



The 20th Heathrow Aerobic Gymnastics International

Bracknell, GBR

22nd 23rd 24th May 2026

UK Invitation

Monday, 29 December 2025

Dear Friends,

We are pleased to invite your Club to the Heathrow Aerobic Gymnastics Club, 19th Heathrow International Club Championships for all categories in Aerobic Gymnastics that will take place on 22nd 23rd 24th May 2026
The competition is to be held at Bracknell, Berkshire near London.

Please find conditions and rules detailed below:

Competition Venue:

Bracknell Sports and Leisure Centre, Bracknell, Berkshire, RG12 9SE, UK

Dates: 22nd 23rd 24th May 2026.

Technical Rules:

The event will be organized under the following FIG rules, as valid in the year of the event, except for any deviation mentioned in these directives:

- Statutes
- Technical Regulations
- Code of Points and relevant Newsletters
- General Judges' Rules
- Specific Judges' Rules
- Doping Control Rules
- Licence rules (except for non-competitive events)
- Media Rules
- Apparatus Norms
- FIG Rules for Sanctioning (approval) of International Events
- Advertising and Publicity Rules *and subsequent decisions of the FIG Executive Committee*

In Addition:

- British Gymnastics Aerobic Gymnastics Competition Handbook Rules
- British Gymnastics RAC Rules
- British Gymnastics IAC Rules

Categories & Ages:

- IAC All groups and Age groups
- RAC: Pre-Foundation, Foundation, National Development, Age Group, Junior, Seniors - IW / IM / Pairs / Mixed Pairs / Trios / Groups (GBR Rules)
- Foundation (9 Years): IW / IM / Pairs / Mixed Pairs / Trios / Groups (GBR Rules)
- FIG & NAC: National Development (10-11 years) IW / IM / Pairs / Mixed Pairs / Trios / Groups / Aerobic Dance (FIG - Rules)
- FIG & NAC: Youth – (12-14 years) IW / IM / Pairs / Mixed Pairs / Trios / Groups (FIG International Age Group Rules)
- FIG & NAC: Juniors – (15-17 years) IW / IM / Pairs / Mixed Pairs / Trios / Groups (FIG International Age Group Rules)
- FIG & NAC: Seniors – (18+ years) IW / IM / Mixed Pairs / Trios / Groups (FIG - Rules)
- FIG, Aerobic Dance, Age Group, Junior, & Senior: Aerobic Step, Junior/ Senior

PROVISIONAL - Programme:

- **Friday 22nd May** – All IAC groups and Age groups. RAC; IW / IM / Pairs / Mixed Pairs / Trios / Groups. NAC National Development; IW / IM / Pairs / Mixed Pairs / Trios / Groups.
- **Saturday 23rd May – Qualifications:** FIG Youth, FIG Juniors & FIG Senior; IW / IM.
- *Qualifications are dependent on the number of entries in each age group and category - Finals will be on Sunday 24th May. (Any age group / category with insufficient entries for a qualification round will compete in finals only on Sunday 24th May.)*
- **Sunday 24th May** – NAC Group 1, NAC Group 2 and NAC Seniors, FIG National Development; IW / IM / Pairs / Mixed Pairs / Trios / Groups.
- **Sunday 24th May, Finals:** FIG Group 1, FIG Juniors & FIG Seniors; IW / IM / Pairs / Mixed Pairs / Trios / Groups.

Please note the provisional programme is provisional and is dependent on the number of entries received. We reserve the right to adjust the provisional programme prior to publishing the final running order.

Floor:

- Gymnova FIG Accredited Aerobic Gymnastics Floor.
- NM201 08/10/2003,6630B

Entry fees:

IAC £32.00 Per Person. → IAC Entries can now be made within the Normative Entry Form on our website.

RAC, NAC, FIG, IW/IM, PR, MP, TR, GR: **£47.99** per person. Additional Entry: **£25.99** per person. → To enter please use the online entry form available from our website.

Number of Participants:

Unlimited

Judging:

Each Club/Delegation must send 1 or 2 judges with a valid FIG Brevet, National Brevet, Regional or Club qualification . This applies to all clubs irrespective of the number of gymnasts entered and is relevant to each day a club has a gymnast competing. If a club does not have a qualified judge we would expect a club member to assist with time or line.

FIG Judging Panels:

Judges' Panels will conform to FIG COP configuration i.e. 4 Artistic, 4 Execution, 2 Difficulty and a Chair of Judges.

Costs:

The delegations must cover themselves for travel expenses, accommodation, catering and entry fees. Heathrow Aerobics Gymnastics will not take responsibility for sickness and / or accident. Each participant and team member must be insured against these risks at their own expense.

**100% Entry fees must be paid by the date of the nominative entry
(1st April 2026):**

Once entry fees have been received entry fees will not be reimbursed.

Payments:

Payments can be made online with a credit/debit card at the nominative stage.

Alternatively:

→**Please make your bank transfers to:**

Starling Bank.

Bank Account Name - N G Sportswear International Limited
Bank Account Number 81354358
Sort Code 60-83-71

Accommodation:

Option 1 - The **Village Hotel** (FORMALLY Hilton Hotel), (5 minutes walking distance) Bagshot Road, Bracknell, RG12 0QJ

Phone:01925873285

We have negotiated a discount rate for the Heathrow International Open. This special discount will be available until the allocated number of rooms have been sold, whichever comes first. **BOOKING DEADLINE** 18TH April 2026. Please note - rooms need to be booked ASAP - rooms will be allocated on a "first come, first served" basis. All Prices, include Breakfast, Parking and Leisure Facilities Double Room £113.00 Per Room Per Night. (Double Occupancy) Double Double rooms (2 double beds, can accommodate up to 4) - £123.00 To book your stay, simply click on "Book Now" below and complete your reservation at your special group rate. [Book Now](#)

Option 2 - Premier Inn Bracknell (Twin Bridges) hotel – (20 Minute Walking Distance) Downshire Way, Bracknell, Berkshire RG12 7AA

Website [Book Now](#)

Tele +44 333 777 3934

Option 3 -Travel Lodge Bracknell – (30 Minute Walking Distance), London Road Bracknell, Berkshire,

Website [Book Now](#)

Tele +44 8719 846367

Spectator Tickets:

Can be purchased from our website at www.heathrowaerobicsgymnastics.co.uk

Deadlines:

- UK Entry closing date ... (Via our website) ... **1st April 2026**.
- Payment of Entry Fees ... (Via our website) ... **1st April 2026**.

Late Payment of the Entry Fee

A charge will be applied for late payment of entry fees this will consist of £10.00 per routine per entry.

All entries and payments must be made online via our Website.

www.heathrowaerobicsgymnastics.co.uk

Music:

Music for each routine will need to be uploaded on-line by; date TBC. Full details of this will be provided nearer the date. *This will be in addition to providing 1 music CD (appropriately labelled) for each routine at registration.*

Running Order and Entry Lists:

Running order and entry lists will be published on our website as soon as possible.

Please note the provisional programme is just that, provisional, and is dependent on the number of entries received. We reserve the right to adjust the provisional programme prior to publishing the final running order.

We will distribute further information nearer to the competition date.

Mail: gary@heathrowaerobicsgymnastics.co.uk

Phone: 01344 488 885

Website: www.heathrowaerobicsgymnastics.co.uk

Kind Regards

Gary Jarvis
Heathrow Aerobic Gymnastics Club

Partners: Sentiva and NG Sportswear International Ltd.

