



# **Competition Handbook 2026**

## **North West Acrobatics Handbook 2026**

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## 1. North West Acrobatic TC

|  |   |  |
|--|---|--|
| Chairperson                            | Nicola Bradley                          | <a href="mailto:nicola.bradley1@hotmail.co.uk">nicola.bradley1@hotmail.co.uk</a>           |
| Secretary                              | Kathryn McDonald                        | <a href="mailto:kathryneclipsegymnastics@gmail.com">kathryneclipsegymnastics@gmail.com</a> |
| Treasurer                              | Samantha Crewe                          | <a href="mailto:fam.cru@hotmail.com">fam.cru@hotmail.com</a>                               |
| Competition Organiser                  | <b>Vacant</b> (Nicola Bradley covering) |  |
| Performance Development                | <b>Vacant</b> (Dawn Mitchell covering)  |  |
| Judging Co-ordinator                   | Dawn Mitchell                           | <a href="mailto:d.mitchell63@outlook.com">d.mitchell63@outlook.com</a>                     |
| Affiliated Organisation Representative | Sarah Bates                             | <a href="mailto:Sarah.j.bates93@gmail.com">Sarah.j.bates93@gmail.com</a>                   |
| Welfare Representative                 | Jill Ashcroft                           | <a href="mailto:jd.ashcroft@hotmail.co.uk">jd.ashcroft@hotmail.co.uk</a>                   |
| Disability Representative              | Jeff Williams                           | <a href="mailto:wigan105@hotmail.co.uk">wigan105@hotmail.co.uk</a>                         |

## Club Contact Details

|                               |  |
|-------------------------------|--|
| Acronova                      | <a href="mailto:ja.dickson@hotmail.co.uk">ja.dickson@hotmail.co.uk</a>                       |
| Birkenhead Gymnastics Academy | <a href="mailto:d.mitchell63@outlook.com">d.mitchell63@outlook.com</a>                       |
| Blackburn with Darwen         | <a href="mailto:bwdacrogymclub@hotmail.co.uk">bwdacrogymclub@hotmail.co.uk</a>               |
| Cheshire Gymnastics           | <a href="mailto:laura@cheshiregymnastics.com">laura@cheshiregymnastics.com</a>               |
| City of Lancaster             | <a href="mailto:col@cityoflancastergymnastics.co.uk">col@cityoflancastergymnastics.co.uk</a> |
| Eclipse                       | <a href="mailto:kathryneclipsegymnastics@gmail.com">kathryneclipsegymnastics@gmail.com</a>   |
| Gymfinity                     | <a href="mailto:acro@gymfinitygymnastics.co.uk">acro@gymfinitygymnastics.co.uk</a>           |
| Hope                          | <a href="mailto:hopeacro@gmail.com">hopeacro@gmail.com</a>                                   |
| LJ                            | <a href="mailto:laura@lj-dance.co.uk">laura@lj-dance.co.uk</a>                               |
| Wigan ABC                     | <a href="mailto:tanya-myers@outlook.com">tanya-myers@outlook.com</a>                         |

## 2. Competition Calendar 2026

| Event                 | Date   | Opening date                  | Closing date                   | Venue                            |
|-----------------------|--|-------------------------------|--------------------------------|----------------------------------|
| NW Prelims            | 15 <sup>th</sup> March 2026                        | 26 <sup>th</sup> January 2026 | 14 <sup>th</sup> February 2026 | Robin Park Leisure Centre, Wigan |
| Inter-Regional Finals | 2 <sup>nd</sup> / 3 <sup>rd</sup> May 2026         |                               |                                | Southampton Gymnastics Club      |
| NDP Finals            | 16 <sup>th</sup> / 17 <sup>th</sup> May 2026       |                               |                                | Fenton Manor, Stoke on Trent     |
| NW Tariff             | 4 <sup>th</sup> / 5 <sup>th</sup> July 2026        | 4 <sup>th</sup> May 2026      | 6 <sup>th</sup> June 2026      | Robin Park Leisure Centre, Wigan |
| NW Championships      | 26 <sup>th</sup> / 27 <sup>th</sup> September 2026 | 3 <sup>rd</sup> August 2026   | 29 <sup>th</sup> August 2026   | Robin Park Leisure Centre, Wigan |

## 3. North West Squad Training Days

| Event                     | Date                          | Eligibility  | Venue                             |
|---------------------------|-------------------------------|--|-----------------------------------|
| NW Development / NW Squad | 25 <sup>th</sup> January 2026 | Gymnasts selected at NW Championships 2025             | Cheshire Gymnastics Club, CW8 4BG |
| NDP Finalist training day | 26 <sup>th</sup> April 2026   | Gymnasts representing NW region, winners of NW prelims | TBC                               |
| NW Development / NW Squad | 14 <sup>th</sup> June 2026    | Gymnasts selected at NW Championships 2025             | TBC                               |

## 4. British Gymnastics Policies

All events operate under British Gymnastics policies including but not limited to:

- [Standards of conduct for registered clubs](#)
- [Photography policy](#)
- [Safeguarding policy and procedure](#)
- [Equality policy](#)

Other policies which may apply can be found at [British Gymnastics policies and procedures hub](#)

North West Acrobatic Technical Committee may publish additional event rules, when rules are not covered the [Acrobatic Handbook 2026](#) applies.

## 5. Membership and Qualification requirements

### Gymnasts

- must hold current British Gymnastics membership in accordance with the level of competition entered.
- must be a member of a club affiliated to the North West region.
- must be an affiliated member of the North West region.
- must meet all age requirements and age gap restrictions as per competition rules.
- may only compete in one partnership and one category (this applies to NW Prelims) an additional disability partnership is permitted.
- may enter in more than one partnership Grades 1-4. However, they may only compete one level above or below (this applies to NW Tariff and NW Championships). Additional disability partnerships are permitted at all competitions regardless of level.
- Aspire, Grade 5, IDP and FIG partnerships may enter in more than one partnership. However, they may only compete at the same level (this applies to NW Tariff and NW Championships).
- The exception to this is to support the development of the transition of tops to bases, gymnasts may compete across the pathways in this instance. E.g. Compete as a top G4 trio and as a base G2 pair.

### Coaches

- must hold current British Gymnastics membership, valid DBS, current safeguarding and protecting children certificate. Positive coaching and flexibility training must be completed for level 2 and above. This is the club's responsibility.
- must be qualified to the correct level for the skills being performed by the partnership they are entering. This is the club's responsibility.
- must be a member of a club affiliated to the North West region
- Level 2 and above coaches are responsible for putting gymnasts on the floor. However, a level 1 coach may accompany them.
- Clubs must provide a list of all attending coaches including British Gymnastics membership number at point of entry.

- Any coaches without the correct credentials will not be permitted to coach at the event.
- All coaches must adhere to dress code at all events as outlined [Health and Safety guidance coaching practice \(dress code inc\)](#)
- All coaches must adhere to regional kit requirements when attending inter-regional and NDP finals.

## **Judges**

- must hold a current British Gymnastics membership and a current judging qualification.
- non-compliant judges will not be permitted to judge at the event, and if no replacement is offered, the club will be fined in accordance with the competition rules.
- must be nominated at the time of entry.
- judging panels will be organised by the judging convenor of the North West Technical Committee.
- must wear attire as specified by BG Acrobatic discipline.
- CJP is responsible for dismissing the panel, they will also allocate individuals to present medals at the end of each session. Judges should not leave until the CJP has dismissed the panel.
- Food and drink will be provided throughout the event. Judges who prefer to bring their own food may do so.

## **6. Eligibility and Levels**

North West Acrobatic Technical committee follows the British Gymnastics levels, age restrictions and rules set out in [Acrobatic Competition Handbook 2026](#) unless otherwise stated. Coaches are responsible to ensure gymnasts meet the age and partnership restrictions for the level entered.

To be considered for NDP Finals gymnasts who do not achieve an execution score of 7.00 (14.00 when doubled) will have their progression to the qualifying events discussed and a decision will be made by the North West Acrobatic Technical Committee and the gymnasts' coaches. We will also request a CJP report to assist in this decision. Disability gymnasts are exempt from this criteria.

## **7. Disability Gymnastics**

Gymnasts may compete in accordance with the [Disability NDP11 CoP and ToD](#)

Gymnasts must be registered with British Gymnastics and hold [Disability Gymnastics Classification Certificate](#) to be eligible to compete in this category.

Disabled gymnasts are permitted to compete in one pair partnership and one group partnership per Disability competition. Non-disabled gymnasts who compete in a disabled

partnership are able to compete in one pair partnership and one group partnership per Disability competition and one non-disabled category within the same competition.

Gymnasts competing in the disability competition do not need to meet a minimum score to represent the region.

## **8. Partnership changes and substitutions**

Partnership changes or substitutions may be permitted up to one week before the event in case of injury at NW Tariff competition subject to NW Acrobatic Technical committee approval.

Partnership changes or substitutions will not be permitted for NW Prelims or NW Championships after the closing date.

## **9. Partnership withdrawals**

Should a partnership withdraw from an event due to injury, consideration for a refund will be made by the NW Acrobatic Technical Committee. Communication should be in writing via email to the competition organiser. Evidence may be required.

If gymnasts who have qualified for regional events (Inter-Regional Finals or NDP Finals) need to withdraw, in the spirit of sportsmanship, it is expected that clubs will inform the Chair of the NW Acrobatic Technical Committee at the earliest opportunity. This will ensure replacement gymnasts can be contacted and entered in the event, subject to approval by the National competition organising team.

## **10. Height checks**

Height check timings will be communicated in advance (only applicable at NW Prelims) it is the club's responsibility to ensure partnerships attend.

If a partnership does not attend height check they will be disqualified from the event.

Hair may need to be down for height measurement, especially if laser measurement is required.

## **11. Tariff sheets and Music**

All tariff sheets and music are submitted via Acro Companion.

Links are sent to the partnership email as registered with Acro Companion.

**Deadlines and fines:** As published in the competition details at the end of this document. There is a £25 fine per routine for late submissions.

Please bring a USB with back up music for the event.

## **12. Inquiries, raising a concern or query**

Official inquiry forms are available from the Competition Organiser (Front Desk) and must be completed and returned to them within 4 minutes of the affiliated Head/Lead coach notifying the Competition Organiser of an inquiry. A coach can inquire regarding the competition format, however, may only appeal about the Difficulty score. The affiliated Head / Lead coach for the club of the competing gymnasts places the inquiry form with the Competition Organiser for analysis with Chair of judges panel/ the Superior Jury. The NWAGTC cannot accept any video or photographic analysis at an event unless an official video replay system is available on each routine and could be referred to by the Chair of judges panel/ Superior Jury for the benefit of every competitor.

Official forms to report a concern or raise a query are available from the Competition Organiser (Front Desk) and must be completed and returned to them. The head/ lead coach (only) for the club may report a concern or raise a query at the competition by completing the correct form. If a resolution cannot be made on the day the concern/ query shall be brought before the NWAGTC at the next available meeting for a response to each concern/ query and going forward at future events.

## **13. Opening, Medal Ceremonies and Trophies**

Open ceremony 'march on' clubs are invited to have a maximum of 4 gymnasts to take part and they are required to wear club tracksuits.

Medal ceremonies will take place at the end of each session. Club tracksuits are required and presentations are detailed in each event information later in this handbook.

Trophies are awarded to the highest score of each category (Disability, Grade 1 – 4, Aspire, IDP and FIG) are awarded at the NW Championships and gymnasts will keep these trophies.

Annual trophies are awarded at the events listed below. They need to be engraved and returned each year at the start of the competition:

|                  |   |
|------------------|---|
| NW Prelims       | Vivien Kirkham trophy (highest NDP technical score)<br>Julie Heslop trophy (highest NDP artistry score) |
| NW Championships | Kath Philips trophy (highest artistry score)  |



## **14. Tie breaks**

Tie breaks are applied in accordance to the Acrobatic Gymnastics Handbook 2026.

### **NDP – Tie breaks**

1. Highest execution (E score) of combined or balance + dynamic routines.
2. If still equal, highest sum of execution + artistry score (E+A scores) of combined or balance + dynamic routines.
3. If there is still a tie the tie will not be broken.
4. For selection purpose it is stated via the NDP CoP 'in the exceptional event that a tie still remains 'the onus is on the region to select and nominate their representative to attend the national final' in this instance all judges scores will be included to give an average. The highest E score (including all scores) will represent in the first instance, the highest E+A scores (including all scores) will represent the region. If the tie still remains the gymnasts who performed first will be selected.

### **FIG – Tie breaks**

1. Highest sum of execution (E score) of balance + dynamic routines.
2. If still equal, highest sum of execution + artistry score (E+A scores) of balance + dynamic routines.

### **FIG Finals – Tie breaks**

1. Highest execution (E score) of final routine (balance, dynamic or combined routine depending on category).
2. If still equal, highest sum of execution + artistry score (E+A scores) of final routine.

## **15. Dress code and Regional kit**

### **Gymnasts**

- must comply with the attire rules as outlined in the BG Acrobatic Competition Handbook 2026.
- The removal of leotards is not permitted in warm up or competition areas. Changing cubicles or changing rooms should be used.

### **Coaches**

- must wear club tracksuits or suitable alternatives as detailed by BG.
- must follow BG guidance on jewellery (removed or taped) and hair (tied up to not obscure vision).
- wear suitable footwear gym/ training shoes.

## Regional Kit

Gymnasts representing the North West region at Inter-Regional and NDP Finals must wear the official kit.

- Gymnasts will be required to wear the regional team training leotard if attending podium training.
- Gymnasts and coaches must wear the regional t-shirt and jacket with their own navy tracksuit bottoms or full length leggings. Failure to do this may result in partnerships and/or coaches being removed from National events.
- Gymnasts who are selected for NW development or NW Squad require full kit; t-shirt, jacket and leotard.

|                         |                      |
|-------------------------|----------------------|
| NW T-shirt Child £12.50 | 7-8, 9-10, 11-12, 13 |
| NW Jacket Child £22.95  | 7-8, 9-10, 11-12, 13 |
| NW T-shirt Child £17.94 | XXS, XS, S, M, L, XL |
| NW Jacket Child £34.94  | XXS, XS, S, M, L, XL |
| NW Training leotard £22 | Halo sizes 26 - 44   |

## 16. Photography and Media

All photography must comply with the BG event photography policy.

By entering the event, participants accept they may be photographed or filmed. Spectators are reminded at the beginning of each session that they are only permitted film their own children and they should not be filming other gymnasts. Should anyone have any concerns, please speak to the competition organiser or designated welfare officer.

Flash photography is not permitted.

Spectators should not cross the barriers to film/ photograph.

The competition organiser may suspend photography at any time.

## 17. Medical, Welfare, Health and Safety

A welfare officer and qualified first aider are available throughout the duration of the event. Please inform the competition organiser who can assist in these circumstances.

It is recommended that clubs should be prepared with a first aid kit for minor injuries.

## 18. Emergency Procedures

In the event of an emergency, evacuation procedures will be announced. Coaches should be responsible for gymnasts, leading them outside to the meeting points. Head judge will be responsible for leading judges from the hall. Centre staff will be responsible for leading spectators to the meeting point.

## 19. Payments

All payments referenced in this handbook are payable to North West Acrobatics

Barclays

**Account name:** North West Acrobatics

**Sort code:** 20-45-45

**Account number:** 53112470

Late competition entry fees will incur £100 fine.

Late submissions for tariff sheet/music £25 per routine.

## 20. Competition set up and jobs

Each club will be allocated jobs at the event, this will be emailed to clubs once the programme is completed.

Clubs will go on a rota to send one representative to assist the competition organiser in setting up the event. The alternative is the club pay for an extra gallowglass team member to assist, if you wish to have a gallowglass team member you must inform the competition organiser at point of entry. Clubs should arrange to swap if they do not plan to enter the event.

Assistance for set up schedule 2026:

| Events 2026      | Club allocation |
|------------------|-----------------|
| NW Prelims       | Wigan ABC       |
| NW Tariff        | LJ Dance        |
| NW Championships | Hope            |

**North West Prelims 2026**  
**Sunday 15 March 2026**  
**Robin Park, Loire Drive, Wigan, WN5 0UL**

**Competition Organiser** Nicola Bradley (Chair)

**Closing Date for entries:** Midday Saturday 14<sup>th</sup> February 2026

Entries are to be submitted on Acro Companion and an excel list of gymnasts and coaches needs to be emailed to Nicola [nicola.bradley1@hotmail.co.uk](mailto:nicola.bradley1@hotmail.co.uk) by the deadline above.

All gymnasts require North West membership and British Gymnastics Competitive membership or higher.

**PLEASE NOTE:** All gymnasts who qualify for NDP Finals will need to upgrade their membership to National membership they are responsible for the upgrade and associated payment. This must be completed by **22<sup>nd</sup> March at the latest**, failure to do this in time will result in the partnership not being entered into the NDP finals

**Entry fees** are £25 per gymnast (Grade 1 - Aspire) £30 per gymnast (Grade 5 – IDP). Gymnasts may enter 1 category only (exception is disability categories as outlined in the NDP11).

**PAYMENTS**

Payments need to be made by the entry deadline Saturday 15<sup>th</sup> February 2026 to the North West account. Late payments will incur a £100 fine.

Barclays

North West Acrobatics

20-45-45  
53112470

Please check that your gymnasts meet all the age requirement rules as stated in the **2026 Acrobatic Competition Handbook** available on the British Gymnastics website. It is the Club's responsibility to check the gymnast's dates of birth. Partnerships that fail to meet the criteria set in **2026 Acrobatic Competition Handbook** will not be able to progress to the qualifying competitions.

*Please note:*

- Partnerships are not permitted to enter both the NDP Preliminaries and the British Championships in the same year.
- If an average score across all routines performed at a National FIG event is greater than 25.00 then the same partnerships can't compete at NDP the following year at the same or lower level.
- Partnerships may only move up the performance and participation pathways or across from the NDP Grades to the FIG levels. Exception: IDP1 and IDP2 can move down to Pre-Youth and Youth respectively.

- Partnerships who have previously competed are not permitted to compete at a lower level within the same partnership, where the same partnership is defined, as all partners remain the same.
- Partnerships can compete at the same NDP level in the same partnership in consecutive years.

The North West Technical committee are paying for the Acro Companion system which includes scheduling, tariff sheets and music for all partnerships. **Deadline for uploading these is Sunday 1<sup>st</sup> March 2026. Late tariff sheets/ music submission will incur a late fee fine of £25 per missed submission.**

**Please make sure you bring a spare copy of all music on a USB Stick in case of any problems.**

Details of the jobs to be carried out by the club, programme and running order will be emailed to clubs after entries close.

- Admission costs for spectators is £10 for all spectators under 5's are free.
- March on to the floor is to the left of the judges. Gymnasts should walk directly to their start position.
- Exit from the floor via the quickest route to the "Score zone" which is in the centre at the back of floor.

### **Judges**

A maximum of 2 judges can be submitted per club on the entry on Acro Companion and please include their details on the excel document. Please submit the judges who have the most experience and are available on the day. Judges will be selected for the event based on availability of outside judges and in order of experience. Judges will be confirmed via the judging coordinator.

### **After the event**

The committee have decided that one representative from each club participating will need to stay to assist in the tidying up. (This is small items such as the scorezone area, banners, tv's etc not the floor area. The floor area will be packed away by gallowglass)

The first place partnership in each category will go on to represent the NW Region in the NDP Finals which is held at Fenton Manor, Stoke, 16/17 May 2026. Please note that the region is allocated a number of coaches depending on numbers of competing partnerships. It may not be possible for all personal coaches to attend the event. If you are selected as a regional coach you may be expected to support other gymnasts in the region.

The second place partnership in each category will go on to represent the NW Region in the Inter regional finals which is held at Southampton Gymnastics, Southampton, 2/3 May.

Please could you email [Nicola.bradley1@hotmail.co.uk](mailto:Nicola.bradley1@hotmail.co.uk) whether partnerships are available for NDP finals / Inter Regional finals should they qualify.

**Any gymnasts who are 1<sup>st</sup> or 2<sup>nd</sup> position in a category with an execution score of 7.00 (14.00 when doubled) or lower, will have their progression to the future events discussed and a decision will be made by the North West Acrobatic Technical Committee and the gymnasts' coaches. We will also request a CJP report to assist in this decision.**

## **COSTS**

The regional costs (£400) and gymnast entry fee (£63 NDP finals, £25 Inter regional per gymnast) will be paid by the NW Acrobatic Technical Committee.

**Clubs will be responsible for the arrangements of cost of the kit both t-shirt and jacket for their qualifying gymnasts and their upgrade (NDP finalists only).**

The Gymnasts will need to wear the NW kit, clubs are responsible to email the competition organiser with their order. Kit will be ordered for the gymnasts following their qualification. NW kit is as follows:

- *NW T-shirt* – Costs – Child £12.50 (7-8, 9-10, 11-12, 13) Adult £17.94 (XXS, XS, S, M, L, XL)
- *NW Jacket* – Cost - Child £22.95 (7-8, 9-10, 11-12, 13) Adult £34.94 (XXS, XS, S, M, L, XL)
- *NW Training leotard* – Cost £22
- *Navy full-length leggings (girls) / navy trousers (boys)* – sourced by the gymnasts themselves.

Please ensure that all coaches attending have relevant membership, qualifications, safeguarding, positive coaching, flexibility and DBS are all up to date.

**North West Tariff 2026**  
**Saturday 4 Sunday 5 July 2026**  
**Robin Park, Loire Drive, Wigan, WN5 0UL**

**Competition Organiser** Nicola Bradley (Chair)

**Closing Date for entries:** Midday Saturday 6<sup>th</sup> June

Entries are to be submitted on Acro Companion and an excel list of gymnasts and coaches needs to be emailed to Nicola [nicola.bradley1@hotmail.co.uk](mailto:nicola.bradley1@hotmail.co.uk) by the deadline above.

All gymnasts require North West membership and British Gymnastics membership.

Categories in the event are as follows:

**NOVICE**

Novice category for gymnasts who train 6 hours or less only and should not have competed at Prelims 2024.

Grade 1 - 4 WP, MP, MxP: Tariff 10 and 15

Grade 2 - 4 WG, MxG and MG: Tariff 10 and 15

**REGIONAL**

Grades 1 to 5 Tariff 10 and Tariff 15 WP, MP, MxP, WG and MG

Aspire WP, MP, MxP, WG and MG

IDP 1 and 2 WP, MP, MxP, WG and MG

FIG Age Groups: Pre-Youth, Youth, Junior and Senior

Disability: Tariff 10 and Tariff 15 Grades 1 to 4 WP, MP, MxP, WG and MG

There are no height deductions or age restrictions in any categories. All other NDP rules and regulations will be followed.

All gymnasts must be minimum age of 7 in 2026 (born in 2019)

Please ensure that all coaches attending have relevant membership, qualifications, safeguarding, positive coaching, flexibility and DBS are all up to date.

**Entry fees are £20 per gymnast (Grade 1 - Aspire) £25 per gymnast (Grade 5 – IDP).**

Gymnasts may enter more than 1 category. However, please refer to section 6 eligibility criteria.

**PAYMENTS**

Payments need to be made by the entry deadline Saturday 6<sup>th</sup> June 2026 to the North West account. Late payments will incur a £100 fine.

Barclays

North West Acrobatics

20-45-45

53112470

The North West Technical committee are paying for the Acro Companion system which includes scheduling, tariff sheets and music for all partnerships. **Deadline for uploading these is Saturday 20<sup>th</sup> June 2026. Late tariff sheets/ music submission will incur a late fee fine of £25 per missed submission.**

**Please make sure you bring a spare copy of all music on a USB Stick in case of any problems.**

Details of the jobs to be carried out by the club, programme and running order will be emailed to clubs after entries close.

- Admission costs for spectators is £10 for all spectators under 5's are free.
- March on to the floor is to the left of the judges. Gymnasts should walk directly to their start position.
- Exit from the floor via the quickest route to the "Score zone" which is in the centre at the back of floor.

### **Judges**

Judges should be submitted on the entry on Acro Companion and please include their details on the excel document. This is an ideal opportunity for clubs to develop judges, if you have newly qualified judges or judges looking to develop towards the next level please indicate this to the judging coordinator and we can work to support these judges.

### **After the event**

The committee have decided that one representative from each club participating will need to stay to assist in the tidying up. (This is small items such as the scorezone area, banners, tv's etc not the floor area. The floor area will be packed away by gallowglass)



**North West Championship 2026**  
**Saturday 26 Sunday 27 September 2026**  
**Robin Park, Loire Drive, Wigan, WN5 0UL**

**Competition Organiser** Nicola Bradley (Chair)

**Closing Date for entries:** Midday Saturday 29<sup>th</sup> August

Entries are to be submitted on Acro Companion and an excel list of gymnasts and coaches needs to be emailed to Nicola [nicola.bradley1@hotmail.co.uk](mailto:nicola.bradley1@hotmail.co.uk) by the deadline above.

All gymnasts require North West membership and British Gymnastics membership.

Categories in the event are as follows:

**OUT OF AGE**

Grade 1 - 4 WP, MP, MxP:

Grade 2 - 4 WG, MxG and MG

Aspire WP, MP, MxP, WG, MxG and MG

**REGIONAL**

Grades 1 to 5 WP, MP, MxP, WG and MG

Aspire WP, MP, MxP, WG and MG

IDP 1 and 2 WP, MP, MxP, WG and MG

FIG Age Groups: Pre-Youth, Youth, Junior and Senior

Disability: Grades 1 to 4 WP, MP, MxP, WG and MG

There are no height deductions or age restrictions in any categories. All other NDP rules and regulations will be followed.

All gymnasts must be minimum age 8 in 2026 (born in 2018) to enter 'in age' categories.

All gymnasts must be a minimum age 7 in 2026 (born in 2019) to enter 'out of age' categories.

Example: For 'in age' categories gymnasts must be a minimum of 8 in year of competition. Gymnasts are allowed to compete one year up e.g. age 8 in year and age 13 in year can compete Grade 3. If the same partnership wanted to compete Grade 2 they can enter the 'out of age' category as the base is older than the maximum age for Grade 2. Age 7 and are above are welcome to enter out of age categories. If you are unsure please do not hesitate to contact the organiser for clarification.

Clubs are welcome to use the out of age categories as they wish within the rules.

Please ensure that all coaches attending have relevant membership, qualifications, safeguarding, positive coaching, flexibility and DBS are all up to date.

Entry fees are **£20 per gymnast (Grade 1 - Aspire) £25 per gymnast (Grade 5 – IDP)**. Gymnasts may enter more than 1 category. However please refer to section 6 eligibility criteria.

## **PAYMENTS**

Payments need to be made by the entry deadline Saturday 6<sup>th</sup> June 2026 to the North West account. Late payments will incur a £100 fine.

Barclays

North West Acrobatics

20-45-45

53112470

The North West Technical committee are paying for the Acro Companion system which includes scheduling, tariff sheets and music for all partnerships. **Deadline for uploading these is Saturday 20<sup>th</sup> June 2026. Late tariff sheets/ music submission will incur a late fee fine of £25 per missed submission.**

**Please make sure you bring a spare copy of all music on a USB Stick in case of any problems.**

Details of the jobs to be carried out by the club, programme and running order will be emailed to clubs after entries close.

- Admission costs for spectators is £10 for all spectators under 5's are free.
- March on to the floor is to the left of the judges. Gymnasts should walk directly to their start position.
- Exit from the floor via the quickest route to the "Score zone" which is in the centre at the back of floor.

## **Judges**

Judges should be submitted on the entry on Acro Companion and please include their details on the excel document. This is an ideal opportunity for clubs to develop judges, if you have newly qualified judges or judges looking to develop towards the next level please indicate this to the judging coordinator and we can work to support these judges.

## **After the event**

The committee have decided that one representative from each club participating will need to stay to assist in the tidying up. (This is small items such as the scorezone area, banners, tv's etc not the floor area. The floor area will be packed away by gallowglass)

## **NORTH-WEST ACROBATIC TECHNICAL COMMITTEE GYMNASTS CODE OF CONDUCT**

**We are fully committed to safeguarding and promoting the well-being of all our members. The North-West Region believes it is important that gymnasts, coaches, officers and parents associated with the North West should, at all times, show respect and understanding for the safety, welfare and enjoyment of others.**

**As a member of British Gymnastics, you are expected to abide by the following codes of conduct for Gymnasts:**

1. All gymnasts must participate within the rules and respect coaches, judges and their decisions.
2. Gymnasts must respect opponents as well as fellow club members.
3. Gymnasts should keep to agreed timings for competitions to assist with the smooth running of events.
4. All gymnasts must inform the lead coach of any injuries or illness they may have before the warm-up begins.
5. All gymnasts must wear suitable approved attire for events as agreed with the coach. Keep all long hair tied back. Remove all body jewellery and adornments unless otherwise agreed.
6. Gymnasts must never use bad language or behave inappropriately.
7. Gymnasts must not smoke, consume alcohol or take prescribed drugs of any kind while representing their club at competitions or other events.
8. All gymnasts should treat all equipment with respect and help return it to the right place.
9. ***Gymnasts should remain seated in their designated area with gymnasts and coaches only. Gymnasts should not sit with parents / spectators unless they are unwell or need additional support.***
10. ***Gymnasts must always wear their club tracksuit when stepping outside of the competition arena – for example when visiting the facilities / going to the café / changing rooms or any other public space.***
11. ***Gymnasts must not run around the competition arena or any other public space during an event – gymnasts should walk from A to B and act as role models to other members of the public.***
12. All gymnasts should remain with coaches/club officers at the end of an event until collected by their parent or guardian.

## **NORTH-WEST ACROBATIC TECHNICAL COMMITTEE COACHES & VOLUNTEERS CODE OF CONDUCT**

All coaches and volunteers must meet the following requirements regarding their conduct during any activity held or sanctioned by British Gymnastics, The North-West Acrobatic Technical Committee, Club Competitions inside and outside of their venues and any other competitive gymnastics event at designated clubs or appropriate leisure centre / hired venues.

### **Rules**

- a. Coaches and volunteers must remain up to date on all qualifications, Safeguarding Training, DBS clearance and Insurance / Membership to the NGB British Gymnastics and NWGA.
- b. Coaches and volunteers are forbidden to coach / compete skills outside of their official training / qualification.
- c. ***One correctly qualified coach per partnership and a maximum of two coaches per partnership***
- d. Exemplary professional conduct to be visible and always demonstrated.
- e. Coaches and volunteers must always communicate in a calm and respectful manner.
- f. Coaches and volunteers must make themselves aware of all policies, rules and grievance procedures and ensure they are always followed without exception. ***All queries/enquiries/complaints/constructive feedback will be noted onto a card and handed into the designated competition organiser on the day. This will be announced before the start of each round in the morning and again in the afternoon.***
- g. Show appreciation for good performance by all gymnasts (including gymnasts from opposing clubs/leisure centres/schools).
- h. Respect officials' decisions and teach others to do likewise. Without them there would be no competitions.
- i. Show appreciation and respect for gymnasts, parents, spectators, volunteers, other coaches, judges and administrators from all clubs.
- j. Do not use offensive, discriminatory, or obscene language or gestures.
- k. Stay within the designated times and areas to assist with the smooth running of the event.
- l. Supervise any children you are responsible for and ensure they are fully aware of the Gymnasts Code of Conduct and do not disrupt the event in any way.
- m. You are responsible to keep your gymnasts viewing area as clean as possible. Respectfully remove your rubbish from the seating area and use the bins provided. ***The Region have the right to introduce a fine to clubs if there is a visible amount of litter left behind.***
- n. Mobile phones must be switched onto silent, and usage kept to a minimum.
- o. Smoking, consuming alcohol or any illegal substance is always prohibited.

### **CONSEQUENCES**

***Breaking these Codes of Conduct may result in your clubs scores not being included for any awards on the day or a competition ban at the next 'pathway event'.***

*Designated Head Coaches at each event are responsible for the conduct of their club and all its members and will be held accountable if any of the rules or codes are not adhered to.*

## NORTH-WEST ACROBATIC TECHNICAL COMMITTEE

### JUDGES CODE OF CONDUCT

The role of The Judge is one of knowledge, expertise, trust and integrity. It is essential, in the best interests of the wonderful sport of gymnastics that these qualities are always demonstrated to maintain and increase confidence by all associated members of British Gymnastics.

1. Judges must hold a current judging cycle award, current British Gymnastics membership club judges must hold a minimum of community membership.
2. The correct uniform must be worn, this consists of Black Jacket, white shirt/blouse, and black trousers/skirt. (Brevet and National judges may also wear Navy Blue).
3. Judges that have been nominated by their club should check the competition details with their club BEFORE the event.
4. In the event a judge can no longer attend the competition, they must inform the Judging Organiser as soon as possible so that a replacement can be found.
5. Judges are expected to arrive on time to attend the judges meeting and to be in place in good time for the start of each session.
6. When judging Artistry, the standard Artistry sheet MUST be used. Judges are not permitted to make their own version of this sheet.
7. Judges should watch the gymnasts from when they present and start their routine until the end of the routine before calculating their mark. They should be respectful of all gymnasts and should not make any comments or gestures relating to the gymnast which may be critical, offensive, or discourteous and which may be overheard or seen by the gymnast. You MUST judge impartially and not be influenced by other judges or indeed influence other judges on the panel. The judge's own deductions should be used to calculate the score they submit.
8. Routines must be judged on its merits and not on the gymnast's name or club.
9. ***Judges must NOT communicate with any coach, gymnast or parent whilst the competition is in progress, nor should they have use, or sight of any mobile phone whilst the competition is in progress.***
10. They should practice their judging whenever possible, so they appreciate the finer qualities of good performance.
11. Judges who have been nominated to judge by their club are not guaranteed to be selected to judge, selection will be based on the competition requirements, and the level and experience needed for each competition.

### Consequences of Breach of Standards

- 1 Any concerns regarding non-compliance with the above standards of conduct should be first raised with the regional Judging Organiser, who will investigate the complaint in conjunction with the Regional Acrobatic Technical Committee.
- 2 If the Committee reasonably considers the complaint to be substantiated, it may take the following action it considers reasonable in the circumstances including any one or more of the following:
  - The issue of a verbal or written warning
  - A temporary ban on the judge officiating at competitions.
  - Referral of the matter to British Gymnastics for further investigation.

## NORTH-WEST ACROBATIC TECHNICAL COMMITTEE SPECTATOR RULES

All Spectators must meet the following requirements regarding their conduct during any activity held or sanctioned by British Gymnastics, The North-West Acrobatic Technical Committee, Club Competitions inside and outside of their venues and any other competitive gymnastics event at designated clubs or appropriate leisure centre / hired venues.

### Rules

- a) Remember the gymnasts are taking part for their enjoyment not yours.
- b) Focus on the gymnasts' efforts and performance rather than winning or losing.
- c) Never ridicule or yell at gymnasts for making a mistake or not winning a competition.
- d) Show appreciation for good performance by all gymnasts (including gymnasts from opposing clubs/leisure centres/schools).
- e) Respect officials' decisions and teach others to do likewise. Without them there would be no competitions.
- f) Show appreciation and respect for volunteers, coaches/instructors, judges, and administrators.
- g) Do not use offensive, discriminatory, or obscene language or gestures.
- h) Stay within the designated spectator's area **which is separate to the coaches and gymnasts area.**
- i) The gym floor is the domain of gymnasts and coaches/officials only. Spectators are not to enter the training area unless invited by an official.
- j) Only approach coaches/officials during the event of an emergency.
- k) Supervise any children you are responsible for, whether they are gymnasts or not, outside of the gym floor and ensure they do not disrupt the event.
- l) Keep the viewing area as clean as possible. Remove your rubbish from the seating area and use the bins provided. **The Region have the right to introduce a fine if you leave your rubbish behind.**
- m) Please switch mobile phones to silent and keep noise to a minimum.
- n) Do not engage in any filming, recording, photography, or use of mobile phones in changing rooms at any club or at any gymnastics event.
- o) You must seek permission from any other parents/carers of children other than your own if they are visible in the footage and written authorisation must be obtained confirming this footage can be used on any public social platform.
- p) Smoking, consuming alcohol or any illegal substance is always prohibited.
- q) **Breaking these Spectator rules may result in your clubs scores not being included for any awards on the day or a competition ban at the next 'pathway event'.**

## **INQUIRY FORM**

Official inquiry forms are available from the Competition Organiser (Front Desk) and must be completed and returned to them within 4 minutes of the affiliated Head/Lead coach notifying the Competition Organiser of an inquiry. A coach can inquire regarding the competition format, however, may only appeal about the Difficulty score. The affiliated Head / Lead coach for the club of the competing gymnasts places the inquiry form with the Competition Organiser for analysis with Chair of judges panel/ the Superior Jury. The NWAGTC cannot accept any video or photographic analysis at an event unless an official video replay system is available on each routine and could be referred to by the Chair of judges panel/ Superior Jury for the benefit of every competitor.

- i. The Competition Organiser and/or Chair of the NWAGTC, may only consider competition inquiries with the appropriate form being completed. The inquiry shall be brought before the NWAGTC at the next available meeting for a ruling on future events.
- ii. The Competition Organiser and/or Chair of the NWAGTC, will consider all Difficulty Score Appeals as soon as possible after the publication of the scores with the appropriate form being completed. A coach may only appeal the Difficulty score of their own competitors, in accordance with the FIG Code of Points.
- iii. The DJ penalty score may need to be reconsidered if there is a change in the Difficulty Score after the appeal.
- iv. Appeals can be made only for the Clubs own competitors.
- v. No appeals can be made against Execution or Artistic scores, time faults or any other penalties.
- vi. On publication of the Difficulty Score, any appeal for investigation is made at the very latest before the end of the next exercise that follows the release of a score.
- vii. The CJP will immediately review the Difficulty mark with the DJ.
- viii. If a resolution cannot be made before the start time of the next competitors' exercise, the calculated mark will be listed as 'provisional' and will be considered at the end of the round of competition and before any award ceremony.
- viii. The NWAGTC cannot accept any video or photographic analysis at an event unless an official video replay system is available on each routine and could be referred to by the Superior Jury for the benefit of every competitor.

### **Disputes:**

- i. In the event of a dispute which cannot be resolved by reference to the rules, or within the competition timeframe, the CJP, Competition Organiser and / or the chair of the NWAGTC will make a decision which shall be final.
- ii. The situation shall be brought before the NWAGTC at the next available meeting for a ruling for future events.

|                                       |  |
|---------------------------------------|--|
| Reason for Difficulty Score Appeal    |  |
| Response:                             |  |
| Chair of the Judging Panel:           |  |
| Original Score:                       |  |
| New Score:                            |  |
| Chair of the Judging Panel Signature: |  |
| Competition Organiser Signature:      |  |

## **REPORTING A CONCERN OR RAISING A QUERY AT AN EVENT FORM**

Official forms to report a concern or raise a query are available from the Competition Organiser (Front Desk) and must be completed and returned to them. The head/ lead coach (only) for the club may report a concern or raise a query at the competition by completing the correct form. If a resolution cannot be made on the day the concern/ query shall be brought before the NWAGTC at the next available meeting for a response to each concern/ query and going forward at future events.
















### **Reporting a concern or raising a query:**

|   |  |
|---|--|
| Details of concern or query:  |  |
| Response from NWAGTC:   |  |
| Name of head/ lead coach  |  |
| Club  |  |
| Time/ date of submission  |  |
| Signature   |  |
| Chair of Technical Committee Signature:<br>Member of Technical Committee Signature:<br>Time/ date of response |  |



## Appendix D – Artistry Judging Sheet

These 15 questions should be answered by the artistic judges during the performance of a routine

|             | Description   | Symbol  | N | Mod. | Y   |
|-------------|---|---|---|------|-----|
| PARTNERSHIP | Is there an acceptable level of maturity between all partners?                    |    | 0 | 0.2  | 0.4 |
|             | Is there a good level of technical and physical preparation between all partners? |    | 0 | 0.1  | 0.3 |
|             | Is there a visible consistent connection between all partners?                    |    | 0 | 0.1  | 0.3 |
| PERFORMANCE | Is there a continuous flow and parts of perfect synchronization?                  |    | 0 | 0.2  | 0.4 |
|             | Do all partners have great amplitude in the exercise?                             |    | 0 | 0.1  | 0.3 |
|             | Is the Choreography original and create a personal identity?                      |    | 0 | 0.1  | 0.3 |
| EXPRESSION  | Do all partners project the correct emotion of the exercise?                      |    | 0 | 0.2  | 0.4 |
|             | Is there harmony of the expression between all partners?                          |    | 0 | 0.1  | 0.3 |
|             | Do they maintain the emotion throughout the exercise?                             |    | 0 | 0.1  | 0.3 |
| CREATIVITY  | Do they show a variety of elements and perform rarely staged elements?            |  | 0 | 0.2  | 0.4 |
|             | Do they show originality and inventiveness in the overall exercise?               |  | 0 | 0.1  | 0.3 |
|             | Do they have special/different way(s) to get in and out of elements?              |  | 0 | 0.1  | 0.3 |
| MUSICALITY  | Is the exercise respecting the character and the rhythm of the music?             |  | 0 | 0.2  | 0.4 |
|             | Are the musical sentences, accents respected and used throughout?                 |  | 0 | 0.1  | 0.3 |
|             | Is the choreography in harmony with the music?                                    |  | 0 | 0.1  | 0.3 |

The Total Artistry Score is the sum of the 5 categories + 5.0.

Reference Range of Artistic Score:

Perfect routines - Score between 9.6 to 10.0

Excellent routines - Score between 9.0 to 9.5

Very Good routines - Score between 8.0 to 8.9

Good routines - Score between 7.0 to 7.9

Satisfactory routines - Score between 6.0 to 6.9

Poor routines - Score between 5.0 to 5.9

## North West Acrobatic Handbook 2026 Acknowledgement

