



Scottish University Gymnastics League



Competition Handbook 2025/26



Contents

	Page
Introduction.....	2
Meet the Committee	3
League Dates	4
Competition format	
5	
- Acro	
- Artistic	
- Tumble	
Entry regulations	6
Judging	7
Competition attire	6
Contact us	6

Introduction

The Scottish University Gymnastics League (SUGL) is a student run gymnastics league comprised of current/past members of Scottish universities and is open to all adults wanting to compete in gymnastics.

Our aim is to create a more inclusive and accessible environment for adult gymnastics across Scotland and provide opportunities for gymnasts of all levels to participate, compete, and develop within the sport.

SUGL is committed to organising events that are safe, enjoyable, and inclusive, ensuring a positive experience for all competitors. Our competitions are designed to support athletes of every level, from complete beginners to elite gymnasts creating both friendly competition and a strong sense of community.

Meet the committee



Chair
Jamie



Vice Chair
Morana



Gymnastics Development Officer
Rob



Publicity and Outreach Officer
Charlotte



Social Secretary
Tommo



Ordinary Member
Zoe

League Dates

Dates for now:

Training Weekend: 4th/5th October in Stirling

Judging Course: 18th / 19th October in Stirling

Comp 1: November 22nd in Glasgow @ Palace of Arts

Comp 2: 22nd February in Dundee (Provisional)

Comp 3: Edinburgh (No date yet)

Competition format

1. Acrobatic Gymnastics:

Novice (Combined)

Intermediate (Balance and/or Dynamic)

Elite (Balance and/or Dynamic)

Disability: Lower (Combined)

Disability: Higher (Balance and/or Dynamic)

2. Artistic Gymnastics:

Novice

- Gymnasts can compete floor, beam, vault.
- The best 2 apparatus count towards the overall score.
- A gymnast competing less than 2 apparatus may still place on competed pieces but cannot place overall.

Intermediate, Interadvanced, Advanced

- Gymnasts can compete up to 4 apparatus
- Gymnasts cannot compete both floors
- The best 3 apparatus count towards overall score.
- A gymnast competing less than 3 apparatus can place for individual apparatus but cannot place overall.

Elite

- Gymnasts can compete up to 6 apparatus
- Gymnasts cannot compete both floors
- The best 4 apparatus count towards overall score.
- A gymnast competing less than 4 apparatus can place for individual apparatus but cannot place overall.

Disability: Lower

- Gymnasts can compete up to 4 apparatus
- Gymnasts cannot compete both floors
- The best 2 apparatus count towards overall score.
- A gymnast competing less than 2 apparatus can place for individual apparatus but cannot place overall.
- Difficulty is not included in final score.

Disability: Higher

- Gymnasts can compete up to 6 apparatus
- Gymnasts cannot compete both floors
- The best 3 apparatus count towards overall score.
- A gymnast competing less than 3 apparatus can place for individual apparatus but cannot place overall.

- Difficulty is not included in final score.

3. Tumble:

All tumbling passes will be performed on a 12x2x0.2m AirTrack

Novice

- 3 passes
- All passes start from standing.
- All passes must finish on the landing mat or the track.

Intermediate

- 3 passes
- All passes start from standing.
- All passes must finish on the landing mat or the track.

Interadvanced

- 3 passes
- Passes may start from standing or a run.
- All passes must finish on the landing mat or the track.

Advanced

- 3 passes
- Passes start from standing or a run.
- All passes must finish on the landing mat/track.

Elite

- 3 passes
- Passes start from standing or a run.
- All passes must finish on the landing mat.

Disability: Lower

- 3 passes
- Passes start from standing.
- All passes must finish on the landing mat or the track.
- Difficulty is not included in final score.

Disability: Higher

- 3 passes
- Passes start from standing or a run.
- All passes must finish on the landing mat/track.
- Difficulty is not included in final score.

Entry Process

Entries can be submitted using the entry form sent out prior to each competition and then shared with scotunigymleague@gmail.com before the closing date. After the entry date all entries submitted will be required to be paid for and no changes will be permitted without specific consent from the competitions chair.

Event	Cost
Artistic	£12
Acro (per competitor)	£7
Tumbling	£7

Note: If a competitor is entered into multiple acro groups they will be charged for every group they are a part of.

Entry Regulations

All competitors are required to be entered through a Scottish / British Gymnastics affiliated club and are required to hold Scottish / British Gymnastics membership. Clubs are required to ensure that they bring an appropriately qualified coach for their competitors.

Competitors are required to compete at a level that is in accordance with their ability. Where competitors have competed before they must compete at the same level or higher. Where they have competed under a different framework the most similar level or higher must be chosen.

Judging

All routines will be judged using the SUGL Code of Points (2025).

Requirements for judges:

Competitors	Judges Req.
0-4	1
5-7	3
8-11	5
12-15	7
16-20	10

Competition Attire

The participants must wear clothing that is safe to perform gymnastics in and does not distract from or hide the gymnast's performance (e.g., being baggy and hiding knee angles). A leotard or unitard, or a tight-fitting plain white t-shirt, worn with shorts or leggings, is recommended. Underwear should be covered, but if this is not possible, a colour contrast from the leotard should be avoided.

All jewellery, including necklaces, rings, bracelets, watches, and earrings, must be taken off. If you have a new or difficult-to-remove piercing, it should be securely covered with medical tape.

Failure to adhere to these rules may result in the gymnast receiving a penalty or in more severe violations being unable to compete. If there are any questions regarding appropriate attire please reach out prior to attending any event to ensure that competitors will not be penalised or prevented from competing.