MEN'S ARTISTIC GYMNASTICS

GEMS GRADES HANDBOOK

NATIONAL PATHWAY 2026

INTRODUCTION:

Welcome to the new Men's Artistic Gymnastics Handbook!
Our focus for 2026 is to ensure that clubs and children are equipped with the right foundations for success at every level. We are committed to supporting the growth and development of all gymnasts — from grassroots participants to elite performers. Through our structured pathways and resources, we aim to continue raising the standard of gymnastics while fostering an inclusive and supportive environment.

CONTACT DETAILS:

National Competition Organiser: Robyn.adams@igauk.com

National Safeguarding Lead: Safeguarding@igauk.com

MAG COMMITTEE:

Linda Marcinekova – South
Frances Smoker – South
Mark Smoker – South
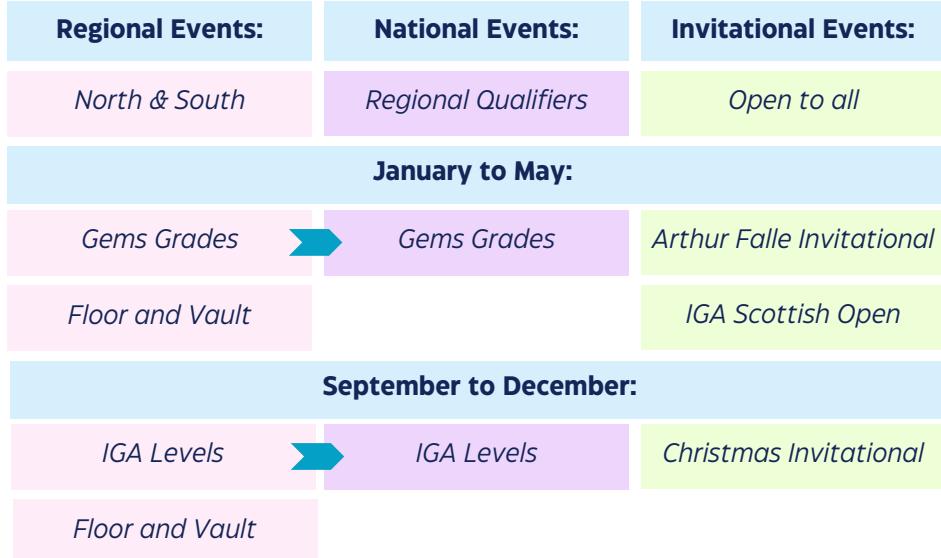Jasmin Nolan Kemp – South
Chloe Lloyd – South

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:	National Events:	Invitational Events:
North & South	Regional Qualifiers	Open to all
January to May:		
Gems Grades ➤	Gems Grades	Arthur Falle Invitational
Floor and Vault		IGA Scottish Open
September to December:		
IGA Levels ➤	IGA Levels	Christmas Invitational
Floor and Vault		

IGA SANCTIONED EVENTS:

IGA affiliated clubs run sanctioned events throughout the IGA calendar year. These are approved by IGA and are open to the community to participate. Please note these competitions run independently. Due to this we kindly ask clubs to conduct their events in-line with IGA'S handbooks to maintain high standards and safety protocols at all events.

OUR IGA REGIONS:

NORTH REGIONS:

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

MIDLAND REGIONS:

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

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

REPUBLIC OF IREALND

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:

In 2025, despite the guidelines outlined in our handbook, we still encountered a significant number of errors in competition entries. To ensure smoother processes and higher accuracy moving forward, we are taking a stricter approach to how competitions are managed this year. We kindly ask all clubs to take extra care in reviewing and double-checking their entries before submission. This will help eliminate mistakes and ensure that everything runs efficiently and correctly. Your attention to detail is crucial in maintaining the standard we strive for.

COMPETITION ENTRY COSTS:

Gems Grades:	All Levels:	Invitational Events:
£45.00 All 5 pieces must be performed at this event.	**£10.00 per apparatus** Minimum of 2 must be performed at this event.	**£10.00 per apparatus** Prices can vary dependent on the event set up.

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.

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 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:

LEVEL 10 & 9	Minimum Level 1 – Assisted by Level 2
LEVEL 8 - 6	Minimum Level 2
LEVEL 5 - 1	Minimum Level 3 – Assisted by Level 4 Lead Coach
FIG	Minimum Level 4

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 10 gymnasts entered, 1 Judge **must** be entered.

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

*Assistant Judges are permitted to officiate **only** at Level 10 and Level 9 competitions and **must** do so for a minimum of 12 months before becoming eligible to undertake the Head Judge course*

*Qualified head coaches can judge at **all** IGA Levels.*

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 club's responsibility to ensure gymnasts have the adequate support at an IGA competition.

IGA GEMS PATHWAY NEW

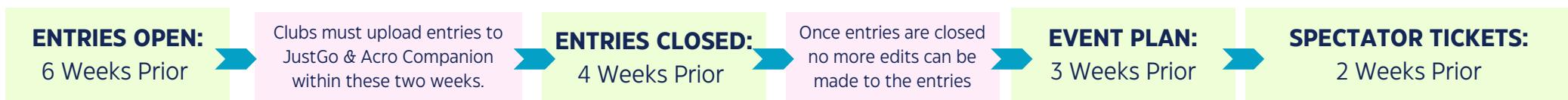| FOUNDATION LEVELS	The building blocks of gymnastics, focusing on basic skills, strength and flexibility	RUBY (Level 10)	TOPAZ (Level 9)	QUARTZ (Level 8)	ENTRY AGE: MM,LL,SS
IDENTITY LEVELS	Focusing on refining skills and developing personal style by finding their strengths	EMERALD (Level 7)	CITRINE (Level 6) — AMETHYST (Level 5)	SAPPHIRE (Level 4)	ENTRY AGE: SS/TB/P
ELITE LEVELS	The highest level of national competition preparing gymnasts for FIG rules	BRONZITE (Level 3)	TITANIUM (Level 2)	BLUE DIAMOND (Level 1)	ENTRY AGE: TB/P/L/M

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 17+

*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**
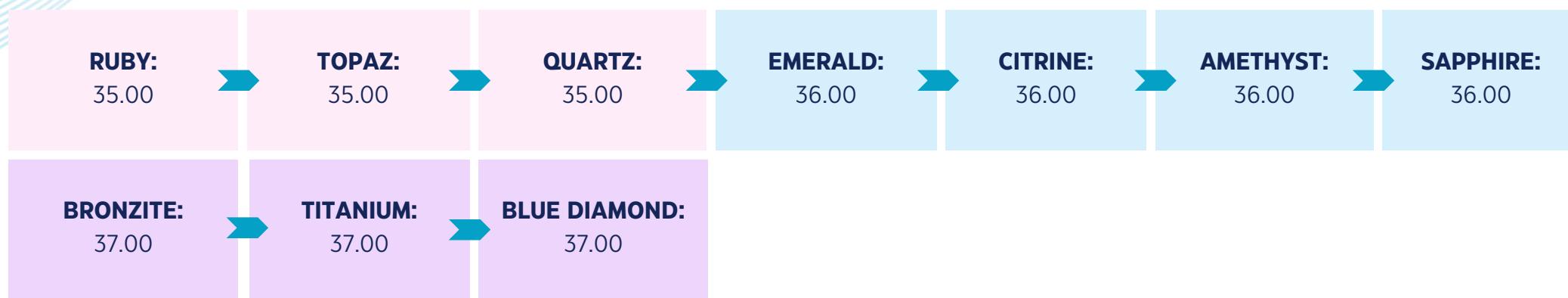
COMPETITION ORGANISING TIMELINE:

ENTRIES OPEN: 6 Weeks Prior	➤	Clubs must upload entries to JustGo & Acro Companion within these two weeks.	➤	ENTRIES CLOSED: 4 Weeks Prior	➤	Once entries are closed no more edits can be made to the entries	➤	EVENT PLAN: 3 Weeks Prior	➤	SPECTATOR TICKETS: 2 Weeks Prior

LEVELING UP THROUGH THE IGA GEMS `NEW`

At IGA to enable a fair competition and to encourage the development of the gymnast, Gymnasts scoring above the below scores at the Gems Grades **are required** to move up a grade for the next year. if they **do not** hit the required score, they must re-enter the same Grade.
Gymnasts who do not hit the required score are not ready to participate in the next grade as we have based our move up scores on just underneath an 85% success rate.

| RUBY: 35.00 | → | TOPAZ: 35.00 | → | QUARTZ: 35.00 | → | EMERALD: 36.00 | → | CITRINE: 36.00 | → | AMETHYST: 36.00 | → | SAPPHIRE: 36.00 |

| BRONZITE: 37.00 | → | TITANIUM: 37.00 | → | BLUE DIAMOND: 37.00 |

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 & NATIONAL FINALS `NEW`

`NEW`

REGIONAL EVENTS	Medals will be placed for 1st to 3rd on all apparatus. Overall 1st to 3rd medals. Overall trophy for the overall winner	Participation certificates will be provided for all gymnasts who have participated in the competition	Gymnasts must place in the top 6 with an AA score to qualify for National Finals.	Regional Events Only: Ruby Topaz & Quartz
NATIONAL FINALS	Medals will be placed for 1st to 3rd on all apparatus. Overall 1st to 3rd medals. Overall trophy for the overall winner	Participation certificates will be provided for all gymnasts who have participated in the competition	Gymnasts must place in the top 3 at IGA National Final Competitions for the opportunity to be eligible for National Squad.	National Events Only: Emerald & Above

THINGS TO BE AWARE OF: `NEW`

Gymnasts who participate alone in a category will **only** receive the gold medal for the overall, overall trophy and participation certificate,

To qualify for National Finals gymnasts **must** achieve the level up score in both Gems and Levels and **must** place 1st to 6th in their entry category to compete.

Gymnasts who are **not** eligible for National Squad selection will **not** compete at any National Final Competitions, they will only compete at a Regional Event.

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 MAG; 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 he will receive 0.5 deduction from his 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.
Why is there an entry requirement ages section?	This has been added to help coaches understand the development age recommended for each level.	The "Entry Requirement" section has been introduced to help coaches align gymnast development with appropriate competitive levels. It serves as a guide to ensure gymnasts are physically, technically, and emotionally ready for the demands of each level. This not only supports long-term athlete development but also promotes confidence, enjoyment, and safety in the sport.

IGA

MEN'S ARTISTIC GYMNASTICS
GEMS GRADES

RUBY

IGA

	VAULT	BARS	P.BARS	FLOOR
EQUIPMENT:	2 x 30cm stacked safety mats	Men's chalk bar – FIG Height Landing mat base – 30cm Safety Mat	FIG P.bars Landing mat base – 30cm Safety Mat	FIG floor – performed on a line
ROUTINE:	• Dynamic run • Correct arm swing on the board • Straight jump onto the mats. • Landing with a straight body (AAH)	• Straight hang, reverse grip • 1x pull up (in dish shape – **Show**) • Half turn (in dish shape – **Show**) • 2x leg lifts • Dish hang to land	• Assisted jump to support • Tuck **hold** in support • Dip to 45° • Dish shape **hold** • Arch shape **hold** • Drop between the bars	• Cartwheel 1/4 turn • Backward roll to front support • Half star balance **hold** • Straight jump **connected** straight jump • Stretched forward roll • Star jump
EXECUTION: [Not including general faults]	Lack of dynamic run – 0.1/0.3/0.5 Failure to perform arm swing – 0.5 Lack of correct body form in jump – 0.1/0.3/0.5 Lack of height in jump – 0.1/0.3/0.5 Steps on landing – 0.1/0.3/0.5 Deep squat on landing – 0.3/0.5	Lack of correct body form throughout – 0.1/0.3/0.5 Failure to complete pull up – 0.5 Failure to complete Leg Lift – 0.5 Steps on landing – 0.1/0.3/0.5 Deep squat on landing – 0.3/0.5 **Routine exceeds 1 min – 0.5**	Lack of correct body form throughout – 0.1/0.3/0.5 Failure to hold the **hold** for 3 seconds – 0.3 each hold Failure to dip to 45° – 0.3 Steps on landing – 0.1/0.3/0.5 Deep squat on landing – 0.3/0.5 **Routine exceeds 1 min – 0.5**	Lack of correct body form throughout – 0.1/0.3/0.5 Failure to hold the **hold** for 3 seconds – 0.3 each hold Bent arms in the backward roll – 0.3 Straight jump straight jump not connected – 0.5 **Routine exceeds 1 min – 0.5**

NOTES: 1. Arms Above Head (AAH) **2.** Correct arm swing on the board – arms behind body **3.** Show means 'show the skill' **NOT** hold **4.** Floor – gymnasts will not be deducted if routine is performed out of order

	VAULT	BARS	P.BARS	FLOOR
EQUIPMENT:	2 x 30cm stacked safety mats	Men's chalk bar – FIG height Landing mat base – 30cm safety mat	FIG P.bars Landing mat base – 30cm Safety Mat	FIG floor – performed on a line
ROUTINE:	• Dynamic run • Correct arm swing on the board • Straight jump to land (AAH) • Arm swing (from behind) • Kick to handstand flat lie • [No dish shape in the flat lie]	• Straight hang, reverse grip • 1 x Pull up (dish shape – **Show**) • Half turn (dish shape – **Show**) • 2x leg lifts • Lift to pike hold – (**2 seconds**) • 3x dish arch taps to land (release on 4th dish)	• Jump to support from springboard/block • Half lever **hold** • Dip to 90° • 2x straight leg swings (below bar) • 3rd swing towards horizontal • Backward dismount between bars	• Double cartwheel 1/4 • Backward roll to front support • Arabesque **hold** • Straight jump **connected** Straight jump • Double stretched forward roll • Star jump
EXECUTION:	Lack of dynamic run – 0.1/0.3/0.5 Failure to show correct take off– 0.3 Failure to perform arm swing – 0.5 Lack of correct body form in jump – 0.1/0.3/0.5 Lack of height in jump – 0.1/0.3/0.5 Steps on landing – 0.1/0.3/0.5 Deep squat on landing – 0.3/0.5	Lack of correct body form throughout – 0.1/0.3/0.5 Failure to complete pull up – 0.5 Failure to complete Leg Lift – 0.5 Steps on landing – 0.1/0.3/0.5 Deep squat on landing – 0.3/0.5 **Routine exceeds 1 min – 0.5**	Failure to hold the holds for 3 seconds – 0.3 each hold Lack of correct body form throughout – 0.1/0.3/0.5 Failure to dip to 90° – 0.3 Steps on landing – 0.1/0.3/0.5 Deep squat on landing – 0.3/0.5 **Routine exceeds 1 min – 0.5**	Lack of correct body form throughout – 0.1/0.3/0.5 Missed connections – 0.5 each time Arabesque below horizontal – 0.3 Failure to hold the **hold** for 3 seconds – 0.3 Failure to hold the **hold** for 3 seconds – 0.3 **Routine exceeds 1 min – 0.5**

NOTES: 1. Arms Above Head (AAH)   **2.** Correct arm swing on the board – arms behind body   **3.** Show means 'show the skill' **NOT** hold   **4.** Floor – gymnasts will not be deducted if routine is performed out of order

QUARTZ

IGA

	VAULT	BARS	P.BARS	FLOOR
EQUIPMENT:	1m stacked safety mats	Men's chalk bar – FIG height Landing mat base – 30cm Safety Mat	FIG P.bars Landing mat base – 30cm Safety Mat	FIG floor – performed on a line
ROUTINE:	• Dynamic run • Correct arm swing on the board • Straight jump to land (AAH) • Arm swing (from behind) • Kick to handstand flat lie • [No Dish shape in the flat lie]	• Straight hang, reverse grip • 1x pull up (dish shape) • Half turn • 1x chin up circle over (dish shape) • **Show** front support shape • Circle down to long hang • Lift to pike hold (**2 seconds**) • 3x dish arch taps to land (release on 4th dish)	• Jump to support from springboard • Dip to 90° • Half lever **hold** • 3x swings to horizontal • 4th swing – face vault dismount (backward dismount over bars)	• Round off, dish jump • Backward roll to front support • Straight leg headstand • Push to front support • Straight jump **connected** tuck jump • Arabesque **hold** • Handstand hop forward roll • Dive roll
EXECUTION:	Lack of dynamic run – 0.1/0.3/0.5 Failure to show correct take off– 0.3 Steps on landing – 0.1/0.3/0.5 Deep squat on landing – 0.3/0.5 Lack of flight off hands in second phase – 0.1/0.3/0.5 Incorrect body shape during second phase – 0.1/0.3/0.5	Lack of correct body form throughout – 0.1/0.3/0.5 Failure to complete pull up – 0.5 Failure to show front support – 0.3 Legs below horizontal in pike – 0.3 Landing faults – 0.1/0.3/0.5 **Routine exceeds 1 min – 0.5**	Failure to hold the holds for 3 seconds – 0.3 each hold Lack of correct body form throughout – 0.1/0.3/0.5 Failure to dip to 90° – 0.3 Landing faults – 0.1/0.3/0.5 Deep squat on landing – 0.3/0.5 **Routine exceeds 1 min – 0.5**	Lack of correct body form throughout – 0.1/0.3/0.5 Arabesque below horizontal – 0.3 Missed connections – 0.5 each time Landing faults – 0.1/0.3/0.5 Failure to hold the **hold** for 3 seconds – 0.3 **Routine exceeds 1 min – 0.5**

NOTES: 1. Arms Above Head (AAH)   **2.** Correct arm swing on the board – arms behind body   **3.** Show means 'Show the skill' **NOT** hold   **4.** Floor – gymnasts will not be deducted if routine is performed out of order

IDENTITY GRADES
EMERALD

VAULT

EQUIPMENT:
1m stacked safety mats

ROUTINE:
- Dynamic run
- Correct entry on the board
- Handspring flat lie
- *(emphasis on correct technique)*

EXECUTION:

Lack of dynamic run – 0.1/0.3/0.5
Failure to show correct arm swing – 0.3
Lack of flight off hands in second phase – 0.1/0.3/0.5
Incorrect body shape in second phase – 0.1/0.3/0.5
Incorrect head position – 0.3

BARS

EQUIPMENT:
Polished bar (G&L) – FIG height
Landing mat base – 30cm safety mat

ROUTINE:
- Dish shape – **Show**
- Arch shape – **Show**
- 3x dish arch taps
- Trolley swing
- 3x swings

EXECUTION:

Lack of correct body form throughout – 0.1/0.3/0.5
Failure to show shapes – 0.3 each
Incorrect timing on kick – 0.3 each
Swings below horizontal – 0.5 each
Routine exceeds 1 min – 0.5

P.BARS

EQUIPMENT:
Minimum height: 140cm from top of mat, 160cm from floor.

ROUTINE:
- Float swing from static – return to board
- Static jump to support
- 180 turn in support
- Dip to 90°
- Half lever **hold**
- 1x swing to 90°
- 2x swings to 135°
- Face vault **OR** flank vault dismount

EXECUTION:

Failure to hold the holds for 3 seconds – 0.3 each hold
Lack of correct body form throughout – 0.1/0.3/0.5
Failure to dip to 90° – 0.3
Steps on landing – 0.1/0.3/0.5
Deep squat on landing – 0.3/0.5
Routine exceeds 1 min – 0.5

FLOOR

EQUIPMENT:
FIG floor – 1 min 30s max – Floor music optional

ROUTINE:
- Round off, flick
- Backwards roll to front support
- Straight jump 1/1
- Handstand hop forward roll **connected** stretched forward roll
- Kick step, arabesque **hold**
- Dive roll
- Handspring

EXECUTION:

Lack of correct body form throughout – 0.1/0.3/0.5
Arabesque below horizontal – 0.3
Missed connections – 0.5 each time
Landing faults – 0.1/0.3/0.5
Failure to hold the **hold** for 3 seconds – 0.3
Routine exceeds 1 min 30 secs – 0.5

NOTES: **1.** Show means 'Show the skill' **NOT** hold   **3.** Floor – gymnasts will not be deducted if routine is performed out of order

IDENTITY GRADES
CITRINE

IGA

	VAULT	BARS	P.BARS	FLOOR
EQUIPMENT:	2 x 30cm stacked safety mats	Polished bar (G&L) – FIG height Landing mat base – 30cm safety mat	Minimum height: 140 cm from top of mat, 160 cm from floor.	FIG floor – 1 min 30s max Floor music optional
ROUTINE:	• Dynamic run • Correct entry on the board • Straight front salto to feet, fall flat onto front • **OR** R/off tuck back salto (AAH) to feet, fall onto back	• Dish shape – **show** • Arch shape – **show** • 1x chin up circle over to front support • Cast to horizontal, push away • 2x swings • On 3rd swing, back uprise **connected** to backwards hip circle	• Float swing extension into inverted pike • 2x swings in inverted pike – return to board. • Jump to support • Half lever **hold** • Lift to tucked planche **hold** • **Show** half lever into russian lever • 2x swings to 135° • Swing to handstand into either face vault **OR** flank vault dismount	• Round off, flick, flick • Backwards roll to handstand • Straight jump **connected** straight jump 1/1 • Handstand hop forward roll **connected** stretched forward roll to pike stand • Kick step, arabesque **hold** • Hect dive roll • Handspring
EXECUTION:	Lack of dynamic run – 0.1/0.3/0.5 Failure to show correct arm swing– 0.3 Lack of height in salto– 0.1/0.3/0.5 Incorrect shape in salto – 0.1/0.3/0.5 Incorrect head position – 0.3 Steps on landing – 0.1/0.3/0.5 Deep squat on landing – 0.3/0.5	Lack of correct body form throughout – 0.1/0.3/0.5 Stops between skills – 0.3 Failure to complete chin up – 0.5 Failure to show front support – 0.3 Cast below horizontal – 0.5 Incorrect timing on kick – 0.3 each Swings below horizontal – 0.5 each	Failure to hold the holds for 3 seconds – 0.3 each hold Lack of correct body form throughout – 0.1/0.3/0.5 Swing height – 0.1/0.3/0.5 Steps on landing – 0.1/0.3/0.5 Deep squat on landing – 0.3/0.5 **Routine exceeds 1 min – 0.5**	Lack of correct body form throughout – 0.1/0.3/0.5 Missed connections – 0.5 each time Failure to hold the **hold** for 3 seconds – 0.3 Landing faults – 0.1/0.3/0.5 **Routine exceeds 1 min 30s – 0.5**

NOTES: 1. Arms Above Head (AAH)   **2.** Show means 'Show the skill' **NOT** hold

AMETHYST

	VAULT	BARS	P.BARS	FLOOR
EQUIPMENT:	2 x 30cm stacked safety mats	Polished bar (G&L) – FIG height Landing mat base – 30cm safety mat	Minimum height: 140 cm from top of mat, 160 cm from floor.	FIG floor – 1 min 30s max Floor music optional
ROUTINE:	• Dynamic run • Correct entry on the board • Straight front salto to feet, fall flat onto front • **OR** R/off tuck back salto (AAH) to feet, fall onto back	• 2x dish arch taps • Trolley swing into upstart • Cast above horizontal • Clear hip to horizontal • 2x swings • 1x backward giant	• Upstart • 1x blank swing • Half lever **hold** • Dip drop to upper arm • 2 x upper arm swings • Back uprise • 2x swings to 135° • Swing to handstand into either face vault **OR** flank vault dismount	• Round off, flick, tuck back • Backwards roll to handstand • Swedish fall • Straight leg headstand, push to handstand • Tuck front salto • Tuck jump 1/1 • Handspring **connected** to dive roll
EXECUTION:	Lack of dynamic run – 0.1/0.3/0.5 Failure to show correct arm swing– 0.3 Lack of height in salto– 0.1/0.3/0.5 Incorrect shape in salto – 0.1/0.3/0.5 Incorrect head position – 0.3 Steps on landing – 0.1/0.3/0.5 Deep squat on landing – 0.3/0.5	Lack of correct body form throughout – 0.1/0.3/0.5 Failure to complete upstart – 0.5 Cast below horizontal – 0.5 Swings below horizontal – 0.3 No cast between baby giant and backward hip circle – 0.3 Stops between skills – 0.3 each time	Failure to hold the holds for 3 seconds – 0.3 each hold Lack of correct body form throughout – 0.1/0.3/0.5 Swing height – 0.1/0.3/0.5 Steps on landing – 0.1/0.3/0.5 Deep squat on landing – 0.3/0.5 **Routine exceeds 1 min - 0.5**	Lack of correct body form throughout – 0.1/0.3/0.5 Missed connections – 0.5 each time Landing faults – 0.1/0.3/0.5 Failure to hit handstand – 0.5 **Routine exceeds 1 min 30s – 0.5**

NOTES: 1. Arms Above Head (AAH)

IDENTITY GRADES

SAPPHIRE

IGA

	VAULT	BARS	P.BARS	FLOOR
EQUIPMENT:	1.30m vault table – stacked mats	Polished bar (G&L) – FIG height Landing mat base – 30cm safety mat	Minimum height: 160 cm from top of mat, 180 cm from floor.	FIG floor – 1 min 30s max Floor music optional
ROUTINE:	• Dynamic run • Correct entry on the board • Handspring flat lie • **OR** half on to feet • **OR** yurchenko to feet •	• 2x dish arch taps • Trolley swing into upstart • Cast above horizontal • Clear hip to above horizontal • 1x swing • 2x backward giants	• Upstart to half lever **hold** • Drop shoot to upper arm • 2x upper arm swings • Back uprise • Swing to 135° • 2x swing to handstand into either tuck front **OR** tuck back salto dismount	• Round off, flick, straight back • Handstand 1/1 pirouette • Tuck front salto **connected** tuck front salto • Tuck jump 1/1 • Arabesque **hold** • Handspring to 1, handspring to 2
EXECUTION:	Lack of dynamic run – 0.1/0.3/0.5 Lack of flight off hand in second phase – 0.1/0.3/0.5 Incorrect body shape in second phase – 0.1/0.3/0.5 Steps on landing – (0.1/0.3/0.5) Incorrect head position – 0.3 Lack of dynamics – 0.1/0.3/0.5	Lack of correct body form throughout – 0.1/0.3/0.5 Failure to complete upstart – 0.5 Stops between skills – 0.3 Cast below horizontal – 0.5 Failure to complete giant on first attempt – 1.0 Incorrect timing on kick – 0.3 each	Missed connections – 0.5 each time Lack of correct body form – 0.1/0.3/0.5 Swing height – 0.1/0.3/0.5 Landing faults – 0.1/0.3/0.5 Deep squat on landing – 0.3/0.5 **Routine exceeds 1 min 30 – 0.5**	Lack of correct body form throughout – 0.1/0.3/0.5 Missed connections – 0.5 each time Landing faults – 0.1/0.3/0.5 Failure to hit handstand – 0.5 Failure to hold the **hold** for 3 seconds – 0.3 **Routine exceeds 1 min 30s – 0.5**

NOTES:

BRONZITE

IGA

VAULT

EQUIPMENT: 1.35m vault table – stacked mats

ROUTINE:
- Dynamic run
- Correct entry on the board
- Handspring to stand fall onto front
- **OR** Half on to stand fall onto back
- **OR** yurchenko to stand fall onto back

EXECUTION:

Lack of dynamic run – 0.1/0.3/0.5
Lack of roation in second phase – 0.1/0.3/0.5
Lack of flight off hands in second phase – 0.1/0.3/0.5
Incorrect body shape in second phase – 0.1/0.3/0.5
Incorrect head position – 0.3
Lack of dynamics – 0.1/0.3/0.5

BARS

EQUIPMENT: Polished bar (G&L) – FIG height
Landing mat base – 30cm safety mat

ROUTINE:
- 2x dish arch taps
- Trolley swing into upstart
- Cast to handstand
- Close bar element to handstand
- 2x backwards giants

EXECUTION:

Lack of correct body form throughout – 0.1/0.3/0.5
Failure to complete handstands between handstand and 10° – 0.5
Stops between skills – 0.3
Failure to complete circling element between handstand and 10° – 0.5

P.BARS

EQUIPMENT: Minimum height: 160 cm from top of mat, 180 cm from floor.

ROUTINE:
- Upstart to half lever
- Drop upstart
- Drop shoot to upper arm
- Swing forwards in upper arm
- Back uprise (blank swing)
- 1x swings to handstand 1/2 pirouette
- 1x swing to handstand
- Tuck front ½ / pike front / pike back salto dismount

EXECUTION:

Missed connections – 0.5 each time
Lack of correct body form – 0.1/0.3/0.5
Landing Faults – 0.1/0.3/0.5
Routine exceeds 1 min 30s – 0.5

FLOOR

EQUIPMENT: FIG floor – 1 min 30s max
Floor music optional

ROUTINE:
- Round off, flick, straight back 1/1
- Cartwheel, backward roll to handstand, blind turn forwards roll out to pike stand
- Tuck jump 1/1
- Straight front salto **connected** hect dive roll
- Arabesque **hold**
- Handspring 1, handspring 2

EXECUTION:

Lack of correct body form throughout – 0.1/0.3/0.5
Missed connections – 0.5 each time
Landing faults – 0.1/0.3/0.5
Failure to hit handstand – 0.5
Failure to hold the **hold** for 3 seconds – 0.3
Routine exceeds 1 min 30s – 0.5

NOTES: Optional Entry for Cast to Handstand on Bars

TITANIUM

IGA

	VAULT	BARS	P.BARS	FLOOR
EQUIPMENT:	1.35m vault table – stacked mats with 10cm extra mat on landing	Polished bar (G&L) – FIG height Landing mat base – 30cm safety mat	Height: 180 cm from top of mat, 200 cm from floor.	FIG Floor – 1min 30 max floor music optional
ROUTINE:	• Dynamic run • Correct entry on the board • Handspring to stand fall onto front (additional 5cm mat) • **OR** half on through to shoulder stand • **OR** yurchenko through to shoulder stand	• 2x dish arch taps • Trolley swing into upstart • Cast to handstand • Close bar element to handstand • 2x backwards giants • Heel drive into 2x forward giants	• Upstart **immediate** swing to 135 • Drop shoot to upper arm • Swing forwards in upper arm • Back uprise to handstand • 1x swing to handstand ½ pirouette • 1x swing to handstand • Pike front ½ / straight front / straight back salto dismount	• Round off, flick, straight back 1/1 • Cartwheel, backward roll to handstand, blind turn forwards roll out to pike stand, pike lift to handstand forward roll out • Straight front salto **connected** tuck front salto • Arabesque **hold** • Front salto walkout, round off, flic (optional), straight back
EXECUTION:	Lack of dynamic run – 0.1/0.3/0.5	Lack of correct body form throughout – 0.1/0.3/0.5	Missed connections – 0.5 each time	Lack of correct body form throughout – 0.1/0.3/0.5
	Incorrect body shape in second phase – 0.1/0.3/0.5	Stops between skills – 0.3	Lack of correct body form – 0.1/0.3/0.5	Missed connections – 0.5 each time
	Lack of flight off hands in second phase – 0.1/0.3/0.5	Failure to complete handstands between handstand and 10° – 0.5	Lack of split in jump – 0.3	Landing faults – 0.1/0.3/0.5
	Lack of rotation in second phase – 0.1/0.3/0.5	Failure to complete circling element between handstand and 10° – 0.5	Landing Faults – 0.1/0.3/0.5	Failure to hit handstand – 0.5
	Incorrect head position – 0.3		**Routine exceeds 1 min 30 – 0.5**	Failure to hold the **hold** for 3 seconds – 0.3
	Lack of dynamics – 0.1/0.3/0.5			**Routine exceeds 1 min 30s – 0.5**

NOTES: 1. Optional Entry for Cast to Handstand on Bars

BLUE DIAMOND

	VAULT	BARS	P.BARS	FLOOR
EQUIPMENT:	1.35m vault table – stacked mats with 10cm extra mat on landing`	Polished bar – FIG height Landing mat base – 30cm safety mat	Height: 180 cm from top of mat, 200 cm from floor.	FIG floor – 1 min 30s max Floor music optional
ROUTINE:	• Dynamic run • Correct entry on the board • Half on through to shoulder stand • **OR** yurchenko through to shoulder stand	• 2x dish arch taps • Trolley swing into upstart • Cast to handstand • 2x close bar elements to handstand • 2x backwards giants • Heel drive into 2x forward giants	• Upstart **immediate** swing to handstand • Moy (to support) • (optional blank swing) (*0.5 bonus for connecting without blank swing*) • 1x swing to handstand • ½ pirouette • Stutz (to horizontal) • 1x swing to handstand • Pike front ½ / straight front / straight back salto dismount	• Round off, flick (optional), straight back 2/1 • Cartwheel, backward roll to handstand, blind turn, forwards roll out to pike stand, pike lift to handstand 1/1 pirouette forward roll out • Straight front salto with 1/1 **or** 2/3 twist • Arabesque **hold** • Front salto walkout, round off, flick, straight back 1/1
EXECUTION:	Lack of dynamic run – 0.1/0.3/0.5 Incorrect body shape in second phase – 0.1/0.3/0.5 Lack of flight off hands in second phase – 0.1/0.3/0.5 Lack of rotation in second phase – 0.1/0.3/0.5 Incorrect head position – 0.3 Lack of dynamics – 0.1/0.3/0.5	Lack of correct body form throughout – 0.1/0.3/0.5 Stops between skills – 0.3 Failure to complete handstand between handstand and 10° – 0.5 Failure to complete circling element between handstand and 10° – 0.5	Lack of correct body form throughout – 0.1/0.3/0.5 Missed connections – 0.5 each time Failure to complete skills to horizontal – 0.5 Landing Faults – 0.1/0.3/0.5 **Routine exceeds 1 min 30s – 0.5**	Lack of correct body form throughout – 0.1/0.3/0.5 Missed connections – 0.5 each time Landing faults – 0.1/0.3/0.5 Failure to hit handstand – 0.5 Failure to hold the **hold** for 3 seconds – 0.3 **Routine exceeds 1 min 30s – 0.5**

NOTES: 1. Optional Entry for Cast to Handstand on Bars

MEN'S ARTISTIC GYMNASTICS
FLEXIBILITY & BALANCE

RUBY - TOPAZ - QUARTZ

EQUIPMENT:	Floor area only with parralettes *[Preferably a hard surface with firm matting]*

ROUTINE:	• On parallettes – perch **hold** (2 seconds) • Forward roll to pike sit • Pike fold **hold** (2seconds) • Straddle sit • Straddle fold **hold** (2seconds) • Splits (either leg) **hold** (2seconds) • Bring legs round together to pike sit • Bridge **hold** (2seconds) • Dish **hold** (2seconds) roll to arch **hold** (2seconds) and lower to flat • Push up to front support • Press–up • Jump to crouch

EXECUTION:	Lack of good body shape throughout the routine – 0.1/0.3/0.5
	Lack of control or smoothness in the roll including lack of control throughout the routine – 0.1/0.3/0.5
	Insufficient lift from the floor in perch lift – 0.1/0.3/0.5
	Failure to hold elements marked as **hold** throughout the routine – 0.5
	Lack of flexibility throughout the routine including all stretch elements – 0.1/0.3/0.5
	General execution faults throughout routine including knees feet and arms – 0.1/0.3/0.5
	Feet touching floor from dish to arch – 0.5

NOTES: Elements marked as 'show' do **NOT** need to be held – They must be clearly shown.

EMERALD - CITRINE - AMETHYST - SAPPHIRE

EQUIPMENT:	Floor area only with parrallettes *[Preferably a hard surface with firm matting]*

ROUTINE:	• **On parallettes** from stand pike **or** straddle lift to handstand **hold** (2 seconds)
	• Lower to pike or straddle lever **hold** (2 seconds)
	• Rock and roll to stand
	• Handstand forward roll to straddle sit
	• Straddle fold **hold** (2 seconds)
	• Split (either leg) **hold** (2 seconds)
	• Bridge **hold** (2 seconds)
	• Knees to chest roll onto knees
	• D **hold** (2 seconds)
	• Chest roll out towards handstand push to front support
	• Turn to back support
	• Pike fold, arms reaching past ankles **hold** (2 seconds)
	• Backward roll to handstand (straight arm) from pike sit drop to front support.

EXECUTION:	Poor body shape throughout the routine – 0.1/0.3/0.5
	Lack of control or smoothness in the roll including lack of control throughout the routine – 0.1/0.3/0.5
	Insufficient lift from the floor in lift to handstand – 0.5
	Failure to hold elements marked as **hold** throughout the routine – 0.5
	Lack of flexibility throughout the routine – 0.1/0.3/0.5
	General execution faults throughout routine including knees feet and arms – 0.1/0.3/0.5

NOTES: Elements marked as 'show' do **NOT** need to be held – They must be clearly shown.

ELITE GRADE
BRONZITE - TITANIUM - BLUE DIAMOND

EQUIPMENT:	Floor area only with parrallettes *[Preferably a hard surface with firm matting]*

ROUTINE:	• **On parallettes** from pike stand pike lift to handstand **hold** (2 seconds) • Lower to pike or straddle lever **hold** (2 seconds) • Rock and roll to stand • Handstand, 1/1 pirouette into forward roll to straddle sit • Straddle fold **hold** (2 seconds) • Split (either leg) **hold** (2 seconds) • Bridge **hold** (2 seconds) • Knees to chest rock to pike sit • Pike fold, arms reaching past ankles **hold** (2 seconds) • Backward roll to handstand (straight arm) from pike sit • Controlled chest roll down • Chest roll to handstand, step or pike down to stand • Standing tuck back

EXECUTION:	Poor body shape throughout the routine – 0.1/0.3/0.5
	Lack of control or smoothness in the roll including lack of control throughout the routine – 0.1/0.3/0.5
	Insufficient lift from the floor in lift to handstand – 0.5
	Failure to hold elements marked as **hold** throughout the routine – 0.5
	Lack of flexibility throughout the routine – 0.1/0.3/0.5
	Lack of height or chest down in landing of tuck back – 0.1/0.3/0.5
	General execution faults throughout routine including knees feet and arms – 0.1/0.3/0.5

NOTES: Elements marked as 'show' do **NOT** need to be held – They must be clearly shown.