MEN'S NATIONAL GYMNASTICS ASSOCIATION UK (NGAUK)

Official Update: 2027 Season Technical Updates
Date: 24th September 2026

Please refer to the Women's Technical Updates for general updates relating to competition flow and video review, which will also apply to the Men's Programme.

Precious Metals Programme

From the 2027 season, male gymnasts will be permitted to participate in the Women's Gold, Platinum and Diamond Precious Metals Programme at NGA UK events, with the ability to qualify to National Finals through their respective Zonal Finals.

This provides an additional competitive pathway for male gymnasts who are ready to perform skills beyond those currently available within the Men's 4x4 Programme. It may also provide a suitable option for clubs where male gymnasts train alongside, or within, the women's programme and therefore follow a similar training structure and apparatus practice.

Male gymnasts entered into the Precious Metals Programme will compete within a separate male age group/division and will not compete directly against female gymnasts for placings or awards.

For qualification to Zonal and National Finals, male gymnasts' All-Around scores will be assessed against the qualifying standard set for the equivalent women's level. Only gymnasts who achieve the relevant Zonal or National qualifying score will be eligible to progress to those events.

For urgent technical inquiries, rule interpretations, or judging questions, please reach out to Kelly Milnes at judging@ngauk.co.uk.

Let's make the 2027 season our best one yet!