



WOMEN'S ARTISTIC GYMNASTICS

IGA COMPETITION PATHWAYS

INTRODUCTION:

Independent Gymnastics Affiliation (IGA) has now introduced two distinct pathways for Women's Artistic Gymnastics (WAG): a Regional Pathway and a National Pathway. This development is designed to make WAG more accessible and inclusive, ensuring that every gymnast has the opportunity to thrive within a structure that best supports their individual journey. By offering both regional and national options, clubs can choose the pathway that aligns with their coaching capacity, club philosophy, and—most importantly—the needs and potential of each gymnast.

COMPETITION PATHWAYS

Gymnastics For All (GFA)

Gymnastics for All (GFA) is designed specifically for our recreational gymnasts who train for no more than 3 hours per week. This category supports athletes participating in general gymnastics programs, including Trampoline, Floor, and Vault disciplines. The GFA structure ensures an inclusive, enjoyable, and low-pressure environment where gymnasts can develop foundational skills, build confidence, and take part in fun and friendly competition without the intensity of higher-level training commitments.

Regional Pathway (WAG)

Our Regional Pathway bridges the gap between Women's Artistic Gymnastics (WAG) and Gymnastics for All (GFA), offering a flexible and accessible option for gymnasts who fall between the two. It follows the current WAG rules, allowing gymnasts to choose which apparatus they compete on and offering greater flexibility in skill selection. This pathway is ideal for athletes who do not wish to participate in the Gems program but still want the opportunity to compete in Floor & Vault, progress through Levels, and qualify for Regional Squad selections. It provides a structured yet adaptable framework that supports both club needs and individual gymnast goals. Ideal for gymnasts who train 3-8 hours per week.

National Pathway (WAG)

Our National Pathway is designed for gymnasts who aim to progress beyond the standard Levels structure and work towards FIG-level competition. It is also suited for athletes wishing to compete in both the Gems programme and Levels, providing them with the eligibility to qualify for National Squad and be considered for international selection. This pathway follows a more structured and disciplined approach, ensuring that gymnasts receive the appropriate developmental support required to meet the technical and physical standards of FIG competition.

COMPETITION FRAMEWORK

