



**GYMNASTICS FOR ALL**

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**COMPETITION HANDBOOK**

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**2026**

# INTRODUCTION:

## Welcome to the new GFA Competition Handbook!

Welcome to the Gymnastics for All (GfA) Handbook – a comprehensive guide designed to support inclusive, engaging, and accessible gymnastics opportunities for children of all ages and ability levels. This pathway has been thoughtfully created to provide a positive and rewarding experience for those participating in gymnastics for 1 to 3 hours per week, making it the perfect entry point for recreational gymnasts or those looking to build confidence, strength, and coordination in a fun, supportive environment.

## CONTACT DETAILS:

**National Competition Organiser:** robyn.adams@igauk.com

**National Safeguarding Lead:** safeguarding@igauk.com

## GFA COMMITTEE:

Nikki Maclinden - Northern Ireland

Rochelle Smith - 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:

North

South

Midlands

### January to May:

TBC

21st/22nd February: Love to Move

10th May FlipFest Display

TBC

28th June AcroPAD Invitational

### September to December:

TBC

TBC

TBC

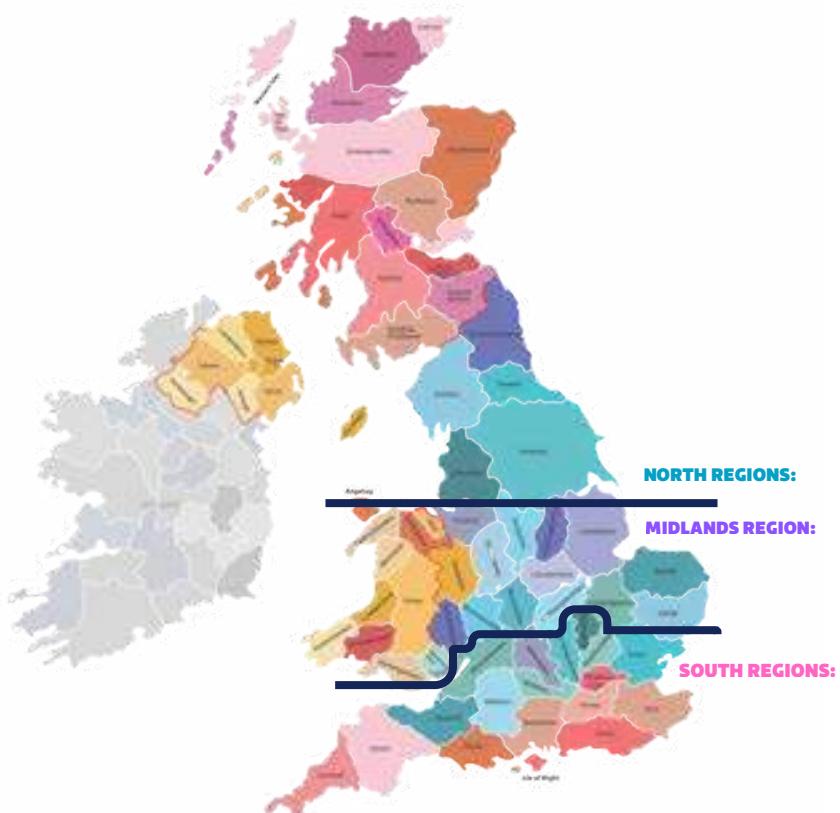
# OUR IGA REGIONS:

## NORTH REGIONS:

- County Durham
- Northumberland
- Tyne and Wear
- Teesside
- East Riding of Yorkshire
- North Yorkshire
- South Yorkshire
- Scotland
- Cumbria
- Greater Manchester
- Lancashire
- Merseyside
- West Yorkshire
- Hull

## MIDLANDS REGION:

- Derbyshire
- Leicestershire
- Lincolnshire
- Northamptonshire
- Nottinghamshire
- Rutland
- Norfolk
- Cheshire
- Herefordshire
- Shropshire
- Staffordshire
- Warwickshire
- West Midlands
- Worcestershire
- Wales
- Cambridgeshire
- Suffolk



## SOUTH REGIONS:

- Bedfordshire
- Cambridgeshire
- Essex
- Hertfordshire
- Berkshire
- Buckinghamshire
- East Sussex
- Hampshire
- Isle of Wight
- Kent
- Oxfordshire
- Surrey
- West Sussex
- Bristol
- Cornwall
- Devon
- Dorset
- Gloucestershire
- Somerset
- Wiltshire
- Isles of Scilly
- Channel Islands

## 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 IRELAND:

- Clare
- Cork
- Kerry
- Limerick
- Tipperary
- Waterford
- Galway
- Leitrim
- Mayo
- Roscommon
- Sligo
- Cavan
- Donegal
- Carlow
- Dublin
- Kildare
- Kilkenny
- Laois
- Longford
- Louth
- Meath
- Offaly
- Westmeath
- Wexford
- Wicklow
- Monaghan

# COMPETITION ENTRIES:

At the heart of GfA is inclusivity – ensuring that every child has the chance to enjoy gymnastics regardless of their background, experience, or skill level. Whether a gymnast is just beginning their journey or looking to stay active in a non-competitive setting, the GfA programme offers structured progressions, achievable goals, and exciting opportunities to perform and grow at their own pace. Gymnasts level 1-9 compete three pieces of apparatus, Floor, Trampette, and Vault. Gymnasts level 10-12 compete four pieces, Floor, Trampette, Vault, and have the choice to add either Beam or Bars as their 4<sup>th</sup> piece.

## COMPETITION ENTRY COSTS:

All Levels:		
<b>£30.00 per entry</b> Gymnasts compete all three pieces of apparatus	<b>£10.00 per piece:</b> AcroPAD invitational	<b>Flip Fest Events:</b> Team entry fee: £25.00 Gymnast: £27.00 (Includes T-Shirt)

## 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 ability.

## 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 NEW

<b>ALL GFA COMPETITIONS</b>	Medals will be awarded for 1 <sup>st</sup> to 3 <sup>rd</sup> on all apparatus.	A well done medal will be awarded to all gymnasts who have participated in the competition
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## THINGS TO BE AWARE OF: NEW

Gymnasts who participate alone in a category will **only** receive one gold medal and a Well Done Medal.

# 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 or Unity 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:

**WAG, MAG, or GFA Qualifications**

**LEVEL** Minimum GFA Level 1 – Assisted by GFA Level 2

**LEVEL** Minimum GFA Level 2

***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 15 gymnasts entered 1 Judge **must** be entered.

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

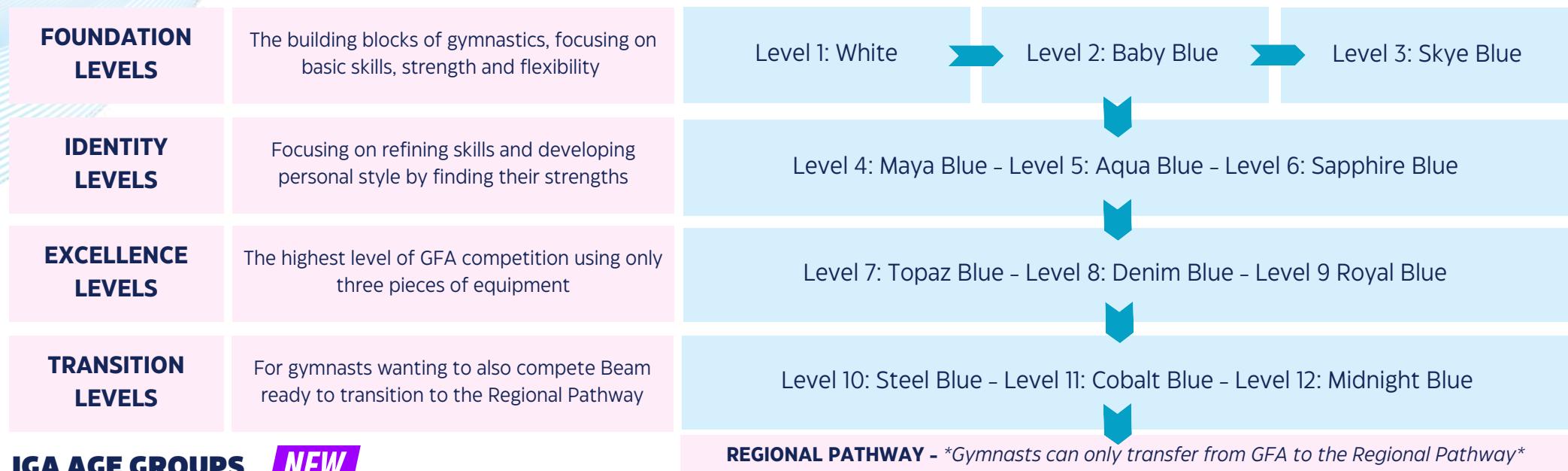
**As judging is based of execution and minor faults we accept all E-Panel Assistant Judges and Head Judges,**

***\*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 COMPETITION PATHWAY NEW



## IGA AGE GROUPS NEW

**REGIONAL PATHWAY** - \*Gymnasts can only transfer from GFA to the Regional Pathway\*

<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 17+
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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 GFA, 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 1.0 deduction from their 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.



**GYMNASTICS FOR ALL**

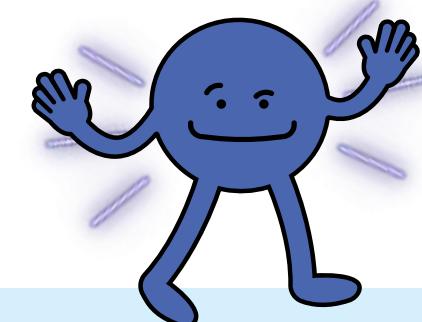
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**COMPETITION LEVELS**

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# LEVEL 1: WHITE

FLOOR	Floor Line & Bench	VAULT	TRAMPETTE
1.	Rock backwards and forwards to stand up in tuck position. (0.5 bonus for not using hands to stand)	<b>Equipment:</b> Vault run - Springboard - 1 x 30cm safety mat	<b>Equipment:</b> 60cm Block- Trampette - 1 x 30cm safety mat
2.	2 x Bunny Hops	Straight Jump	Star Jump
3.	<b>Hold</b> Stalk Balance	<b>One attempt only!</b>	<b>One attempt only!</b>
4.	Step onto Bench (not using hands)		
5.	Walk on toes to the end of the bench		
6.	Stretch jump off bench to land		

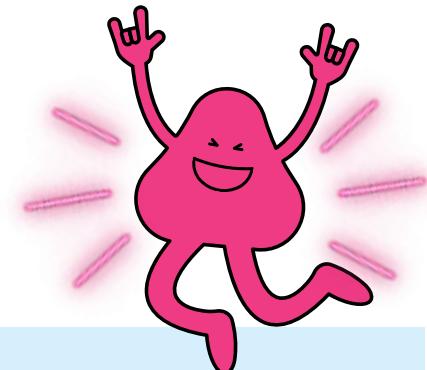


## IMPORTANT NOTES:

- Skills marked with **Hold** must be held for 2 seconds.
- All skills **MUST** be performed in order. Whilst there is **no deduction** for the incorrect order, it's important the gymnast does not miss a skill. Failure to attempt a skill will be deducted 1.0 from the final score. IGA recommends that clubs do not enter gymnasts unless they can compete all skills safely.
- All routines are marked out of **10.00** and are deducted on execution faults and missing skills **only**.

## LEVEL 2: BABY BLUE

FLOOR	Floor Line & Bench	VAULT	TRAMPETTE
1.	Forward roll down the slope. (0.5 bonus if no slope is used)	<b>Equipment:</b> Vault run - Springboard - 1 x 30cm safety mat	<b>Equipment:</b> 60cm Block- Trampette - 1 x 30cm safety mat
2.	Straight jump	Star jump	Tuck jump or straight jump $\frac{1}{2}$
3.	Squat on, onto the bench	<b>One attempt only!</b>	<b>One attempt only!</b>
4.	<b>Hold</b> Stalk Balance		
5.	Walk on toes to the end of the bench		
6.	Star jump off bench to land		
<b>IMPORTANT NOTES:</b>			
1.	Skills marked with <b>Hold</b> must be held for 2 seconds.		
2.	All skills <b>MUST</b> be performed in order. Whilst there is <b>no deduction</b> for the incorrect order, it's important the gymnast does not miss a skill. Failure to attempt a skill will be deducted 1.0 from the final score. IGA recommends that clubs do not enter gymnasts unless they can compete all skills safely.		
3.	All routines are marked out of <b>10.00</b> and are deducted on execution faults and missing skills <b>only</b> .		



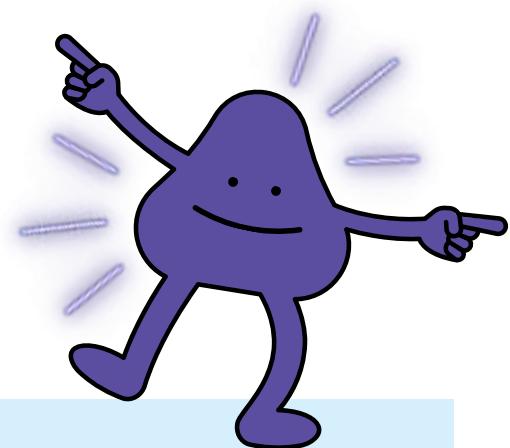
# LEVEL 3: SKYE BLUE



FLOOR	Floor Line & Bench	VAULT	TRAMPETTE
1.	Forward roll.	<b>Equipment:</b> Vault run - Springboard - 1 x 30cm safety mat	<b>Equipment:</b> 60 cm Block- Trampette - 1 x 30cm safety mat
2.	Straight Jump connected Star Jump	Tuck Jump	Tuck jump ½ or straight jump 1/1
3.	Squat-on onto the Bench	<b>One attempt only!</b>	<b>One attempt only!</b>
4.	2 x Bunny Hops (side to side) over the Bench		
5.	<b>Hold</b> arabesque balance on one leg		
6.	Straight Jump		
7.	Walk on toes to the end of the bench. Tuck jump to land		

## IMPORTANT NOTES:

1. Skills marked with **Hold** must be held for 2 seconds.
2. All skills **MUST** be performed in order. Whilst there is **no deduction** for the incorrect order, it's important the gymnast does not miss a skill. Failure to attempt a skill will be deducted 1.0 from the final score. IGA recommends that clubs do not enter gymnasts unless they can compete all skills safely.
3. All routines are marked out of **10.00** and are deducted on execution faults and missing skills **only**.



# LEVEL 4: MAYA BLUE



## FLOOR

### Floor Line & Bench

1. Backward roll down the slope (0.5 bonus without slope)
2. Straight Jump  $\frac{1}{2}$  turn
3. Squat-on onto the bench
4. Forward roll on the bench (1.0 will be deducted for gymnasts that fall on this skill)
5. Tuck Jump
6. Walk on toes to the end of the bench. Straight Jump  $\frac{1}{2}$  to land

## VAULT

### Equipment:

Vault run - Springboard - 1 x 30cm safety mat

Straight Jump  $\frac{1}{2}$  turn

**One attempt only!**

## TRAMPETTE

### Equipment:

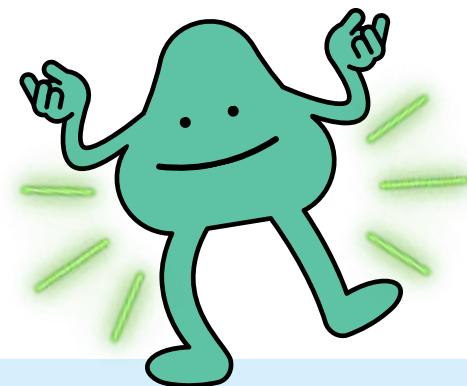
60cm Block - Trampette - 1 x 30cm safety mat

Dive roll

**One attempt only!**

## IMPORTANT NOTES:

1. Skills marked with **Hold** must be held for 2 seconds.
2. All skills **MUST** be performed in order. Whilst there is **no deduction** for the incorrect order, it's important the gymnast does not miss a skill. Failure to attempt a skill will be deducted 1.0 from the final score. IGA recommends that clubs do not enter gymnasts unless they can compete all skills safely.
3. All routines are marked out of **10.00** and are deducted on execution faults and missing skills **only**.



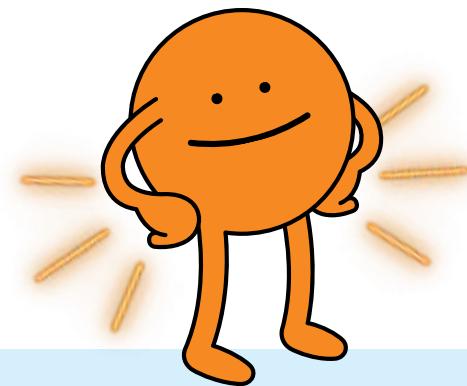
# LEVEL 5: AQUA BLUE



FLOOR	<i>Floor Line Only</i>	VAULT	TRAMPETTE
1.	Backward roll	<b>Equipment:</b> Gymnastics for all box style vault (2 boxes)	<b>Equipment:</b> Block - Trampette - Mats to level landing
2.	Straight Jump $\frac{1}{2}$ turn	Squat on straight jump off to land	Round off (Feet together on take off)
3.	<b>Hold</b> headstand in tucked position	<b>One attempt only!</b>	<b>One attempt only!</b>
4.	From crouch straight jump up		
5.	Tuck jump connected Star jump		
6.	Catleap		

## IMPORTANT NOTES:

1. Skills marked with **Hold** must be held for 2 seconds.
2. All skills **MUST** be performed in order. Whilst there is **no deduction** for the incorrect order, it's important the gymnast does not miss a skill. Failure to attempt a skill will be deducted 1.0 from the final score. IGA recommends that clubs do not enter gymnasts unless they can compete all skills safely.
3. All routines are marked out of **10.00** and are deducted on execution faults and missing skills **only**.



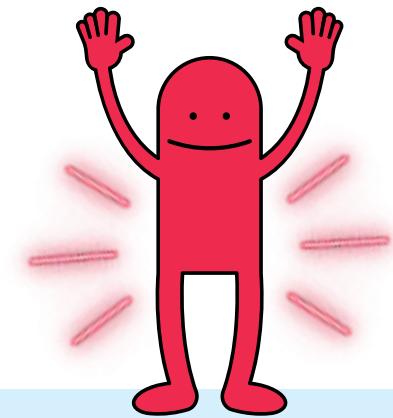
# LEVEL 6: SAPPHIRE BLUE



FLOOR	<i>Floor Line Only</i>	VAULT	TRAMPETTE
1.	Backward roll to straddle	<b>Equipment:</b> Gymnastics for all box style vault (2 Boxes)	<b>Equipment:</b> Block - Trampette - Mats to level landing
2.	Straight Jump 1/1 turn	Squat on star jump off to land	Round off(Feet together on take off)or Flyspring (0.5 bonus for flyspring)
3.	<b>Hold</b> headstand with straight legs	<b>One attempt only!</b>	<b>One attempt only!</b>
4.	Push to bridge and <b>Hold</b> for 2 seconds		
5.	Rock and Roll to stand up		
6.	Cartwheel		

## IMPORTANT NOTES:

1. Skills marked with **Hold** must be held for 2 seconds.
2. All skills **MUST** be performed in order. Whilst there is **no deduction** for the incorrect order, it's important the gymnast does not miss a skill. Failure to attempt a skill will be deducted 1.0 from the final score. IGA recommends that clubs do not enter gymnasts unless they can compete all skills safely
3. All routines are marked out of **10.00** and are deducted on execution faults and missing skills **only**.



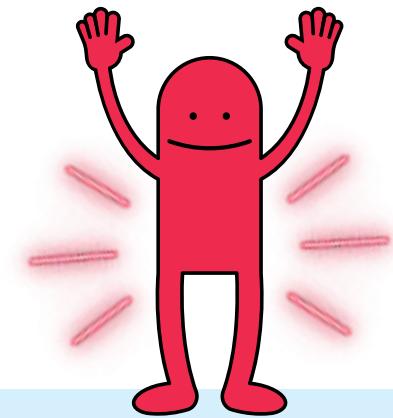
# LEVEL 7: TOPAZ BLUE



FLOOR	Floor Line Only	VAULT	TRAMPETTE
1.	Chasse Cartwheel	<b>Equipment:</b> Springboard 2 x 30cm safety mats	<b>Equipment:</b> Block - Trampette - Mats to level landing
2.	Straight Jump 1/1 turn	Squat on kick to handstand flat lie	Flyspring
3.	Kick to handstand (0.5 bonus for <b>Hold</b> )	<b>One attempt only!</b>	<b>One attempt only!</b>
4.	Push to bridge and <b>Hold</b> with 1 leg raised		
5.	Rock and Roll to stand up		
6.	One handed Cartwheel		

## IMPORTANT NOTES:

1. Skills marked with **Hold** must be held for 2 seconds.
2. All skills **MUST** be performed in order. Whilst there is **no deduction** for the incorrect order, it's important the gymnast does not miss a skill. Failure to attempt a skill will be deducted 1.0 from the final score. IGA recommends that clubs do not enter gymnasts unless they can compete all skills safely.
3. All routines are marked out of **10.00** and are deducted on execution faults and missing skills **only**.



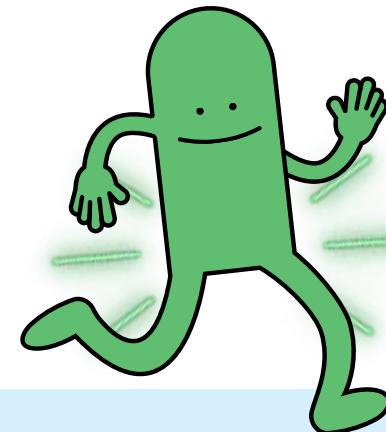
# LEVEL 8: DENIM BLUE



FLOOR	<i>Floor Line Only</i>	VAULT	TRAMPETTE
1.	Cartwheel Chasse Cartwheel	<b>Equipment:</b> Springboard 2 x 30cm safety mats	<b>Equipment:</b> Block - Trampette - Mats to level landing
2.	Straight Jump 1/1 turn or 1/1 Spin	Handstand flat lie	Fly Spring or Front somersault (0.5 bonus for Somersault)
3.	Kick to handstand - lower to bridge and <b>Hold</b>	<b>One attempt only!</b>	<b>One attempt only!</b>
4.	Lower to floor - <b>Hold</b> dish, roll over to arch shape and <b>Hold</b>		
5.	Push to front support shape <b>Hold</b>		
6.	Transition to squat position and stand up.		

## IMPORTANT NOTES:

1. Skills marked with **Hold** must be held for 2 seconds.
2. All skills **MUST** be performed in order. Whilst there is **no deduction** for the incorrect order, it's important the gymnast does not miss a skill. Failure to attempt a skill will be deducted 0.5 from the final score. IGA recommends that clubs do not enter gymnasts unless they can compete all skills safely.
3. All routines are marked out of **10.00** and are deducted on execution faults and missing skills **only**.



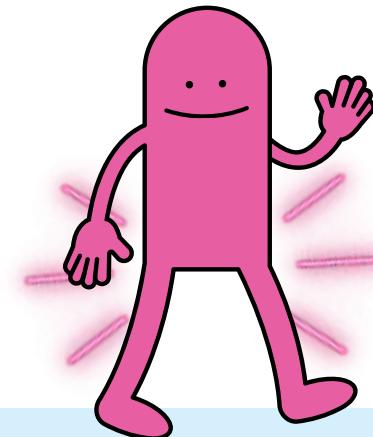
# LEVEL 9: ROYAL BLUE



FLOOR	<i>Floor Line Only</i>	VAULT	TRAMPETTE
1.	Cartwheel Chasse Round off	<b>Equipment:</b> 1m block sideways - 1 x safety mat behind	<b>Equipment:</b> Block - Trampette - Mats to level landing
2.	Straight Jump 1/1 turn or 1/1 Spin	Handspring over the block	Tuck Front somersault
3.	Forward walkover or handspring	<b>One attempt only!</b>	<b>One attempt only!</b>
4.	Catleap ½		
5.	Backward walkover or Standing Flick to two feet (0.5 bonus for Flick to two feet)		
6.	<b>Hold</b> Right, Left or Box Splits		

## IMPORTANT NOTES:

1. Skills marked with **Hold** must be held for 2 seconds.
2. All skills **MUST** be performed in order. Whilst there is **no deduction** for the incorrect order, it's important the gymnast does not miss a skill. Failure to attempt a skill will be deducted 1.0 from the final score. IGA recommends that clubs do not enter gymnasts unless they can compete all skills safely.
3. All routines are marked out of **10.00** and are deducted on execution faults and missing skills **only**.



# LEVEL 10: STEEL BLUE



FLOOR	Floor Line Only	VAULT	TRAMPETTE	BEAM
1.	Round off - Flick to two feet. (0.5 bonus for connection)	<b>Equipment:</b> 1m Vault Table (stacked mats)	<b>Equipment:</b> Block - Trampette - Mats to level landing	<b>Equipment:</b> FIG Beam - 1 x mat underneath
2.	Straight Jump 1/1 turn or 1/1 Spin	Handsprint flat lie	Pike front somersault or Barani (0.5 Bonus for Barani)	1. Jump to front support
3.	Handsprint connected dive roll	<b>One attempt only!</b>	<b>One attempt only!</b>	2. V-Sit with Hands
4.	Catleap 1/1 turn			3. Handstand or Forward Roll
5.	Dive Cartwheel			4. Catleap or $\frac{1}{2}$ Spin
6.	<b>Hold</b> Right, Left or Box Splits			5. Straight Jump or Tuck Jump
		<b>BARS</b>	<b>Low Bar Only</b>	5. Straight Jump or R/off (0.5 bonus for R/off)
		1. Chin Up Circle Over		
		2. x2 Casts		
		3. Circle Down Dismount		

## IMPORTANT NOTES:

- Skills marked with **Hold** must be held for 2 seconds.
- All skills **MUST** be performed in order. Whilst there is **no deduction** for the incorrect order, it's important the gymnast does not miss a skill. Failure to attempt a skill will be deducted 1.0 from the final score. IGA recommends that clubs do not enter gymnasts unless they can compete all skills safely.
- All routines are marked out of **10.00** and are deducted on execution faults and missing skills **only**.

# LEVEL 11: COBALT BLUE



FLOOR	Floor Line Only	VAULT	TRAMPETTE	BEAM
1.	Round off Flick to two feet connected	Equipment: 1m Vault Table	Equipment: Block – Trampette – Mats to level landing	Equipment: FIG Beam – 1 x mat underneath
2.	Tuck Jump 1/1 or 1 ½ Spin	Handspring	Barani or Pike Front somersault with ½ turn (0.5 bonus for pike front somersault with ½ turn)	1. Jump to Squat on
3.	Tuck Front somersault	<b>One attempt only!</b>	<b>One attempt only!</b>	2. Arabesque or Y-Balance
4.	Split Leap or W Jump			3. Cartwheel or Free Roll
5.	Handstand Forward Roll Connected Dive Roll			4. Catleap or ½ Spin
6.	Free Cartwheel or Side Somersault (From run or chasse)			4. Tuck Jump or W-Jump
<b>BARS</b> <span style="background-color: #FFFF99; padding: 2px 10px;">Low Bar Only</span>				
		1. Chin Up Circle Over		5. R/off or Tuck front Front somersault (0.5 bonus for Somersault)
		2. Cast		
		3. Backhip Circle		
		4. Straddle Shoot Dismount OR Tuck on stretch Jump to Floor Landing.		

## IMPORTANT NOTES:

- Skills marked with **Hold** must be held for 2 seconds.
- All skills **MUST** be performed in order. Whilst there is **no deduction** for the incorrect order, it's important the gymnast does not miss a skill. Failure to attempt a skill will be deducted 1.0 from the final score. IGA recommends that clubs do not enter gymnasts unless they can compete all skills safely
- All routines are marked out of **10.00** and are deducted on execution faults and missing skills **only**.

# LEVEL 12: MIDNIGHT BLUE



FLOOR	Floor Line Only	VAULT	TRAMPETTE	BEAM
1.	Round off Flick connected	<b>Equipment:</b> 1m Vault Table	<b>Equipment:</b> Block - Trampette - Mats to level landing	<b>Equipment:</b> FIG Beam - 1 x mat underneath
2.	Tuck Jump 1/1 turn or Straight Jump 1 $\frac{1}{2}$	Handspring OR $\frac{1}{2}$ On (0.5 Bonus for $\frac{1}{2}$ On)	Pike Front $\frac{1}{2}$ turn OR Straight Front somersault (0.5 Bonus for Straight Front Somersault)	1. Jump to Squat on or squat through
3.	Pike Front somersault	<b>One attempt only!</b>	<b>One attempt only!</b>	2. Y-Balance or Needle scale with hands
4.	Split Leap connected cat leap OR W Jump connected straight Jump 1/1			3. Cartwheel or Backward W/over (0.5 bonus for walkover)
5.	Backward roll to handstand			4. Split leap or 1/1 spin
6.	Free Cartwheel OR Side Somersault OR Free Walkover OR Standing Tuck Back			5. Split jump or Tuck jump $\frac{1}{2}$
<b>BARS</b>				
		1. Chin Up Circle Over		
		2. Cast		
		3. Backhip Circle		
		4. Tuck On - Catch the High Bar		
		5. x2 Swings		
		6. Release on back swing to <b>Hold</b> Landing		

## IMPORTANT NOTES:

- Skills marked with **Hold** must be held for 2 seconds.
- All skills **MUST** be performed in order. Whilst there is **no deduction** for the incorrect order, it's important the gymnast does not miss a skill. Failure to attempt a skill will be deducted 1.0 from the final score. IGA recommends that clubs do not enter gymnasts unless they can compete all skills safely.
- All routines are marked out of **10.00** and are deducted on execution faults and missing skills **only**.