



MEN'S ARTISTIC GYMNASTICS

COMPETITION HANDBOOK

2025

INTRODUCTION:

Welcome to the new Men's Artistic Gymnastics Handbook!

Our focus for 2025/2026 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 are expected from everyone involved. Any breaches of the Code of Conduct may result in disciplinary action, including removal from the event or exclusion from 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 Competition
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.

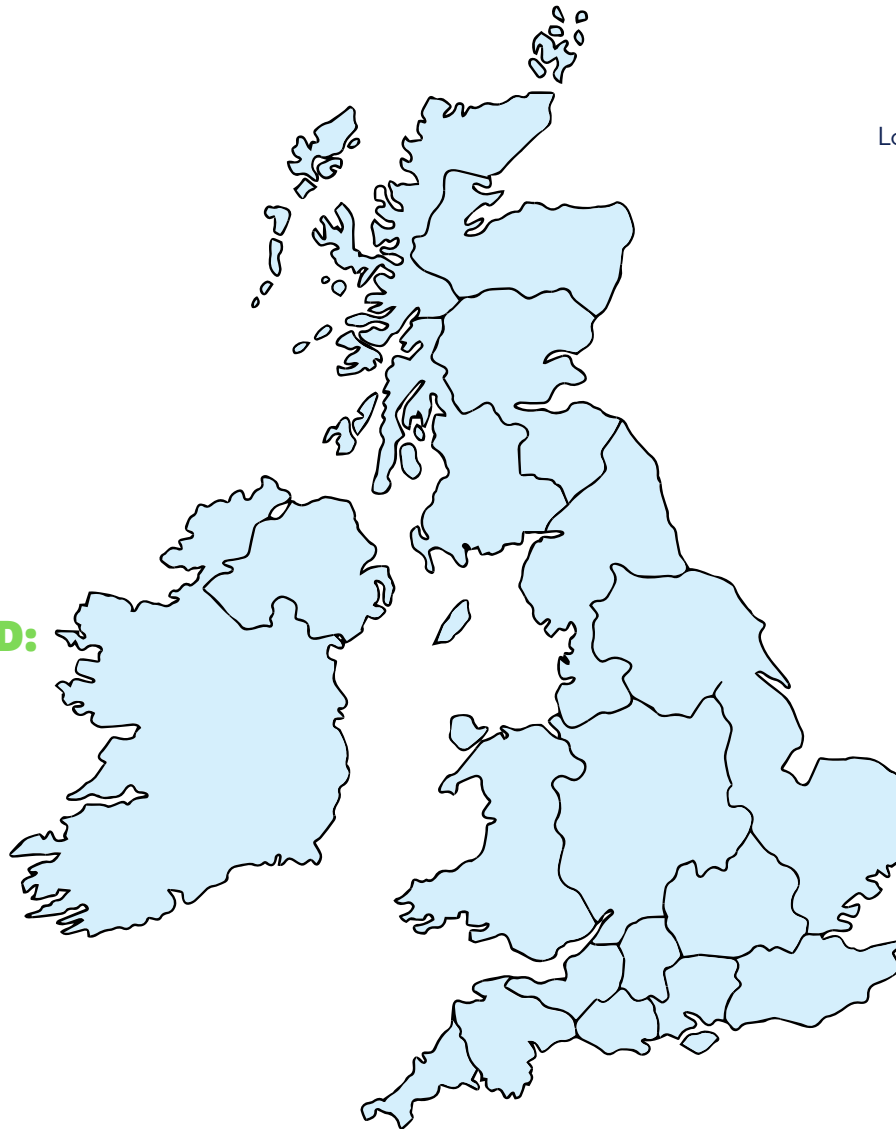
OUR IGA REGIONS:

NORTH REGIONS:

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

NORTHERN IRELAND:

Antrim and Newtown abbey
 Ards and North Down
 Armagh City, Banbridge and
 Craigavon
 Belfast City
 Causeway Coast and Glens
 Derry City and Strabane
 Fermanagh and Omagh
 Lisburn and Castlereagh
 Mid and East Antrim
 Mid Ulster
 Newry, Mourne and Down



SOUTH REGIONS:

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

SOUTHERN IRELAND:

Cavan	Clare	Carlow
Donegal	Cork	Dublin
Monaghan	Kerry	Kildare
	Limerick	Kilkenny
	Tipperary	Laois
	Waterford	Longford
	Galway	Louth
	Leitrim	Meath
	Mayo	Offaly
Roscommon	Westmeath	
	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 no longer be accepted.
Once the entries have closed, no more gymnasts can be entered.

FIRST TIME ENTRIES:

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. Please ensure that you enter your gymnasts into the correct level for their ability and age group.

COACH TO GYMNAST RATIO:

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.

ENTRY REQUIREMENTS:

For every 10 gymnasts entered 1 Judge **MUST** be entered - New Judges (less than 2 years) can only judge Fundamental Levels.

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

All clubs **MUST** provide one volunteer for our IGA events.

Gymnasts **MUST** have IGA Membership.

IGA Clubs **MUST** be fully compliant with IGA Policies to enter gymnasts.

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:

IGA Clubs must hold IGA Affiliation to enter this competition.

IGA Clubs must be **FULLY** Compliant under IGA Policies.

COACH REQUIREMENTS:

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

Please note – all coaches must have a valid DBS and safeguarding certificate to attend

Please note coaches who do not have the correct credentials on the entry form will not be accepted. JustGo will automatically not allow coaches with missing credentials to book, this is not a JustGo error, so please check your coaches credentials before booking. All coaches must be registered on the portal, to be able to attend an IGA Competition.

ENTRY PAYMENTS:

Competition payments **MUST** be settled before the competition. Payments not made before the competition will result in the inability for competitors to compete at an IGA Competition.

IMPORTANT: To complete your entries please remember to select the number of pieces and tick the box that states add to cart.



Apparatus

From the drop down list, select how many apparatus the gymnast will be competing on.

Once you've selected the quantity remember to tick add to cart. If you do not tick this, the entry will show an incorrect amount on your invoice and their place in the competition is not guaranteed.

£10.00



PLEASE NOTE: Entries must be made via the portal. Each entry has restrictions in place suited to the entry. If a member you're trying to add is not available, Please ensure the member has followed entry guidelines and check their profile to ensure all is correct. This is **NOT** a JustGo error!

I.E Coaches who are missing credentials such as DBS and correct qualification cannot enter the event*

IGA COMPETITION PATHWAY **NEW**

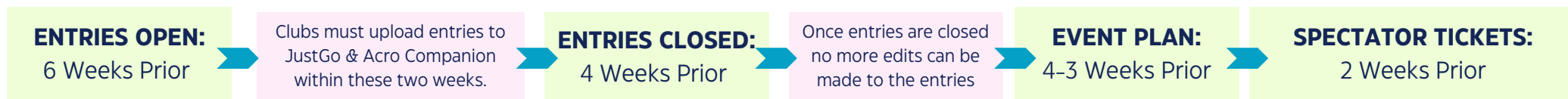
FOUNDATION LEVELS	The building blocks of gymnastics, focusing on basic skills, strength and flexibility	LEVEL 10 [Set Routines]	LEVEL 9 [Set Routines]	LEVEL 8 [Set on UB & VT]	ENTRY AGE: MM,LL,SS
IDENTITY LEVELS	Focusing on refining skills and developing personal style by finding their strengths	LEVELS 7 - 5			ENTRY AGE: LL/SS/TB/P
ELITE LEVELS	The highest level of national competition preparing gymnasts for FIG rules	LEVELS 4 - 1			ENTRY AGE: SS/TB/P/L/M
FIG	Governed by FIG rules, where gymnasts can compete at IGA international standard	NOVICE [2 Years]	PREMIER [2 years]	MASTERS	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	Troopers (T) Ages 15-16	Masters (M) Ages 16+
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Please note the age group is determined by the age the gymnast is turning within the current year i.e Gymnast aged 8 turning 9 this year is a Skill Seeker

COMPETITION ORGANISING TIMELINE:



Q&A

GENERAL	EXPLANATION	WHY?
Can you replace a skill on the set routines with something else?	No, all set routines must be performed as written on the handbook	We believe these skills are fundamental to the growth of 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 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 a recommended ages section?	This has been added to help coaches understand the development age recommended for each level.	We want to ensure that gymnasts are moving through the levels through correct talent identification.

EXECUTION TABLE:

GENERAL	EXPLANATION	EXAMPLE
Lack of tension throughout the routine - 0.1/0.3/0.5	Can be taken each time but not for each limb	Flexed feet in handstand - 0.1
Lack of correct body shapes in skills - 0.1/0.3/0.5	Can be taken each time during the routine	Clear lack of dish shape in swings - 0.3
Lack of Balance - 0.1/0.3/0.5	Can be taken each time during the routine	Small wobble on Balance - 0.1
Lack of Dynamics - 0.1/0.3/0.5	Can only be taken once on Vault and once on Floor	Clear Slow run to Vault - 0.3
Deviation in Skills - 0.1/0.3	Can only be taken once where clear deviation applies	Tumble not in a straight line on Floor
Deep landings - 0.3/0.5	Can only be taken once on a landing	Gymnast landed in deep squat - 0.5
Knee or Leg Separation - 0.1/0.3/0.5	Can only be taken once based on distance	Legs apart wider than shoulders - 0.5
Insufficient Shape in Saltos - 0.1/0.3/0.5	Can only be taken once based on lack of shape	Clear Lack of tuck shape in salto - 0.3
Insufficient Height in Saltos - 0.1/0.3/0.5	Can only be taken once based on lack of height	Clear Lack of height in salto - 0.3
Brushing/Touching apparatus with hands but no fall - 0.1/0.3/0.5	Can be taken each time	Held onto beam to avoid fall - 0.5
All Falls including failure to land feet first - 1.0	Can be taken each time	Gymnast landed on knee's in salto - 1.0