



***GYMNASTICS FOR ALL***

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**COMPETITION HANDBOOK**

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***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 1<sup>st</sup> to 3<sup>rd</sup> 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,*

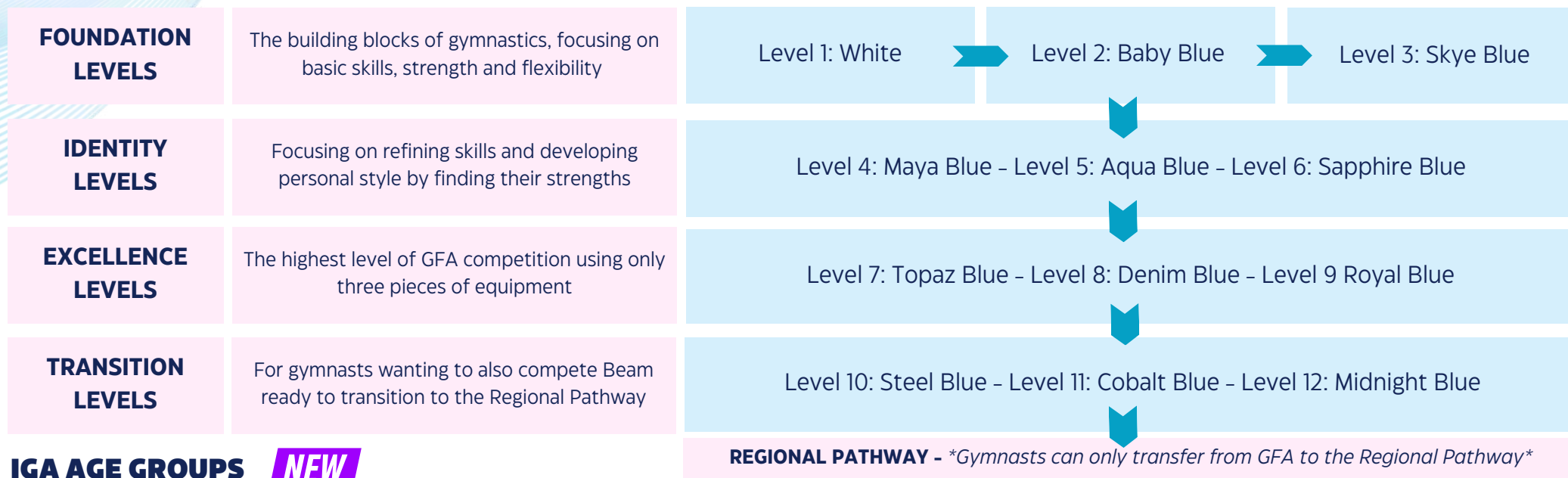
*\*IGA will be aiming to recruit independent judges where possible for events to enable fairness throughout all IGA Competitions - If your judge is not selected, this may be due to an independent judge in replacement\**

## 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**

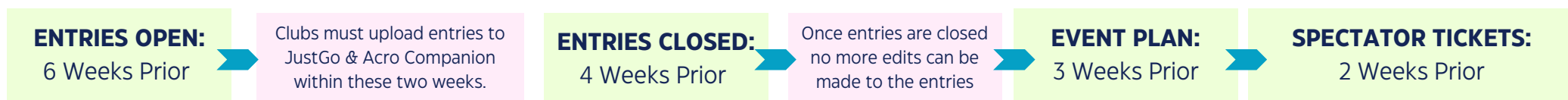


## IGA AGE GROUPS **NEW**

<b>Mini Marvels (MM)</b> Ages 5-6	<b>Little Leapers (LL)</b> Ages 7-8	<b>Skill Seekers (SS)</b> Ages 9-10	<b>Trailblazers (TB)</b> Ages 11-12	<b>Pioneers (P)</b> Ages 13-14	<b>Legends (L)</b> Ages 15-16	<b>Masters (M)</b> 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.

The background of the slide features several overlapping, wavy lines in various shades of blue, creating a sense of motion and depth. The lines are more concentrated in the upper half of the image, where they form a series of peaks and valleys, and then gradually fade out towards the bottom.

***GYMNASTICS FOR ALL***

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**COMPETITION LEVELS**

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# 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.	<b>Hold</b> 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:

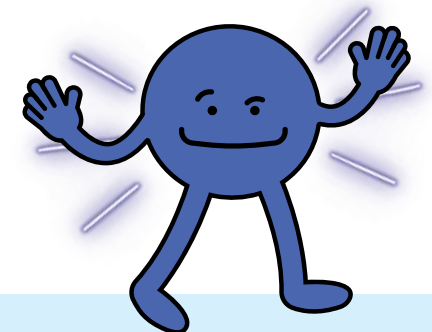
- Skills marked with **Hold** must be held for 2 seconds.
- All skills **MUST** be performed in order. Whilst there is **no deduction** for the incorrect order, it's important the gymnast does not miss a skill. Failure to attempt a skill will be deducted 0.5 from the final score. IGA recommends that 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

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

## TRAMPETTE

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



## 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.	<b>Hold</b> balance on one leg (forward or arabesque)
5.	Walk on toes to the end of the bench
6.	Star jump off bench to land

#### IMPORTANT NOTES:

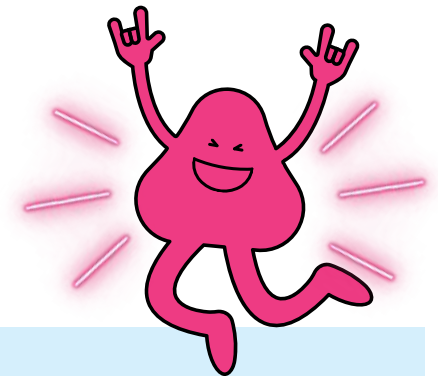
- Skills marked with **Hold** must be held for 2 seconds.
- All skills **MUST** be performed in order. Whilst there is **no deduction** for the incorrect order, it's important the gymnast does not miss a skill. Failure to attempt a skill will be deducted 0.5 from the final score. IGA recommends that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

### VAULT

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

### TRAMPETTE

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



## 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.	<b>Hold</b> arabesque balance on one leg
6.	Straight Jump
7.	Walk on toes to the end of the bench. Tuck jump to land

### VAULT

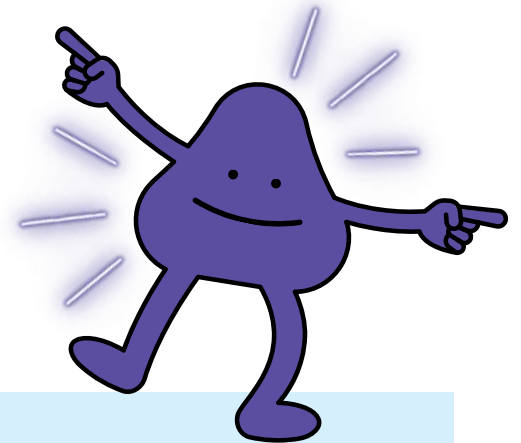
<b>Equipment:</b> Vault run - Springboard - 1 x 30cm safety mat
Tuck Jump
<b>One attempt only!</b>

### TRAMPETTE

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

### IMPORTANT NOTES:

1.	Skills marked with <b>Hold</b> must be held for 2 seconds.
2.	All skills <b>MUST</b> be performed in order. Whilst there is <b>no deduction</b> 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 <b>10.00</b> and are deducted on execution faults and missing skills <b>only</b> .



## 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.
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.



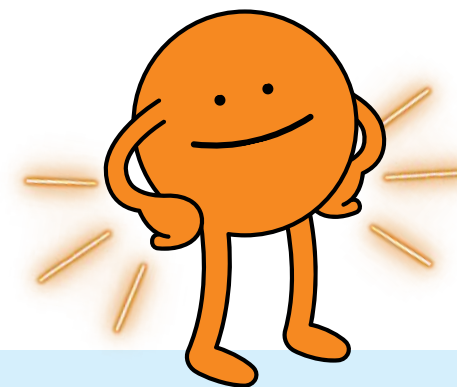
# LEVEL 5: AQUA BLUE



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

## 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 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

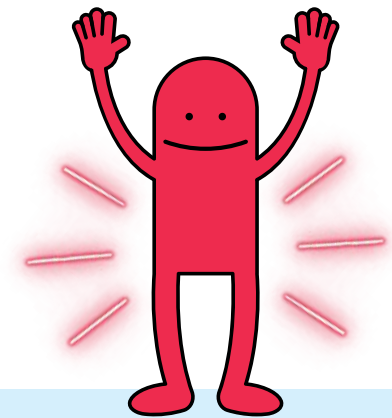
**Equipment:**  
Block - Trampette - Mats to level landing

Round off or Flyspring (0.5 bonus for flyspring)

**One attempt only!**

### IMPORTANT NOTES:

1. Skills marked with **Hold** must be held for 2 seconds.
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.



# LEVEL 7: TOPAZ BLUE



FLOOR	Floor Line Only	VAULT	TRAMPETTE
1.	Backward roll to straddle	<b>Equipment:</b> Springboard 2 x 30cm safety mats	<b>Equipment:</b> Block - Trampette - Mats to level landing
2.	Jump 1/1 turn	Squat on kick to handstand flat lie	Flyspring or Dive Roll (0.5 bons for flyspring)
3.	<b>Hold</b> headstand with straight legs or handstand	<b>One attempt only!</b>	<b>One attempt only!</b>
4.	Push to bridge and hold for 2 seconds		
5.	Roll to stand up		
6.	Cartwheel		



## 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 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 <b>hold</b>
4.	Lower to floor – <b>hold</b> dish roll over to arch shape.
5.	Push to front support shape and <b>hold</b>
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:

- 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 9: ROYAL BLUE



## FLOOR

### Floor Line Only

1.	Cartwheel Chasse Round off
2.	Jump 1/1 turn or Full Spin
3.	Forward walkover or handspring
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

## VAULT

### Equipment:

1m block sideways - 1 x safety mat behind

Handspring over the block

**One attempt only!**

## TRAMPETTE

### Equipment:

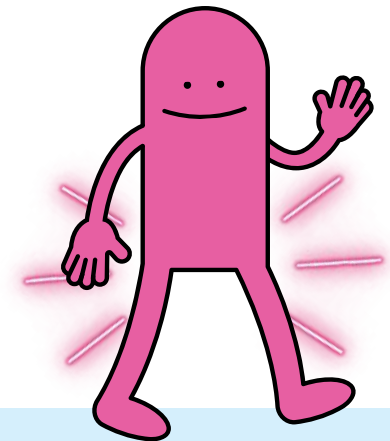
Block - Trampette - Mats to level landing

Front somersault

**One attempt only!**

## 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

### Floor Line Only

1. Round off Flick (0.5 bonus for no stop)
2. Jump 1/1 turn or Full Spin
3. Handspring connected dive roll
4. Catleap 1/1 turn or Catleap 1 ½ turn
5. Forward walkover or Handspring to 1
6. Show Right/Left or Box Splits

## VAULT

**Equipment:**  
1m Vault Table (stacked mats)

Handspring flat lie

**One attempt only!**

## TRAMPETTE

**Equipment:**  
Block - Trampette - Mats to level landing

Barani

**One attempt only!**

## BEAM

**Equipment:**  
FIG Beam - 1 x mat underneath

1. Jump to front support
2. V-Sit with Hands or without
3. Handstand or Forward Roll
4. Catleap or ½ Spin
4. Straight Jump or Tuck Jump
5. Straight Jump or R/off (0.5 bonus for R/off)

### IMPORTANT NOTES:

1. Skills marked with **Hold** must be held for 2 seconds.
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.



# LEVEL 11: COLBALT BLUE



FLOOR	Floor Line Only	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	<b>One attempt only!</b>	<b>One attempt only!</b>	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:

- 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 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)

### IMPORTANT NOTES:

1. Skills marked with **Hold** must be held for 2 seconds.
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.