

Nationals Programming — record of decisions

Meeting of 27 July 2026. Virtual.

Nationals Programming is a restricted sub-group of the National Championships Committee. It exists so that competition content is not seen before release, including by committee members who coach competing athletes. This record is written accordingly: it says what was settled, not what was programmed.

Decided

All five tests for the 2026 National Championship were reviewed and confirmed, together with the movement standards, scoring rules, scaling variations and minimum-work threshold applying to each.

Scaling variations were confirmed for every test, so that an athlete unable to perform a prescribed movement has a defined alternative rather than a judgement made on the day.

A minimum-work threshold was set for each test.

Judging of the crossover double-under was clarified, having been identified as a movement where officials could reasonably differ.

Equipment constraints were resolved — dumbbell availability at the East location and the logistics of adjusting ring heights between heats — so that the same test is possible at all three venues.

Follow-up work was assigned: entry of the tests into the CF3 app and preparation of score sheets; the movement standards document; and the competition platform configuration.

A record of decisions taken. The minutes of this meeting are restricted to this sub-group.