

The background of the slide features several overlapping, flowing blue waves that create a sense of movement and depth. The waves are composed of many fine, parallel lines, giving them a textured, ethereal appearance. They are primarily light blue with some darker blue accents, set against a plain white background.

GYMNASTICS FOR ALL

COMPETITION LEVELS

LEVEL 1: WHITE

FLOOR

1.	Roll backwards and forwards to stand up in tuck position. (0.5 bonus for not using hands to stand)
2.	2 x Bunny Hops
3.	Hold balance on one leg (forward or arabesque)
4.	Step onto Bench (not using hands)
5.	Walk on toes to the end of the bench
6.	Stretch jump off bench to land

IMPORTANT NOTES:

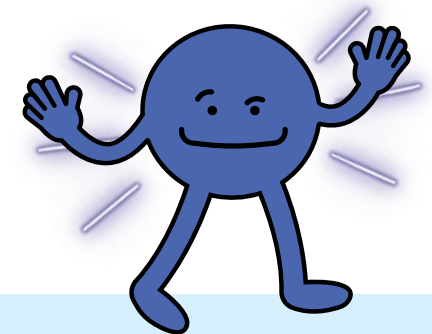
- Skills marked with **Hold** must be held for 2 seconds.
- All skills **MUST** be performed in order. Whilst there is **no deduction** for the incorrect order, it's important the gymnast does not miss a skill. Failure to attempt a skill will be deducted 0.5 from the final score. IGA recommends that clubs do not enter gymnasts unless they can compete all skills. this gives them the best to succeed at competitions.
- All routines are marked out of **10.00** and are deducted on execution faults and missing skills **only**.

VAULT

Equipment: Vault run - Springboard - 1 x 30cm safety mat
Straight Jump
One attempt only!

TRAMPETTE

Equipment: Run up space - Trampette - 1 x 30cm safety mat
Star Jump
One attempt only!



LEVEL 2: BABY BLUE

FLOOR

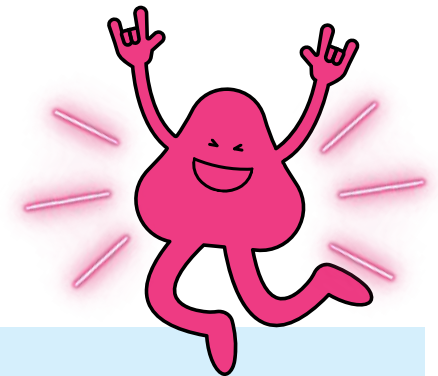
1.	Forward roll down the slope. (0.5 bonus if no slope is used)
2.	Straight jump
3.	Squat onto the bench
4.	Hold balance on one leg (forward or arabesque)
5.	Walk on toes to the end of the bench
6.	Star jump off bench to land

VAULT

Equipment: Vault run - Springboard - 1 x 30cm safety mat
Star jump
One attempt only!

TRAMPETTE

Equipment: Run up space - Trampette - 1 x 30cm safety mat
Tuck jump or straight jump ½
One attempt only!



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- All routines are marked out of **10.00** and are deducted on execution faults and missing skills **only**.

LEVEL 3: SKYE BLUE



FLOOR

1.	Forward roll.
2.	Straight Jump connected Star Jump
3.	Squat onto the Bench
4.	2 x Bunny Hops over bench
5.	Hold arabesque balance on one leg
6.	Straight Jump
7.	Walk on toes to the end of the bench. Tuck jump to land

VAULT

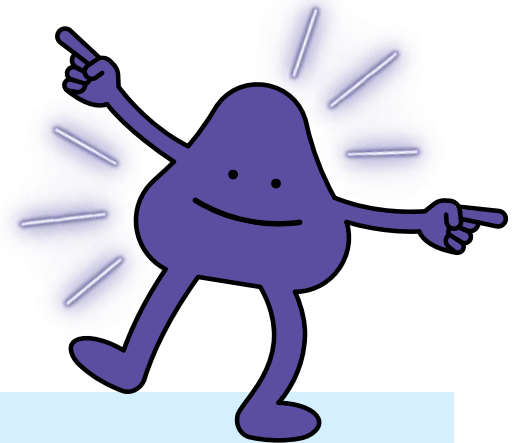
Equipment: Vault run - Springboard - 1 x 30cm safety mat
Tuck Jump
One attempt only!

TRAMPETTE

Equipment: Run up space - Trampette - 1 x 30cm safety mat
Tuck jump ½ or straight jump 1/1
One attempt only!

IMPORTANT NOTES:

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2.	All skills MUST be performed in order. Whilst there is no deduction for the incorrect order, it's important the gymnast does not miss a skill. Failure to attempt a skill will be deducted 0.5 from the final score. IGA recommends that clubs do not enter gymnasts unless they can compete all skills. this gives them the best chance to level up.
3.	All routines are marked out of 10.00 and are deducted on execution faults and missing skills only .



LEVEL 4: MAYA BLUE



FLOOR

1. Backward roll down the slope (0.5 bonus without slope)
2. Jump $\frac{1}{2}$ turn
3. Squat onto the bench
4. Forward roll on the bench (1.0 deducted for a gymnast who falls)
5. Tuck Jump
6. Walk on toes to the end of the bench. Straight Jump $\frac{1}{2}$ to land

VAULT

- Equipment:**
Vault run - Springboard - 1 x 30cm safety mat
- Straight Jump $\frac{1}{2}$ turn
- One attempt only!**

TRAMPETTE

- Equipment:**
Run up space - Trampette - 1 x 30cm safety mat
- Dive roll
- One attempt only!**

IMPORTANT NOTES:

1. Skills marked with **Hold** must be held for 2 seconds.
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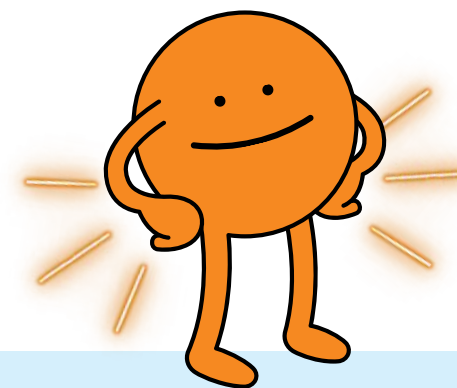
LEVEL 5: AQUA BLUE



FLOOR	Floor Line Only	VAULT	TRAMPETTE
1.	Backward roll	Equipment: Gymnastics for all box style vault	Equipment: Block - Trampette - Mats to level landing
2.	Jump ½ turn	Squat on straight jump off to land	Round off
3.	Hold headstand with bent knee's	One attempt only!	One attempt only!
4.	From crouch straight jump up		
5.	Tuck jump connected Star jump		
6.	Catleap		

IMPORTANT NOTES:

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- All skills **MUST** be performed in order. Whilst there is **no deduction** for the incorrect order, it's important the gymnast does not miss a skill. Failure to attempt a skill will be deducted 0.5 from the final score. IGA recommends that clubs do not enter gymnasts unless they can compete all skills. this gives them the best chance to level up.



LEVEL 6: SAPPHIRE BLUE



FLOOR

Floor Line Only

1.	Backward roll to straddle
2.	Jump 1/1 turn
3.	Hold headstand with straight legs or handstand
4.	Push to bridge and hold for 2 seconds
5.	Roll to stand up
6.	Cartwheel

VAULT

Equipment:
Gymnastics for all box style vault

Squat on star jump off to land

One attempt only!

TRAMPETTE

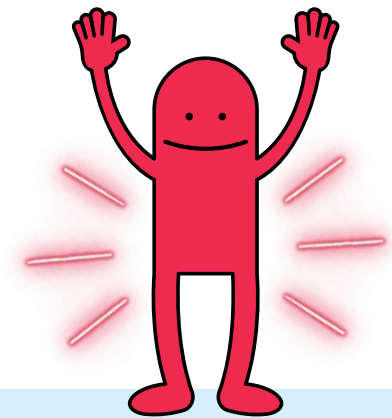
Equipment:
Block - Trampette - Mats to level landing

Round off or Flyspring (0.5 bonus for flyspring)

One attempt only!

IMPORTANT NOTES:

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LEVEL 7: TOPAZ BLUE



FLOOR	Floor Line Only	VAULT	TRAMPETTE
1.	Chasse Cartwheel	Equipment: Springboard 2 x 30cm safety mats	Equipment: Block - Trampette - Mats to level landing
2.	Jump 1/1 turn	Squat on kick to handstand flat lie	Flyspring or Dive Roll (0.5 bonus for flyspring)
3.	Kick to handstand (0.5 bonus for hold 2 seconds)	One attempt only!	One attempt only!
4.	Push to bridge and hold for 2 seconds		
5.	Roll to stand up		
6.	One handed Cartwheel		



IMPORTANT NOTES:

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LEVEL 8: DENIM BLUE



FLOOR

Floor Line Only

1.	Cartwheel Chasse Cartwheel
2.	Jump 1/1 turn or Full Spin
3.	Kick to handstand – lower to bridge and hold
4.	Lower to floor – hold dish roll over to arch shape.
5.	Push to front support shape and hold
6.	Transition to squat position and stand up.

VAULT

Equipment:
Springboard 2 x 30cm safety mats

Handstand flat lie

One attempt only!

TRAMPETTE

Equipment:
Block – Trampette – Mats to level landing

Dive Roll or Front somersault (0.5 bonus for somi)

One attempt only!

IMPORTANT NOTES:

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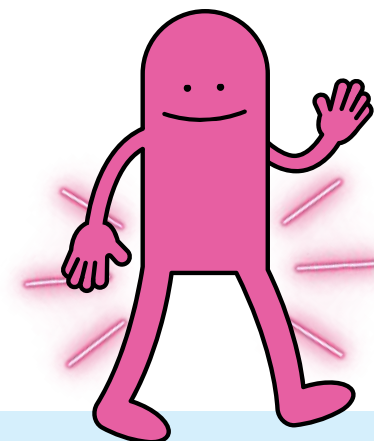
LEVEL 9: ROYAL BLUE



FLOOR	Floor Line Only	VAULT	TRAMPETTE
1.	Cartwheel Chasse Round off	Equipment: 1m block sideways - 1 x safety mat behind	Equipment: Block - Trampette - Mats to level landing
2.	Jump 1/1 turn or Full Spin	Handspring over the block	Front somersault
3.	Forward walkover or handspring	One attempt only!	One attempt only!
4.	Catleap ½ or 1/1 turn		
5.	Tick Tock or backward walkover (0.5 bonus for backward walkover)		
6.	Show Right/Left or Box Splits		

IMPORTANT NOTES:

- Skills marked with **Hold** must be held for 2 seconds.
- All skills **MUST** be performed in order. Whilst there is **no deduction** for the incorrect order, it's important the gymnast does not miss a skill. Failure to attempt a skill will be deducted 0.5 from the final score. IGA recommends that clubs do not enter gymnasts unless they can compete all skills. this gives them the best chance to level up.



LEVEL 10: STEEL BLUE



FLOOR	<i>Floor Line Only</i>	VAULT	TRAMPETTE	BEAM
1.	Round off Flick (0.5 bonus for no stop)	Equipment: 1m Vault Table (stacked mats)	Equipment: Block - Trampette - Mats to level landing	Equipment: FIG Beam - 1 x mat underneath
2.	Jump 1/1 turn or Full Spin	Handspring flat lie	Barani	1. Jump to front support
3.	Handspring connected dive roll	One attempt only!	One attempt only!	2. V-Sit with Hands or without
4.	Catleap 1/1 turn or Catleap 1 ½ turn			3. Handstand or Forward Roll
5.	Forward walkover or Handspring to 1			4. Catleap or ½ Spin
6.	Show Right/Left or Box Splits			4. Straight Jump or Tuck Jump
				5. Straight Jump or R/off (0.5 bonus for R/off)

IMPORTANT NOTES:

- Skills marked with **Hold** must be held for 2 seconds.
- All skills **MUST** be performed in order. Whilst there is **no deduction** for the incorrect order, it's important the gymnast does not miss a skill. Failure to attempt a skill will be deducted 0.5 from the final score. IGA recommends that clubs do not enter gymnasts unless they can compete all skills. this gives them the best chance to level up.

LEVEL 11: COLBALT BLUE



FLOOR	<i>Floor Line Only</i>	VAULT	TRAMPETTE	BEAM
1.	Round off Flick	Equipment: 1m Vault Table	Equipment: Block - Trampoline - Mats to level landing	Equipment: FIG Beam - 1 x mat underneath
2.	Tuck Jump 1/1 turn or 1 ½ Spin	Handspring	Barani or Pike Front	1. Jump to Squat on
3.	Front somersault	One attempt only!	One attempt only!	2. Arabesque or Y-Balance
4.	Split Leap			3. Cartwheel or Free Roll
5.	Forward walkover connected Forward Walkover			4. Catleap or ½ Spin
6.	Free Cartwheel (From run or chasse)			4. Tuck Jump or W-Jump
				5. R/off or Front somersault (0.5 bonus for Somersault)

IMPORTANT NOTES:

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LEVEL 12: MIDNIGHT BLUE



FLOOR

Floor Line Only

1. Round off Flick Tuck Back (0.5 bonus for all connected with no stops)
2. Tuck Jump 1/1 turn or Straight Jump 1 ½
3. Front somersault or Pike Front
4. Split Leap connected catleap
5. Backward roll to handstand or handspring to 1 connected handspring to 2
6. Free Cartwheel or Side Somi or Free Walkover

VAULT

Equipment:
1m Vault Table

Handspring OR Half On

One attempt only!

TRAMPETTE

Equipment:
Block - Trampoline - Mats to level landing

Pike Front or Pike Front ½

One attempt only!

BEAM

Equipment:
FIG Beam - 1 x mat underneath

1. Jump to Squat on or squat through
2. Y-Balance or Needle scale with hands
3. Cartwheel or Backward W/over (0.5 bonus for walkover)
4. Split leap or full spin
4. Split jump or Tuck jump ½
5. Front somersault or Barani off two feet (0.5 bonus for Barani)

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