

FIG Cycle 16 – Update 3

Dear WAG Community,

We would like to wish you all a happy and healthy 2026 and thank you for your continued support throughout 2025.

The WTC, in conjunction with the Technical Advisor and National Coaches, are pleased to share the following updates with you:

Excel Grades 2026

The final booklet for the Excel Grades 2026 has now been published alongside this update. This booklet contains all the judging information, grade content and equipment set-ups. We would like to sincerely thank the Working Group of coaches and Brevet Judges for their invaluable contribution.

These rules can be found in the [Coaches & Community, Coaching resources - WAG Competition Framework](#) section of the website and supersede all previous documents and rules.

Please note:

- Technical videos are still planned to accompany the booklet and explain key technical decisions. It is hoped these videos will further support both coaches and judges with routine content.
- As 2026 is a transition year, we encourage coaches who have not yet sought additional guidance regarding the reduced age bands to do so.

Important Grade Information :

Pre-Excel Grade

- Now available for gymnasts aged 8 & 9 years.
- This is an optional regional-level grade that does that have to be taken.

Excel Grade 1

- Will remain as a regional level competition only for 2026.
- Gymnasts must take this grade to progress to Excel Grade 2; however, there is no minimum attainment score.
- National finals for regional teams of 4 will recommence in 2027.

Excel Grade 2

- The top 4 gymnasts (plus 1 travelling reserve), regardless of score, may represent their region at National Finals.
- Gymnasts must still achieve a minimum of 'Working At' to progress to Excel Grade 3. The attainment scores remain unchanged.
- Gymnasts not achieving a 'Working At' may retake the grade later in the year in their region.
- Gymnasts who attend National Finals and achieve 'Working At' (or higher) for the first time will not be required to retake the grade in their region.

Excel Grade 3

- Remains as direct entry to National finals.
- Attainment scores remain unchanged.

FIG Development Rules 2026

These rules will be updated and published in the coming months. A Pre-FIG Development level will be introduced in line with the new Pre-Excel Grade.

Classic Challenge Championship Rules 2026

The 2026 rules have been published and are available in the [Technical Information - Women's Artistic](#) section of the website. The accompanying Q&A document has also been updated.

Disability British Rules 2026

The 2026 rules have been published and can be found in the [Technical Information - Women's Artistic](#) section of the website.

British Rules 2026 in Home Nations Championships

The published 2026 rules will be used across all Junior & Senior Home Nation Competitions to ensure all gymnasts are ranked consistently. These rules can be found in the [Technical Information - Women's Artistic](#) section of the website.

The WTC remains committed to open communication with coaches, judges and clubs. Please note that we are unable to respond directly to parents in the first instance; parents should contact their club or coach, who may then reach out to us for further guidance if required.

If you have any questions, please do not hesitate to get in touch.

Kind Regards,

A handwritten signature in black ink, appearing to read 'Catherine Lethbridge'.

Catherine Lethbridge

WTC Chair

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