



OFFICIAL MAG COMPETITION HANDBOOK

2024



IMPORTANT DISCLAIMER:

Kindly refer to the IGA Men's Artistic Handbook.

Please be advised that MAG Gymnasts will participate in Floor, Vault, High Bar, and P.Bar in all IGA Competitions, aligning with WAG Competitions Event Dates. This approach ensures that MAG entries continue to experience the vibrant spirit of competition within the IGA events.

As interest and demand for Men's Artistic Gymnastics within IGA continue to grow, we anticipate the expansion of dedicated competitions for Men's gymnastics.

Your understanding and support during this developmental phase are greatly appreciated.



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WELCOME TO OUR MEN'S ARTISTIC HANDBOOK

Welcome to the official IGA Men's Artistic Competition Handbook. Our aim is for this handbook to provide valuable support to clubs, coaches, and officials in order to facilitate the seamless execution of all IGA Competitions.

IMPORTANT CONTACTS

General Enquiries: info@igauk.com
Competitions: competitions@igauk.com

COMPETITION STRUCTURE

Our competition season spans from January to December annually. The WAG Gems Grades kick off the year, and the Levels conclude it.

IGA will grant sanctions for competitions held by other clubs throughout the year. Please be aware that these are not IGA-managed competitions and may operate under their own set of rules.

Additionally, IGA will host Invitational competitions this year. It's important to note that these events do not serve as qualifiers for achieving the recommended move-up score. The official qualification for recommended move-up scores occurs during the year-end official levels competition. Invitationals are fun competitions that serve great opportunities to increase gymnasts preparation by performing end of year routines early.

Once our Men's demand has reached capacity for a full event, Men's Artistic end of year Level's overall competition, gymnasts can compete on 6 apparatus but the best 4 will be calculated for the final score. The rationale behind this is to allow clubs that don't have all the apparatus to allow their gymnasts to compete.



COMPETITION REGIONS & GENERAL COMPETITION RULES



MEN'S ARTISTIC COMPETITION REGIONS

As a result of the remarkable expansion of the IGA association, we have divided our county into two distinct regions: South and North. It is imperative for clubs to compete and judges to judge within their designated regions to become eligible for the national finals.

NORTH REGION

Cheshire	Lancashire	Northumberland	Tyne and Wear
County Durham	Leicestershire	Nottinghamshire	Wales
Cumbria	Derbyshire	Scotland	Yorkshire (North, East, South & West)
Manchester	Lincolnshire	Shropshire	
Merseyside	Northern Ireland	Staffordshire	

SOUTH REGION

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



GENERAL COMPETITION RULES

- Please ensure all participants, Coaches, Officials and Gymnasts are wearing the appropriate dress code. Leotards can be worn with or without sleeves. Underwear on show must match the gymnast's skin tone, or as close as possible, failure to do so will receive a 1.00 penalty from the final score. Gymnasts are allowed to wear shorts during competition, however these must be plain gymnastics shorts and unbranded and matching the leotard.
- To encourage the safety and protection of Gymnasts, IGA are happy for gymnasts to wear neutral/black coloured limb supports during competition and will receive no penalty.
- Gymnasts may wear alternate competition attire based on their faith or religion, including head coverings. The club will be responsible for assessing any potential risks and take appropriate safety measures.
- No Jewellery or watches to be worn for Gymnasts and Coaches. All jewellery including body piercings must be removed. However small studs are permitted.
- Gymnasts and Coaches with long hair must have long hair tied back.
- All mobile phones must be set to silent while on the competition floor. Video content can be taken of your own club with the agreement of the gymnasts right to be filmed.
- Coaches must always use appropriate language and behaviour at all times. Rude or inappropriate behaviour towards the gymnasts's, competition officials or other coaches will not be tolerated
- Coaches are responsible for the behaviour of their athletes, showing good sportsmanship to other gymnasts/clubs and ensuring athletes are registered on time.
- Clubs will need to ensure their spectators understand they are not allowed onto the competition floor. Spectators must stay within the spectators designated area and to treat the venue with respect.
- For all clubs and spectators to understand food and drink regulations for coaches and gymnasts whilst on the competition floor are determined and enforced by the venue. IGA will not be held responsible for any violations or complaints in regards to the regulations set by the venue.



COMPETITION ENTRIES



COMPETITION ENTRIES

To register for IGA Competitions, Club Administrators will be required to access the IGA member portal through the "Events and Courses" section at a first come, first serve basis. It's essential that all participants in IGA Competitions possess a valid membership. Participants with an invalid membership, will not be able to participate in IGA Competitions.

Our Men's Artistic Competitions are the same dates as the WAG Competitions. As the demand grows, Men's Artistic Gymnasts will be allocated their own Competition dates.

To ensure a smooth execution of our IGA Competitions, it is vital that coaches complete the entry forms correctly. For our Levels & Invitational competitions, You must include the pieces the gymnast will be competing on and ensure their Level & birth year is correct. IGA will not be held responsible for gymnasts who have been entered into the incorrect level. Gems Grades are a set 5-piece competition, selection of pieces is not required.

Please note the base price for entry will show as £0.00, the price will change once pieces are selected. On entering, you must select to add to cart and either create your invoice or pay for the entry. If you do not add to cart, or pay for the competition entry, the gymnasts participation will not be guaranteed.

Coaches, Judges & Helpers must now be added on to the entry form. Please do not put TBC.

COMPETITION ENTRY COST

Gems Grades: £45

Levels & Invitationals: £10.00 per piece of apparatus.

COMPETITION ENTRY LIMIT

Occasionally, our competition organiser may choose to impose an entry limit on a competition. Please be aware that the organiser retains the authority to close entries prematurely should the limit be met. IGA Competitions hold a total limit of 250 entries over a two day period. If the venue is able to facilitate more the number will be larger.

LATE ENTRIES

Late entries for IGA competitions will only be evaluated by the competition organisers if the competition has not reached its entry limit. The decision to accept or decline late entries will be at the discretion of the organisers. Once the Event Plan has been created late entries will not be accepted. However, If late entries are accepted there will be a £40 admin fee.

NEW STARTERS

At IGA we have allowed for entry level flexibility which allows gymnasts in their first year of competing to enter any level within the guidelines provided.



FLOOR MUSIC

Gymnasts competing Floor with Floor music, must have their music downloaded digitally onto the Coaches preferred device (Mobile/iPad).

We cannot play YouTube videos.

The music must be 1 minute 30 seconds long and not contain words or lyrics, However human sounds are permitted, as long as they are not spoken or sung words.

The gymnasts music must not violate any copyright music rights. Original Disney and Cique De Soleil music is not permitted, However re-makes that are available from Floor Music creators are accepted.

Violation of these rules will incur a 1.00 penalty from the gymnasts final score

COMPETITION PROGRAMME & PROCESS

4 Weeks Prior: Competition entries will close, Dependent on entries, if we have a low number the competition will always take place on the Sunday. Our organisers will put together the official Event Plan which will be made available to all entered clubs. Once the Event Plan has been created, Gymnasts cannot move groups, as they are all allocated in Levels/Age groups to enable fairly by the Competition Organiser.

2 Weeks Prior: We will be organising all final competition materials and spectator tickets will go live on our website. This can be found on our IGA Shop under 'Spectator Tickets'

Withdrawals: Please inform our competition team ASAP for any withdrawals. Any with drawals on the competition day must notify the competition organiser. Please note withdrawals made after the entries have closed are non-refundable.

EVENT PHOTOGRAPHY

We kindly ask that all clubs clearly state if they are happy for their gymnasts to be filmed and photographed whilst at an IGA Event. Our marketing team may be in attendance and will be launching live streams and social content. Whilst efforts will be made to respect the privacy preferences of individuals, it may not be possible to accommodate everyone's preferences.

Spectators are able to take photography or film, However these cannot be sold for commercial use and must not use flash photography at any IGA Event.

IGA will not work with any Photography company that has been deemed to be inappropriate towards Gymnasts and Officials. All Photography companies contracted via IGA have undergone the required criteria to attend the IGA Event.

Please note high quality photo's provided by our contracted Photography company may be used on our official IGA website and social media platforms.



CLUB RESPONSIBILITIES



CLUB RESPONSIBILITIES

IGA Clubs and Club Administrators are expected to fulfill certain responsibilities when participating in an IGA competition.

QUALIFIED COACHES

Clubs and Club Administrators must ensure all coaches attending IGA Competitions hold the appropriate qualifications for the skills being performed. It is required that you have to be a minimum of a Level 2 to be responsible for a group of gymnasts. Level 1 coaches, are able to assist level 2 coaches but cannot take responsibility for the group.

It is mandatory to hold an up to date DBS and IGA Membership. Failure to do so may lead to disqualification of the club to compete and the coach to coach any gymnasts until rectified.

COACH INFORMATION

Clubs and Club Administrators must provide the Competition Organiser with the details of the coaches in attendance when entering the gymnasts on the portal. Changes to coaches entered on the entry list must be confirmed with the competition organiser before the event, as all coaches must register on arrival and will receive a wristband to match their qualification.

CLUB AFFILIATION

Clubs and Club Administrators must ensure the club entering the competition has the relevant club affiliation and meets the necessary criteria for participation.

JUDGES & VOLUNTEERS

Clubs and Club Administrators must provide Judges or Helpers for each competition they enter. Clubs who do not provide Judges or Helpers will incur a standard £50.00 penalty fine. If a Judge cannot be provided, a club MUST provide 2 x helpers, this enables all clubs to have the opportunity to enter.

ENTRY PAYMENT

It is the Clubs and Club Administrators duty to ensure all competition entries have been paid before the event date. Failure to clear the outstanding balance will result in clubs not being able to participate in the IGA event.



REFUNDS ON ENTRIES

Refunds for entry fee's are only made in the event of an injury, and a valid medical note must be provided as evidence. In all other cases, entry fee's are non-refundable. Please email our competition team at: competitions@igauk.com your valid doctors note. This refund can be used against any penalty fee's if the club has incurred one.

COMPETITION REGISTRATION & NUMBERS

Clubs will be responsible for ensuring all gymnasts have registered and collected their designated number. Please note these numbers are property of IGA and must be returned to the Judges after your last competitive piece of apparatus. Failure to return property of IGA may result in a replacement charge applied to the club.



JUDGE RESPONSIBILITIES



JUDGE RESPONSIBILITIES

Judges are expected to fulfill certain responsibilities when participating in an IGA competition.

QUALIFICATIONS & MEMBERSHIP

All Judges participating in IGA Competitions must hold Judge or Coach Membership with IGA and must hold the correct Judging Qualifications to serve as Judges. The competition organiser will have the final discretion on Judging allocations. Judges entered on the portal, will be allocated for the entire day, unless stated so on the entry form.

JUDGE REGIONS

All IGA Judges must judge within their region location. Judges from another region will be organised at the discretion of the Competition Organiser.

JUDGE ABSENCE

Once a Judges allocation has been confirmed, we require all Judges to attend the IGA Competition. In the event of an emergency we ask the Judge or Club to contact the Competition Organiser immediately. If a replacement can be made that would be highly appreciated. However, Judges who consistently cancel at the last minute may risk their eligibility to officiate at IGA competitions. Judges play a crucial role in ensuring the seamless operation of our events.

HONORARIUM FORMS

All Judges must complete an Honourarium form before you leave the Event. Please note IGA pay £50 per round and £0.45p per mile. Judges will not be paid travel expenses twice if sharing a car with another Judge/Official. Car Parking charges will not be classed as a payable expense and all officials must be registered as Self-Employed via HMRC.

JUDGE ETIQUETTE

IGA requests that all judges prioritise the best interests of the gymnasts when attending IGA competitions. This focus on the gymnasts' well-being is crucial to maintaining fair and accurate judging standards.



COACH RESPONSIBILITIES



COACH RESPONSIBILITIES

IGA coaches are expected to fulfill certain responsibilities when participating in an IGA competition.

INTENTION SHEETS

Coaches are tasked with the duty of arriving at the IGA competition well-prepared with intention sheets for the judges. It is crucial that these intention sheets are accurate, aligned with the gymnast's routine, and presented in a clear and concise manner, ensuring that the judges can efficiently assess the performance without overlooking any significant skills.

Failure to provide an Intention sheet will only result in 1.00 penalty being deducted from the Gymnast's final score. We cannot penalise children, for adult errors., please ensure you have these at our Events.

COACH TO PARTICIPANT RATIOS

It is the coaches and clubs duty to ensure the coach to level entry ratio is adequate enough to ensure a safe competition. Coaches cannot expect competition organisers to arrange the rounds to meet their coaching needs and requirements. Fairness will take priority and Levels/Age Groups will be grouped together.

FIRST AID KIT

It is the coaches responsibility to ensure they attend all IGA events with a first aid kit on hand to address any minor injuries. Our officials will provide a first aider at every IGA event. Accidents at an IGA event will be documented.

SCORE CHALLENGES

In the event of a coach requiring to challenge a score. It is required for coaches to submit the score challenge to the competition organiser before the end of the second rotation. Coaches must not approach the judging table and must approach the competition organiser. A £5 cash fee will required to be paid for all score challenges, this will be refunded if the challenge is upheld.

Please note that the decision of the competition organiser regarding the score challenge is final.

GYMNAST SAFETY

Coaches must be responsible for the safety of their gymnasts, we are allowing coaches to stand under the Uneven Bars, Vault & Beam Dismounts. Coaches however must not stand on the floor unless spotting a Level 4 Skill. I.E Double Tuck. Spotting during a competition routine will incur a judging penalty.



IGA AWARDS & NATIONAL FINALS



IGA AWARDS

**Please note the following awards will be awarded at IGA Competitions.
This may change depending on the event.**

REGIONAL AWARDS

- Well Done Medal: Given to those participants who haven't received a medal or award.
- 3rd Place Medal: Awarded to the highest-scoring athlete in third place for each apparatus.
- 2nd Place Medal: Awarded to the highest-scoring athlete in second place for each apparatus.
- 1st Place Medal: Awarded to the highest-scoring athlete in first place for each apparatus.
- AA Trophy: Presented to the highest all-around Gymnast in each Age Group - must have competed all four pieces to qualify.

NATIONAL AWARDS

- Well Done Medal: Given to those participants who haven't received a medal or award.
- 3rd Place Medal: Awarded to the highest-scoring athlete in third place for each apparatus.
- 2nd Place Medal: Awarded to the highest-scoring athlete in second place for each apparatus.
- 1st Place Medal: Awarded to the highest-scoring athlete in first place for each apparatus.
- AA Trophy: Presented to the highest all-around Gymnast in each Age Group - must have competed all four pieces to qualify.

In some cases an age group may be split into two rounds, In these cases we kindly ask that the gymnasts please stay to collect their well deserved medals in the medal ceremony. If they cannot stay, we ask that a coach from the gymnasts club collects on the gymnasts behalf.



IGA NATIONAL FINAL QUALIFICATIONS

IGA are now hosting National Finals for Gymnasts who participate in all apparatus at our Gems Grades and end of year Levels.

ELIGIBILITY

- Gymnast must compete at the IGA qualifier competition held in their own region to qualify for National Finals to represent their Region.
- Gymnast must place in the top 6 with an AA score at the Qualifier to represent their Region at an IGA National Final.
- Level's and Age Groups without 6 gymnasts attaining an AA score, will still be able to compete at a National Final. To allow more gymnasts the opportunity to gain experience at IGA National Final's the places will be offered to the next highest scoring gymnast.
- Our representing Team's will be announced at the medal presentation, Coaches and Clubs will need to fill in our National entry form to confirm acceptance of the place with the Competition Organiser at the end of the Event/Round.

RESERVES

- Athletes who placed 7th and 8th in the scoring will be designated as reserve competitors for the nationals.
- If a qualified athlete within the top 6 is unable to attend, the athlete with the next highest score will be given the opportunity to compete, until the final team is complete.

IGA NATIONAL SQUAD

Following the remarkable achievements of your gymnasts at National Competitions, both gymnasts and coaches will receive invitations to join our Star Sessions. These specialised training sessions will take place at various venues across the country. Those who have been selected will be contacted via email with the Star Session dates and venue.



COMPETITION LEVELS



MEN'S ARTISTIC COMPETITION LEVELS

Here are the competition levels within the IGA Men's Artistic program. Please make certain that your gymnasts are registered in the appropriate competition levels.

LEVEL 10	Ages 5 to 10yrs (in the year of competition)	Designed for beginners who receive training for no more than 4 hours per week. It caters to new, young, and inexperienced gymnasts, providing them with a suitable program to develop their skills in a supportive environment.
LEVEL 9	Ages 5 to 14 yrs (in the year of competition)	This level is designed for gymnasts up to the age of 14 who receive training for up to 6 hours per week. It provides a suitable program for gymnasts in this age range to develop their skills and abilities within the designated training hours.
LEVEL 8 - 1	Ages 7+ (in the year of competition)	These levels are specifically designed for gymnasts who receive training for more than 5 hours per week. The training programs and requirements in these levels are tailored to gymnasts who have a higher level of commitment and dedicate more time to their training. These levels provide a platform for gymnasts to further develop their skills and progress in their gymnastics journey.

Gymnasts competitive groups will be grouped based on our new age groups.



Our new age groups allow for a more healthy competition with competitors, now not participating alone at IGA competitions. These will be added to your online entry forms and will be required to be selected upon entry. Please note same Age Groups and Levels will be competing together.

Age groups are determined based on the age individuals are in during the calendar year. i.e 6yrs within the year = Mini Marvels.



DEVELOPING THROUGH LEVELS

At IGA to enable a fair competition and to encourage the development of the gymnast, Gymnasts scoring above the below scores at the Level's competitions are required to move up a level for the next year.

Please educate your parents, this is not a pass or fail, it is our recommended guidance for clubs. It is to ensure that gymnasts are developing through the IGA Levels with confidence. Moving up an IGA Level too early, can be damaging to a gymnast's confidence, growth and development.

By all means we do not want these scores to de-motivate gymnasts and coaches, and IGA feel that coaches should be able to make the correct decisions for their gymnast.

We have based our move up scores on just underneath an 85% success rate.

LEVEL 10 = 40.00

LEVEL 4 = 51.00

LEVEL 9 = 42.00

LEVEL 3 = 52.00

LEVEL 8 = 45.00

LEVEL 2 = 54.00

LEVEL 7 = 46.00

LEVEL 1 = 56.00

LEVEL 6 = 48.00

It's vital that the correct level is selected for the first year of competition entry.

LEVEL 5 = 49.00

Please be aware these recommended move up scores are only applicable to the end of the year Levels Competition's and not IGA Invitationals. If your gymnast is unable to attend the end of year competition due to injury or unexpected sickness, please email competitions@igauk.com to be approved for a previous score entry.

We recommend that IGA Coaches prioritise the gymnast's ability to meet all requirements with high-quality skills over pursuing higher scores. Emphasising well-executed routines with minimal deductions contributes to overall performance excellence, which enables gymnasts to progress through the levels with confidence.

TIP: If the deductions outweigh the skill value, is it worth competing?



LEVELS REQUIREMENTS

Includes Vault, High Bar, Rings, P Bars, Pommels, Floor
and the General Table of Faults.

GENERAL TABLE OF FAULTS

Please see below our general table of faults which is applicable to all apparatus and skills.

FAULT	PENALTY
Bent Arms/Bent Legs/Flexed Toes	0.1/0.3/0.5 Each time
Steps on landing	0.1 Each time
Falls on all apparatus	1.00 Each time*
Physical Support from the coach	3.00 Each time
Lack of height in somersaults	0.1/0.3/0.5 Each time
Missing required skill	1.0 Each missing skill
Deep Squat on landing	0.5 Each time
Changing the height of the apparatus without permission	0.5 from final score
Unsportsmanlike conduct	1st Yellow Card Warning/ 2nd Red Card Coach Removal

KEY POINTS FOR COACHES

- *To enable fairness on all pieces, All falls will receive a penalty of 1.00 regardless of the amount.
- To enable fairness, Gymnasts will not be permitted to attempt any routine twice including floor, Unless there is a sound error that has been caused by IGA.
- To enable safety, it is advised that all gymnasts use the safety collar around the board on Vault regardless of the entry.

VAULT

IGA have set Vault Heights for Levels, Floor & Vault and Invitational Competitions.

Warm up times will now reflect this change as Vault & Floor will have the same warm up time.

IGA CODE OF POINTS VAULTING TABLE

Vault Heights:	1.00	1.10	1.20	1.25						
	10	9	8	7	6	5	4	3	2	1
Squat onto long box then step to handstand flat back on mats.	1.00									
Handspring to flat back onto mats.	1.50	1.50								
Handspring over raised block		2.00								
Half on Over raised block			2.20							
Handspring			2.40	2.40	2.40	2.40	2.40	2.40	2.40	2.40
Half On			2.60	2.60	2.60	2.60	2.60	2.60	2.60	2.60
Half on Half off				2.80	2.80	2.80	2.80	2.80	2.80	2.80
Handspring Half Off				2.80	2.80	2.80	2.80	2.80	2.80	2.80
Half on Full off					3.20	3.20	3.20	3.20	3.20	3.20
Yurchenko Flick NO SOMERSAULT					3.20	3.20	3.20	3.20	3.20	3.20
Yamashita					3.20	3.20	3.20	3.20	3.20	3.20
Tucked Yurchenko						3.60	3.60	3.60	3.60	3.60
Tsukahara Tucked							3.80	3.80	3.80	3.80
Piked Yurchenko							3.80	3.80	3.80	3.80
Tsukahara Piked								4.20	4.00	4.00
Straight Yurchenko								4.20	4.20	4.20
Handspring Tuck Front								4.20	4.20	4.20
Tuck Tsukahara with 1/1 twist									4.40	4.40
Handspring Pike Front									4.40	4.40
Straight Tsukahara									4.40	4.40
Handspring Tuck Front with ½ Twist									4.40	4.40
Handspring Pike Front with ½ Twist									4.60	4.60
Straight Yurchenko with 1/1 twist									4.80	4.80
Straight Yurchenko with 1 1/2 twist									5.00	5.00
Straight Tsukahara with 1/1 Twist									5.00	5.00
Straight Yurchenko with 2/2 Twist									5.40	5.40

KEY POINTS FOR COACHES

- Physical assistance provided by the Coach will result in a 3.00 penalty from the final Vault Score.
- Failure to touch the vault with hands will render the Vault Void.
- Vaults performed in the wrong direction (e.g. Half on Half off's) will be considered void and not counted
- Gymnasts who 'run out' of the Vault, but do not touch the springboard will be allowed the opportunity to try again.
- Best score of two attempts will be counted as the final score.

HIGH BAR

	10	9	8	7	6	5	4	3	2	1
DIFFICULTY										
A = 0.10	A <u>moves</u> only	A & B moves only	A, B & C moves only a maximum of 2 C moves	A, B & C moves only a maximum of 4 C moves	A, B & C moves only	A, B, C & D moves only a maximum of 2 D moves	A, B, C & D moves only	A, B, C, D & E moves only a maximum of 2 E moves	A, B, C, D, E & F moves only a maximum of 2 F moves	A, B, C, D, E & F moves only
B = 0.20										
C = 0.30										
D = 0.40										
E = 0.50										
F = 0.60	Best 5 moves to count		Best 6 moves to count		Best 7 moves to count				Best 8 moves to count	

- Any move can be used to gain a CR and need not be counted in the difficulty score.
- If less than the required number of moves is shown a deduction of 1.00 will apply for each missing move.

RINGS - COMING SOON

DIFFICULTY	10	9	8	7	6	5	4	3	2	1
A = 0.10	A moves only	A & B moves only	A, B & C moves only a maximum of 2 C moves	A, B & C moves only a maximum of 4 C moves	A, B & C moves only	A, B, C & D moves only a maximum of 2 D moves	A, B, C & D moves only	A, B, C, D & E moves only a maximum of 2 E moves	A, B, C, D, E & F moves only a maximum of 2 F moves	A, B, C, D, E & F moves only
B = 0.20										
C = 0.30										
D = 0.40										
E = 0.50										
F = 0.60	Best 5 moves to count		Best 6 moves to count		Best 7 moves to count		Best 8 moves to count		Best 8 moves to count	

- Any move can be used to gain a CR and need not be counted in the difficulty score.
- If less than the required number of moves is shown a deduction of 1.00 will apply for each missing move.

POMMELS - COMING SOON

Pommel Horse will be done on a standard Gymnova mushroom or equivalent.

	Value
5 x Double leg Circles	13.5, each circle = 2.7
5 x Flairs	14.0, each circle = 2.8
4 x Double leg circles, Stockli, or Czech, 4 x Double leg circles	14.5, each element = 1.6
4 x Flairs, 1/2 Spindle, 4 Flairs	14.5, each element = 1.6
5 x Double leg Circles on 1 Handle	15.0, each circle 3.0
Each gymnast can only have 3 attempts	
Each element not completed will be a deduction of the element value	



P.BARS

DIFFICULTY A = 0.10 B = 0.20 C = 0.30 D = 0.40 E = 0.50 F = 0.60 CR's 0.50 each	10	9	8	7	6	5	4	3	2	1
	A moves only	A & B moves only	A, B & C moves only a maximum of 2 C moves	A, B & C moves only a maximum of 4 C moves	A, B & C moves only	A, B, C & D moves only a maximum of 2 D moves	A, B, C, D & E moves only. A maximum of 1 E move	A, B, C, D & E moves only a maximum of 2 E moves	A, B, C, D, E & F moves only a maximum of 2 F moves	A, B, C, D, E & F moves only
	Best 5 moves to count		Best 6 moves to count		Best 7 moves to count	Best 8 moves to count			Best 8 moves to count	

- Any move can be used to gain a CR and need not be counted in the difficulty score.
- If less than the required number of moves is shown a deduction of 1.00 will apply for each missing move.

FLOOR

Difficulty- best 10 difficulty scores as specified below (elements need not be different; same moves can be used)										
DIFFICULTY	10	9	8	7	6	5	4	3	2	1
A = 0.10 B = 0.20 C = 0.30 D = 0.40 E = 0.50 F = 0.60	A moves only.	A & B moves only. A maximum of 6 B moves.	A, B & C moves only. A maximum of 2 C moves.	A, B & C moves only. A maximum of 6 C moves.	A, B, C & D moves only. A maximum of 2 D moves.	A, B, C & D moves only. A maximum of 6 D moves.	A, B, C, D & E moves only. A maximum of 2 E moves.	A, B, C, D & E moves only. A maximum of 6 E moves.	A, B, C, D, E & F moves only. A maximum of 2 F moves.	A, B, C, D, E & F Moves.
Best 10 moves to count – if less than 10 moves a deduction of 1.00 will be made for each missing move										
Notes:	Floor Routine completed in a straight line		Execution 9.00 Composition 1.00		Full use of floor area - 0.3 deduction for not going into all corners					

Note to Judges:

Any move can be used to gain a CR and need not be counted in the difficulty score.

Levels 10 & 9 will be judged on execution only, max 10.00.

If a gymnast is allowed a second attempt at their routine, a deduction of 2.00 will apply. If a gymnast receives guidance/instructions a 1.00 penalty will apply.

If less than the required number of moves is shown a deduction of 1.00 will apply for each missing move.

Level 10 – no flighted “B” moves allowed anywhere in routine. Level 9 - no flighted “C” moves allowed anywhere in routine. A 0.50 deduction will be made.



CODE OF POINTS

NEW IGA CODE OF POINTS

In response to valuable feedback from our gymnastics community, IGA has chosen to modify the FIG code of points. This adaptation means that any skill present in the FIG Men's code of points is permissible at an IGA competition, albeit with slight variations in point scoring.

I.E A B skilled element in the FIG Code of Points will be classed and scored as a C Skill at IGA.

At IGA, we aim to broaden the range of skills that our gymnasts can showcase in competitions while ensuring they receive due recognition. Explore our informative tables to assist you in selecting the most suitable skills for your gymnast when crafting their routines.

Skills that have been added from the FIG Code, have been referenced with a number next to the skill if you would like to find them on the FIG code: https://www.gymnastics.sport/publicdir/rules/files/en_2022-2024%20WAG%20COP.pdf

QUESTIONS REGARDING THE CODE

If you have any questions regarding the code, please don't hesitate to contact our competition team at competitions@igauk.com. The team are more than happy to assist in any way we can.

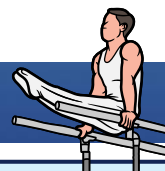
Please note the Vault scores are adding above in the Level Requirements.

HIGH BAR



A (0.1)	B (0.2)	C (0.3)
<p>ELEMENTS FROM BELOW BAR TO ABOVE AND STATIC ELEMENTS: Tuck Shape Star Shape Chin up</p> <p>CLOSE BAR ELEMENTS: Circle up</p> <p>LONG HANG ELEMENTS: Basic Swing Fwd & Bwd ½ turn in static hang</p> <p>DISMOUNTS: Swing and drop on the back swing</p> <p>EXTRA: Jump to hand with support level 10 Dish to Arch hold Cast to 45</p>	<p>ELEMENTS FROM BELOW BAR TO ABOVE AND STATIC ELEMENTS: Chin up x 2 Pike Lift</p> <p>CLOSE BAR ELEMENTS: Back hip circle Forward hip circle</p> <p>LONG HANG ELEMENTS: Swing with ½ turn</p> <p>DISMOUNTS: Straddle undershoot Free undershoot</p> <p>EXTRA: Jump to hang no support Cast to horizontal</p>	<p>ELEMENTS FROM BELOW BAR TO ABOVE AND STATIC ELEMENTS: Back uprise Upstart</p> <p>CLOSE BAR ELEMENTS: Upstart Clear Circle</p> <p>DISMOUNTS: Straddle undershoot ½ turn Free undershoot ½ turn Tucked back salto</p> <p>EXTRA: Up start mount Cast above horizontal</p>
D (0.4)	E (0.5)	F (0.6)
<p>ELEMENTS FROM BELOW BAR TO ABOVE AND STATIC ELEMENTS: Back uprise to handstand</p> <p>CLOSE BAR ELEMENTS: Clear circle horizontal Straddle on & off</p> <p>LONG HANG ELEMENTS: Top turn Bwd Giant Fwd Giant</p> <p>DISMOUNTS: Straight Back Salto Front Salto tucked or piked with or without ½ turn</p> <p>EXTRA: Cast to handstand</p>	<p>ELEMENTS FROM BELOW BAR TO ABOVE AND STATIC ELEMENTS: Back uprise to handstand ½ turn</p> <p>CLOSE BAR ELEMENTS: Stalder Endo Squat Dislo 45°</p> <p>LONG HANG ELEMENTS: Healy turn to mixed grip Geinger roll to mixed grip Blind Turn Swing 1-2</p> <p>DISMOUNTS: Straight back 1/1 turn Double tuck salto</p>	<p>CLOSE BAR ELEMENTS: Stalder ½ turn Endo ½ turn Squat Dislo to handstand</p> <p>LONG HANG ELEMENTS: Healy to El grip Geinger roll to el Grip El grip giant</p> <p>DISMOUNTS: Double piked salto</p>

P BARS



A (0.1)	B (0.2)	C (0.3)
MOUNTS: Press to support mount Jump to support coaches help (level 10 only)	MOUNTS: Jump to support mount	MOUNTS: Jump 1/2 turn to support mount Upstart mount
ABOVE BAR SWINGING ELEMENTS: Swing to horizontal on backswing	ABOVE BAR SWINGING ELEMENTS: Swing to 45° on backswing	ABOVE BAR SWINGING ELEMENTS: Swings to 135
STATIC/ STRENGTH ELEMENTS: Four Hand Walks Tucked hold in support 1/2 Lever in support Tuck shape hold	STATIC/ STRENGTH ELEMENTS: Dip to 90° 180° turn in support Two hand hops straddle level above bars	STATIC/ STRENGTH ELEMENTS: Russian lever between bars 360° turn in support Tucked Planche Pike lever above bar
UPPER ARM OR BELOW THE BAR ELEMENTS: Long hang swing Glide	UPPER ARM OR BELOW THE BAR ELEMENTS: Upstart to straddle sit Upper arm swing	UPPER ARM OR BELOW THE BAR ELEMENTS: Upstart to support Back uprise from upper arm
DISMOUNTS: Dismount between the bars Face vault	DISMOUNTS: Face vault above horizontal Flank vault	DISMOUNTS: Flank Vault above horizontal Face vault in handstand Tuck back salto

D (0.4)	E (0.5)	F (0.6)
ABOVE BAR SWINGING ELEMENTS: Swing to handstand	ABOVE BAR SWINGING ELEMENTS: Swing to handstand 1/2 turn Fwd Swing to handstand 1/2 turn Bwd Front Salto to upper arm	ABOVE BAR SWINGING ELEMENTS: Front Stutz Diamidov Back Stutz Front Salto to catch
STATIC/ STRENGTH ELEMENTS: Lift to shoulder stand Straddle Planche	STATIC/ STRENGTH ELEMENTS: Straddle lift to handstand Mana	STATIC/ STRENGTH ELEMENTS: Pike Lift to Handstand
UPPER ARM OR BELOW THE BAR ELEMENTS: Front uprise from upper arm Moy to upper arm Drop shoot to upper arm Back uprise straddle cut	UPPER ARM OR BELOW THE BAR ELEMENTS: Basket to support Moy to support Back uprise to handstand	UPPER ARM OR BELOW THE BAR ELEMENTS: Tippelt Longswing
DISMOUNTS: Tucked front salto Straight back salto	DISMOUNTS: Front salto with 1/2 turn Back salto with 1/2 turn	DISMOUNTS: Double back salto Front salto with 1/1 twist

FLOOR



A (0.1)	B (0.2)	C (0.3)
<p>Cartwheel side to side Cartwheel with ¼ turn in or out Cartwheel with 1 hand Forward roll tucked, pike or straddled to stand Handstand forward roll tucked to stand Round off Straight Jump Star Jump Tuck Jump Swedish fall leg down</p> <p>BACKWARD ACRO SKILLS: Backward roll to front support (held) Backward roll to pike stand Backward roll tucked or straddled to stand (bent arms)</p> <p>NON-ACROBATIC SKILLS: Frog balance. (B) Press Up. Handstand (held) (B) Japana. (back flat) Shoulder stand with arm support (B) (level 10 & 9 only) Shoulder stand (B) (straight arms down) Star balance or side scale- leg below horizontal (B) Straight jump with ½ turn. Dead man drop. Splits - forward or box. Teddy bear roll- 360°. V-sit with hand support (B) Headstand 2sec.</p>	<p>Flighted forward roll (must show flight) Forward roll piked to stand Front salto tucked Handspring to 1 or 2 feet Handstand forward roll piked to stand Tuck/straddle up to handstand forward roll out. Tuck jump 1/2</p> <p>PLEASE NOTE: No saltos or flighted "B" moves allowed in Level 9</p> <p>BACKWARD ACRO SKILLS: Back flic to 1 or 2 feet Back salto - tucked or piked Backward roll to handstand (bent arms) Backward roll with straight arms to front support (held)</p> <p>NON-ACROBATIC SKILLS: Arabesque (B) (leg above horizontal) Handstand ½ pirouette (B) Min of 2 hand movements. Headstand held, push to front support (B) Pike fold. D Hold Pike/Straddle lever hold (B) Shoulder stand (B) (straight arms behind head) Star balance or side scale- leg above horizontal (B) Swedish fall with one leg raised. Tuck/straddle up to handstand. Tucked top planche (B) V sit without hand support (B) Y balance (B) Dish (held) roll to Arch (held). Arms by ears. Pike jump (feet above hip height) Straddle jump. (min feet to hip height; below this it will be marked as a star jump) Straight jump full turn.</p>	<p>Front salto ½ turn Flyspring Free cartwheel Front salto piked Hecht roll Whip (this can only be used in the middle of a tumble run and not as the dismount) Tuck jump full Pike jump 1/2 Straight jump 1 1/2 Straddle jump 1/2</p> <p>PLEASE NOTE: No saltos or flighted "C" moves allowed in Level 8</p> <p>BACKWARD ACRO SKILLS: Back salto – straight also with ½ twist Back salto layout Backward roll to handstand with straight arms</p> <p>NON-ACROBATIC SKILLS: Elephant lift to handstand. Pike up to handstand. D Hold into chest rock to front support Handstand full pirouette. Min of 4 hand movements. Russian lever f Straight leg headstand, push to handstand. Straight top planché with bent arms Tuck up to handstand ½ turn Wide arm handstand more than shoulder width apart.</p>

FLOOR



D (0.4)	E (0.5)	F (0.6)
<p>Front salto straight Front salto piked ½ twist</p> <p>BACKWARD ACRO SKILLS: Arabian salto Back salto - straight with 1/1 twist Backward roll to handstand ½ turn forward roll out (straight arms)</p> <p>NON-ACROBATIC SKILLS: D hold into chest rock to handstand Elephant lift to handstand with full turn Handstand 1 ½ pirouette. Min of 6 hand movements. Straddle lever to handstand. Straight top planché with straight arms</p>	<p>Front salto full twist tucked</p> <p>BACKWARD ACRO SKILLS: Arabian salto ½ twist Back salto – straight with 1 ½ twist Backward roll to handstand full turn (straight arms) Whip ½ twist (this can only be used in the middle of a tumble run and not as the dismount)</p> <p>NON-ACROBATIC SKILLS: Handstand double pirouette. Min of 8 hand movements. Straddle up to handstand & straddle down.</p>	<p>Front salto 1/1 straight twist Front salto 1 ½ twist</p> <p>BACKWARD ACRO SKILLS: Back salto with double twist Backward roll to handstand with double turn (straight arms) Double back salto</p> <p>NON-ACROBATIC SKILLS: Straddle up to handstand, ½ or full turn & straddle down.</p>

NOT YET COMPETING!



RINGS

A (0.1)	B (0.2)	C (0.3)
STRENGTH ELEMENTS: L Lever below rings Chin up Pull up to inverted hang Bent body FORWARD ELEMENTS: Forward Swing BACKWARD ELEMENTS: Backward swing DISMOUNTS: Swing Backwards and drop to stand	STRENGTH ELEMENTS: L Lever above rings Muscle up to support Pull up to inverted hang Straight body German Hang FORWARD ELEMENTS: Inlocate BACKWARD ELEMENTS: Dislocate DISMOUNTS: Tuck Back Salto	STRENGTH ELEMENTS: Forward roll Bent body Kip to support Bent arm bent body press to bent arm handstand Straddle L Lever above rings FORWARD ELEMENTS: Back up rise Inlocate above ring height BACKWARD ELEMENTS: Front Uprise Dislocate above ring height DISMOUNTS: Straight Back Salto Tuck Front Salto
D (0.4)	E (0.5)	F (0.6)
STRENGTH ELEMENTS: Back Lever Forward roll Straight body Bent arm bent body press to handstand Tucked Planche FORWARD ELEMENTS: Homna Back uprise to straddle L Lever BACKWARD ELEMENTS: Front uprise to L Lever Circle up to support DISMOUNTS: Straight Back ½ Turn Pike front ½ Turn	STRENGTH ELEMENTS: Front Lever Cross Bent body straight arm lift to Handstand Straddle Planche FORWARD ELEMENTS: Yamawaki Inlocate to Handstand BACKWARD ELEMENTS: Dislocate to handstand DISMOUNTS: Straight Back 1/1 Turn Double tuck Back	STRENGTH ELEMENTS: Inverted Cross Maltese Cross Kip to Cross Straight Planche FORWARD ELEMENTS: Jonasson Homna swing to handstand Forward Giant (held) BACKWARD ELEMENTS: Backward Giant (held) DISMOUNTS: Straight Front 1/1 Turn Double Pike back