



NGA UK

information pack

COACHES

WELCOME



Welcome to the National Gymnastics Association UK (NGA UK). We're excited to introduce a competition pathway designed to support your gymnasts' growth and development. NGA UK offers flexible competition structures, a supportive community, and opportunities for gymnasts to improve and reach their full potential.



OVERVIEW



NGA offers one pathway, with two distinct tracks giving gymnasts and their coaches the flexibility to choose the route that best fits their needs, ambitions, and training commitments. By offering both options, clubs can attract gymnasts of all levels and interests, increasing participation and engagement across the board.

levels

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

precious metals

BRONZE - SILVER - GOLD - PLATINUM - DIAMOND

levels

This track progresses up to Level 10, aligning directly with NCAA college criteria, making it ideal for gymnasts aiming to compete at the highest level of collegiate gymnastics in the USA. This pathway focuses on high-level competition while offering a clear route to university-level gymnastics in the USA.

precious metals

A balanced approach with five stages. It offers a competitive gymnastics experience with the flexibility to pursue a passion for the sport alongside other commitments. This pathway is designed to support gymnasts with a focus on well-rounded development, without the intensity of the training required by higher-level competitions.

BRINGING BACK THE PERFECT 10



NGA is thrilled to bring back the perfect 10, reintroducing a scoring system that fosters clarity, excitement, and accessibility for gymnasts, coaches, and audiences alike. The perfect 10 serves as a clear and universally understood benchmark, encouraging athletes to pursue excellence. The perfect 10 makes the sport more engaging and enjoyable for fans of all ages. This return also makes it simpler for Coaches, Parents, and Gymnasts to Track Progress and Set Goals!















Nadia Comaneci

At just 14 years old, made history at the 1976 Montreal Olympics by scoring the first-ever perfect 10 in gymnastics.



ONE PATHWAY



-  **Level 10** With a unified pathway, clubs can accommodate gymnasts at all competitive levels, from recreational competitions up to Level 10.
-  **Level 9**
-  **Diamond**
-  **Level 8**
-  **Level 7** Athletes have the opportunity to advance by two levels, allowing them to remain on the precious metals track throughout their gymnastics journey, or to skip a level if necessary.
-  **Platinum**
-  **Level 6**
-  **Level 5**
-  **Gold** This pathway offers flexibility, enabling gymnasts to move between levels each season, based on what best suits their individual needs. We recognise that circumstances, training hours, and commitments can change, and this structure is designed to support every
-  **Level 4**
-  **Level 3**
-  **Silver**
-  **Level 2/Bronze** child in navigating their own unique path in the sport.
-  **Level 1**



BENEFITS



Increased Retention and Long-Term Engagement

NGA UK's gymnast-centered approach allows athletes to progress at their own pace, reducing burnout and increasing long-term participation. This is a critical factor in improving retention rates, ensuring that gymnasts remain committed to their training and your club for longer periods.

Stand Out in a Competitive Market

With simplified rules and a unique competition structure, your club can differentiate itself from others in the area. NGA UK's fresh approach to gymnastics makes it more appealing to parents and gymnasts who want a clear and consistent path to success. This differentiation can attract new families to your club and give you a competitive edge.

Simplified Operations

NGA UK's unified event rules ensure that every competition follows the same format, making event management straightforward for coaches, judges, and club staff. No matter which event you attend, you can expect a consistent standard of quality and a smooth experience for everyone involved.

BENEFITS



> continued

The Return of the 10.0

An internationally consistent set of rules provides a clear framework where gymnasts can focus on honing their skills without adapting to different expectations at each competition. This consistency enables coaches, athletes, and parents to track progress from each competition, where improvements are easy to see and goals can be clearly set.

Build Your Club's Reputation

NGA UK offers gymnasts the chance to compete on both national and international stages. As your gymnasts succeed in these arenas, your club's reputation grows as a place where athletes can achieve their goals, whether they aim for collegiate gymnastics or personal development.

Join a Supportive Community

Although in its early stages, by joining NGA UK, you connect with a national network of like-minded clubs and coaches. This supportive community encourages collaboration, the sharing of resources, and joint events or training camps, helping your club grow both competitively and operationally.

COMPETITIONS



For coaches looking to enter their teams into NGA UK competitions next season, it's an exciting opportunity to showcase your gymnasts' hard work and progress. The NGA UK season runs from January to June, culminating in NGA UK's National Final - a fantastic goal for gymnasts to work towards.

The second half of the year is a valuable time for gymnasts to recharge, focus and enjoy other activities in the gym, alongside working towards skill acquisition and the chance to move up levels for the following year.

We remain dedicated to skill advancement through our summer camps, which offer targeted training to prepare gymnasts for the next All-Around season. This balanced approach supports both academic success and long-term growth in gymnastics.



COMPETITIONS



› continued

NGA UK's competition structure is thoughtfully designed to meet the expectations of gymnasts, coaches, and parents alike. By recognising every all-around (AA) participant with a medal, as well as awarding apparatus-specific medals, we celebrate each gymnast's individual strengths and hard work. This approach gives parents peace of mind, knowing their child's dedication will be honoured, and creates a positive experience centered on enjoyment and growth. We know it's the gymnasts and coaches who dedicate countless hours to training, and our competitions are structured to support that commitment. Our events translate your hard work as a coach into meaningful opportunities for your athletes.

Above all, we aim to create a competition environment that values enjoyment and fosters positive experiences—essential to encouraging gymnasts to stay in the sport longer, helping them develop lifelong skills and a lasting love for competitive gymnastics.



COMPETITION



info

NGA UK's unified rules and deductions ensure that every competition follows the same format, making this straightforward for coaches. Athletes tend to compete one level per season, however we leave this to the coach to decide.

- ★ **The Perfect 10** - All routines are scored from 10.00.
- ★ **Age Restrictions** - Athletes are eligible to compete at age 4. Refer to the Technical Handbook for age requirements for each level.
- ★ **New to NGA** - Coaches choose the starting level of the athlete.
- ★ **Competition Level** - Once your athlete's level has been chosen they will work through the competitions to achieve National Final qualification.
- ★ **Moving On Up** - Once athletes achieve the all around mobility score of 31.00, they are eligible to move up levels at their coaches discretion.
- ★ **Move up Mid Season** - Gymnasts can move up mid-season at the coach's discretion but must compete at regionals/nationals in their qualified level.
- ★ **Drop Back** - Coaches may drop back an athlete (up to 2 levels)
- ★ **Awards for All Around** - 100% of all around athletes are awarded AA medals.
- ★ **Awards for Apparatus Finals** - Apparatus medals are awarded to the top 50% of all-around athletes (e.g., top 5 in a group of 10).

THE RULES



The Technical Handbook, accessed via the Technical Downloads page of the NGA UK website is the most up to date set of rules and holds all the information needed to construct routines that fulfil criteria. Please also consult both the Technical Updates document to stay informed on the latest standards and adjustments.

Page 4 of the Technical Handbook provides a comprehensive guide to understanding the level requirements and helps you effectively piece together the compulsory elements for competitions. This resource is designed to support you in preparing well-rounded, competitive routines that meet NGA UK standards.

A helpful Quick Reference Guide is available on the Technical Downloads page. Once coaches are familiar with the criteria, this guide serves as a handy tool for quick checks during training sessions, making it easier to ensure accuracy.

NGA UK is committed to supporting coaches with a series of free online educational events, designed to enhance understanding of our standards and routines. Event details are available on our website's Events page, and our team is always reachable by email for any additional guidance needed to support coaches and their athletes' success.

NATIONAL FINALS



As NGA UK is still in its infancy, we're excited to see the growth and enthusiasm for our upcoming season! While we can't set the exact criteria for qualifying for the National Finals just yet, we encourage everyone to save the date.

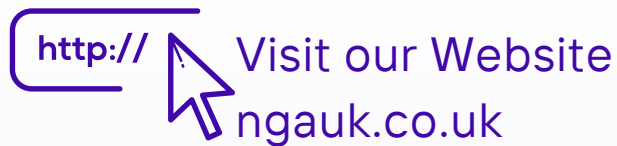
With limited spaces available, we're committed to a fair and inclusive process to ensure all gymnasts have a fair chance to participate. We're looking forward to a fantastic season and are thrilled to watch NGA UK grow with each new competitor!

- ★ ALL LEVELS WILL BE REPRESENTED.
- ★ ATHLETES MUST HIT THE MINIMUM SCORE (TBD).
- ★ AN ATHLETE MUST COMPETE IN AT LEAST TWO LICENCED EVENTS WITHIN THE SEASON.

JOINING NGA



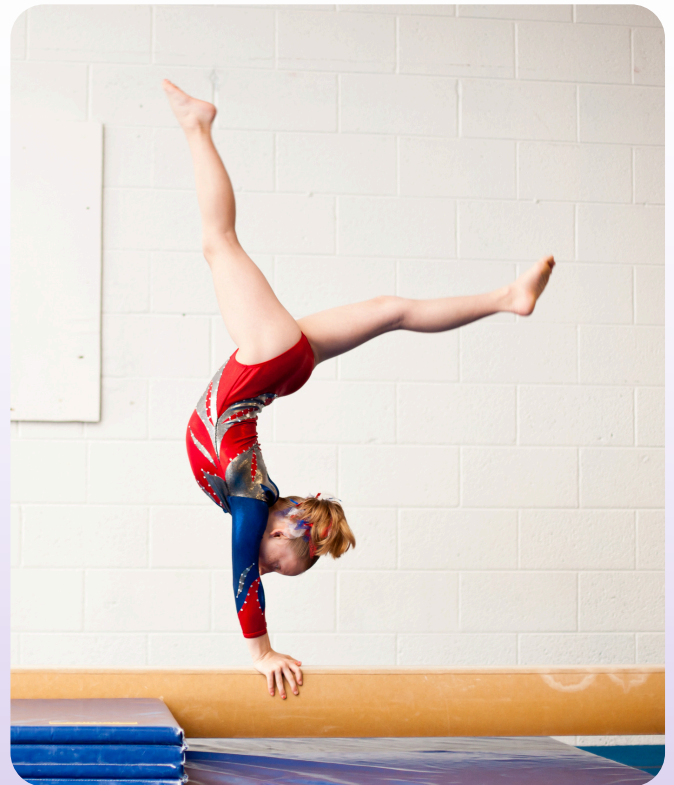
NGA UK is not a membership-based organisation so any club can peruse our website and choose to enter their gymnasts (from any insurance provider) into our competitions. We've made it that simple!



Here you can gain access to the competition calendar, as well as finding information on how to qualify to the NGA UK National Finals.

Insurance

NGA UK ensures inclusivity by welcoming all gymnasts to participate, regardless of their insurance provider or affiliation. Each event includes independent insurance coverage for every participant, ensuring that every athlete can compete safely and with confidence.



COSTS



At NGA UK, we believe in being transparent about the financial investment required to join and participate in our competitions.

Individual & Club Membership Fees: £0 (we are not a membership body)

Insurance Fees: £0 - Each NGA UK run event includes independent event insurance for every participant and coach which is covered through the athletes event entry fees.

Judging Courses: £0 - Judging courses will be provided free of charge.

Resources: £0

Competition Licence Fee: take a look on our Run an Event page for more information on costs associated with running an event.



2025
entry fees

Invitational £35
(suggested fee)

Regional £45

National £55

RUN AN EVENT



Hosting an NGA UK event couldn't be easier.

All you need to do is apply for a competition sanctioned licence from our website. Here is where you agree to run the your competition to our event standard. Once the licence is approved we will upload your event onto our website Events Page and advertise your event.

The licence cost is £0 for 2025 and the event and entry fees are yours to keep, we will even provide signage and resources to help you run your event.

FAQS



Can gymnasts compete in NGA competitions while being members of other gymnastics bodies?

Yes! NGA UK competitions are open to all gymnasts. Each event includes independent event insurance for every participant, which is covered through their event entry fees.

Does NGA UK only cater to advanced gymnasts?

No, NGA UK is designed for gymnasts of all levels from 4 years old. We offer a wide range of levels and age groups, ensuring that every gymnast has the opportunity to compete and succeed, regardless of their experience or goals.

How does this pathway benefit my club financially?

Hosting competitions with the NGA rules through our flexible pathways allows your club to generate additional revenue streams and helps grow your membership. Whether through increased event entries, expanded training programs, or partnerships, the NGA UK structure helps your club thrive financially.

WE NEED YOUR HELP



We need YOU to help reshape gymnastics! Join NGA UK and be part of a fresh, dynamic competition experience where every person counts. Together, let's build a community that champions growth, fair play, positivity and endless possibilities for our athletes.

Jump in with NGA UK!



FINAL NOTE



Choosing NGA UK as your competition structure means creating the best possible environment for your gymnasts while directly supporting your coaching goals and club's success.

With a flexible competition format, enhanced gymnast retention, and a clear pathway for progression, NGA UK enables coaches to foster a thriving, sustainable program that keeps athletes motivated and engaged.

To discover how NGA UK can support you in growing your club and coaching program, visit our website or reach out to us directly.

We're here to support you every step of the way!

Check out our social channels

