on the day.**
- All fees will be invoiced by EGA Events Admin Team.

6.4 – English TRA/ DMT Qualification Series and Championships – Judge Notes

England Gymnastics is developing a centralised list of judges who wish to officiate at the English Championships Series. Clubs are asked to actively encourage their judges to register their interest in being included on the England Judges List.

Appointments for the English Championships Series, will be made by the EGTTTC National Judging Coordinators for Trampoline and Tumbling, who will select officials and judges from those who have put themselves forward.

As part of this process, clubs are no longer required to nominate judges when entering gymnasts into the competition series. However, continued club support in promoting judge sign-up remains essential.

The successful delivery of the English Championship Series depends on the availability of a strong, experienced, and committed judging workforce. We greatly value the ongoing support of Regional,



National, and Brevet judges, whose contribution is vital to ensuring the smooth, fair, and professional running of the competitions.

6.4.1 – Judge Expenses

The EGA will provide **shared twin-room accommodation only** for judges. Judges requiring a single room will be subject to a **supplementary charge**, which will be **invoiced and must be paid in advance of the competition**.

Accommodation, breakfast, and lunch will be provided. **Reasonable Saturday evening meal expenses only** will be reimbursed **up to a maximum of £25**, subject to the submission of a valid receipt and in accordance with EGA expenses policy. **Alcohol is not an allowable expense and will not be reimbursed**. This reimbursement applies **only to judges officiating on both Saturday and Sunday**.

Judges who do not require accommodation but are fulfilling a nominated role will be provided with **lunch and refreshments during the competition**.

Utilised judges may claim travel expenses up to a maximum of £60, reclaimable via official expenses claim form available from the judges' organisers on the day of the competition.

6.5 – English Approved Judge List

Every year, English Gymnastics will contact judges at the start of the calendar year to create/ update their availability and wishes to be added to the English Approved Judge List.

This list will be coordinated by EGA appointed judging convenors. <https://www.british-gymnastics.org/england> Where a judge wishes to be added/ removed from this list they must contact [English Gymnastics Events](#) 

* Judges of a lower qualification may be considered for development purposes and should email [English Gymnastics Events](#)  with their request. The Organiser and Judge Convenor will have absolute discretion whether to accept a lower qualified judge for sustainability of the event.

6.6 – Withdrawal of Judge or Official

Judges who withdraw from a competition after booking a single room will still be required to pay the single-room supplement, as this cost cannot be recovered once accommodation has been confirmed.

We ask all judges to recognise that accepting an appointment represents a significant commitment and is essential to the smooth and professional running of the competition. Late withdrawals make it extremely difficult to secure suitable cover at short notice and can place unnecessary pressure on the event workforce.

As EGA now manages judge appointments centrally, replacing judges at late notice has become increasingly challenging. Judges are therefore asked to give as much notice as possible if they are unable to attend, to allow adequate time for replacements to be arranged. Your cooperation and professionalism are greatly appreciated and help ensure the continued success of the English Championship Series.



Section 7.0 – Entry Process

7.1 – How to Enter

Entry to all English Gymnastics events is via the [MyBG \(Online Entry System\)](#). All entries must be fully submitted by the **stipulated closing date & time**.

You may find the [British Gymnastics Club Help Desk](#) page useful, specifically the following documents (*you may require to sign into your MyBG account prior to viewing/ downloading the following*):

- [Event entry to events](#)
- [Membership 2024 Competition Categories](#)

Discount specific note:	To gain the multi-discipline (category) discounts we need you to follow this entry process otherwise synchro categories won't be applied within discounts: <ul style="list-style-type: none">• Step 1 – Add Synchro entries into your basket (only)• Step 2 – Go back to event page• Step 3 – Add Individual entries into your basket• Step 4 – Proceed to basket / checkout <i>Multi-club gymnasts will have the discount applied to all bar the original (first) entry into a category. As such, whichever club makes the first entry for a gymnast will pay the full price. Subsequent entries will be discounted.</i>
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7.1.1 – Process of Application to the English TRA/ DMT Championships (only)

By the **3rd of June 2026**, an invitation list will be published on the English Gymnastic Website for the clubs to see who has qualified for the Championships.

It will be the **responsibility of the club to confirm Acceptance to Compete their entry via MyBG entry system** by the 1st closing date: **17th June 2026**.

This gives EGA time to fill any spaces that have not been accepted. Not accepting by this date, will result in their place given to the next highest score in the ranking list, 2nd closing date is **24th June 2026**.

7.2 – Entry Fees

Entry Fee for the English Qualification Series (TRA/ DMT)	
Entry into 1 individual discipline	£65
Entry into 2 individual disciplines	£85
Entry into 3 individual disciplines	£105
Entry into 4 individual disciplines	£125
Entry Fee for the English Tumbling Championships (Silver & Gold)	
Entry into 1 individual discipline	£85
Entry Fee for the English Championships (TRA/ DMT)	
Entry into 1 individual discipline	£85
Entry into 2 individual disciplines	£105
Entry into 3 individual disciplines	£125
Entry into 4 individual disciplines	£145

Note: TRS is considered as an individual discipline within the above pricing structure.



7.3 – Method of Payment

Payment is to be made by **Debit/ Credit Card** at point of entry.
Entry fees are **non-refundable after the closing date**.

7.4 – Maximum Numbers & Waiting Lists

There is not a waiting list for these events.

Qualification numbers for the Championships can be found in [Section 3.1 – Discipline Details](#)

7.5 – British Gymnastics Hardship Grant

The British Gymnastics Foundation creates opportunities to change lives, including those experiencing significant financial hardship.

Find more information on the [British Gymnastics Foundation website](#)

7.6 – Late Entries

Late entry fee:	<p>Late entries will not be accepted for these events, unless in exceptional circumstances.</p> <p>In the unlikely event that a late entry is accepted, the entry fee will stand and a late fee of 100% of the original entry up to a maximum of £1,000</p>
<p>Applications will normally only be considered up to seven (7) days after the closing date.</p> <p>Late entries must be made via email to English Gymnastics Events, and will then be referred to the Organiser for consideration. The Organiser will have absolute discretion whether to accept a late entry.</p> <p>Late entries must be emailed to English Gymnastics Events including the following details:</p> <ul style="list-style-type: none">• Gymnast full name• DOB• Membership number• Event category to be added to• Judge & Coach details (as per gymnasts' details)	

7.7 – Withdrawals & Substitutions

7.7.1 – Gymnast

	Before entry closure	After entry closure	1 week prior the event
Amendments/ Substitutions	Once submitted (paid) entries can be amended via the My BG event entry, until the point of entry closure.	Substitutions not accepted. Amendments to be emailed to English Gymnastics Events	Individual not accepted. TRS to email English Gymnastics Events
Note: The only exception of the amendments/ substitution rule (gymnasts) ruling is for TRS gymnasts. An individual from a pair can be amended up to the start of the first flight by speaking to the organisers at control desk on the day.			
Withdrawal	Email English Gymnastics Events Entry fees refunded minus 3% admin fees.	Email English Gymnastics Events No refund.	



7.7.2 – Judge & Volunteer

	Before entry closure	After entry closure	1 week prior the event
Amendments/ Substitutions	Once submitted (paid) entries can be amended via the My BG event entry, until the point of entry closure.	Email English Gymnastics Events with replacement name & BG number.	Email English Gymnastics Events and the Judge Convenor(s) with replacement name & BG number.
Withdrawal	Email English Gymnastics Events As outlined in Judge & Volunteer Requirement Section		

7.7.3 – Coach

	Before entry closure	After entry closure	1 week prior the event
Amendments/ Substitutions	Once submitted (paid) entries can be amended via the My BG event entry, until the point of entry closure.	Email English Gymnastics Events with replacement name & BG number.	Email English Gymnastics Events with replacement name & BG number. Until 9am on the three days prior to the event.
Withdrawal	Email English Gymnastics Events A suitably qualified & checked coach must have their credentials checked prior to attendance.		

7.7.4 – On the Day Changes

Any Coaches, Judges or Volunteer changes must be discussed with the **Event Organiser** upon arrival. This may take longer than usual registration process due to organisers being actively involved in the event.

'My BG' account provides status of DBS, Safeguarding, & Qualification required by Coaches & Judges.

7.7.5 – Non-Attendance Fee (Gymnast)

Non-attendance fee: (on the day)	£50.00
Either the Event Organiser or English Gymnastics Events require to be informed prior to the day of the event to avoid a non-attendance fee.	



Section 8.0 – Membership & Qualification Requirements

8.1 – Role definitions

English Gymnastics have provided a **Role Requirement Guide** for English Gymnastics events, see the [English Gymnastics website > Policy & Procedures section > Event Role Requirement Guide](#).

This includes the rules, regulations, & guidance on attire through to maintaining safety in coaching practices.

8.2 – Lead Coach rule

See British Gymnastics [Lead Coach Guidance](#) and a [Flow Diagram](#).

English Gymnastics Lead Coach Application Form can be found on the English Gymnastics website under the [Policy & Procedures section](#).

8.3 – Membership & Qualification Requirements

Event Membership & Qualification Guide for such roles as Judges, Coaches, Gymnasts, and Volunteers can be found on the English Gymnastics website under the [Policy & Procedures section](#).

The criterion must be checked prior to attendance and adhered to throughout the event. Where anyone is found not abiding by these requirements can be removed from the competition & accreditation listing by the Event Organiser and subsequently reported to [British Gymnastics Welfare & Safe Sport](#).

Coaches, Judges and Gymnasts should carry proof of British Gymnastics Membership to all competitions and be prepared for these to be checked by the Organisers or their appointed officials.

Credentials can be found on the ‘**MyBG**’ account.

- Membership – Expiry date can be found here.
- Profile > Basic details – Confirms personal details.
- Profile > Credentials – Confirms DBS, Safeguarding, and Qualifications.

You may find the [British Gymnastics Club Help Desk](#) page useful, specifically the following documents (you may require to sign into your MyBG account prior to viewing/ downloading the following):

- [Event entry to events](#)
- [Membership 2024 Competition Categories](#)

8.4 – Safeguarding

All Coaches, Lead Coaches, Supervised Coaches and Assisting Coaches are required to hold a valid DBS certificate, **or Home Nation equivalent**, and have current Safeguarding and Protecting Children Awareness training at the time of the event.

The **EGA ‘Role Requirements Guide’** can be found on the [English Gymnastics website > EGA Competition Policies & Procedures section](#).



Section 9.0 – Work Plan

9.1 – Release of Timetable & Start Lists

The Timetable & Start Lists will be circulated to all entered clubs approximately two (2) weeks prior to the event depending on the number of changes and challenges in the lead up to the event.

9.2 – Registration & Accreditation

Accreditations are provided upon registration and are non-transferable, any infringement of this rule may result in disciplinary action being taken by the EGA.

Register your competitors upon arrival at the centre. It is the coach's responsibility to register the gymnasts at the start of the day, **any gymnasts that do not register will incur a non-attendance fee**.

For gymnasts who are competing in multiple competitions, the gymnast must identify at registration which competitions they are competing or not competing in. This also applies to any withdrawals in the lead up to the event.

Coaches will be able to withdraw a gymnast at registration terminals. This is only required if EGA have not been notified of the withdrawal in advance. Note – Any gymnasts not withdrawn at the start of their event will gain a Non-attendance fee.

For pre-event changes, see [7.7 – Withdrawals & Substitutions section](#).

9.3 – Order of Performance

Organisers aim to produce and circulate to participating clubs a provisional start list and running order at least one (1) week before the event.

Organisers reserve the right to move any start time of sub-divisions up to 60-minutes ahead of schedule.

English TRA/DMT Qualification event 1 – wherever possible:

- Bronze level events in TRI, DMTS & DIS where possible will be held on the **first day** of competition.
- Silver and Gold level events in TRI, DMT, TRS & DIS will be held on the **first & second day** of competition (Saturday & Sunday).

English TRA/DMT Qualification event 2 – wherever possible:

- Bronze level events in TRI & DIS where possible will be held on the **first day** of competition (Saturday).
- Silver and Gold level events in TRI, DMT, TRS & DIS will be held on the **first & second day** of competition (Saturday & Sunday).

English Silver/Gold TUM Championships will be **held at the 2nd English Event - see the Exercise Criteria.**

English TRA/ DMT Championships – wherever possible:

- TRI, DMT and DIS will only have an orientation at the Championships. Orientation for Bronze & Silver will be held on Friday afternoon/ evening, Gold level will be held on Saturday evening.
- All Silver & TRI Bronze levels preliminaries and finals will be held on the **first day** of competition (Saturday)
- All Gold level preliminaries and finals will be held on the **second day** of competition (Sunday)



- Note – Due to English TRA/DMT being used as a DSE, the days which Silver & Gold will be programmed for during the Championships are ‘to be confirmed’.

9.4 – Orientation

Orientation sessions will be held only at the English Championships.

For gymnasts competing on Saturday, orientation will take place on Friday afternoon and evening.
For gymnasts competing on Sunday, orientation will take place on Saturday afternoon and evening.

The Organising Committee will issue a detailed orientation timetable, allocating each club a specific time slot. Clubs must attend only their assigned time slot. Attendance outside of the allocated slot is not permitted.

Any club found training outside of their designated orientation time will be asked to leave immediately.

9.5 – Event Apparatus

For EGA events, the following competition apparatus will be used:

- Trampoline: Eurotramp Ultimate 4x4
- Time of Flight Machines and Horizontal Displacement machines, where applicable
- Double Mini-Trampoline: Eurotramp Ultimate 6x6
- Tumbling: GymNova Tumble Track seen at all British Gymnastics Events in 2017, (10m run up, 25m track, 6m landing zone)

9.6 – Warmup

The EGA will make every reasonable effort to provide a designated warm-up hall, subject to venue space and availability. Where possible, a floor area for general body warm-up will be provided, and—if space permits—warm-up equipment may also be made available to support athlete preparation away from the competition floor.

Access to the warm-up hall will be restricted to the appropriate number of accredited coaches, as detailed in the event-specific information for each discipline. Upon arrival, coaches must register and collect accreditation from the Accreditation Desk. For competitions running over multiple days, accreditation may be issued on a day-by-day basis.

Judges will not be permitted access to the warm-up hall once the Judges’ Meeting has concluded.

Warm-up periods will be strictly managed in accordance with the published competition timetable. Gymnasts who arrive late to their allocated warm-up session will not be granted additional time. It is the responsibility of both the coach and the gymnast to ensure they are punctual, prepared, and ready to warm up and compete.

Details can be found on the [English Gymnastics website](#) 

9.7 – Competition Cards

Competition cards are required for **Tumbling and TRA 17+ only and TRA / DMT categories where stated within the exercise criteria documents.**



It is the coach's responsibility to ensure that the Competition Cards are completed correctly and submitted to Judges before the competition/ flight starts.

All Cards must be signed by the appropriately qualified Supervising Coach to be valid. Competitors may not compete without a valid Competition Card.

Although, it is preferred that a template is used, Competition Cards may be submitted on plain paper if they are clearly legible and completed using World Gymnastics (FIG) notation.

Template Competition Cards can be found on the [English Gymnastics website](#) 

Section 10.0 – Spectator Information

10.1 – Ticket Information

This will be confirmed in the Working Plan created for the specific venue.

10.2 – Local Services

While further recommendations will be provided within the Work Plan for each specific venue, we recommend you research in advanced to each event.

Where you are **booking hotels**, we **strongly recommend paying a cancellation/ moving fee** in case of injury to gymnast/ coach, program changes or late program release as English Gymnastics aren't liable for costs which effect such booking/ travel.

English Gymnastics will communicate as frequently and quickly as possible to provide up to date information to allow suffice decision making, as we're aware of the effects both financially and mentally they can have.

10.3 – Toilet & Changing

This venue has a sufficient toilet & changing facility, including disabled toilet/ changing facilities. Where possible, gymnast to arrive dressed ready to perform with additional clothing for warmth.

EGA wish to support recognised events to ensure everyone's health, safety, & welfare is maintained throughout. Therefore, EGA encourage good levels of hygiene & sanitisation within events in line with ongoing guidance set out by British Gymnastics.

10.4 – Catering

There may be restrictions within the competition areas with regards to food and drink. This is to manage food intolerances and allergies. This does not extend to personal drinks in sealable bottles, which will be allowed within the competition area.

The chewing of gum is not allowed anywhere on the competition floor at any phase of the competition, including the opening ceremony and presentation of the awards or closing ceremony.

10.5 – Allergies

All food is restricted within competition areas.

Any food brought to the event should be nut free and restrain any other common food intolerances.



10.6 – Car Parking

Car parking will be available at all venues. Car parking at some venues can be limited, more details will be published in the working plan for each competition.

Parking may be chargeable, more details to follow in the Work Plan.

Section 11.0 – General Regulations

11.1 – Inquiries & Appeals

- The Supervising Coach for the Club of the competing gymnasts should make the enquiry with the Chair of the Judges Panel.
- A coach may enquire about the Difficulty score, in accordance with the principles of the World Gymnastics (FIG) Code of Points.
- In addition, in Trampoline, a coach may also enquire if they believe the Time-of-Flight score to be inaccurate.
- Enquiries can be made only for the Club's own Gymnasts.
- No inquiries can be made about Execution scores, or other penalties.
- Enquiry forms will be published in each event work plan.

A verbal enquiry should be made after the publication of the score and at the very latest before the end of the flight.

If a resolution cannot be made before the start time of the next competitors' routine, the calculated mark will be listed as 'provisional' and will be considered at the end of the flight and before any award ceremony.

The Judge Panel/ Judge Competition Coordinator cannot accept any photographic analysis at an event unless an official video replay system is available and could be referred to by the Chair of the Judges Panel for the benefit of every competitor.

11.2 – Feedback and Complaints

English Gymnastics takes all feedback seriously, you may e-mail [English Gymnastics Events](#) directly with your concerns.

Your feedback will help the continuous development of future events.

11.3 – Event Adaptations & Inclusive Gymnastics

English Gymnastics events are inclusive by adhere to British Gymnastics Policy & Procedure; you can find specific related policies on the [Hub: Safe and Fair Sport](#) and the [English Gymnastics website](#).

There is inclusion specific guidance found on [Club Hub Resources](#) (sign in required).



11.4 – Disability Gymnastics

English Gymnastics is focused on ensuring fair & equitable opportunities are provided to all gymnasts.

[Section 3.0 - Event Specific Details](#) states what categories are available during this event.

Details on the **Disability Classification System** can be found on [Club Hub Resources](#) (*sign in required*).

11.5 – Videography & Photography

In line with the [EGA Privacy Policy](#), English Gymnastics may take images/ video to record, demonstrate, and promote the gymnastics activities performed throughout this event. Any images published on our website, social media account, and in our communications will align with the [British Gymnastics Safeguarding Policy & Procedure](#) and [Photography Policy](#).

This event will be live streamed.

The Official Photographer for this event is (TBC).

Official Photographer [Privacy Notice](#) (TBC).

11.6 – Privacy Policy

[English Gymnastics Privacy Notice](#)



Appendix 1 – Time of Flight Protocols

(Time of Flight Measurement Device = TMD)

ToF Score (T-Score) Protocol

The T and H score will be determined by the measurement retrieved via the TMD. In the event of this NOT being achieved the following back up protocols will be adopted:

ToF Back-up Protocol 1

In the first instance, the T-score H-score will be determined using TMD's recommended T-score retrieval software.

ToF Back-up Protocol 2

In the event of the routine being missed on both the TMD and the capturing software, the competitor will be granted another attempt. In this scenario, the original E and D scores will remain.

The attempt will be judged only by the ToF judge, and the routine being verified by the D judges. Should this happen, the following regulations will be applied:

The CJP will negotiate only with the gymnast's coach for the most opportune moment for the gymnast to have their attempt, (this must be completed within the time scale permitted as outlined in the event timetable).

The second attempt(s) will be judged only by the ToF judge. The original E and D score will remain unchanged.

The gymnast must compete with the exact same routine as the one in which their T and H-score was missed.

In the event the gymnast fails to complete their routine after an agreed amount of attempts the T-score will be calculated based on previous scores.

ToF Back-up Protocol 3 (Previous Scores)

In the event of the gymnast failing to complete their attempts the T-score will be based on the T-score from the last (or previous) qualification event(s). However, the routine would have needed to be the same.

Appendix 2 – Tie Break Rules (TRA/ DMT only)

All English Gymnastics TRA and DMT events will follow the **World Gymnastics (FIG) Tie Breaker rules**, found within World Gymnastics (FIG) 2026-2028 Technical Regulation (PDF) [online](#)