



GYMNASTICS FOR ALL

COMPETITION HANDBOOK

2026

INTRODUCTION:

Welcome to the new GFA Competition Handbook!

Welcome to the Gymnastics for All (GfA) Handbook – a comprehensive guide designed to support inclusive, engaging, and accessible gymnastics opportunities for children of all ages and ability levels. This pathway has been thoughtfully created to provide a positive and rewarding experience for those participating in gymnastics for 1 to 3 hours per week, making it the perfect entry point for recreational gymnasts or those looking to build confidence, strength, and coordination in a fun, supportive environment.

CONTACT DETAILS:

National Competition Organiser: Robyn.adams@igauk.com

National Safeguarding Lead: Safeguarding@igauk.com

GFA COMMITTEE:

Nikki MacLinden – Northern Ireland
Rochelle Smith – South

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:

Regional Events:

North

South

January to May:

TBC

21st/22nd February: Love to Move

10th May FlipFest Display

28th June AcroPAD Invitational

September to December:

TBC

TBC

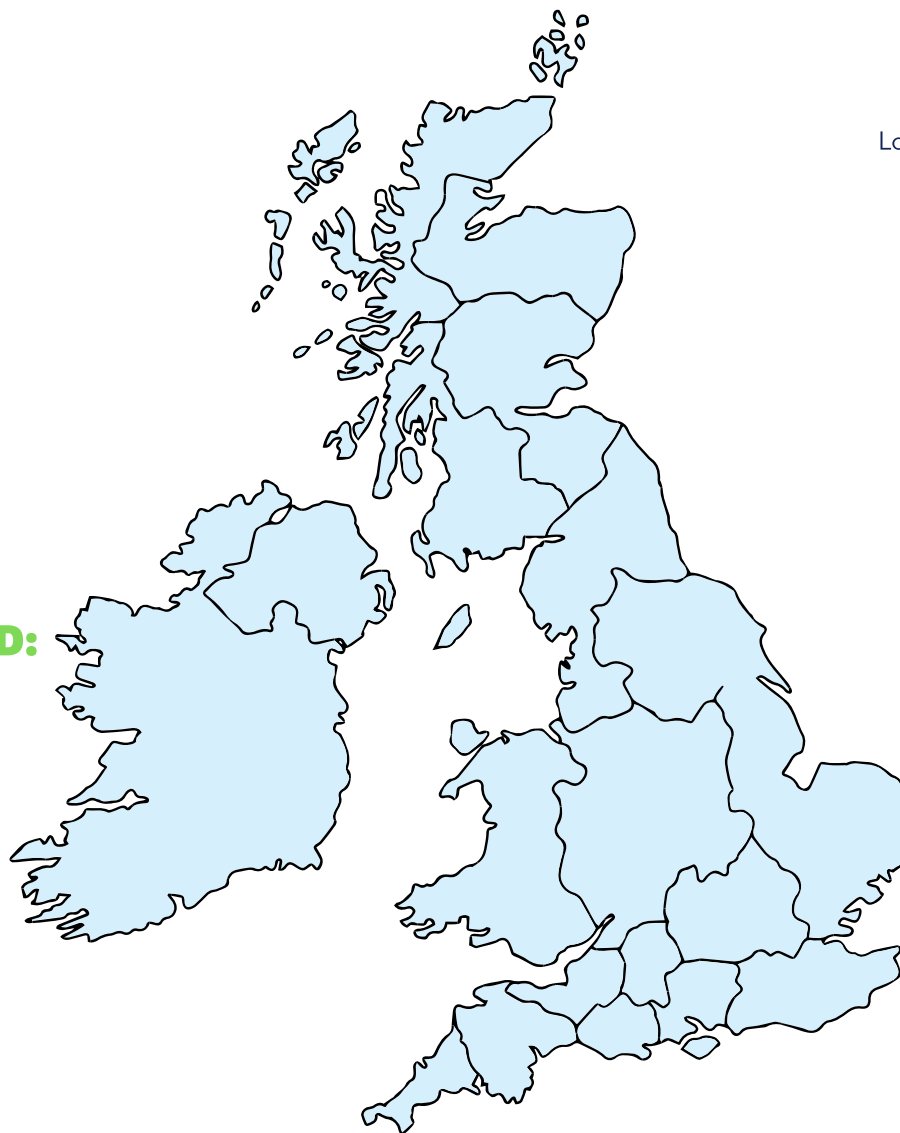
OUR IGA REGIONS:

NORTH REGIONS:

Cheshire	Northumberland
Lancashire	Scotland
County Durham	Shropshire
Cumbria	Tyne and Wear
Manchester	Wales
Merseyside	Yorkshire
Leicestershire	Staffordshire
Derbyshire	
Lincolnshire	

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



SOUTH REGIONS:

Devon & Dorset	Buckinghamshire
Somerset	Brighton & Hove
London, Essex & Kent	Gloucestershire
Norfolk & Rutland	Northamptonshire
Berkshire	Hampshire, IOW & CI
Suffolk	Oxfordshire
Surrey	Warwickshire
Sussex	Cornwall
Bristol	West Midlands
Bedfordshire	Cambridgeshire
Buckinghamshire	Worcestershire
Channel Islands	Herefordshire
	Hertfordshire

SOUTHERN IRELAND:

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

COMPETITION ENTRIES:

At the heart of GfA is inclusivity – ensuring that every child has the chance to enjoy gymnastics regardless of their background, experience, or skill level. Whether a gymnast is just beginning their journey or looking to stay active in a non-competitive setting, the GfA programme offers structured progressions, achievable goals, and exciting opportunities to perform and grow at their own pace. Gymnasts compete three pieces of apparatus, Floor – Trampoline and Vault.

COMPETITION ENTRY COSTS:

All Levels:

£30.00 per entry
Gymnasts compete all three pieces of apparatus

£10.00 per piece:
AcroPAD invitational

Flip Fest Events:
Team entry fee: £25.00
Gymnast: £27.00
(Includes T-Shirt)

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.

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.

IGA AWARDS **NEW**

ALL GFA COMPETITIONS

Medals will be placed
for 1st to 3rd on all
apparatus.

Participation certificates will be
provided for all gymnasts who have
participated in the competition

THINGS TO BE AWARE OF: **NEW**

Gymnasts who participate alone in a category will **only** receive one gold medal and a participation certificate,

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 or Unity 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:

WAG or GFA Qualifications

LEVEL

Minimum GFA Level 1 - Assisted by GFA Level 2

LEVEL

Minimum GFA Level 2

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 15 gymnasts entered 1 Judge **must** be entered.

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

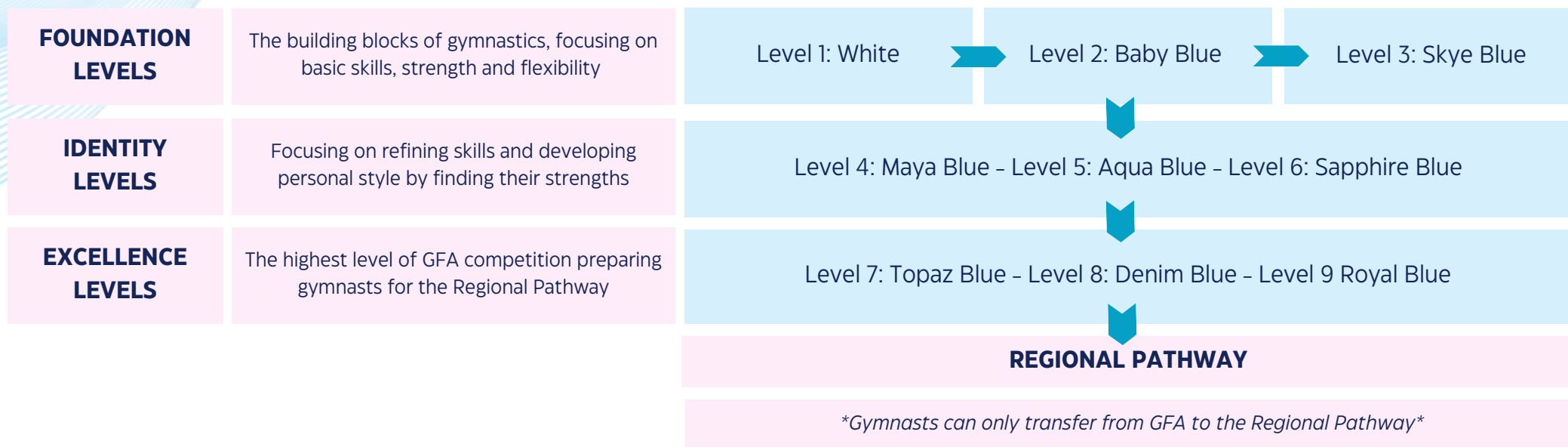
As judging is based on execution and minor faults we accept all E=Panel Assistant Judges and Head Judges,

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 COMPETITION PATHWAY **NEW**

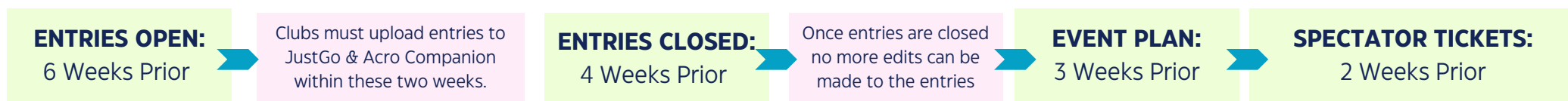


IGA AGE GROUPS **NEW**

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 16+
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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:



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 GFA, 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 0.5 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.