



***MEN'S ARTISTIC GYMNASTICS***

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**GEMS GRADES HANDBOOK**

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***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

## WAG 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 and Wear
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



## 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:

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:
<b>£45.00</b> All 5 pieces must be performed at this event.	<b>£10.00 per apparatus</b> Minimum of 2 must be performed at this event.	<b>£10.00 per apparatus</b> 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 clubs 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
		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

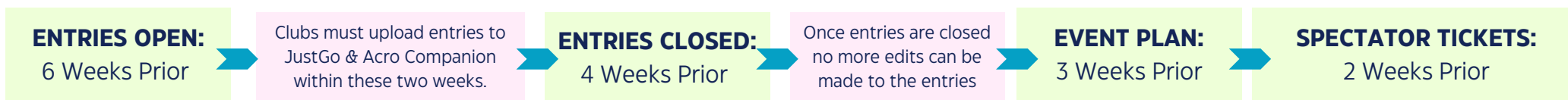
## IGA AGE GROUPS

**NEW**

<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\*

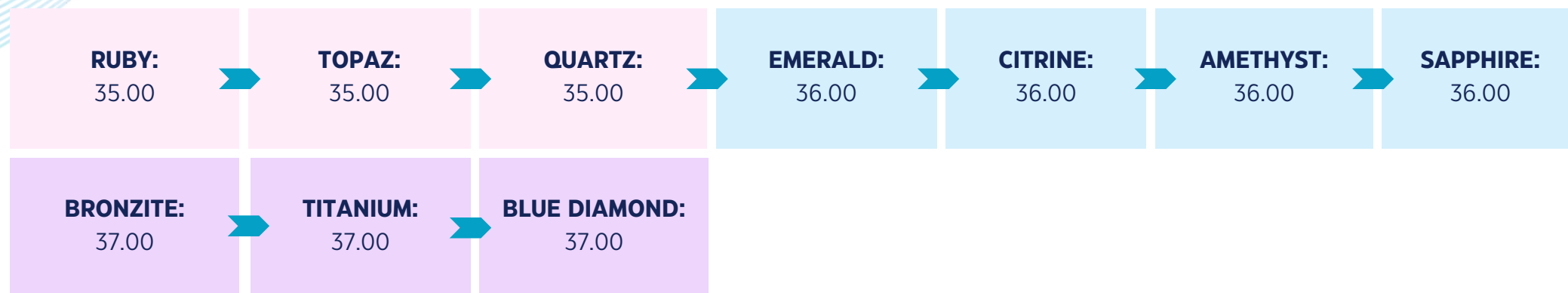
## COMPETITION ORGANISING TIMELINE:



## 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.



## 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**

<b>REGIONAL EVENTS</b>	Medals will be placed for 1 <sup>st</sup> to 3 <sup>rd</sup> on all apparatus. Overall 1 <sup>st</sup> to 3 <sup>rd</sup> 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.	<b>NEW</b> Regional Events Only: Ruby Topaz & Quartz
<b>NATIONAL FINALS</b>	Medals will be placed for 1 <sup>st</sup> to 3 <sup>rd</sup> on all apparatus. Overall 1 <sup>st</sup> to 3 <sup>rd</sup> 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 1<sup>st</sup> to 6<sup>th</sup> 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 WAG, 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.
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.

The background of the slide features a series of overlapping, wavy, light blue lines that create a sense of motion and depth. These lines are more concentrated in the upper half of the image, framing the text.

***MEN'S ARTISTIC GYMNASTICS***

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**GEMS GRADES**

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# FOUNDATION GRADES RUBY



## VAULT

## BARS

## P.BARS

## FLOOR

EQUIPMENT:	2 x 30cm stacked safety mats	Metal Single Bar FIG Height - FIG 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)	Starting from hang in reverse grip 1 x Pull up (in dish shape - <b>Show</b> ) Half turn (in dish shape - <b>Show</b> ) 2 x Leg Lifts Dish hang to land	Assisted Jump to support Tuck <b>Hold</b> in Support Dip to 45 Dish Shape <b>Hold</b> Arch Shape <b>Hold</b> Drop between the bars	Straight jump <b>connected</b> Straight jump Backward Roll to Front Prone Cartwheel Star Jump Handstand Press Up
EXECUTION: <small>[Not including general faults]</small>	Lack of dynamic run - 0.1/0.3/0.5	Lack of correct body form throughout - 0.1/0.3/0.5	Lack of correct body form throughout - 0.1/0.3/0.5	Bent arms in the backward roll - 0.3
	Incorrect arm swing on board - 0.3	Failure to complete pull up - 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 perform arm swing - 0.5	Failure to complete Leg Lift - 0.5	Failure to dip to 45 - 0.3	Straight Jump Straight jump not connected - 0.5
	Lack of correct body form in jump - 0.1/0.3/0.5	Steps on landing - 0.1/0.3/0.5	Steps on landing - 0.1/0.3/0.5	
	Lack of height in jump - 0.1/0.3/0.5	Deep squat on landing - 0.3/0.5	Deep squat on landing - 0.3/0.5	
	Steps on landing - 0.1/0.3/0.5	Routine exceeds 1 min - 0.5	Routine exceeds 1 min - 0.5	
	Deep squat on landing - 0.3/0.5			

**KEY:** Arms Above Head (AAH)      Show means 'Show the skill' **NOT** hold



## FOUNDATION GRADES TOPAZ



### VAULT

<b>EQUIPMENT:</b>	2 x 30cm stacked safety mats
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<b>ROUTINE:</b>	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]
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<b>EXECUTION:</b>	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

### BARS

Wooden Single Bar FIG Height - FIG Landing mat base - 30cm Safety Mat
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Starting from hang in reverse grip 1 x Pull up (Dish shape - <b>Show</b> ) Half turn (Dish shape - <b>Show</b> ) 2 x Leg Lifts Lift to pike hold - ( <b>2 seconds</b> ) Open to straddle hold - ( <b>2 seconds</b> ) 2 x Dish taps to land
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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
<b>Routine exceeds 1 min - 0.5</b>

### P.BARS

FIG P.Bars
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Jump to Support (springboard/block allowed – coach must pull out after mount) Pike <b>hold</b> in support (Half lever) Dip to 90 2 straight leg swings (below bar) – (focusing on hips shape) 3rd swing towards horizontal Backward dismount between bars
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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
<b>Routine exceeds 1 min - 0.5</b>

### FLOOR

FIG Floor – Performed on a line
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Backward Roll to Front Prone Straight jump <b>connected</b> Straight jump Arabesque to horizontal Round off dish jump Handstand Hop [ <i>focus on technique</i> ] Star Jump
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Lack of correct body form throughout - 0.1/0.3/0.5
Missed connections - 0.5 each time
Arabesque below horizontal - 0.3
Landing Faults - 0.1/0.3/0.5
General execution - 0.1/0.3/0.5

**KEY:** Arms Above Head (AAH)    Show means 'Show the skill' **NOT** hold



## FOUNDATION GRADES QUARTZ



	VAULT	BARS	P.BARS	FLOOR
<b>EQUIPMENT:</b>	1m stacked safety mats	Wooden Single Bar FIG Height – FIG Landing mat base – 30cm Safety Mat	FIG P.Bars	FIG Floor – Performed on a line
<b>ROUTINE:</b>	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]	1 x Pull up (Dish shape – <b>Show</b> ) Half Turn 1 x Chin up Circle Over (Dish shape) <b>Show</b> Front Support Shape Circle Down to Long Hang Lift to pike hold ( <b>2 seconds</b> ) Open to straddle hold ( <b>2 seconds</b> ) 2 x Arch Taps to land	Jump to front support mount – from spring board Dip to 90 Pike <b>hold</b> in support (Half lever) 3 swings to horizontal 4th swing – face dismount (backward dismount over bars)	Straight jump <b>connected</b> Tuck Jump Arabesque to horizontal Round off dish jump Handstand Hop forward roll Straight leg headstand, push to front Prone. Dive Roll
<b>EXECUTION:</b>	Lack of dynamic run – 0.1/0.3/0.5	Lack of correct body form throughout – 0.1/0.3/0.5	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 show correct take off- 0.3	Failure to complete pull up – 0.5	Lack of correct body form throughout – 0.1/0.3/0.5	Arabesque below horizontal – 0.3
	Lack of height in salto- 0.1/0.3/0.5	Failure to show front support – 0.3	Failure to dip to 90 – 0.3	Missed connections – 0.5 each time
	Incorrect shape in salto – 0.1/0.3/0.5	Legs below horizontal in straddle & pike – 0.3	Steps on landing – 0.1/0.3/0.5	Landing Faults – 0.1/0.3/0.5
	Steps on landing – 0.1/0.3/0.5	Landing faults – 0.1/0.3/0.5	Deep squat on landing – 0.3/0.5	General execution – 0.1/0.3/0.5
	Deep squat on landing – 0.3/0.5	<b>Routine exceeds 1 min – 0.5</b>	<b>Routine exceeds 1 min – 0.5</b>	

KEY: ----





## IDENTITY GRADES EMERALD



### VAULT

### BARS

### P.BARS

### FLOOR

EQUIPMENT:	1m stacked safety mats	Metal Bar (G&L) – FIG Landing mat base – 30cm Safety Mat	Minimum Height: 140 cm from top of mat, 160 cm from floor.	FIG Floor – 1 min 30 max – floor music optional
ROUTINE:	Dynamic run Correct entry on the board Handspring flat lie (emphasis on correct technique)	Dish shape – <b>Show</b> Arch shape – <b>Show</b> 3 x Dish Arch Taps 3 x Swings (Focus on shape and correct timing for the tap under the bar)	Float swing from static – return to board Static jump to support 180 turn in support Dip to 90 Pike <b>Hold</b> in Support (Half lever) 1 swing to 90° 2 Swings to 135° Backward dismount (FACE) over bars or forwards dismount (FLANK) over bars	Straight jump <b>connected</b> Tuck Jump Straight Jump 1/2 Round off flick Handspring Handstand hop forward roll Dive Roll
EXECUTION:	Lack of dynamic run – 0.1/0.3/0.5	Lack of correct body form throughout – 0.1/0.3/0.5	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 show correct arm swing- 0.3	Failure to complete pull up – 0.5	Lack of correct body form throughout – 0.1/0.3/0.5	Missed connections – 0.5 each time
	Lack of height in salto- 0.1/0.3/0.5	Failure to show front support – 0.5	Failure to dip to 90 – 0.3	Landing Faults – 0.1/0.3/0.5
	Incorrect shape in salto – 0.1/0.3/0.5	Cast below horizontal – 0.5	Steps on landing – 0.1/0.3/0.5	General execution – 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	
	Steps on landing – 0.1/0.3/0.5	Deep squat on landing – 0.3/0.5		
	Deep squat on landing – 0.3/0.5	<b>Routine exceeds 1 min – 0.5</b>	<b>Routine exceeds 1 min – 0.5</b>	

KEY: ----





## IDENTITY GRADES CITRINE



### VAULT

### BARS

### P.BARS

### FLOOR

EQUIPMENT:	2 x 30cm stacked safety mats	Metal Bar – FIG Landing mat base – 30cm Safety Mat	Minimum Height: 140 cm from top of mat, 160 cm from floor.	FIG Floor – 1min 30 max floor music optional
ROUTINE:	Dynamic run Correct entry on the board Straight front land onto front <b>OR</b> R/off tuck back (AAH) land fall onto back	Dish shape – <b>Show</b> Arch shape – <b>Show</b> 3 x Dish Arch Taps 3 x Swings On 4 <sup>th</sup> swing baby giant <b>connected</b> to backward hip circle (Focus on shape and correct timing for the tap under the bar)	Float swing extension into inverted pike 2 swings in inverted pike – return to board. Jump to support Pike <b>Hold</b> in Support (Half lever) Lift to Tucked Planche <b>Hold</b> • Return to show Pike lever and pass through Russian 2 Swings to 135° Swing to Handstand into either backward dismount (FACE) over bars or into forwards dismount (FLANK) over bars	Straight Jump 1/1 Backward Roll to Handstand to Front Prone Round off x 3 flicks Handspring straight jump Front somersault Hecht Dive Roll
EXECUTION:	Lack of dynamic run – 0.1/0.3/0.5	Lack of correct body form throughout – 0.1/0.3/0.5	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 show correct arm swing- 0.3	Failure to show shapes – 0.3 each	Lack of correct body form throughout – 0.1/0.3/0.5	Missed connections – 0.5 each time
	Lack of height in salto- 0.1/0.3/0.5	Incorrect timing on kick – 0.3 each	Swing height – 0.1/0.3/0.5	Landing Faults – 0.1/0.3/0.5
	Incorrect shape in salto – 0.1/0.3/0.5	Swings below horizontal – 0.3	Steps on landing – 0.1/0.3/0.5	General execution – 0.1/0.3/0.5
	Incorrect head position – 0.3	No cast between baby giant and backward hip circle – 0.3	Deep squat on landing – 0.3/0.5	
	Steps on landing – 0.1/0.3/0.5			
	Deep squat on landing – 0.3/0.5			
			<b>Routine exceeds 1 min – 0.5</b>	

KEY: ----



IDENTITY GRADES

**AMETHYST**



## VAULT

## BARS

## P.BARS

## FLOOR

### EQUIPMENT:

2 x 30cm stacked safety mats

Metal Bar – FIG Landing mat base –  
30cm Safety Mat

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

FIG Floor – 1min 30 max  
floor music optional

### ROUTINE:

Dynamic run  
Correct entry on the board  
Straight front land onto front  
**OR** R/off straight back (AAH) land  
fall onto back

Dish shape – **Show**  
Arch shape – **Show**  
2 x Dish Arch Taps  
Trolley Swing into Upstart  
Cast to horizontal  
2 x Swings On 3<sup>rd</sup> swing baby giant  
**connected** to backward hip circle  
(Focus on shape and correct timing  
for the tap under the bar)

Upstart to Pike Hold in Support (Half lever)  
Pike lift to straddle  
Straddle lift to pike  
Dip drop to upper arm  
2 upper arm swings  
Back Uprise from upper Arm  
Swings to 135°  
Swing to Handstand into either backward  
dismount (FACE) over bars or into forwards  
dismount (FLANK) over bars

Swedish fall  
Straight leg headstand, push to  
handstand, step down  
Round off flick tuck back  
Handspring to 1 **connected** to dive roll  
Front somersault straight jump  
Tuck Jump 1/1

### 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

General execution – 0.1/0.3/0.5

KEY: ----



# IDENTITY GRADES SAPPHIRE



## VAULT

## BARs

## P.BARS

## FLOOR

### EQUIPMENT:

1:15m Vault Table – Stacked Mats

Metal Bar – FIG Landing mat base –  
30cm Safety Mat

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

FIG Floor – 1min 30 max  
floor music optional

### ROUTINE:

Dynamic run  
Correct entry on the board  
Handspring flat lie  
**OR** Half on to knee's  
**OR** Yurchenko to knee's

Dish shape – **Show**  
Arch shape – **Show**  
2 x Dish Arch Taps  
Trolley Swing into Upstart  
Cast to horizontal  
3 x Swings into 1 x Giant  
(Focus on shape and correct timing  
for the tap under the bar)

Upstart to Pike lever  
Lift to handstand (Pike or Straddle)  
Drop upstart  
Drop shoot to upper arm  
2 upper arm swings  
Back uprise  
Swing to 135  
2x Swing to Handstand into either Tuck  
front / tuck back dismount

Tuck Jump 1/1 **connected** tuck jump  
Handstand 1/1 pirouette  
Round off flick Straight Back  
Front somersault straight jump  
**connected** to Handspring to 2  
Straight leg headstand, push to  
handstand, pike down.

### EXECUTION:

Lack of dynamic run – 0.1/0.3/0.5

Arms not by ears in the Salto – 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

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

Landing Faults – 0.1/0.3/0.5

General execution – 0.1/0.3/0.5

**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

General execution – 0.1/0.3/0.5

KEY: ----



## ELITE GRADES

# BRONZITE



DIRECT LINK TO VIDEO CONTENT



### VAULT

### BARs

### P.BARS

### FLOOR

#### EQUIPMENT:

1.20m Vault Table – Stacked Mats

Metal Bar – FIG Landing mat base –  
30cm Safety Mat

Minimum Height: 160 cm from top of  
mat, 180 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  
**OR** Half on to Stand fall onto back  
**OR** Yurchenko to stand fall onto  
back

2 x Dish Arch Taps  
Trolley Swing into Upstart  
Cast to handstand  
Circling Element to Handstand  
2 x Giants  
(Focus on shape and correct timing  
for the tap under the bar)

Upstart to half lever  
Pike/Straddle lift to handstand Lower to  
**immediate** drop upstart  
Drop shoot to upper arm **Immediate**  
back-uprise (blank swing)  
1x swings to handstand 1/2 pirouette  
1x swing to handstand  
Tuck front ½ / Pike front / Pike back  
salto dismount

W-Jump 1/1 or Tuck Jump 1/1 **connected**  
option jump.  
Arabesque (minimum horizontal)  
Round off flick straight back  
Straight front somersault  
Round off 2 x flicks tuck back  
Backward roll to handstand, blind turn  
forwards roll out to pike stand.

#### EXECUTION:

Lack of dynamic run – 0.1/0.3/0.5

Arms not by ears in the Salto – 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

Lack of dynamics – 0.1/0.3/0.5

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  
or giants – 1.0 each

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

General execution – 0.1/0.3/0.5

**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

General execution – 0.1/0.3/0.5

**NOTES:** Optional Entry for Cast to Handstand on Bars



## ELITE GRADES TITANIUM



### VAULT

### BARs

### P.BARS

### FLOOR

EQUIPMENT:	1.25m Vault Table – Stacked Mats with 10cm extra mat on landing	Metal Bar – FIG 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 <b>OR</b> Half on to Stand fall onto back <b>OR</b> Yurchenko to stand fall onto back	2 x Dish Arch Taps Trolley Swing into Upstart Cast to handstand Circling Element to Handstand 2 x Giants Heel Drive into 2 x Forward Giants (Focus on shape and correct timing)	Upstart <b>immediate</b> swing to 135 Moy to upper arm (optional blank upper arm swing) ( 0.5 bonus for connecting without blank swing) <b>Immediate</b> back-uprise to handstand 1x swings to handstand /2 pirouette 1x swing to handstand Pike front ½ / Straight front / back Salto dismount Straight	1 circle or flair Handtand Pirouette 2/1 Round off flick straight back ½ Straight front somersault <b>connected</b> tuck front Round off flick straight back Backward roll to handstand, blind turn forwards roll out to pike stand, pike lift to handstand, forward roll out.
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
	Arms not by ears in the Salto – 0.3	Stops between skills – 0.3	Lack of correct body form – 0.1/0.3/0.5	Missed connections – 0.5 each time
	Lack of height in salto- 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
	Incorrect shape in salto – 0.1/0.3/0.5	Failure to complete circling element or giants – 1.0 each	Landing Faults – 0.1/0.3/0.5	General execution – 0.1/0.3/0.5
	Incorrect head position – 0.3		General execution – 0.1/0.3/0.5	
	Lack of dynamics – 0.1/0.3/0.5		<b>Routine exceeds 1 min 30 – 0.5</b>	

**NOTES:** Optional Entry for Cast to Handstand on Bars



ELITE GRADES

## BLUE DIAMOND



### VAULT

### BARs

### P.BARS

### FLOOR

#### EQUIPMENT:

1.25m Vault Table – Stacked Mats

Metal Bar – FIG 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  
Half on through to shoulder stand  
**OR**  
Yurechenko through to shoulder  
stand

2 x Dish Arch Taps  
Trolley Swing into Upstart  
Cast to handstand  
2 x **Different** Circling Elements  
2 x Giants  
Heel Drive into 2 x Forward Giants  
(Focus on shape and correct timing)

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  
Straight twist salto dismount or double  
salto dismount

2 x Circles of Flares  
Backward roll to handstand, blind turn  
forwards roll out to pike up to handstand, full  
pirouette forward roll out.  
Round off flick straight back 1/1 twist  
Straight front **connected** Pike front **OR**  
Straight front **OR** Tuck front ½  
Round off flick straight back 1/1 ½ twist  
Arabesque (minimum horizontal)

#### EXECUTION:

Lack of dynamic run – 0.1/0.3/0.5

Arms not by ears in the Salto – 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

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 handstands  
between handstand and 10° – 0.5

Failure to complete circling element  
or giants – 1.0 each

Failure to compete two different  
circling elements – 1.0

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

General execution – 0.1/0.3/0.5

**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

General execution – 0.1/0.3/0.5

**NOTES:** Optional Entry for Cast to Handstand on Bars



The background of the slide features several overlapping, flowing blue waves that create a sense of movement and fluidity. The waves are composed of many fine, parallel lines, giving them a textured, ethereal appearance. They are primarily light blue with some darker blue accents, set against a plain white background.

***WOMEN'S ARTISTIC GYMNASTICS***

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**FLEXIBILITY & BALANCE**

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**FOUNDATION GRADE**

# RUBY - TOPAZ - QUARTZ



## EQUIPMENT:

Floor area only with Parralettes *[Preferably a hard surface with firm matting]*

## ROUTINE:

Starting on the Parallettes Perch hold (2 seconds)  
Forward roll to Pike sit - Pike fold (2seconds)  
Straddle sit and Straddle fold (2seconds)  
Splits (either leg) bring legs round together and push Bridge  
Dish hold - Roll without feet touching floor - Arch hold 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 knee's 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.



## IDENTITY GRADE

### EMERALD - CITRINE - AMETHYST - SAPPHIRE



#### EQUIPMENT:

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

#### ROUTINE:

On Parallettes Stood, holding, lift to handstand (optional pike or straddle) into Handstand hold (2 seconds)  
Lower to straddle or Pike lever and Lift to pike stand  
Handstand forward roll to Straddle sit and then Straddle fold (2seconds)  
Splits (either leg) swing leg round and push to Bridge  
Knee to chest Roll to knees  
D hold, Chest roll out towards handstand push to front support Turn to Back support Lower to pike sitting  
Pike fold arms past ankles from sitting pike  
Backward roll towards handstand (45°) straight arms 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 - 1.0

Failure to hold elements marked as **hold** throughout the routine - 0.5

Lack of flexibility throughout the routine - 0.1/0.3/0.5

Feet touch or brush the floor at any stage - 1.0

General execution faults throughout routine including knee's 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.



**IDENTITY GRADE**

## **BRONZITE - TITANIUM - BLUE DIAMOND**



### **EQUIPMENT:**

Floor area only with Parallettes *[Preferably a hard surface with firm matting]*

### **ROUTINE:**

On Parallettes Sitting in a pike position, Pike hold legs Lift to stand  
Lift to handstand (choice of straddle or pike) lower down to pike or straddle lever Lift to stand  
Handstand roll to straddle sit Straddle fold (2seconds)  
Split (either leg)  
Bridge  
Knees to chest, Rock to pike sitting extension arms up  
Pike fold arms past ankles Backward roll to handstand straight arms (from sitting pike) chest roll down – hold  
Chest roll to handstand Step/Pike down to stand up  
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 pike lever hold - 0.1/0.3/0.5

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 knee's 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.