



INVOKE

INVITATIONAL

2026

GFA & NOVICE
Competition Pack



Saturday 11th July
& Sunday 12th July

**TIMES TBC
AFTER ENTRY**



The Herewoode
Academy

**NEW COLLEGE RD
LEICESTER
LE3 6DN**



Custom Rules
(Based off Novice & GFA)

**SEE MORE
BELOW**



1st, 2nd & 3rd Medals
for Apparatus and AA

**+ ARTISTRY
AWARDS**



4th, 5th & 6th Rosettes
for Apparatus and AA

**+ BEST EFFORT
AWARDS**

Event Overview

Welcome to the **Invoke Invitational** a GFA and Novice level Competition held on 11th and 12th July 2026. In this pack you will find all the information you need to know prior to the event. We will confirm which day each category will run after entries close (this is to ensure we can ensure the timings of the day are appropriately split for gymnasts, coaches, judges and clubs). There is a **summer party theme**, so gymnasts are invited to design their own fun summer themed number to display. Prizes will be awarded for the best numbers! 😎

Event Venue

The Herewoode Academy (formerly known as New College)
Glenfield Road
Leicester
LE3 6DN
(There is plenty of on-site parking and this is an accessible site)

Hosting Club

The event is hosted by Invoke Gymnastics Club, located in Burntwood, Staffordshire. Whilst we are a British Gymnastics Club, the event does not follow British Gymnastics rules, therefore this event is open to clubs from other governing bodies. The event will be covered by an independent public liability insurance covered by, however **it is the responsibility of clubs entering to make sure each participant has their own insurance** (this is included within standard British Gymnastics and IGA Membership) as Invoke Gymnastics Club accepts no liability from participating gymnasts without insurance.

Levels

This is an invitational competition with 5 difficulty levels. We have placed a rough comparable difficulty level for BG clubs to help guide which level to enter gymnasts in.

- Level 1: GFA Beginner
- Level 2: GFA Intermediate
- Level 3: NOVICE Beginner
- Level 4: NOVICE Intermediate
- Level 5: NOVICE Advanced

Full rules and age groups can be found further down in this pack.

Key Contacts

Competition Director:	Andrew Cooper-Hall	andy@invokegymnastics.co.uk
Event Manager:	Nikki Glaze	nikki@invokegymnastics.co.uk

Entry Information

This event opens for entries on **1st March 2026** at 12pm. Entries will close on **1st May 2026** at 12pm. If the event reaches capacity prior to the entry deadline, we may have to close or reject entry applications. If your entry is rejected due to us reaching capacity, you will be given a full refund to the competition.

Entry Form

Entries should be **emailed to the event manager Nikki** via the email listed above. To enter, please send the following details via spreadsheet. It is important to include all fields.

Club Name				
Lead Contact				
Name of Coach	Governing Body	DOB	Membership Number	Qualification Level
Name of Gymnast	Governing Body	DOB	Membership Number	Level Entered
Name of Judge	Governing Body	Email Address		Level
I agree that by entering into this competition, I have read and understood and agree to adhere to the rules and regulations of this competition. I also confirm all coaches and gymnasts entered have their own suitable insurance for this event.				

Entries are £40 per gymnast. Late entries will not be accepted without prior written consent from Nikki Glaze.

Payment Details

BACS Only.

Account Name: Invoke Gymnastics Club Ltd

Sort Code: 04-06-05

Account No: 15779884

Payment should be made on point of entry.

If a gymnast is withdrawn before 1st May 2026, clubs will receive a full refund. After this date, refund requests will be reviewed on an individual basis.

Coaching Requirements

Each club must provide a coach holding a minimum **Level 2 qualification**, who will be responsible for gymnasts while they are on the apparatus. As always, coaches should be insured to the level of the skills being competed.

As this is a friendly competition, **Level 1 coaches** are welcome on the competition floor to assist and gain competition experience; however, a **Level 2 coach must be present at the apparatus at all times** and remains fully responsible.

Competition Format

After registration, gymnasts will enter the gymnast waiting area with their coaches whilst waiting for the competition to start. The Event Manager will hold a pre-competition meeting with the coaches and run through the event. The competition will then run in the following format:

General warm-up on floor (15 minutes)

Return to gymnast waiting area.

March on - each club will be welcomed and applauded as they march from the gymnast waiting area to their first apparatus.

We will follow an Olympic order for rotations, with Vault (VT), Bars (UB), Beam (BB) Floor (FX) and Rest. Your apparatus order will be sent to you in advance via email in the competition programme.

Vault: 2 warm-ups, 2 competition vaults (the best vault will count) As a friendly competition, if disaster strikes on both vaults, a 3rd competition vault maybe be permitted at the discretion of the judge.

Bars: 2 touch warm-up, then 1 competition routine.

Beam: American style rolling warm-up / compete format (for those who are unaware of this format, please see the last page of this pack for a breakdown) 45s warm-up per gymnast.

Floor: American style rolling warm-up / compete format for Levels 1, 2, 3 and 4. Split warm-up for Level 5.

Rest: This is a small floor area, where gymnasts are able to relax or prepare for their next apparatus. This will also be home to a coaches snack station where a small section of refreshments will be available. Coaches are still responsible for the gymnasts on this station and are expected to ensure they are not disruptive.

At the end of the competition, gymnasts will be asked to return to the gymnast waiting area whilst the scoring panel will check the scores.

Gymnasts will again be marched onto the floor club by club, and sat down for the award ceremony.

Medals will be given to 1st, 2nd and 3rd positions, with rosettes being given for positions 4th, 5th and 6th. This will be for each apparatus and AA.

There will also be a best effort apparatus award for each piece of apparatus. This award will typically be reserved for gymnasts who gave a great performance, but stayed out of medal contention (due to a fall, missing skill etc) to ensure they still get recognised for their hard work.

Artistry awards for floor will also be given out to the levels which require floor music.

Competition Attire

We adopt standard BG competition rules, coaches are expected to remove jewellery, be in club branded attire and have long hair tied back.

Gymnasts should wear a club leotard (leggings and shorts are allowed) when on the competition floor. There will be no penalties for clubs with different leotards, however the club should ensure gymnasts stay together to help the MC identify your club. Gymnasts should wear a club tracksuit if they have one, but as they will be in their leotard on the competition floor during presentations, there will be no penalty if they do not have one. As always, no jewellery and long hair should be tied back. If a gymnast has supports or dressings, we ask them to try and stick to skin tones, plain black or plain white.

Judging

Each club is required to provide a judge for the day they are competing, and it is a condition on entry. Refreshments will be provided for judges and coaches. 1 judge is required for 1-50 entries. 51+ require 2 judges. If you are unable to provide a second judge or if a judge fails to show on the day, a £100 penalty will occur.

We will be using a digital scoring method.

In the event of a tie break, gymnasts with the highest execution will be awarded the higher place. In the event that the execution and start score is the same, a tie will be awarded.

As this is a friendly competition, standardised appeals process will not operate. Coaches are welcome to enquire after all the gymnasts have finished competing that apparatus. As always execution scores cannot be questioned, but difficulty scores can. If the judge does not have time to review the query, judges may direct coaches to the Events Manager Nikki Glaze to assist.

Photography and Videography

This is an open photography and videography event, however flash photography is **not permitted** due to it potentially distracting participants.

A local photographer will be on site taking professional photos through the day, which will be available to purchase after the competition via a password emailed to your club.

Policies and Procedures

This event reflects all policies and procedures adopted by British Gymnastics when it comes to coach, participant and parent conduct. A full list can be found here: <https://www.british-gymnastics.org/safe-and-fair-sport/policies-procedures>

The event organisers reserve the right to remove anyone from the competition venue if they breach any of these policies, including behaviour that can be perceived as aggressive or intimidating. As a fun and friendly competition, there is a zero tolerance stance on this kind of behaviour from anyone. Any issues on the day should be reported to Nikki Glaze immediately.

Level 1: SV 14.00

Minimum Year of entry: 2019 (turning 7 in 2026) Maximum Year of entry: 2008 (turning 18 in 2026)

	Vault	Bars	Beam	Floor
Apparatus	60cm block (length ways) & 60cm mats stacked with a 20cm landing mat	A-Bars with 20 cm safety mat under high bar	Beam height 110cm	Single line routine Elements performed in order below
Routine	<ul style="list-style-type: none"> - Squat on block - Forward roll - Tuck jump dismount to land <p><i>Gymnasts may walk to the end of the mats to dismount without deduction</i></p>	<p><i>Low Bar</i></p> <ul style="list-style-type: none"> - Upward circle - Front support hold (2s) - Forward circle to chin-up hold <p><i>and...</i></p> <p><i>High Bar</i></p> <ul style="list-style-type: none"> - Coach assisted lift - Chin-up hold (2s) - Leg lift to within 45°* - Dish hold (2s) - Arch Hold (2s) - Release to land 	<ul style="list-style-type: none"> - Mount, jump to front support and lift leg over - 4 steps forward on Relevé - Straight jump - H balance (2s) - Relevé hold - Dismount, star jump to land 	<ul style="list-style-type: none"> - Forward roll into star jump - Step into cat leap - Kick to handstand, return to lunge - Forward roll to straddle sit (hold 2s) - Lie flat, push into bridge - Kickover* or rock and stand up - Side to side cartwheel - Half star balance
Bonus'		*0.2 Successful leg lift (toes must touch the bar)		*0.3 for a kick-over (must be successfully completed)

0.5 Deduction - Skills not performed in the order written above / 1.5 Deduction - Missing skills

Level 2: SV 14.00

Minimum Year of entry: 2018 (turning 8 in 2026) Maximum Year of entry: 2008 (turning 18 in 2026)

	Vault	Bars	Beam	Floor
Apparatus	60cm block (length ways) & 60cm mats stacked	A-Bars with 20 cm safety mat under high bar	Beam height 110cm	Single line routine Elements performed in order below
Routine	<ul style="list-style-type: none"> - Straight jump on to block - Underarm swing to handstand flat-back 	<p><i>Low Bar</i></p> <ul style="list-style-type: none"> - Upward circle - Front support (2s) - Cast back hip circle - Forward circle to land* <p><i>and...</i></p> <p>High Bar</p> <ul style="list-style-type: none"> - Coach assisted lift - Coach assisted Chin up** - Leg lift to within 45° from the bar*** - 3 fish swings Release to land 	<ul style="list-style-type: none"> - Mount, jump to front support and lift leg over, star sit on beam - Straddle lever (2 s) - 4 steps forward on Relevé - Tuck jump - Arabesque (2s) - Kick towards handstand - Dismount, Round off 	<ul style="list-style-type: none"> - Handstand forward roll into tuck jump - Chasse cat leap - Front to back cartwheel - Backward roll to front support - Swing leg forward to front split (2s) - Join legs, lie down and push to bridge (2s) - Kick-over - Arabesque (2s) - Round off *
Bonus'		<ul style="list-style-type: none"> *0.5 for squat on or straddle shoot **0.3 for unassisted chin up ***0.2 for full leg lift 		*0.5 for round off flic (must be connected)

0.5 Deduction - Skills not performed in the order written above / 1.5 Deduction - Missing skills

Level 3: SV 14.00

Minimum Year of entry: 2017 (turning 9 in 2026) Maximum Year of entry: 2008 (turning 18 in 2026)

	Vault	Bars	Beam	Floor
Apparatus	Mats stacked to 90cm	A-Bars (additional 20cm safety mat allowed)	Beam height 120cm	Single line routine (on a diagonal)
Routine	- Handstand flatback	- Upward circle - Cast back hip circle - Squat on jump off dismount*	- Mount, squat on or straddle onto beam - 2 jumps connected (any A element or permitted element) - Arabesque or Y-Balance hold (2s) - Handstand* - Relevé 1/2 turn - Dismount, round off / handspring**	- Round off - flic* - Chasse cat leap - chasse cat leap 1/2 - Backward walkover - Full spin - Y balance - Backward roll towards handstand - Full turn straight jump
Permitted elements			- <i>Straight jump</i> - <i>Tuck jump</i>	
Bonus		*0.5 for jump to HB swing forwards, swing backwards and dismount from the back swing to land	*0.3 for cartwheel instead of handstand **0.3 for front/back somersault instead of round-off / handspring	*0.5 bonus for tucked backward somersault from round-off flic (<i>round-off tuck back is permitted but will not receive a bonus</i>)

0.5 Deduction - Skills not performed in the order written above / 1.5 Deduction - Missing skills

Level 4: SV 14.00

Minimum Year of entry: 2016 (turning 10 in 2026) Maximum Year of entry: 2008 (turning 18 in 2026)

	Vault	Bars	Beam	Floor
Apparatus	Table Vault 110cm or 115cm	A-Bars (additional 20cm safety mat allowed)	Beam height 120cm	Single line routine (diagonal)
Routine	- Handspring	- Upward circle* - Cast back hip circle - Squat on - 3/4 giant from LB to HB* - Straddle on under shoot	- Any Mount (coded or uncoded) - 2 jumps connected* - 1/2 spin into 1/2 turn - Acro - Balance - (2s) - Any 'A' dismount or permitted dismount	- Round off, tuck back* - Chasse split leap - Full spin - Cat leap - cartwheel** - Front somersault - Backwards roll to handstand
Permitted elements			<i>Jumps</i> <i>Straight jump, tuck jump</i> <i>Balances</i> <i>Arabesque, Y balance</i> <i>Handstand</i> <i>Acro</i> <i>Handstand (not held)</i> <i>Dismount</i> <i>Cartwheel straight jump</i> <i>B.Walkover straight jump</i>	
Bonus		*0.5 bonus for upstart (maximum of 2 permitted)	*0.3 for jump with split (minimum 160°) **0.3 for a walkover	*0.3 for round off, flic, tuck back **0.3 for free cartwheel

0.5 Deduction - Skills not performed in the order written above / 1.5 Deduction - Missing skills

Level 5: SV 14.00

Minimum Year of entry: 2016 (turning 10 in 2026) Maximum Year of entry: 2008 (turning 18 in 2026)

	Vault	Bars	Beam	Floor
Apparatus	Table Vault 110cm or 115cm	A-Bars (additional 20cm safety mat allowed)	Beam height 125cm (FIG height)	Floor routine to music (Max 60s) <i>No Acro elements higher than B</i>
Routine	- Any coded table vault (somersault vaults not permitted)	- Upstart - Cast backup circle* - Squat on** - 3/4 giant from LB to HB*** - 3/4 giant HB to HB - Straddle shoot with or without 1/2 turn	- Any Mount - 2 jumps connected* - 1/2 spin into 1/2 turn or full spin - 1 x FWD Acro - 1 x BWD Acro** - An A dismount***	- An acro line with a BWD salto - A FWD salto * - A spin - A dance passage of 2 elements to include min 1 x 180° split** - An additional jump or leap
Permitted elements			<i>Jumps</i> <i>Straight jump</i> <i>Tuck jump</i> <i>Acro</i> <i>Backward shoulder roll</i> <i>Handstand (not held)</i>	
Bonus		*0.5 for clear hip **0.3 bonus for sole circle ***0.3 bonus for long upstart	*0.2 for jump with split (minimum 160°) **0.3 for a flic ***0.3 for a mixed series bonus	*0.5 for FWD acro line (eg handspring front / tuck front - tuck front) **0.3 bonus for a change leg split leap

Beam and Floor skills can be performed in any order / 1.5 Deduction - Missing skills

Additional Clarifications and Apparatus Notes

Vault

Springboard collar is essential for all vaults (this is for safety reasons)
Apparatus brands: Gymnova. A choice of springboards will be available.

Bars

FIG Gymnova A-Bar set up

Beam

FIG Gymnova beam set-up with heights set as per the rules of the event

Floor

Full sized FIG Sprung Floor. Levels 1-2 to be performed in a line. Levels 3-4 to be performed on a diagonal.
Level 5 is a full floor routine, however artistry deductions will not be deducted on the day.

American style rolling warm-up / compete format (Example of 5 gymnasts competing)

Gymnast 1: Warm-up (30s on the beam)

Gymnast 2: Warm-up (30s on the beam)

Gymnast 1: Compete

Gymnast 3: Warm-up (30s on the beam)

Gymnast 2: Compete

Gymnast 4: Warm-up (30s on the beam)

Gymnast 3: Compete

Gymnast 5: Warm-up (30s on the beam)

Gymnast 4: Compete

Gymnast 5: Compete