

Hannah Whelan

INVITATIONAL 2026

Brought to you by Warrington Gymnastics Club

#believeworkachieve



Warrington Gymnastics Club are delighted to bring you the

Hannah Whelan Invitational 2026

This year we will be bringing you two fantastic weekends of gymnastics for all levels.

A fantastic fun opportunity for gymnasts to meet our very own double Olympian and host of the competition Hannah Whelan OLY.

The Womens Artistic 2 Piece Floor and Vault Competition will take place on the Saturday 20th & Sunday 21st June 2026 at Robin Park Leisure Centre, Loire Dr, Newtown, Wigan WN5 0UL

Entry will open on 20th March 2026 and will close on 15th May 2026

Music, if require should be uploaded by 14th June 2026

Entry costs will be £30 per gymnast.

We reserve the right to close registration early should capacity be reached. If demand is high, places will be allocated on a first come first served basis.

Competition Rules

2 Piece Competition Rules - Beginners 2 Piece - Sets

Eligibility

- For gymnasts training up to 6 hours per week for Athens, Beijing, London, Rio, Tokyo & LA levels and 10hrs per week for Paris level.
- To enter this competition: Gymnasts must NOT have previously competed at a 4 piece competition.
- Ages 6 and over

Floor

- Non-sprung floor
- Start value for all levels: 14.00
- Each skill (bullet point) worth 0.5
- All holds 2 seconds
- Routines to be performed in a strip (approx. 6m long, 2m wide)

Vault

- Start value for all levels 14.00
- 2 vaults performed, best score to count
- Variety of springboards available to use

Athens (Level 1)

Ages 5+ (born in 2021) Training a maximum of 6hrs per week

	VAULT	FLOOR
Apparatus setup	30cm crash mat. Soft springboard	Non-sprung floor Routines to be performed in a strip (approx. 20m long, 5m wide)
Routine	<ul style="list-style-type: none"> • Stretch jump to land 	<ul style="list-style-type: none"> • Walk forwards on tiptoes x 4 steps • Forward roll to pike sit • Lower to dish hold • Lie flat & push up to bridge hold. Lower to back, rock and stand up • Kick up to handstand & step down to finish • ½ turn on tiptoes • Stretch jump • Skipping x 4
Difficulty Value	SV 14.00 2 vaults performed, best score to count	SV 14.00 Each skill (bullet point) worth 0.5 All holds 2 seconds

Beijing (Level 2)

Ages 6+ (born in 2020) Training a maximum of 6hrs per week

	VAULT	FLOOR
Apparatus setup	60cm block (sideways), crash mat for landing	Non-sprung floor Routines to be performed in a strip (approx. 20m long, 5m wide)
Routine	<ul style="list-style-type: none">• Squat onto block, stretch jump off to land	<ul style="list-style-type: none">• Forward roll to stand• Sit & roll through shoulderstand to dish hold• Lie flat & push up to bridge hold. Lower to back, rock to shoulderstand & stand up• Chasse cat leap• Jump ½ turn• Cartwheel• Backward roll to front support, jump feet in & stand up• Stretch jump immediate star jump
Difficulty Value	SV 14.00 2 vaults performed, best score to count	SV 14.00 Each skill (bullet point) worth 0.5 All holds 2 seconds

London (Level 3)

Ages 7+ (born in 2019) Training a maximum of 6hrs per week

	VAULT	FLOOR
Apparatus setup	60cm block & 2x 30cm mats behind (as per prep 1)	Non-sprung floor Routines to be performed in a strip (approx. 20m long, 5m wide)
Routine	<ul style="list-style-type: none"> • Stretch jump onto block, armcircle kick to handstand flatback 	<ul style="list-style-type: none"> • Start on knee, slide into splits & hold. Bring back leg around into pike sit • Rock to shoulderstand and hold, rock forwards to crouch. • From crouch, forward roll to stand. • ½ spin • Chasse cat leap, chasse scissor kick • Cartwheel to land with feet together • From standing- drop back into bridge & hold. Lower to back, roll to shoulderstand & stand up. <i>Optional:</i> kickover to stand- 0.3 bonus • Stretch jump full
Difficulty Value	SV 14.00 2 vaults performed, best score to count	SV 14.00 Each skill (bullet point) worth 0.5 (kickover bonus 0.3) All holds 2 seconds

Rio (Level 4)

Ages 8+ (born in 2018) Training a maximum of 6hrs per week

	VAULT	FLOOR
Apparatus setup	60cm block & crashmats	Non-sprung floor Routines to be performed in a strip (approx. 20m long, 5m wide)
Routine	<ul style="list-style-type: none"> • Handstand flatback <p>10 and under: 60cm 11+: 80cm (60cm block + 20cm crash mats)</p>	<ul style="list-style-type: none"> • Roundoff stretch jump • Backward roll to front support, swing leg to splits & hold. Bring back leg around to pike sit • Roll to shoulderstand, stand up through lunge, Cartwheel • Full spin • Backward walkover • Forward roll to straddle stand • Tuck jump ½ turn • Chasse cat leap, chasse cat leap full turn
Difficulty Value	SV 14.00 2 vaults performed, best score to count	SV 14.00 Each skill (bullet point) worth 0.5 All holds 2 seconds

Tokyo (Level 5)

Ages 8+ (born in 2018) Training a maximum of 6hrs per week

	VAULT	FLOOR
Apparatus setup	Vault table, biscuit matting, landing mat	Non-sprung floor Routines to be performed in a strip (approx. 20m long, 5m wide)
Routine	<ul style="list-style-type: none"> • Handspring OR Half on <p>11 and under: 100cm vault table 12+: 110cm vault table</p>	<ul style="list-style-type: none"> • Forward walkover • Full spin • Backward walkover • Handstand forward roll • W jump • Chasse split leap chasse cat leap • Jump ½ turn • Cartwheel immediate Roundoff
Difficulty Value	SV 14.00 2 vaults performed, best score to count	SV 14.00 (0.5 bonus for roundoff flick) Each skill (bullet point) worth 0.5 All holds 2 seconds

LA (Level 6)

Ages 8+ (born in 2018) Training a maximum of 6hrs per week

	VAULT	FLOOR
Apparatus setup	Vault table, (Height 110cm) biscuit matting, landing mat	Sprung floor
Routine	<ul style="list-style-type: none">• ½ on ½ off over vault table	<ul style="list-style-type: none">• Round off flick• Handstand hop, forward roll to straddle stand• Chasse, split leap, chasse, cat leap full• Full spin• Tuck jump ½• Handspring• Split jump• Backward walkover, present and finish• BONUS- Front somersault 0.3
Difficulty Value	SV 14.00 2 vaults performed, best score to count	SV 14.00 (Front somersault bonus 0.3) All holds 2 seconds

Paris

Age 6 & 7 only (born in 2020 & 2019) Training a maximum of 10hrs per week
Aimed at gymnasts preparing for 4 piece competitions in future

	VAULT	FLOOR
Apparatus setup	Crash mats to 40cm height (30cm mat, 10cm roll mat)	Non-sprung floor Routines to be performed in a strip (approx. 20m long, 5m wide)
Routine	<ul style="list-style-type: none"> Stretch jump to land on mats, arm circle kick to handstand flatback (as per prep 1) 	<ul style="list-style-type: none"> Forward roll to straddle sit Straddle lever hold 2s Swim through & push up to front support Swing leg around to splits hold 2s Swing other leg around to pike sit, lie down, push up to bridge & hold 2s. Lower to back, roll to shoulderstand & stand up. Optional: Kickover to lunge 0.3 bonus Stretch jump, tuck jump Cartwheel ¼ turn to finish in lunge Backward roll to front support. Jump feet in & finish
Difficulty Value	SV 14.00 2 vaults performed, best score to count	SV 14.00 Each skill worth 0.5 (kickover bonus 0.3) All holds 2 seconds

2 Piece Competition Rules – NW Floor & Vault Rules

Eligibility

- To enter this competition: Please see individual rules tables for eligibility.
- Ages 8 and over born 2018 or before

Floor

- FIG Sprung floor
- Performed to music of no more than 1.30 mins – No Disney, Andrew Lloyd Webber or Cirque du Soleil

Vault

- As per competition requirements, see tables below.
- Variety of springboards available to use.

North West Floor and Vault - PRE NOVICE

Elements will be given Difficulty Value (DV) according to FIG Cycle 15 Code of Points. Rules and Regulations are as FIG Cycle 15 Code of Points unless stated otherwise. FIG Execution, Artistry, Choreography and Specific Apparatus penalties will be applied.

ELIGIBILITY	Must not have competed at any grades, 4 or 5 piece competitions	
	Min Age 8	
	VAULT REQUIREMENTS	FLOOR REQUIREMENTS
DIFFICULTY AND APPARATUS REQUIREMENTS	2 x Vaults performed Best score to count	Maximum 8 x Elements [including dismount] Maximum 1 x B Difficulty Value Dance Elements
	Handspring flatback onto pile of safety mats at a choice of 60cm, 90cm or 120cm to suit the gymnast.	COMPOSITION REQUIREMENTS [CRs] 4 x 0.50 each 2.00 maximum <ul style="list-style-type: none"> Dance passage of 2 different leaps or hops (Cat leap into scissor kick will be accepted at this level) A different additional dance element Acrobatic element Acrobatic dismount [FIG or NW]
DIFFICULTY VALUE DV	Handspring flat back D Score 1.00	DIFFICULTY SCORE 2.90 maximum Junior code elements Value 0.10 each A Difficulty Value 0.10 each B Difficulty Value 0.20 each
BARRED ELEMENTS	No other vaults are permitted at this level	<ul style="list-style-type: none"> All Saltos and Aerials No B Difficulty Value Acrobatic Elements If performed, they would not receive DV or CR and would not count towards the number of elements in routine. However, they would be deducted for any FIG execution penalties that apply.
ACROBATIC LINES		An Acrobatic Line will be any <ul style="list-style-type: none"> Acrobatic Series OR Acrobatic Element performed on its own Must have minimum of TWO ACROBATIC LINES to count DISMOUNT DV
SHORT ROUTINES		Routine with less than 5 counting elements Deduct 1.00 mark for each missing element
NORTH WEST JUNIOR CODE ELEMENTS count towards DV value	ACROBATIC ELEMENTS	DANCE ELEMENTS
	Cartwheel Backward roll to Handstand Backward Walkover Forward Walkover Dive Cartwheel	Headspring Tic toc Forward roll to feet Backward roll to feet Dive Forward Roll

North West Floor and Vault - NOVICE

Elements will be given Difficulty Value (DV) according to FIG Cycle 15 Code of Points. Rules and Regulations are as FIG Cycle 15 Code of Points unless stated otherwise. FIG Execution, Artistry, Choreography and Specific Apparatus penalties will be applied.

ELIGIBILITY	Must not have competed at any competition above Prep grade 1 & 2	
	Min Age 8	
	VAULT REQUIREMENTS	FLOOR REQUIREMENTS
DIFFICULTY AND APPARATUS REQUIREMENTS	2 x Vaults performed Best score to count	Maximum 8 x Elements [including dismount] Maximum 3 x B Difficulty Value Dance Elements
	Handspring flatback onto pile of safety mats at a choice of 60cm, 90cm or 120cm to suit the gymnast. OR ½ on to stand onto pile of safety mats at a choice of 60cm, 90cm or 120cm to suit the gymnast. OR Flyspring to stand onto pile of safety mats at a choice of 60cm, 90cm or 120cm to suit the gymnast.	Composition Requirements [CRs] 4 x 0.50 each 2.00 maximum <ul style="list-style-type: none"> Dance passage of 2 different leaps or hops - one with minimum 160° split or straddle A different additional dance element Forward/sideward and backward acrobatic elements Acrobatic line [minimum 1 x flighted element]
DIFFICULTY VALUE DV	Handspring flatback DV 1.00 ½ on to stand DV 1.50 Flyspring to stand DV 1.50	DIFFICULTY SCORE 3.10 maximum Junior code elements Value 0.10 each A Difficulty Value 0.10 each B Difficulty Value 0.20 each
BARRED ELEMENTS	No other vaults are permitted at this level	<ul style="list-style-type: none"> No B Difficulty Value [DV] Acrobatic Elements No Elements above B Difficulty Value If performed, they would not receive DV or CR and would not count towards the number of elements in routine. However, they would be deducted for any FIG execution penalties that apply.
ACROBATIC LINES		An Acrobatic Line will be any <ul style="list-style-type: none"> Acrobatic Series with 1 x Flighted Element [minimum] OR Flighted Acrobatic Element performed on its own Must have minimum of TWO ACROBATIC LINES to count DISMOUNT DV
SHORT ROUTINES		Routine with less than 6 counting elements Deduct 1.00 mark for each missing element
NORTH WEST JUNIOR CODE ELEMENTS count towards DV value	ACROBATIC ELEMENTS	
	Cartwheel Backward roll to Handstand Valdez Backward walkover forward walkover	Headspring Dive Forward roll Dive Cartwheel Tic Tok Backward roll
		Tuck Jump

North West Floor and Vault - INTERMEDIATE

Elements will be given Difficulty Value (DV) according to FIG Cycle 15 Code of Points. Rules and Regulations are as FIG Cycle 15 Code of Points unless stated otherwise. FIG Execution, Artistry, Choreography and Specific Apparatus penalties will be applied.

ELIGIBILITY	Must not have competed at any competition above Development 1	
AGES in the year of competition	Min age 10	
APPARATUS	VAULT REQUIREMENTS	FLOOR REQUIREMENTS
DIFFICULTY AND APPARATUS REQUIREMENTS	2 x Vaults performed Best score to count	Maximum 8 x Elements [including dismount]
	Any Vault without salto Height of vault 105,110, 115, 120, 125cm	COMPOSITION REQUIREMENTS [CRs] 4 x 0.50 each 2.00 maximum <ul style="list-style-type: none"> Dance passage of 2 different leaps or hops - one with 180° split or straddle A different additional dance element Forward/sideward and backward flighted acrobatic elements Acrobatic line with a Salto
DIFFICULTY VALUE DV	As per FIG vault table.	DIFFICULTY SCORE 3.60 maximum A Difficulty Value 0.10 each B Difficulty Value 0.20 each
BARRED ELEMENTS	Salto Vaults.	<ul style="list-style-type: none"> No Elements above B Difficulty Value If performed, they would not receive DV or CR and would not count towards the number of elements required in routine. However, they would be deducted for any FIG execution penalties that apply.
ACROBATIC LINES		An Acrobatic Line will be any <ul style="list-style-type: none"> Acrobatic Series with 2 x Flighted Elements [minimum] OR Front salto [NOT aerial] performed on its own Must have minimum of TWO ACROBATIC LINES to count DISMOUNT DV
SHORT ROUTINES		Routine with less than 7 counting elements in total Deduct 1.00 mark for each missing element
NORTH WEST JUNIOR CODE ELEMENTS count towards number of counting elements but no DV	ACROBATIC ELEMENTS	DANCE ELEMENTS
	Backward Walkover Forward Walkover	

North West Floor and Vault - **ADVANCED**

Elements will be given Difficulty Value (DV) according to FIG Cycle 15 Code of Points. Rules and Regulations are as FIG Cycle 15 Code of Points unless stated otherwise. FIG Execution, Artistry, Choreography and Specific Apparatus penalties will be applied.

FLOOR EXERCISE No northwest Junior code elements permitted.

ELIGIBILITY	Must not compete at any 4/5 piece competitions within the calendar year. Previous compulsories (Excel) can't drop back without drop back request.	
AGES in the year of competition	Min Age 10	
APPARATUS	VAULT REQUIREMENTS	FLOOR REQUIREMENTS
	2 x Vaults performed Best score to count	Maximum 8 x Elements [including dismount]
DIFFICULTY AND APPARATUS REQUIREMENTS	All Ages 1.25m Vaulting table	<p>COMPOSITION REQUIREMENTS [CRs] 4 x 0.50 each 2.00 maximum</p> <ul style="list-style-type: none"> • Dance passage of 2 different leaps or hops - one with 180° split or straddle • Minimum B valued dance element • Forward and backward salto in the same or different acro line • Acro line with a straight salto
DIFFICULTY VALUE DV	Max D-Score 3.4	<p>DIFFICULTY SCORE 3.60 maximum</p> <p>A Difficulty Value 0.10 each</p> <p>B Difficulty Value 0.20 each</p> <p>C Difficulty Value 0.30 each</p>
BARRED ELEMENTS	Vault DV more than 3.4 Twisting salto vaults • If performed, will be given 0.00 Score	<ul style="list-style-type: none"> • No Elements above C Difficulty Value If performed, they would not receive DV or CR and would not count towards the number of elements required in routine. However, they would be deducted for any FIG execution penalties that apply.
ACROBATIC LINES		An Acrobatic Line will be any <ul style="list-style-type: none"> • Acro Series with min 2 x Flighted Elements one being a salto <p>Must have minimum of TWO ACROBATIC LINES to count DISMOUNT DV</p>
SHORT ROUTINES		Routine with less than 7 counting elements in total Deduct 1.00 mark for each missing element

For further information please visit
<https://www.warringtongymnastics.co.uk/hannah-whelan-invitational>

Or contact

Mandi Mellor
Warrington Gymnastics Club
01925 230090
07939216142
info@warringtongymnastics.co.uk