



Organized by:

The Gymnastics Association
of Hong Kong, China

Subvented by:

Leisure and Cultural Services Department

Official Designated

Drinking Water:

C'estbon

Hong Kong Artistic Gymnastics Open & Novice Championships 2026-2027 [Directives]

1. Aim: To enhance skill level of gymnastics and identify potential gymnasts in Hong Kong
2. Competition Date & Venue:

Date	Time	Level	Venue
22 November, 2026 (Sunday)	TBC	Novice	Ma On Shan Sports Centre - Arena
5 December, 2026 (Saturday)		Elementary & Open	
6 December, 2026 (Sunday)			

The competition date and time of each level will be arranged based on the number of participants, the information will be confirmed after the Team Managers Meeting. The above schedule is for reference only.

3. Competition Level & Event:

[Men]

Level/ Event	Floor Exercise	Pommel Horse	Still Rings	Vault	Parallel Bars	Horizontal Bar
Open (Senior)	✓	✓	✓	✓	✓	✓
Open (Junior)	✓	✓	✓	✓	✓	✓
Elementary	✓	✓*	✓**	✓	✓	✓
Novice	✓	✓**	---	✓	---	---

✓* New event added in 2024-2025

✓** New event added in 2025-2026

Events added in 2024-2025 and 2025-2026 will not be counted in the Individual All-Around score.

[Women]

Level/ Event	Vault	Uneven Bars	Balance Beam	Floor Exercise
Open (Senior)	✓	✓	✓	✓
Open (Junior)	✓	✓	✓	✓
Open (Pre-Junior)*	✓	✓	✓	✓
Elementary	✓	✓	✓	✓
Novice	✓	---	✓	✓

*Newly added level in 2026-2027

3.1 Individual All-Around, Individual Events and Team Events are included

3.2 『✓』 indicates the available event for application

3.3 Any individual events with less than 3 entries will be cancelled and refunds will be made accordingly.

4. Eligibility:

- 4.1 Each gymnast can only participate in one level. Previous participants can only compete in the same or higher level.

Gymnasts who placed in the top three (Individual All-Around or any Individual Event) at the previous Hong Kong Artistic Gymnastics Open & Novice Championships must advance to a higher level. This requirement does not apply to gymnasts who competed in the Open Level.

- 4.2 Current Hong Kong Artistic Gymnastics Squad are only eligible to participate in the Elementary level or above; members of the Squad B are excluded from this restriction.

4.3 Open level

Men's Open	Senior	18 or above (born on or before 31 December, 2008)
	Junior (Including U18 & U14)	18 or below (born on or after 1 January, 2008) - Includes additional ranking for 14 or below (born on or after 1 January, 2012)#
Women's Open	Senior	16 or above (born on or before 31 December, 2010)
	Junior	14-15 (born between 2011 and 2012)
	Pre-Junior	13 or below (born on or after 1 January, 2011)

#Men's Open Junior Ranking and Award Arrangements (Including Individual Apparatus & Individual All-Around):

- **Combined Competition:** Athletes aged 15–18 (U18) and aged 14 or below (U14) will compete together in the same session and division.
- **Dual Ranking System:**
 1. **Junior Overall Ranking:** Includes all Junior participants (ages 18 and below). Final scores determine the overall ranking.
 2. **Under-14 (U14) Ranking:** Ranking for gymnasts aged 14 or below (born on or after 1 January 2012) are automatically extracted based on their date of birth.
 3. **Dual Award Eligibility:** Eligible U14 athletes who meet the scoring criteria **may receive awards in both the Junior Overall Ranking and the U14 Ranking.**
- **Single Registration:** All gymnasts aged 18 or below (including 14 or below) are only required to register for the "Men's Open Junior". No separate registration is needed.

4.4 Elementary and Novice level

Men's and Women's	Elementary	17 or below (born on or after 1 January, 2009)
	Novice	U15: 15 or below (born on or after 1 January, 2011)
		U9: 9 or below (born on or after 1 January, 2017)

4.5 Team Event

- 3 to 5 gymnasts in a team. Team score count on the best 3 for each apparatus.
- Each team is limited to 1 current Hong Kong Artistic Gymnastics Squad or Talent team member (includes Senior Squad, Junior Squad and Squad B).
- The group must be GAHK's affiliated association/ regional sports association/ school/ registered company/registered organization (please provide supporting documents for registered company and registered organization).
- If the organization sends more than one team to compete, please add team 1 and team 2 at the end of the name for identification.
- **WAG Team Categories:** Divided into **1) Senior** and **2) Combined Junior & Pre-junior** (Junior and Pre-junior gymnasts may form a single team).

5. Enrollment Details:
 - 5.1 Entry Fee: 1) \$200 per gymnast per individual event; \$250 for team event
2) Addition \$30 for insurance fee for each gymnast
 - 5.2 **1.1) Submit the Online [Individual Enrollment Form](#)**
1.2) If participating in the team event, team leader must submit the online [Team Enrollment Form](#)
 - **Please download and complete the Excel Team Enrollment Form from the “[Competition News](#)” section of the association’s, and submit it through the Google Form linked above.**
 - 2) Please mail the cheque made payable to “The Gymnastics Association of Hong Kong, China” to the following address: Room 1002, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong. Please write down the name of participant, contact number, competition level and “HK AG Open” at the back of the cheque. If a receipt is needed, please include a return envelope with sufficient postage when sending it to us.
Any applications by fax, email and post-dated cheque are NOT accepted.
Deadline: 16 October, 2026 (Fri). No late applications will be considered (subject to the date of receipt at the office).
 - 5.3 To ensure safety, all athletes must be accompanied by a coach during competition; athletes without an accompanying coach will not be permitted to compete. All designated coaches must apply for a Coach Accreditation Card to enter the competition area. For details, please refer to Section 8 regarding Coach Pass applications.**
6. Rules & Regulations:
 - 6.1 For the details of routines, scoring schemes and apparatus please refer to our website www.gahk.org.hk.
 - 6.2 The competitions will take place according to FIG Code of Points 2025-2028.
 - 6.3 No appeals will be entertained for this competition after the Referees have confirmed a decision.
 - 6.4 A competitor code and a competition numbered-bib will be distributed for each participant on competition day.
 - 6.5 There will be a deduction of points for competitors not meeting the requirements according to FIG Code of Points 2025-2028.
 - 6.6 Gymnasts competing in the Women’s Open (Senior), Open (Junior), Open (Pre-Junior) and Elementary Floor Exercise events must perform with music accompaniment, failure to do so will result in a point deduction. Participants must submit their music file (in MP3 format, with the file named as: “Full Name_Competition level”) via the Google Form [Link](#) **on or before 13 November, 2026 (Fri)**. All participants are also requested to prepare an extra USB flash drive on the day of the competition as a backup.
 7. Scoring & Award:
 - 7.1 The points scored in each individual event will be counted for the Individual All-Around.
 - 7.2 Top 8 of individual event, top 4 of Individual All-Around and Team Event will be awarded a “Certificate of Merit” and a medal or a trophy: medal for individual event awardees; trophy for Individual All-Around awardees; medal and trophy for Team Event awardees. Awardees of top 5-8 of the Individual All-Around will all awarded a “Certificate of Merit” .
 - 7.3 N-1 system will be applied in case the total enrollment does not reach the total number of awards to be presented (Except for team event).
 - 7.4 Participants of Open – Senior/Junior/Pre-Junior will not be awarded if the score is lower than 6.00.

8. Coach Accreditation Card:
 - 8.1 Applicants must be a valid Artistic Gymnastics Registered Coach of The Gymnastics Association of Hong Kong, China (GAHK)*
 - 8.2 All Coaches must wear the valid Coach Accreditation Card to enter the competition area. Any coach without a Coach Accreditation Card is not allowed to enter the competition area.
 - 8.3 **Please fill in the form in Appendix II and post to our office with a recent photo OR complete the [Online Application Form](#) on or before 16 October, 2026 (Fri) (subject to the date of receipt at the office).** No late or incomplete applications will be considered.
 - 8.4 **Coach Accreditation Cards must be collected before the competition day. Details of collection will be uploaded to our website on 4 November, 2026 (Wed).**
 - * For details of GAHK Coach Registration, please visit the following link: <http://www.gahk.org.hk/p4.htm>
9. Team Managers Meeting:

The Team Managers Meeting will be held on **4 November, 2026 (Wed) at 7:00pm** via online platform. Drawing of lots will be conducted and the competition information will be distributed. Participants can assign representative to attend the meeting. Please fill in the **"Team Managers Meeting" online reply slip** **before 16 October, 2026 (Fri).** **Failure to submit a reply for the "Team Managers Meeting" online form will be considered as not attending.**
10. Others:
 - 10.1 Unless stipulated, all rules and regulations will follow The Gymnastics Association of Hong Kong, China.
 - 10.2 According to our policy, all enrolled participants must pay for the insurance fee (i.e. Personal Accident Insurance) in addition to the entry fee for the event. Participants can purchase extra insurance due to specific needs. You may find more details on the insurance coverage in our website and read the Physical Activity Readiness attached in Appendix I.
 - 10.3 **The participation and drawing list do not represent the final eligibility for participation. Participants must ensure that they meet the eligibility requirements, and the association will review the list of participants and conduct spot checks on their eligibility. If any participant is found to be ineligible, their participation will be canceled, or any awarded prizes will be forfeited upon verification. In cases of suspected misrepresentation, the association reserves the right to verify with the coach/athlete. If misrepresentation is confirmed, the competition eligibility of the team or athlete will be immediately canceled, and medals and standings will be revoked. Any fees paid are non-refundable.**
 - 10.4 Athlete and Coach Accreditation Cards must be collected before the competition day, details of collection will be uploaded to our website on **4 November, 2026 (Wed)**.
 - 10.5 **All Coaches must wear the valid Coach Accreditation Card to enter the competition zone. No late or incomplete applications will be considered.**
 - 10.6 **For the awardees, please collect the certificates at our office according to the email notification of the award collection after the competition, failure to do so constitute forfeiture.**
 - 10.7 The Chinese version shall prevail
The Gymnastics Association of Hong Kong, China has the right to make any necessary changes and its decision will be final.

11. Enquiries :

Tel: 2504 8233

Email: mail@gahk.org.hk

Website: www.gahk.org.hk

The Gymnastics Association of Hong Kong, China

Physical Activity Readiness

1. I certify that:
 - My doctor has never said that I have a heart condition and that I should only do physical activity recommended by a doctor.
 - I have never felt pain in my chest when I do physical activity.
 - In the past month, I did not have had chest pain when I was not doing physical activity.
 - I have never lost my balance because of dizziness or I have never lost consciousness.
 - I do not have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in my physical activity.
 - My doctor is not currently prescribing drugs (for example, water pills) for my blood pressure or heart condition.
 - I do not know of any other reasons why I should not do physical activity.
2. It is suggested that you should determine your basic fitness so that you can have the best planning when doing physical activity. It is also highly recommended that you have your blood pressure evaluated and consult your doctor before you join the event.
3. If you are not feeling well because of a temporary illness such as cold or fever, please join the event after you feel better.
4. If you are or may be pregnant, please talk to your doctor before you join this event.
5. You should start the activity slowly and build up gradually. This is the safest and easiest way to go.
6. If you have the above health changes, tell your doctor or the coach. Ask whether you should continue this event.
7. If you know of any other reasons such as safety, disease, or condition changes that may influence you to join the event, you should notice the GAHK in writing.
8. If necessary, the GAHK has the right to request your medical certificate for reference.
9. If you have any questions of this physical activity readiness, please consult your doctor before you join the event.

Application Form for Coach Accreditation Card

Please fill in the [online application form](#) on or before 6 February, 2026 (Fri)
OR fill in this form

Notes for Coaches

1. Applicants must be a valid Artistic Gymnastics Registered Coach of The Gymnastics Association of Hong Kong, China (GAHK)*.
2. **All Coaches must wear the valid Coach Accreditation Card to enter the competition zone.** Non Coach Accreditation Card holders are not allowed to enter the competition zone.
3. Coach Accreditation Cards must be collected before the competition day, details of collection will be uploaded to our website on 4 November, 2026 (Wed).
4. Please fill in the form below, affix a recent passport size photo and return to us by post **before 16 October, 2026 (Fri)**. **No late or incomplete applications will be considered.**
Thank you for your cooperation.

* For details of GAHK Coach Registration, please visit the following link:

<http://www.gahk.org.hk/p4.htm>

Application Form for Coach Accreditation Card

Coach Registration No.: **RC** _____

Name of Coach: _____

Contact No. : _____

Email: _____

Address: _____

Coach signature: _____ Date: _____

Remark: Please supplement with separate sheets if necessary

Photo must be
sticked here