

The background of the page features a large, stylized graphic of a gymnast's body in motion, transitioning from blue on the left to purple and then to a solid magenta on the right. The text "British Gymnastics" is positioned in the upper left corner in a white, sans-serif font.

# British Gymnastics

2026  
Women's Artistic Aspire, Junior & Senior British  
For Coaches & Judges  
Listed by Level

Updated November 2025 for Competitions 2026

# ASPIRE BRITISH CHAMPIONSHIPS 2026 – 12/13 years

<p>A = 0.10 B = 0.20 C = 0.30 D = 0.40 E = 0.50 F, G, H, I = 0.50</p>	<p>Elements will be given Difficulty Value per FIG Cycle 16 Code of Points 2025-2028 Rules and Regulations are as FIG Cycle 16 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied BARS/BEAM/FLOOR – 8 highest elements <b>including</b> dismount BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] and 2 optional elements. FLOOR – min 3 / max 4 Acro lines *Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements* Top 6 gymnasts on each apparatus will proceed to apparatus finals (two reserves will be named)</p>			
Short Exercises	FIG Junior rules apply for short routines on all apparatus			
	<b>Vault</b>	<b>Bars</b>	<b>Beam</b>	<b>Floor</b>
<b>Apparatus</b>	Vault table with: A jersey style mat (depth 10cm) is allowed in addition to the standard 30cm with no deductions, and landing mats turned soft side uppermost when possible.	FIG Bars Regulations with: A jersey style mat (depth 10cm), can be moved/placed as needed, but must not block the judges' view.	A FIG Beam Regulations with: A jersey style mat (depth 10cm) is allowed for dismounts (optional).	FIG Floor Regulations with: for D+ Saltos, a mat (depth 10cm) is allowed, no restrictions or deductions. The mat(s) must be removed once no longer needed.
<b>Requirements</b>	<p>FIG Junior Rules apply</p> <p><b>For the All-Around Competition:</b> One vault must be performed – this score counts towards the All-Around total.</p> <p><b>For qualifying and competing in Apparatus Finals:</b> - The gymnast must perform two different vaults (may be from the same group, but with different numbers), which will be averaged for the Final Score.</p> <p><b>Straight vaults will be recognised as straight with the following deductions:</b> 0 -10° - no deduction 10°- 30° - 0.10 30°- 45° - 0.30 Vaults will be devalued and recognised as piked if: Holding legs Or More than 45° from straight at inverted.</p>	<p>As per FIG Code of Points:</p> <ul style="list-style-type: none"> <li>Flight from HB to LB</li> <li>Flight element on same bar*</li> <li>Different grips (not cast, MT or DMT)</li> <li>Non-flight element with minimum 360° turn (not mount)</li> </ul> <p>* Bar to same bar release and catch – if gymnast grasps or touches – 0.50 deduction for a fall, and DV/CR given.</p> <p><b>GBR Penalty of 0.50</b> for a dismount without a Salto</p> <p>Coaches (holding the relevant BG qualification) <b>are encouraged to</b> stand in for all D+ high bar-to high bar releases, &amp; all D+ high-to low releases, and D+ dismounts.</p>	<p>As per FIG Code of Points (except CR2):</p> <ul style="list-style-type: none"> <li>One Connection of at least 2 different dance elements, 1 being a leap or jump with 180° split (cross or side) or straddle position</li> <li>Turn (Gr 3) <b>or Roll / Flairs</b></li> <li>1 x acro series min of 2 flight elements 1 being a salto (elements may be the same)</li> <li>Acro elements in different directions [fwd/swd &amp; bwd]</li> </ul>	<p>As per FIG Code of Points:</p> <ul style="list-style-type: none"> <li>A dance passage 2 different leaps or hops (from CoP) connected directly or indirectly, one of them with 180° split (cross or side) or straddle position</li> <li>Salto with LA turn (min 360°)</li> <li>Salto with double BA</li> <li>Salto backward &amp; salto forward (no aerials) in the same or different acro line</li> </ul> <p><b>CRS 2, 3 &amp; 4 must be performed in an acro line</b></p> <p>Plus: *If less than 3 acro lines are performed the gymnast will <b>not be awarded the dismount or stuck landing bonus</b>.*</p>
<b>Barred Elements</b> (prohibited / receive no DV)		<p>Dismounts:</p> <ul style="list-style-type: none"> <li>6.407, 6.408, 6.507 &amp; 6.508</li> </ul>		<p>Double front [4.501] [4.601] Double Arabian [4.505] [4.605]</p>
<b>GBR Bonus</b> (in addition to FIG)	<p>Note: OOB penalties will only be taken if the gymnast steps off the landing mat – this is due to the optional jersey mat not showing the corridor markings.</p>	<p>0.20 - If a gymnast is awarded 3 FIG CRs. <b>OR</b> 0.50 – If all 4 CR performed successfully. 0.20 – D+ dismount. 0.20 – Stuck landing on B+ dismount.</p>	<p>0.20 – D+ dismount. 0.20 – Stuck landing on C+ dismount.</p> <p>Bonuses awarded only within routine time limit (1 min 30 sec) and only awarded if performed without a fall</p>	<p>0.20 – D+ dismount.* 0.20 – Stuck landing on C+ dismount.*</p> <p>Bonuses are only awarded if performed without a fall</p>

**JUNIOR BRITISH CHAMPIONSHIPS 2026**  
**Gymnasts 14 & 15 years of age**

FIG Cycle 16 JUNIOR Code of Points (2025-2028)  
(See vault bonus for exception)

**VAULT**

- In Qualification to and in Apparatus Final the gymnast must perform 2 different vaults (may be from the same group, but with different numbers) which will be averaged for the Final Score
- **Bonus 0.20 for 2 different direction vaults as per senior rules**

**BARS**

- ***A jersey style mat (depth 10cm), can be used for D+ bar transitions, but it must be removed after use.***

**BARS / BEAM / FLOOR DISMOUNTS**

**Dismount Bonus & Penalties**

**For BARS**

- All dismounts must contain a Salto. Deduct 0.50 if no Salto performed.
- 0.20 Bonus for D+ Dismount
- 0.20 Bonus for Stuck landing of B or more.

**For BEAM and FLOOR:**

- 0.20 Bonus for D+ Dismount
- 0.20 Bonus for Stuck landing of C or more.

**SENIOR BRITISH CHAMPIONSHIPS 2026**  
**Gymnasts 16+ years of age**

FIG Cycle 16 Code of Points (2025-2028)

**Dismount Penalties**

**For UB – all dismounts must contain a Salto. Deduct 0.50 if no Salto performed.**

**Updated November 2025**