

## KEY RULES

**Performance & Control:** Gymnastics routines must show balance, strength, flexibility, and control always. Each movement should start and finish in a stable position, demonstrating smooth transitions between skills. Performers should maintain body tension (tight core, straight arms and legs) throughout each movement.

**Skills & Sequences:** Routines often include a combination of balances, jumps, leaps, rolls, and travelling actions. Every sequence should link movements creatively, using a clear beginning, middle, and end. Children should explore different levels (high, medium, low) and directions (forwards, backwards, sideways). Safety mats must always be used for rolls, jumps, and partner work.

**Partner & Group Work:** Partners should communicate clearly, support one another safely, and check spacing before performing. Counterbalances and matching/mirroring movements help build teamwork and coordination.

When performing in groups, use canon (one after another) and unison (all together) to show rhythm and timing.

**Safety & Fair Play:** Always warm up and stretch before gymnastics and cool down after. Only attempt skills within your ability level and under teacher supervision. Respect other performers by remaining quiet and still while watching. Encourage peers and celebrate effort as well as technical accuracy.

## NATIONAL GOVERNING BODY (NGB)

**British Gymnastics:** The national governing body for gymnastics in England and Wales, responsible for rules, coaching, and competitions.

**Scottish Gymnastics:** oversees gymnastics participation and development across Scotland.

**Welsh Gymnastics:** Supports gymnastics clubs, schools, and community programmes across Wales.

**Gymnastics Ireland:** The governing body for gymnastics in both Northern Ireland and the Republic of Ireland.

## USEFUL LINKS

**British Gymnastics:** [british-gymnastics.org](http://british-gymnastics.org)

**Scottish Gymnastics:** [scottishgymnastics.org](http://scottishgymnastics.org)

**Welsh Gymnastics:** [welshgymnastics.org](http://welshgymnastics.org)

**Gymnastics Ireland:** [gymnasticsireland.com](http://gymnasticsireland.com)

**International Gymnastics Federation (FIG):** [gymnastics.sport](http://gymnastics.sport)

**Your School Games Gymnastics:** [yourschoolgames.com/taking-part/our-sports/gymnastics](http://yourschoolgames.com/taking-part/our-sports/gymnastics)