



WOMEN'S ARTISTIC

2026 COMPETITION PATHWAYS ***FREQUENTLY ASKED QUESTIONS***

Version 1.0

Independent Gymnastics Association | Effective 1st September 2025 |

WHEN WILL THIS BE COMING INTO PLACE? JANUARY 2026 OR FOR THE 2025/2026 COMP SEASON?

This will be coming into place for all competitions starting in January 2026.

WHO ESTABLISHES THE PATHWAY?

Essentially the gymnasts score at Level 9 will determine which pathway they are eligible for. Gymnasts scoring **over** 31.00 must compete in the national pathway. Gymnasts scoring underneath this score must compete on the regional pathway.

IF GYMNASTS ARE COMPETING 2 OR 3 PIECES WHAT IS THE PASS SCORE?

There is **no** pass score for gymnasts competing 2-3 pieces of apparatus, regardless of the pathway chosen, gymnasts **must** compete all 4 apparatus to reach the score to level up. Whilst there is flexibility on how many pieces you enter on the regional pathway, this is a WAG discipline which is a 4 apparatus discipline. If you would like to have no pass scores and still participate in other apparatus we recommend the GFA route which has Floor, Vault, Trampoline and Beam.

WHAT'S THE DIFFERENCE BETWEEN IDENTITY AND ELITE WHAT MORE DO YOU GET?

The difference is on the level of gymnastics performed at competitions, not benefits.

WHEN YOU SAY FIG, ARE IGA GYMNASTS ELIGIBLE TO QUALIFY FOR BRITISH ETC? OR WOULD IT BE A CASE THAT IT WOULD BE AN IGA VERSION? - THIS IS A GENERAL QUESTION NOT FOR US A CLUB!

Unfortunately not, IGA one day hopes to run our own IGA championships when the level of gymnastics grows within the community.

CAN A GYMNAST COMPETE OUT OF AGE ON THE NATIONAL PATHWAY, THEY JUST CAN'T BE IN NATIONAL SQUAD?

No, a gymnast **must** fit the entry criteria at all times - if a gymnast is not able to compete due to being outside of the entry criteria they must compete in the Regional Pathway. The only exception being allowed for 2026 is the gymnasts who are currently already level 4 and above who can continue their current pathway.

CAN YOU SWAP BETWEEN PATHWAYS?

Gymnasts are eligible to transfer to the national pathway provided they have **successfully** passed their current regional level and meet the **entry age requirement** for the next national level. Alternatively, if a gymnast **does not** meet the entry age requirement in time to progress within the national pathway, they **must** continue to compete within the regional pathway until they are eligible. Gymnasts in the National Pathway **can** move to the Regional Pathway if they are unable to level up at the National Pathway after **two attempts**.

DO WE GET FLEXIBLE ENTRY?

Yes, for the first year all clubs and gymnasts will get flexible entry to ensure they are able to progress through the correct pathway.

CAN YOU PLEASE CONFIRM THAT IF YOU ARE OVER 10 (SS) YOU WILL NOT BE ABLE TO COMPETE LEVEL 8 FROM JANUARY?

Only gymnasts on the Regional Pathway can compete at Level 9 and 8 as a Trailblazer.

WILL YOU NEED INTENTION SHEETS ANY MORE?

You will not require intention sheets for set routines at Level 10 and 9. However there will be new intention sheets being uploaded to the website before the competition season starts in 2026.

I HAVE A NEWLY TURNED LEVEL 7 GYMNAST WHO WILL LIKELY DO THE NATIONAL PATHWAY, SHE HAS ALREADY COMPETED IN EMERALD (GEMS) AND GOT A DISTINCTION. WILL SHE JUST REDO EMERALD AS IT ALIGNS WITH LEVEL 7?

For 2026, entry is flexible and it's up to the coach to decide which level best suits each gymnast. In previous years, we've found that some clubs have entered a different Gems level than what aligns with the year-end competition. The new system is designed to ensure that the Gems programme builds progressively and directly supports the levels expected at the end-of-year competition. Yes - the gymnast can repeat the grade to be aligned for the end of year.

LEVEL 8 IS DOWN AS AN IDENTITY AND FOUNDATION LEVEL?

Yes this is correct - Each pathway serves a different pathway. Regional are more flexible at Level 8 with only one set routine on UB, Whilst the National route has set routines on UB and VT.

AM I CORRECT IF YOU ARE A PIONEER YOU CAN NO LONGER DO LEVEL 8 !

Yes this is correct.

VOLUNTEER DOES HAVING A JUDGE COUNT AS A VOLUNTEER

No, a Judge does not qualify as a Volunteer as they are in a paid role.

CAN YOU ONLY DO NATIONAL PATHWAY IF YOU DO GEMS !

Correct - Only National Pathway can attend Gems Grades. However in the future we would like the opportunity to introduce regional grades.

LEVEL 8 BARS THIS IS A STEP BACKWARDS FOR ALL THOSE THAT WORK DOUBLE BARS AND HAVE DONE FOR A WHILE.

Incorrect - As a community we must change our thought process. This changed was made to encourage good basics and safe gymnastics. Those who have been competing this safely should then be Level 7.

BEAM - LEVEL 10. HANDSTAND HOLD. REALLY?

Yes, a kick to handstand hold is one of the first basic acro skills that a Women's Artistic coach should be teaching. This is a key foundation skill. If this is too difficult, then your gymnast will be Regional/GFA.

LEVEL 9. CARTWHEEL. REALLY? - THIS SHOULD BE THE HANDSTAND HOLD.

Again, Cartwheel is a basic WAG gymnastics skill on Beam and one of the first skills you would teach - if this is too difficult for a gymnast, then we would recommend the Regional/GFA route.

FLOOR SPLITS SURELY THIS IS MORE FOR THOSE DOING GEMS. OTHERWISE A LOT OF GYMNASTS THAT HAVE ALREADY COMPETED ARE GOING TO HAVE TO STEP BACKWARDS AND DO GFA

Again, Cartwheel is a basic WAG gymnastics skill on Beam and one of the first skills you would teach - if this is too difficult for a gymnast, then we would recommend the GFA route.

PLEASE CAN I HAVE CLARIFICATION ON THE AGE GROUP FOR LEVEL 7-5 AND 4+ AS IT STATED THAT 16YR+ CAN ONLY ENTER IN LEVEL 4 ON ONE DOCUMENT BUT ON ANOTHER DOCUMENT IT STATES THAT 16YR+ CAN ENTER LEVEL 7-5 AND 4+. I AM HOPING THAT THE LATTER IS TRUE AS WE HAVE TEENAGERS WHO HAVE BEEN WORKING THEIR WAY THROUGH THE LEVELS SINCE THE ORIGINAL PROGRAMMES INCEPTION IN 2012 WHEN WE JOINED UKG AND THEY HAVE REACHED LEVEL 6.

The Regional and National pathways are completely different and have been defined that way for a reason, as this extends to FIG Level. If gymnasts cannot complete the next Level they are not ready to enter and that is ok. The level up score will determine if a gymnast is progressing in the correct way and will determine if they are ready to progress. We have evolved massively since UKG and must move with the times and the growth of IGA, we unfortunately cannot stay in 2012 handbook rules. Every gymnast will have flexibility entry for the first year, and it's vital the coach makes the correct decision for their gymnast.

Gymnasts level 4 and above can follow their pathway to not disturb their gymnastics.