



WOMEN'S ARTISTIC GYMNASTICS

GEMS GRADES HANDBOOK

NATIONAL PATHWAY 2026

INTRODUCTION:

Welcome to the new Women's Artistic Gymnastics Handbook!

Our focus for 2026 is to ensure that clubs and children are equipped with the right foundations for success at every level. We are committed to supporting the growth and development of all gymnasts – from grassroots participants to elite performers. Through our structured pathways and resources, we aim to continue raising the standard of gymnastics while fostering an inclusive and supportive environment.

CONTACT DETAILS:

National Competition Organiser: robyn.adams@igauk.com

National Safeguarding Lead: safeguarding@igauk.com

WAG COMMITTEE:

Poppy Smith - South

Emily Broadbent - South West

Alana Lowe - North

Joanne Kelly - South

Milly Arcangelo - North

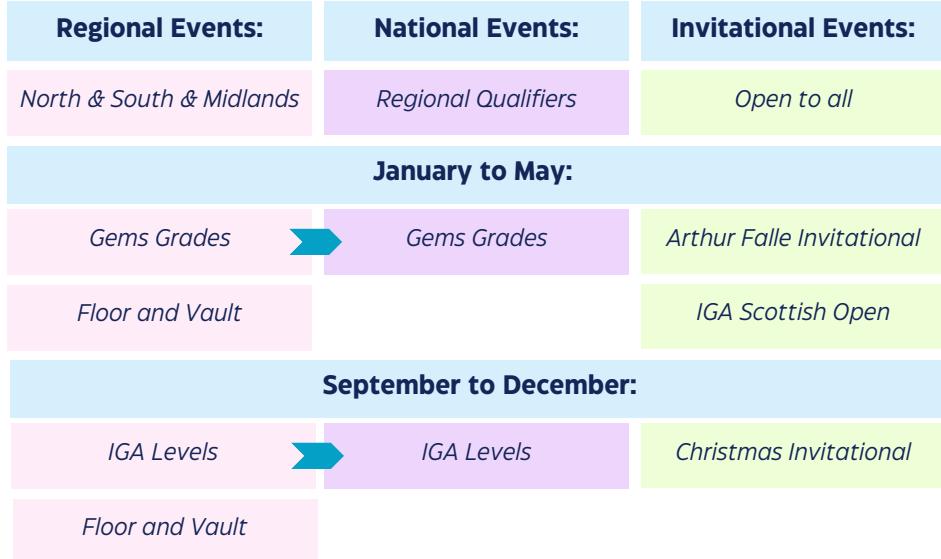
CODE OF CONDUCT:

Please ensure that all Code of Conduct guidelines are adhered to at IGA events at all times. This applies to gymnasts, coaches, officials and spectators.

Respectful behaviour, sportsmanship and professionalism is expected at these events from everyone involved. Any breaches of the Code of Conduct may result in disciplinary action, including removal from the event or future IGA competitions. By following these guidelines, we can maintain a positive and safe environment for all participants.

[Click here to ensure you are updated with our latest policy.](#)

COMPETITION STRUCTURE:



IGA SANCTIONED EVENTS:

IGA affiliated clubs run sanctioned events throughout the IGA calendar year. These are approved by IGA and are open to the community to participate. Please note these competitions run independently. Due to this we kindly ask clubs to conduct their events in-line with IGA'S handbooks to maintain high standards and safety protocols at all events.

OUR IGA REGIONS:

NORTH REGIONS:

- County Durham
- Northumberland
- Tyne and Wear
- Teesside
- East Riding of Yorkshire
- North Yorkshire
- South Yorkshire
- Scotland
- Cumbria
- Greater Manchester
- Lancashire
- Merseyside
- West Yorkshire
- Hull

MIDLANDS REGION:

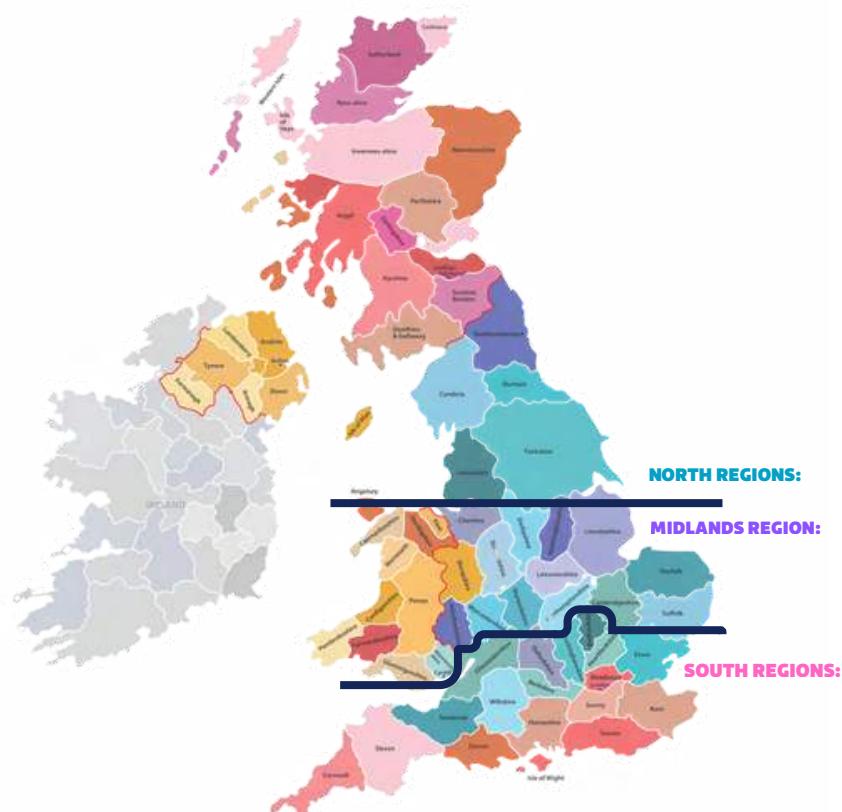
- Derbyshire
- Leicestershire
- Lincolnshire
- Northamptonshire
- Nottinghamshire
- Rutland
- Norfolk
- Cheshire
- Herefordshire
- Shropshire
- Staffordshire
- Warwickshire
- West Midlands
- Worcestershire
- Wales
- Cambridgeshire
- Suffolk

SOUTH REGIONS:

- Bedfordshire
- Bristol
- Cambridgeshire
- Cornwall
- Essex
- Devon
- Hertfordshire
- Dorset
- Berkshire
- Gloucestershire
- Buckinghamshire
- Somerset
- East Sussex
- Wiltshire
- Hampshire
- Isles of Scilly
- Isle of Wight
- Kent
- Oxfordshire
- Surrey
- West Sussex

NORTHERN IRELAND:

- Antrim and Newtown abbey
- Ards and North Down
- Armagh City, Banbridge and Craigavon
- Belfast City
- Causeway Coast and Glens
- Derry City and Strabane
- Fermanagh and Omagh
- Lisburn and Castlereagh
- Mid and East Antrim
- Mid Ulster
- Newry, Mourne and Down



REPUBLIC OF IRELAND:

- Clare
- Carlow
- Cork
- Kildare
- Kerry
- Kilkenny
- Limerick
- Tipperary
- Waterford
- Longford
- Galway
- Louth
- Leitrim
- Meath
- Mayo
- Offaly
- Roscommon
- Sligo
- Cavan
- Donegal
- Dublin
- Kilkenny
- Laois
- Westmeath
- Wexford
- Wicklow
- Monaghan

COMPETITION ENTRIES:

In 2025, despite the guidelines outlined in our handbook, we still encountered a significant number of errors in competition entries. To ensure smoother processes and higher accuracy moving forward, we are taking a stricter approach to how competitions are managed this year. We kindly ask all clubs to take extra care in reviewing and double-checking their entries before submission. This will help eliminate mistakes and ensure that everything runs efficiently and correctly. Your attention to detail is crucial in maintaining the standard we strive for.

COMPETITION ENTRY COSTS:

Gems Grades:

£45.00

All 5 pieces must be performed at this event.

COMPETITION ENTRY LIMIT:

30 gymnasts per day per event.

Please note - Competitions have set entry numbers due to venue capacity

LATE ENTRIES:

Late entries will not be accepted under any circumstances.

Once the entry deadline has passed, no further entries will be permitted.

FIRST TIME ENTRIES:

At IGA, we offer entry level flexibility to support gymnasts in their first year of competition, allowing them to enter any level within the provided guidelines. However, it is essential that coaches carefully check the required entry level criteria to ensure gymnasts are entered into the appropriate level for their age and ability.

HOW TO ENTER:

STEP 1: Enter all coaches, Judges and Gymnasts on JustGo for payments and a credential check and to secure your placement.

STEP 2: Once confirmed - Log into Acro Companion and enter the details for our live scoring system. Managers will only be able to access this information.

STEP 3: Ensure all information is correct on **ACRO COMPANION** including gymnast's photo, names for spellings and levels. The live scoring will be accessible by all on the day of the event - this will be down to the club to ensure this information is correct.

ENTRY REQUIREMENTS:

Entry requirements for our IGA competitions are essential and play a crucial role in maintaining the safety and well-being of all participants. It is vital that clubs adhere to these requirements to ensure they align with our safeguarding standards. By following these guidelines, we can create a secure and supportive environment for everyone involved, from gymnasts and coaches to spectators and officials. Your commitment to these standards helps us protect our entire gymnastics community and uphold the highest levels of safety and care.

CLUB REQUIREMENTS:

An IGA club **must** hold Legacy Affiliation to enter IGA competitions.

An IGA club **must** provide one volunteer to support IGA competitions.

Clubs must be fully compliant with IGA Membership Policies to enter IGA competitions.

Clubs that do not hold the correct affiliation or fail to adhere to IGA policies will not be permitted to enter IGA events. This requirement is in place to safeguard the integrity and wellbeing of our community.

COACH REQUIREMENTS:

LEVEL 10 & 9 Minimum Level 1 - Assisted by Level 2

LEVEL 8 - 6 Minimum Level 2

LEVEL 5 - 1 Minimum Level 3 - Assisted by Level 4 Lead Coach

FIG Minimum Level 4

Please note: All coaches must have a valid DBS and safeguarding certificate linked to their profile in order to be permitted on the competition floor. Failure to have these credentials in place will result in access being denied.

Additionally, coaches without these credentials will be unable to book via the portal. This is not a JustGo system error – please ensure the coach's profile is fully updated and meets the necessary requirements before attempting to register.

JUDGING REQUIREMENTS:

For every 10 gymnasts entered 1 Judge **must** be entered.

Judges **MUST** be available for the whole weekend not selective rounds.

Judges must officiate at any GEM or Level competition for a minimum of 12 months before being eligible to attend the Head Judge Course.

Assistant Judges are permitted to judge execution scores only and may not assess difficulty or overall scores.

Qualified head judges can judge at **all** IGA Gems and Levels.

IGA will be aiming to recruit independent judges where possible for events to enable fairness throughout all IGA Competitions - If your judge is not selected, this may be due to an independent judge in replacement

COACH TO GYMNAST RATIO REQUIREMENTS:

Clubs are required to provide a sufficient enough coaching team for the different levels they have entered. Gymnasts will be grouped in clubs and age groups. Age groups will all be judged on the same panel which means gymnasts from the same club may not always be placed together, however efforts to place teams together will be made where possible. IGA will not move any gymnasts into different groups once the Event Plan has been created. It is the clubs responsibility to ensure gymnasts have the adequate support at an IGA competition.

IGA GEMS PATHWAY

NEW

FOUNDATION LEVELS	The building blocks of gymnastics, focusing on basic skills, strength and flexibility	RUBY (Level 10 MM & LL only)	TOPAZ (Level 9)	QUARTZ (Level 8)	ENTRY AGE: MM/LL/SS	
IDENTITY LEVELS	Focusing on refining skills and developing personal style by finding their strengths	EMERALD (Level 7)	CITRINE (Level 6)	AMETHYST (Level 5)	ENTRY AGE: SS/TB/P	
ELITE LEVELS	The highest level of national competition preparing gymnasts for FIG rules	SAPPHIRE (Level 4)	BRONZITE (Level 3)	TITANIUM (Level 2)	BLUE DIAMOND (Level 1)	ENTRY AGE: TB/P/L/M

IGA AGE GROUPS

NEW

Mini Marvels (MM) Ages 5-6	Little Leapers (LL) Ages 7-8	Skill Seekers (SS) Ages 9-10	Trailblazers (TB) Ages 11-12	Pioneers (P) Ages 13-14	Legends (L) Ages 15-16	Masters (M) Ages 17+
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Please note the age group is determined by the age the gymnast is turning within the current year i.e. Gymnast aged 8 turning 9 this year is a Skill Seeker

COMPETITION ORGANISING TIMELINE:



LEVELING UP THROUGH THE IGA GEMS NEW

National Pathway Progression

Within the National Pathway, progression to the next GEM and Level is based on a combined score.

The 2026 competition season will operate as a **pilot year for this process**. Once the National Championships for both GEMS and Levels have been completed, IGA will review the results and formally release the combined score required for progression to the next GEM and Level.

SAFE PARTICIPATION:

IGA Coaches are encouraged to prioritise the gymnast's ability to perform all required skills safely, rather than focusing solely on achieving higher scores. Well-executed basics are preferred over attempting higher-scoring skills. Emphasising clean, well-executed routines with minimal deductions promotes overall performance excellence and enables gymnasts to progress through levels confidently. Please note, our Safeguarding Officer may be present at IGA competitions and has the authority to intervene if they feel a potential accident or safety risk is imminent.

2026 NATIONAL SQUAD CRITERIA BASED OFF CHANGES COMING IN FOR 2027

Level	10 RUBY	9 TOPAZ	8 QUARTZ	7 EMERALD	6 CITRINE	5 AMETHYST	4 SAPPHIRE	3 BRONZITE	2 TITANIUM	1 BLUE DIAMOND
NATIONAL PATHWAY	2020 2019	2020 2019 2018	2018 2017 2016	2017 2016 2015	2016 2015 2014	2015 2014 2013	2014 2013 2012	2013 2012 2011	2012 2011 2010	2011 2010 2009
NATIONAL SQUAD SELECTION 2027 (COMBINED GEM & LEVEL SCORE) TOP 3 OF EACH BIRTH YEAR	X	X	X	X	2016 2015 2014	2015 2014 2013	2014 2013 2012	2013 2012 2011	2012 2011 2010	2011 2010 2009 2008

NEW COMPETITION AGE GROUPS 2027

Level	PRE 10 (LEVELS ONLY - NO GEM)	10 RUBY	9 TOPAZ	8 QUARTZ	7 EMERALD	6 CITRINE	5 AMETHYST	4 SAPPHIRE	3 BONZITE	2 TITANIUM	1 BLUE DIAMOND
NATIONAL PATHWAY	2022	2021 2020	2020 2019	2019 2018	2018 2017	2017 2016 2015	2016 2015 2014	2015 2014 2013	2014 2013 2012 2011 2010	2013 2012 2011 2010	2012 2011 2010 2009
NATIONAL SQUAD SELECTION 2028 (COMBINED GEM & LEVEL SCORE) TOP 3 OF EACH BIRTH YEAR						2017 2016 2015	2016 2015 2014	2015 2014 2013	2014 2013 2012 2011 2010	2013 2012 2011 2010	2012 2011 2010 2009

IGA AWARDS & NATIONAL FINALS **NEW**

NEW

REGIONAL EVENTS	Medals will be placed for 1 st to 3 rd on all apparatus. Overall 1 st to 3 rd medals. Overall trophy for the overall winner	Well done medals will be awarded for all gymnasts who have participated in the competition	Gymnasts must place in the top 6 with an AA score to qualify for National Finals.	Regional Events Only: Ruby Topaz & Quartz
NATIONAL FINALS	Medals will be placed for 1 st to 3 rd on all apparatus. Overall 1 st to 3 rd medals. Overall trophy for the overall winner	Well done medals will be awarded for all gymnasts who have participated in the competition	National Events Only: Emerald & Above	

THINGS TO BE AWARE OF: **NEW**

Gymnasts who participate alone in a category will **only** receive the gold medal for the overall, overall trophy and well done medal.

National Finals Qualification – 2026

As pass-up scores are not in place due to the pilot year, qualification for the 2026 National Finals will be based on overall placing.

Gymnasts who place 1st to 6th overall in their respective entry category will qualify for the National Finals.

From 2027 - To qualify for National Finals gymnasts **must** achieve the level up score in both Gems and Levels and **must** place 1st to 6th in their entry category to compete.

Q&A

GENERAL	EXPLANATION	WHY?
Can you replace a skill on the set routines with something else?	No, all set routines must be performed as written on the handbook	We believe these skills are fundamental to the growth of WAG, if the gymnast is not able to complete all skills they are not ready.
What happens if my gymnast misses a skill?	If the gymnast misses a skill she will receive 1.0 deduction from her score for each skill.	It is important that we remain fair to those gymnasts who have completed all skills successfully at competition.
Do we still have flexibility on which Level we enter for the first competition?	Yes, we recommend coaches being mindful that they are putting the gymnast in the correct level for their ability level.	We want coaches to be able to exercise the right to decide what is best for the gymnast.
Why is there an entry requirement ages section?	This has been added to help coaches understand the development age recommended for each level.	The "Entry Requirement" section has been introduced to help coaches align gymnast development with appropriate competitive levels. It serves as a guide to ensure gymnasts are physically, technically, and emotionally ready for the demands of each level. This not only supports long-term athlete development but also promotes confidence, enjoyment, and safety in the sport.



WOMEN'S ARTISTIC GYMNASTICS

GEMS GRADES



FOUNDATION GRADES

RUBY



VAULT

BARS

BEAM

FLOOR

EQUIPMENT:	2 x 30cm stacked safety mats	Wooden Single Bar FIG Height - FIG Landing mat base - 30cm Safety Mat	FIG Height Beam - FIG Landing mat base - 30cm Safety Mat underneath - No choreo choice of pose only	FIG Floor - Performed on a line - No music - No choreo choice of pose only
ROUTINE:	Dynamic run Correct arm swing on the board Straight jump onto the mats. Landing with a straight body (AAH)	Starting from hang in reverse grip 1x Pull up (in dish shape - Show) Half turn (in dish shape - Show) 2 x Leg Lifts Dish hang to land	Jump to front support Leg lift over - Swing to Squat Rise to toes straight body (AAH) [Choice of pose] 2 x Steps on toes Straight jump preparation Spin preparation Arabesque (hold for 2 seconds) Straight jump dismount	[Starting pose of choice] Spin preparation Straight jump connected Straight jump [Choice of pose] Cartwheel Leap preparation Catleap
EXECUTION: [Not including general faults]	Lack of dynamic run - 0.1/0.3/0.5 Incorrect arm swing on board - 0.3 Failure to perform arm swing - 0.5 Lack of correct body form in jump - 0.1/0.3/0.5 Lack of height in jump - 0.1/0.3/0.5 Steps on landing - 0.1/0.3/0.5 Deep squat on landing - 0.3/0.5	Lack of correct body form throughout - 0.1/0.3/0.5 Failure to complete pull up - 0.5 Failure to complete Leg Lift - 0.5 Steps on landing - 0.1/0.3/0.5 Deep squat on landing - 0.3/0.5	Failure to show straight shape - 0.3 Failure to show pose of choice - 0.3 Lack of correct body form throughout - 0.1/0.3/0.5 Failure to land on toes after spin - 0.5 Steps on landing - 0.1/0.3/0.5 Deep squat on landing - 0.3/0.5	Failure to lift knee's to chest in catleap - 0.3 Lack of correct body form throughout - 0.1/0.3/0.5 Failure to step through after spin - 0.5 'Leg not lifting to horizontal in the leap preparation - 0.3

KEY: Arms Above Head (AAH) Show means 'Show the skill' **NOT hold**



FOUNDATION GRADES

TOPAZ



VAULT

EQUIPMENT:	2 x 30cm stacked safety mats	BARS	Wooden Single Bar FIG Height - FIG Landing mat base - 30cm Safety Mat	BEAM	FIG Height Beam - FIG Landing mat base - 30cm Safety Mat underneath - No choreo choice of pose only	FLOOR	FIG Floor - Performed on a line - No music - No choreo choice of pose only
ROUTINE:	Dynamic run Correct arm swing on the board Straight jump to land (AAH) Arm swing (from behind) Kick to handstand flat lie [No Dish shape in the flat lie]	Starting from hang in reverse grip 1 x Pull up (Dish shape - Show) Half turn (Dish shape - Show) 2 x Leg Lifts Lift to pike hold - (2 seconds) Open to straddle hold - (2 seconds) 2 x Dish/Arch taps to land	Jump to front support Leg lift over - Swing to Squat Rise to toes straight body (AAH) [Choice of pose] Spin preparation Straight jump connected straight jump step Split Jump 140° Handstand (Hold for 2 seconds) Round off dismount	[Starting pose of choice] Spin preparation on 1 leg step through Spin preparation on the other leg step through Straight jump connected Straight jump Split Jump 140° [Choice of pose] Round off dish jump Handstand Hop [focus on technique] Split leap 140° connected Catleap			
EXECUTION:	Lack of dynamic run - 0.1/0.3/0.5 Incorrect arm swing on board- 0.3 Failure to perform arm swing - 0.5 Lack of correct body form in jump - 0.1/0.3/0.5 Lack of height in jump - 0.1/0.3/0.5 Steps on landing - 0.1/0.3/0.5 Deep squat on landing - 0.3/0.5	Lack of correct body form throughout - 0.1/0.3/0.5 Failure to complete pull up - 0.5 Failure to complete Leg Lift - 0.5 Steps on landing - 0.1/0.3/0.5 Deep squat on landing - 0.3/0.5	Failure to hold handstand - 0.3 Failure to show pose of choice - 0.3 Lack of correct body form throughout - 0.1/0.3/0.5 Failure to land on toes after spin - 0.5 Missed connections - 0.5 each time	Failure to lift knee's to chest in catleap - 0.3 Lack of correct body form throughout - 0.1/0.3/0.5 Lack of split in leaps/jumps - 0.3 Missed connections - 0.5 each time Landing Faults - 0.1/0.3/0.5			

KEY: Arms Above Head (AAH) Show means 'Show the skill' **NOT hold**



FOUNDATION GRADES

QUARTZ



VAULT

BARS

BEAM

FLOOR

EQUIPMENT:	1m stacked safety mats	Wooden Single Bar FIG Height - FIG Landing mat base - 30cm Safety Mat	FIG Height Beam - FIG Landing mat base - 30cm Safety Mat underneath - No choreo choice of pose only	FIG Floor - Performed on a line - No music - No choreo choice of pose only
ROUTINE:	<p>Dynamic run</p> <p>Correct arm swing on the board</p> <p>Straight jump to land (AAH)</p> <p>Arm swing (from behind)</p> <p>Kick to handstand flat lie</p> <p>[No Dish shape in the flat lie]</p>	<p>1 x Pull up (Dish shape - Show)</p> <p>Half Turn</p> <p>1 x Chin up Circle Over (Dish shape)</p> <p>Show Front Support Shape</p> <p>Circle Down to Long Hang</p> <p>Lift to pike hold (2 seconds)</p> <p>Open to straddle hold (2 seconds)</p> <p>2 x Arch Taps to land</p>	<p>Jump to Japana mount</p> <p>[optional hands]</p> <p>Leg lift over, swing to squat on</p> <p>Rise to toes straight body</p> <p>[Choice of Pose]</p> <p>Split Jump 140° connected tuck jump</p> <p>½ spin</p> <p>Cartwheel</p> <p>Catleap</p> <p>Round off dismount</p>	<p>[Starting pose of choice]</p> <p>Straight jump connected Split Jump 140°</p> <p>[Choice of pose]</p> <p>Split leap 140° connected Catleap</p> <p>Round off dish jump</p> <p>Handstand Hop bridge to stand</p> <p>½ spin</p>
EXECUTION:	<p>Lack of dynamic run - 0.1/0.3/0.5</p> <p>Incorrect arm swing on board- 0.3</p> <p>Lack of body form in straight jump- 0.1/0.3/0.5</p> <p>Lack of push off hands in handstand - 0.1/0.3/0.5</p>	<p>Lack of correct body form throughout - 0.1/0.3/0.5</p> <p>Failure to complete pull up - 0.5</p> <p>Failure to show front support - 0.3</p> <p>Legs below horizontal in straddle & pike - 0.3</p> <p>Landing faults - 0.1/0.3/0.5</p>	<p>Missed connections - 0.5 each time</p> <p>Failure to show pose of choice - 0.3</p> <p>Lack of correct body form throughout - 0.1/0.3/0.5</p> <p>Failure to land on toes after spin - 0.5</p> <p>Steps on landing - 0.1/0.3/0.5</p> <p>Deep squat on landing - 0.3/0.5</p>	<p>Failure to lift knee's to chest in catleap - 0.3</p> <p>Lack of correct body form throughout - 0.1/0.3/0.5</p> <p>Lack of split in leaps/jumps - 0.3</p> <p>Missed connections - 0.5 each time</p> <p>Landing Faults - 0.1/0.3/0.5</p>
Routine exceeds 1 min - 0.5				



IDENTITY GRADES

EMERALD

	VAULT	BARS	BEAM	FLOOR
EQUIPMENT:	1m stacked safety mats	Metal Bar - FIG Landing mat base - 30cm Safety Mat	FIG Height Beam - FIG Landing mat base - 30cm Safety Mat underneath	FIG Floor - 1min 30 max Full Choreograph to music
ROUTINE:	Dynamic run Correct entry on the board Handspring flat lie <i>(emphasis on correct technique)</i>	Dish shape - Show Arch shape - Show 3 x Dish Arch Taps 3 x Swings (Focus on shape and correct timing for the tap under the bar)	Jump to straddle lever [hold for 2 seconds] Split Jump 140° connected Tuck Jump $\frac{1}{2}$ spin connected $\frac{1}{2}$ turn on toes Backward Walkover Cartwheel Straight Jump Dismount OR Front somersault *FULL CHOREOGRAPHY*	Straight jump connected Split Jump 140° Chasse Split leap 140° chasse Catleap Round off flick Handspring $\frac{1}{2}$ spin connected $\frac{1}{2}$ turn Catleap connected Cartwheel
EXECUTION:	Lack of dynamic run - 0.1/0.3/0.5 Failure to show correct arm swing- 0.3 Lack of body form in entry phase to handstand - 0.1/0.3/0.5 Incorrect head position - 0.3 Lack of push off hands in handstand - 0.1/0.3/0.5	Lack of correct body form throughout - 0.1/0.3/0.5 Incorrect timing on kick - 0.1/0.3/0.5 Swings below horizontal - 0.1/0.3/0.5	Missed connections - 0.5 each time Lack of correct body form - 0.1/0.3/0.5 Lack of split in jump - 0.3 Landing Faults - 0.1/0.3/0.5 Missed holds - 0.3 Failure to land on toes after spin- 0.5	Failure to lift knee's to chest in catleap - 0.3 Lack of correct body form throughout - 0.1/0.3/0.5 Lack of split in leaps/jumps - 0.3 Missed connections - 0.5 each time Landing Faults - 0.1/0.3/0.5
	Routine exceeds 1 min - 0.5		Routine exceeds 1 min 30 - 0.5	



IDENTITY GRADES

CITRINE



	VAULT	BARS	BEAM	FLOOR
EQUIPMENT:	2 x 30cm stacked safety mats	Metal Bar - FIG Landing mat base - 30cm Safety Mat	FIG Height Beam - FIG Landing mat base - 30cm Safety Mat underneath	FIG Floor - 1min 30 max floor music
ROUTINE:	Dynamic run Correct entry on the board Straight front land onto front OR R/off tuck back (AAH) land fall onto back	Dish shape - Show Arch shape - Show 3 x Dish Arch Taps 3 x Swings On 4 th swing baby giant connected to backward hip circle (Focus on shape and correct timing for the tap under the bar)	Jump to straddle lever or Tuck through to pike lever [hold for 2 seconds] Split Jump 180° connected Tuck Jump Full Spin Flick to one Straight Jump [Sideways] Cartwheel Tuck Back Dismount *FULL CHOREOGRAPHY*	Straddle Jump or Split Jump 180° Chasse Split leap 180° chasse side leap Round off x 3 flicks Handspring straight jump Front somersault Full spin Catleap connected Cartwheel connected sissonne
EXECUTION:	Lack of dynamic run - 0.1/0.3/0.5 Failure to show correct arm swing- 0.3 Lack of height in salto- 0.1/0.3/0.5 Incorrect shape in salto - 0.1/0.3/0.5 Incorrect head position - 0.3 Failure to hold correct body form in the fall landing- 0.1/0.3/0.5 Deep squat on landing - 0.3/0.5	Lack of correct body form throughout - 0.1/0.3/0.5 Failure to show shapes - 0.3 each Incorrect timing on kick - 0.3 each Swings below horizontal - 0.3 Pause between baby giant and backward hip circle - 0.3	Missed connections - 0.5 each time Lack of correct body form - 0.1/0.3/0.5 Lack of split in jump - 0.3 Landing Faults - 0.1/0.3/0.5 Missed holds - 0.3 Failure to land on toes after spin - 0.5	Failure to lift knee's to chest in catleap - 0.3 Lack of correct body form throughout - 0.1/0.3/0.5 Lack of split in leaps/jumps - 0.3 Missed connections - 0.5 each time Landing Faults - 0.1/0.3/0.5 Failure to bring arms down between flicks - 0.3 each time
Routine exceeds 1 min 30 - 0.5				



IDENTITY GRADES

AMETHYST



	VAULT	BARS	BEAM	FLOOR
EQUIPMENT:	2 x 30cm stacked safety mats	Metal Bar - FIG Landing mat base - 30cm Safety Mat	FIG Height Beam - FIG Landing mat base - 30cm Safety Mat underneath	FIG Floor - 1min 30 max floor music
ROUTINE:	Dynamic run Correct entry on the board Straight front land onto front OR R/off straight back (AAH) land fall onto back	Dish shape - Show Arch shape - Show 2 x Dish Arch Taps Trolley Swing into Upstart Cast to horizontal 2 x Swings On 3 rd swing baby giant connected to backward hip circle (Focus on shape and correct timing for the tap under the bar)	[Coded Optional Mount] Split Jump 180° connected Tuck Jump or W-Jump Full Spin Split Handstand connected Flick to one Straight Jump ½ [Sideways] Cartwheel Tuck Back Dismount OR Round off straight jump dismount *FULL CHOREOGRAPHY*	Straddle Jump or Split Jump 180° Chasse Split leap 180° chasse side leap Round off flick tuck back Handsprint to 1 connected handpring to 2 Front somersault straight jump Full spin connected back ½ spin Catleap connected Free Cartwheel
EXECUTION:	Lack of dynamic run - 0.1/0.3/0.5 Failure to show correct arm swing- 0.3 Lack of height in salto- 0.1/0.3/0.5 Incorrect shape in salto - 0.1/0.3/0.5 Incorrect head position - 0.3 Failure to hold correct body form in the fall landing - 0.1/0.3/0.5 Deep squat on landing - 0.3/0.5	Lack of correct body form throughout - 0.1/0.3/0.5 Failure to complete upstart - 1.0 Cast below horizontal - 0.5 Swings below horizontal - 0.3 Pause between baby giant and backward hip circle - 0.5 Pauses or extra swings between skills - 0.5	Missed connections - 0.5 each time Lack of correct body form - 0.1/0.3/0.5 Lack of split in jump - 0.3 Landing Faults - 0.1/0.3/0.5 Failure to land on toes after spin - 0.5	Failure to lift knee's to chest in catleap - 0.3 Failure to set with correct technique in tuck back - 0.1/0.3/0.5 Lack of split in leaps/jumps - 0.3 Missed connections - 0.5 each time Landing Faults - 0.1/0.3/0.5 Failure to keep arms on ears in connection of handsprings - 0.3 Failure to keep arms on ears out of the tuck front - 0.3
Routine exceeds 1 min 30 - 0.5				



ELITE GRADES
SAPPHIRE

	VAULT	BARS	BEAM	FLOOR
EQUIPMENT:	1:15m Vault Table - Stacked Mats	Metal Bar - FIG Landing mat base - 30cm Safety Mat	FIG Height Beam - FIG Landing mat base - 30cm Safety Mat underneath	FIG Floor - 1min 30 max floor music
ROUTINE:	Dynamic run Correct entry on the board Handspring flat lie OR Half on to knee's OR Yurchenko to knee's	Dish shape - Show Arch shape - Show 2 x Dish Arch Taps Trolley Swing into Upstart Cast to horizontal 2 x Swings into 1 x Giant (Focus on shape and correct timing for the tap under the bar)	[Coded Optional Mount] Split Jump 180° connected W-Jump Full Spin [any position or direction] Backward Walkover connected Flick to one Optional C Coded Jump [Sideways] Round off tuck back dismount OR pike front dismount *FULL CHOREOGRAPHY*	Straddle Jump or Split Jump 180° % Chasse Change leg 180° chasse split leap Round off flick tuck back Front somersault straight jump connected to Handspring to 1 connected handspring to 2 Full spin connected back full spin Catleap connected Free Cartwheel
EXECUTION:	Lack of dynamic run - 0.1/0.3/0.5 Incorrect arm swing on board- 0.3 Lack of body form in entry phase to the vault- 0.1/0.3/0.5 Incorrect head position - 0.3 Lack of dynamics - 0.1/0.3/0.5	Lack of correct body form throughout - 0.1/0.3/0.5 Failure to complete upstart - 1.0 Pause or extra swing between skills - 0.5 Cast below horizontal - 0.5 Failure to complete giant on first attempt - 1.0 Incorrect timing on kick - 0.3 each	Missed connections - 0.5 each time Lack of correct body form - 0.1/0.3/0.5 Lack of split in jump - 0.3 Landing Faults - 0.1/0.3/0.5 Failure to land on toes after spin - 0.5	Failure to lift knee's to chest in catleap - 0.3 Failure to set with the correct technique in tuck back - 0.1/0.3/0.5 Lack of split in leaps/jumps - 0.3 Missed connections - 0.5 each time Landing Faults - 0.1/0.3/0.5 Failure to keep arms on ears out of the tuck front - 0.3
Routine exceeds 1 min 30 - 0.5				
Failure to keep arms on ears in connection of handspring - 0.3				



ELITE GRADES

BRONZITE

VAULT

EQUIPMENT:

1.20m Vault Table - Stacked Mats

ROUTINE:

Dynamic run
Correct entry on the board
Handspring to Stand fall onto front
OR Half on to Stand fall onto back
OR Yurchenko to stand fall onto back

EXECUTION:

Lack of dynamic run - 0.1/0.3/0.5
Incorrect arm swing on board - 0.3
Lack of body form in entry phase to the vault- 0.1/0.3/0.5
Lack of press off the vault - 0.1/0.3/0.5
Incorrect head position - 0.3
Lack of dynamics - 0.1/0.3/0.5
Failure to hold correct body form in the fall landing- 0.1/0.3/0.5

BARS

Metal Bar - FIG Landing mat base - 30cm Safety Mat

2 x Dish Arch Taps
Trolley Swing into Upstart
Cast to handstand
Circling Element to Handstand
2 x Giants
(Focus on shape and correct timing for the tap under the bar)

BEAM

FIG Height Beam - FIG Landing mat - 30cm Safety Mat underneath

[Coded Optional Mount]
Split Jump 180° **connected** W-Jump
Full Spin [any position or direction]
Flick to one **connected** Flick to one
Cartwheel **connected** sisonne
Round off straight back dismount **OR**
Straight front
FULL CHOREOGRAPHY

FLOOR

FIG Floor - 1min 30 max floor music

Straddle Jump or Split Jump 180° $\frac{1}{2}$ or W-Jump $\frac{1}{2}$
Chasse Change leg 180° into any **D** coded leap
Round off flick straight back
Straight front somersault
Round off 2 x flicks tuck back
Double spin
W-hop **connected** Free Cartwheel

Missed connections - 0.5 each time

Lack of correct body form - 0.1/0.3/0.5

Lack of split in jump - 0.3

Landing Faults - 0.1/0.3/0.5

Failure to land on toes after the spin - 0.5

Lack of correct body form throughout - 0.1/0.3/0.5

Lack of split in leaps/jumps - 0.3

Missed connections - 0.5 each time

Landing Faults - 0.1/0.3/0.5

Failure to set with correct technique in somersaults 0.1/0.3/0.5

Failure to bring down arms between flicks - 0.3 each time

Routine exceeds 1 min 30 - 0.5

NOTES: Optional Entry for Cast to Handstand on Bars



ELITE GRADES

TITANIUM

VAULT

EQUIPMENT:

1.25m Vault Table - Stacked Mats with 10cm extra mat on landing

ROUTINE:

Dynamic run
Correct entry on the board
Handsprint to Stand fall onto front
OR Half on to Stand fall onto back
OR Yurchenko to stand fall onto back

EXECUTION:

Lack of dynamic run - 0.1/0.3/0.5

Incorrect arm swing on board - 0.3

Lack of form in entry phase to the vault - 0.1/0.3/0.5

Lack of press off the vault- 0.1/0.3/0.5

Incorrect head position - 0.3

Lack of dynamics - 0.1/0.3/0.5

Failure to hold correct body form in the fall landing- 0.1/0.3/0.5

BARS

Metal Bar - FIG Landing mat base - 30cm Safety Mat

2 x Dish Arch Taps
Trolley Swing into Upstart
Cast to handstand
Circling Element to Handstand
2 x Giants
Heel Drive into 2 x Forward Giants
(Focus on shape and correct timing)

BEAM

FIG Height Beam - FIG Landing mat base - 30cm Safety Mat underneath 2x30cm safety mats dismount end

[Coded Optional Mount]
Split Jump 180° **connected** W-Jump **or**
Straddle Jump
Full Spin [any position or direction]
Flick to one **connected** Flick to two
Free Cartwheel **or** Tuck Back
Round off straight back dismount **OR**
Straight front. Both onto 2 x 30cm
safety mats
FULL CHOREOGRAPHY

FLOOR

FIG Floor - 1min 30 max floor music

Straddle Jump or Split Jump 180° $\frac{1}{2}$ or
W-Jump $\frac{1}{2}$
Chasse Change leg 180° into any **D**
coded leap
Round off flick straight back $\frac{1}{2}$
Straight front somersault
Round off flick straight back
Double spin
W-hop **connected** Free Walkover or
Cartwheel

NOTES: Optional Entry for Cast to Handstand on Bars

Routine exceeds 1 min 30 - 0.5



ELITE GRADES

BLUE DIAMOND

	VAULT	BARS	BEAM	FLOOR
EQUIPMENT:	1.25m Vault Table - Stacked Mats	Metal Bar - FIG Landing mat base - 30cm Safety Mat	FIG Height Beam - FIG Landing mat base - 30cm Safety Mat underneath	FIG Floor - 1min 30 max floor music
ROUTINE:	Dynamic run Correct entry on the board Half on through to shoulder stand OR Yurchenko through to shoulder stand	2 x Dish Arch Taps Trolley Swing into Upstart Cast to handstand 2 x Different Circling Elements 2 x Giants Heel Drive into 2 x Forward Giants (Focus on shape and correct timing)	[Coded Optional Mount] Split Jump 180° connected W-Jump or Straddle Jump Full Spin [any position or direction] Flick to one connected layout 2 x Aerials or somersaults of choice Round off straight back with 1/1 twist OR Straight front 1/1 twist *FULL CHOREOGRAPHY*	Any coded D turning jump Chasse Change leg 180° into any E coded leap Round off flick straight back 1/1 twist Straight front somersault connected tuck front somersault Round off flick straight back ½ twist Double spin W-hop connected Free Walkover or Cartwheel
EXECUTION:	Lack of dynamic run - 0.1/0.3/0.5 Incorrect arm swing on board - 0.3 Lack of body form in the entry phase to the vault- 0.1/0.3/0.5 Lack of press off the vault- 0.1/0.3/0.5 Incorrect head position - 0.3 Lack of dynamics - 0.1/0.3/0.5 Pike through to shoulder stand- 0.1/0.3/0.5	Lack of correct body form throughout - 0.1/0.3/0.5 Pauses or extra swings between skills - 0.5 Failure to show heel drive phase- 0.3 Failure to complete handstands between handstand and 10° - 0.5 Failure to complete circling element or giants - 1.0 each Failure to compete two different circling elements - 1.0	Missed connections - 0.5 each time Lack of correct body form - 0.1/0.3/0.5 Lack of split in jump - 0.3 Landing Faults - 0.1/0.3/0.5 Failure to land on toes after spin/0.5	Lack of correct body form throughout - 0.1/0.3/0.5 Lack of split in leaps/jumps - 0.3 Missed connections - 0.5 each time Landing Faults - 0.1/0.3/0.5 Failure to set with correct technique in somersaults - 0.1/0.3/0.5
Routine exceeds 1 min 30 - 0.5				
NOTES: Optional Entry for Cast to Handstand on Bars				



WOMEN'S ARTISTIC GYMNASTICS

FLEXIBILITY & BALANCE



FOUNDATION GRADE



RUBY - TOPAZ - QUARTZ

EQUIPMENT:

Floor area only *[Preferably a hard surface with firm matting]*

ROUTINE:

STARTING POSITION: Standing straight body arms by ears *[Showing good posture]*
Forward roll into straddle sit and show. Sitting in straddle hands reach forward and gymnast performs 2 x leg lifts
Hold straddle lever for 2 seconds - **Hold** Japana for 2 seconds
Swim through box splits to front support position
Swing left round to show splits then turn to show other splits *[Can use hands in transition]*
Bring leg round to **hold** lumber fold then lay flat on the floor
Push to **hold** a bridge *[focus on shoulders over hands]*
Rock and roll to stand.

EXECUTION:

Poor posture in starting position including arching of back - 0.1/0.3/0.5

Lack of control or smoothness in the roll including lack of control throughout the routine - 0.1/0.3/0.5

Insufficient lift from the floor in straddle lever hold and leg lifts - 0.1/0.3/0.5

Failure to hold elements marked as **hold** throughout the routine - 0.5

Lack of flexibility throughout the routine including all stretch elements - 0.1/0.3/0.5

General execution faults throughout routine including knee's feet and arms - 0.1/0.3/0.5

NOTES: Elements marked as 'show' do **NOT** need to be held - They must be clearly shown.



IDENTITY GRADE

EMERALD - CITRINE - AMETHYST - SAPPHIRE



EQUIPMENT:

Floor area only *[Preferably a hard surface with firm matting]*

ROUTINE:

STARTING POSITION: Standing straight body arms by ears *[Showing good posture]*
Forward roll into straddle lever and **hold** for 2 seconds lift to half lever and return to **hold** for 2 seconds then lower to straddle sit.
Hold Japana for 2 seconds
Swim through box splits to front support position
Swing left leg round to show splits then turn to show other splits *[Can use hands in transition]*
Bring leg round to **hold** pike fold then lay flat on the floor
Push to **hold** a bridge *[focus on shoulders over hands]*
Show best leg bridge split – kick over to stand.
Split jump **connected** split jump showing split jumps on both legs.

EXECUTION:

Poor posture in starting position including arching of back – 0.1/0.3/0.5

Lack of control or smoothness in the roll including lack of control throughout the routine – 0.1/0.3/0.5

Insufficient lift from the floor in straddle lever hold and half lever – 0.3

Failure to hold elements marked as **hold** throughout the routine – 0.5

Lack of flexibility throughout the routine – 0.1/0.3/0.5

Leg is below the vertical in the bridge split – 0.5

General execution faults throughout routine including knee's feet and arms – 0.1/0.3/0.5

Arms on legs in straddle lever or half lever – 0.3

Lack of splits in jumps – 0.1/0.3/0.5

NOTES: Elements marked as 'show' do **NOT** need to be held – They must be clearly shown.



IDENTITY GRADE

BRONZITE - TITANIUM - BLUE DIAMOND

EQUIPMENT:

Floor area only *[Preferably a hard surface with firm matting]*

ROUTINE:

STARTING POSITION: Standing straight body arms by ears *[Showing good posture]*
 Forward roll into straddle lever and **hold** for 2 seconds lift to handstand and **hold** for 2 seconds pike down.
Hold Standing pike fold for 2 seconds
 Backward roll to front support
 Swing left leg round to show splits then turn to show other splits *[Can use hands in transition]*
 Bring leg round to **hold** pike fold then lay flat on the floor
 Push to **hold** a bridge *[focus on shoulders over hands]*
 Show best leg bridge split – kick over to stand.
 Split jump **connected** split jump **connected** straddle jump showing split jumps on both legs.

EXECUTION:

Poor posture in starting position including arching of back – 0.1/0.3/0.5

Lack of control or smoothness in the roll including lack of control throughout the routine – 0.1/0.3/0.5

Insufficient lift from the floor in straddle lever – 0.1/0.3/0.5

Failure to hold elements marked as **hold** throughout the routine – 0.5

Lack of flexibility throughout the routine – 0.1/0.3/0.5

Leg is below the vertical in the bridge split – 0.5

General execution faults throughout routine including knee's feet and arms – 0.1/0.3/0.5

Missed handstand between 10 degrees – 0.5

Arms on legs in straddle lever or half lever – 0.5

Lack of splits in jumps – 0.1/0.3/0.5

NOTES: Elements marked as 'show' do **NOT** need to be held – They must be clearly shown.

USEFUL LINKS

SKILL PREPARATION VIDEOS

RUBY, TOPAZ &
QUARTZ

 [Spin Preparation Beam](#)
[Video](#)

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