

NATIONAL GYMNASTICS ASSOCIATION UK (NGA UK)

Official Update: 2027 Season Technical Updates

Date: 14th September 2026

As we reflect on another fantastic season in 2026, National Gymnastics Association UK (NGA UK) continues to follow the refined programming in line with NGA and their mission to supply: One Set of Rules, One Goal, One Set of Deductions.

Please read the following updates carefully:

Video Review and Inquiry Clarifications

To ensure consistent execution across all competitions, the following judging & coaching guidelines remain foundational for 2026–2027:

- I. **Inquiries:** Inquiries may be based ONLY on the following criteria – Awarding of Start Values (SV), Compositional Deductions, Neutral Deductions, Falls, or Unusual Occurrences. The Competition Referee may review a video before the coach submits an inquiry to determine whether to do so.
 - **Video Review during Season:** If the coach decides to submit a video review to the Competition Referee, the video must be reviewed at regular speed and watched only once. The video review process is NOT allowed to be used to appeal a judgment of degree assessment (Examples: degree of casts, handstands, incomplete turns, direct connections of elements, or leg separation in leaps or jumps). The Competition Referee must inform the judging panel of the video review and its outcome.
 - **Video Review for Post-Season Competitions (Zonals, Nationals):** At NGA UK Zonals and Nationals, a video review MAY be used to evaluate the above assessments that affect the Start Value. For example, degree of casts, handstands, incomplete turns, direct connections between elements, or leg separation in leaps and jumps. If a video review results in the awarding of a special requirement or value part, the judging panel may apply deductions to that part.
- II. **Special Requirements**
 - 4N Uneven Bars: Clarification – Run out glide may NOT be used for SR1
 - X-Skill UB Dismount 802 – Hand must contact HB after ½ turn is complete, otherwise .10 deduction
 - X-Skill UB Dismount 805 Clarification – Squat on – Jump off **MUST be forward**
 - 2N/BN Balance Beam: X Skill lever MAY be used for SR3
 - 5N Balance Beam Dismount – SR4 MIN 'A' salto / aerial Dismount
 - PN Balance Beam – One (1) Acro C allowed
 - PN Balance Beam – SR4 MIN A Salto / Aerial Dismount

- 1N Floor Exercise: **2-second hold** requirement for SR2, Candlestick requirement has been added
- 2N/BN – SR4 One (1) Acro element - Cartwheel or Round Off (isolated or in Series)
- SN FX Routine time = :45 (strongly encouraged 2026-2027 season, required 2027-2028 season)
- PN Floor Exercise: One (1) Acro C allowed
- PN FX Routine time = 1:15 (strongly encouraged 2026-2027 season, required 2027-2028 season)

III. Value Part Updates •

General: **All PINK TRIANGLE** X-Skills on all events have been deleted.

- Uneven Bars: Ejova (D-507b) upgraded to E value part
- Balance Beam: X Skill 601 Candlestick requires a 2-second hold.
- Balance Beam: A-216a Sissone upgraded to B value part
- Balance Beam: C-211a (all four elements) downgraded to B (Straddle ¼ variations) • Balance Beam: D-211a Straddle ½ (Cross to cross) downgraded to C value part
- Acro Beam Mounts to include: Update **Beam Mounts to be considered**
ACRO - A-110a, A-110b, B-110a, B-110b, C-11, B-111a, B-111b, C-111a, C-111b, D111a, D-111b, A-112, B-112a, B-112b, B-112c, B-112d, B-113a, B-113b, B-113c, B-113d, C-113, C-114a, C-114b, C-114c, C-114d, D-114, B-115a, B-115b, C115a, C-115b, D-115a, D-115b, C-116b, C-116c, D-116, C-117a, C-117b, D117a, D-117b, C-118a, C-118b, C-118c, C-118d, B-120b, C-120, D-120a, C122a, C-122b, D-122a, D-122b, E-123a, E-123b, E-123c, E-123d, E-123e, E124, C-125b, D-125, D-126a, D-126b, E-126, D-127a, D-127b, E-127a, E-127b, E-128a, E-128b, E-128c, E-129a, E-129b, E-129c, E-129d
- Acro Beam Mounts MAY be included for Acro SR at specific levels (4N-10N)
- Floor Exercise: X Skill 407 Candlestick used to fulfil SR2 requires a 2-second hold

IV. Start Value Updates

- PN Vault Chart will be updated to reflect DN vault values plus .30 (with same restricted vaults)
- 6N: VP = 4 'A's and 2 'B's. An additional B value part is required this season
- 7N: VP = 4 'A's and 3 'B's. An additional B value part is required this season
- 8N: 9.9 Start Value – Additional +.10 from any C Value Part (Mount, Dismount, any Value Part within routine). The C value part can be one of the counting four (4) Bs in the routine. It is NOT in addition to the four (4) Bs.

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!