



Futures League Parent Information

Welcome to the Futures League a competition experience designed especially for growing athletes. Our program focuses on confidence, enjoyment, and skill development, giving every athlete a place to shine.

Our Purpose

To create a positive, fun, and supportive competition environment where every athlete no matter their level, age, gender or journey feels successful, valued, and excited about their movement based program.

Our Mission

To deliver safe, well-structured, high-energy events that celebrate participation and personal progress. We're here to help young athletes build strong foundations, embrace challenges, and develop their love for movement in a space that encourages growth over perfection.

Our Values

Fun & Enjoyment

We want every athlete to leave with a smile, proud of what they achieved and excited for what's next.

Inclusivity & Belonging

The Futures League celebrates all athletes. Every child is welcomed, encouraged, and supported competition is about the journey, not just the results.

Growth & Confidence

Our scoring system and event structure are designed to reward effort, encourage improvement, and build confidence from the very first routine.

Safety & Wellbeing

Athlete safety is at the core of everything we do. Our coaches, officials, and event team work together to provide a safe, nurturing environment.

Community & Connection

Futures League events bring together families, clubs, coaches, officials, and athletes to celebrate movement, support one another, and create memorable experiences.





Futures League: What Parents Need to Know

Competition Day – Supportive, Efficient & Fun

Families can expect a well-organised, welcoming experience from start to finish. Sessions run for 2 hours with four rotations and approx. 40 athletes in a session. Each rotation athletes do a warm up routine and then a competition routine, you will know its a judged routine when the Official raises their hand, calls the athlete name or uses a pom pom or klapper to indicate. The atmosphere is high-energy, friendly, and inclusive, making it a great day for athletes and families alike. Competitions finish with the awards presentation that celebrates every athlete's journey but we ask parents to not focus on the award but the experience and fun of the day.

Scoring System – Simple, Encouraging & Easy to Follow

Futures League uses a positive, development-focused scoring system that builds confidence and celebrates progress.

- Athletes are scored on execution, control, and performance quality, with each element receiving a score from 1 to 5 in .25 increments, added to a start value of 10.
- The system rewards effort, improvement, and personal excellence, helping every athlete feel proud of their performance.

Our Officials are trained professionals who work hard to ensure fair and consistent scoring. We appreciate your support and respect for their decisions on the day.

Awards Overview – Celebrating Every Athlete

In Futures League, every athlete is recognised for their individual progress using our traffic light system. Each colour represents a score range depending on their Division:

- Green – strong execution, control, and confidence
- Orange – developing skills with great effort
- Red – early-stage skills with clear growth ahead

Athletes receive a banded medal reflecting their overall individual performance. At level 1 and 2 athletes receive a banded ribbon for each apparatus on a certificate.

We also celebrate outstanding results:

- Top athletes on each apparatus are recognised with 1st to 6th at level 3 to 6.
- Overall individual awards are given by combining each athlete's four apparatus scores to determine 1st to 6th place.
- Overall Team 1st to 3rd receive a team pennant and athletes in the team a medal, 4th to 6th team are awarded a ribbon for each athlete in the team.

To maintain a positive and inclusive experience, if a level has fewer than 10 athletes, we award 1st to 3rd place only, ensuring no athlete is left feeling singled out.

Every award is designed to inspire confidence, celebrate effort, and support each athlete's journey.

