



**NGA UK**  
*information pack*

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**CLUB MANAGERS**

# WELCOME



**Welcome to the National Gymnastics Association UK (NGA UK). We're thrilled to introduce a competition pathway that not only supports your gymnasts' development, but also makes exceptional business sense for your club. NGA UK offers flexible competition structures, a supportive community, and opportunities for both gymnasts and clubs to thrive in a sustainable and profitable way.**



# 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.

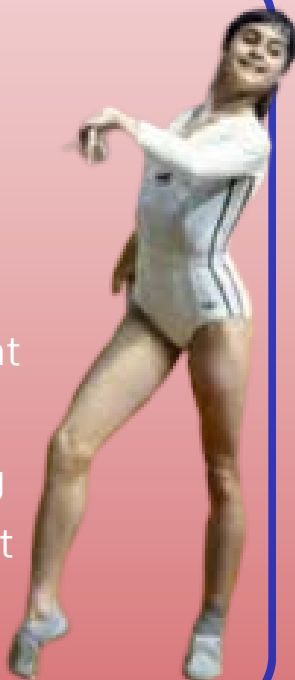
# BRINGING BACK THE PERFECT 10



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, Nadia made history at the 1976 Montreal Olympics by scoring the first-ever perfect 10 in gymnastics.



# ONE PATHWAY



 **Level 10**

 **Level 9**

 **Diamond**

 **Level 8**

 **Level 7**

 **Platinum**

 **Level 6**

 **Level 5**

 **Gold**

 **Level 4**

 **Level 3**

 **Silver**

 **Level 2/Bronze**

 **Level 1**

With a unified pathway, clubs can accommodate gymnasts at all competitive levels, from recreational competitions up to Level 10.

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.

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 child in navigating their own unique path in the sport.



# 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.

## **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.

# BENEFITS



› continued

## **Simplified Operations**

NGA UK's unified rules and deductions ensure that every competition follows the same format, making event management straightforward for coaches, judges, and club staff. This reduces the administrative burden on your club, freeing up time to focus on what matters most—training and development.

## **Revenue Opportunities**

Hosting NGA UK competitions at your facility offers a valuable opportunity to generate additional revenue. By simply applying for a license and agreeing to run the event according to our standards, your club can benefit from event fees, increased demand for training, and new memberships, all of which contribute to a steady financial boost. .

## **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.

# JOINING NGA



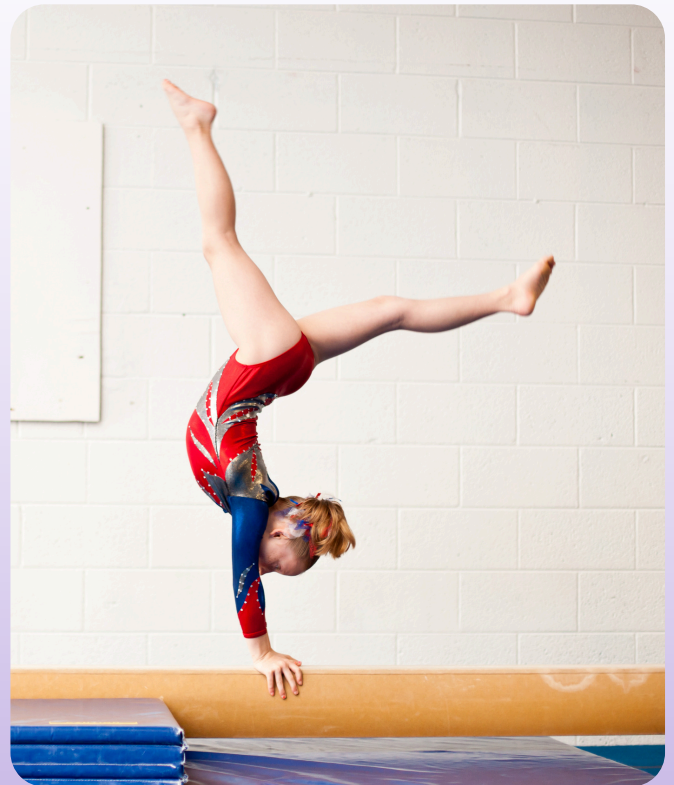
**NGA UK is not a membership-based organisation so any club can peruse our website and choose to enter their gymnasts (from any insurance provider) into our competitions. We've made it that simple!**

[http://](http://ngauk.co.uk) Visit our Website  
ngauk.co.uk

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. 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.

# FINAL NOTE



**Choosing NGA UK as your competition structure isn't just about offering your gymnasts the best possible opportunities - it's about making a smart business decision for your club's long-term growth and success.**

**With flexibility, increased retention, and strong revenue opportunities, NGA UK helps you build a thriving, sustainable gymnastics programme.**

**To learn more about how your club can benefit from joining NGA UK, visit our website or contact us directly.**

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

*Check out our social channels*

