



GYMNASTICS FOR ALL

COMPETITION HANDBOOK

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:

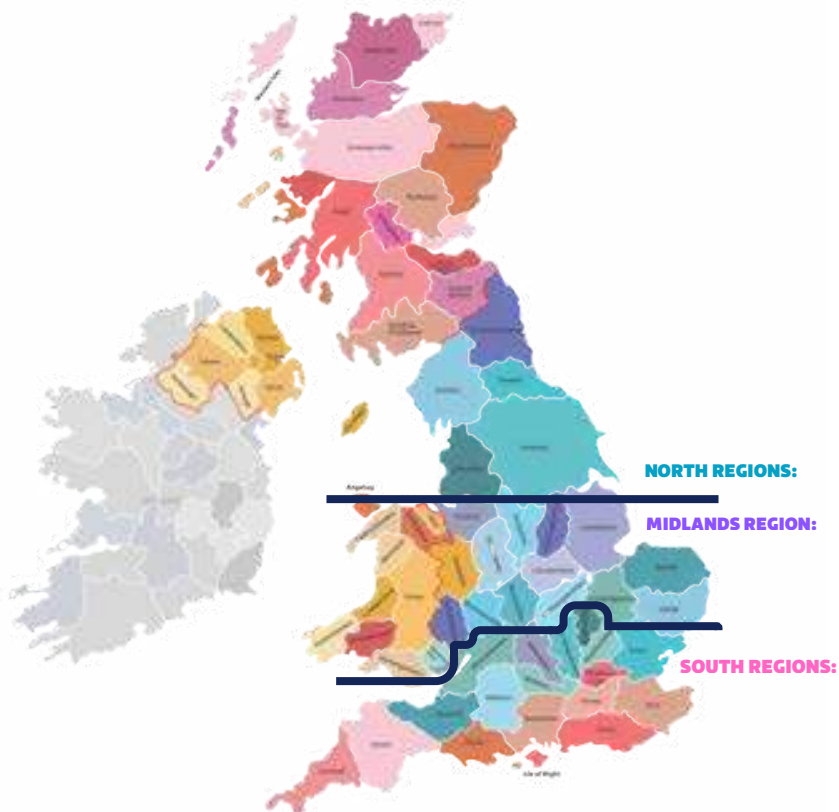
- Bedfordshire
- Cambridgeshire
- Essex
- Hertfordshire
- Berkshire
- Buckinghamshire
- East Sussex
- Hampshire
- Isle of Wight
- Kent
- Oxfordshire
- Surrey
- West Sussex
- Bristol
- Cornwall
- Devon
- Dorset
- Gloucestershire
- Somerset
- Wiltshire
- Isles of Scilly
- Channel Islands

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, Trampoline, and Vault. Gymnasts level 10-12 compete four pieces, Floor, Trampoline, Vault, and have the choice to add either Beam or Bars as their 4th piece.

COMPETITION ENTRY COSTS:

All Levels:

£30.00 per entry
Gymnasts compete all three pieces of apparatus

£10.00 per piece:
AcroPAD invitational

Flip Fest Events:
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**

ALL GFA COMPETITIONS

Medals will be awarded for 1st to 3rd on all apparatus.

A well done medal will be awarded to all gymnasts who have participated in the competition

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.*

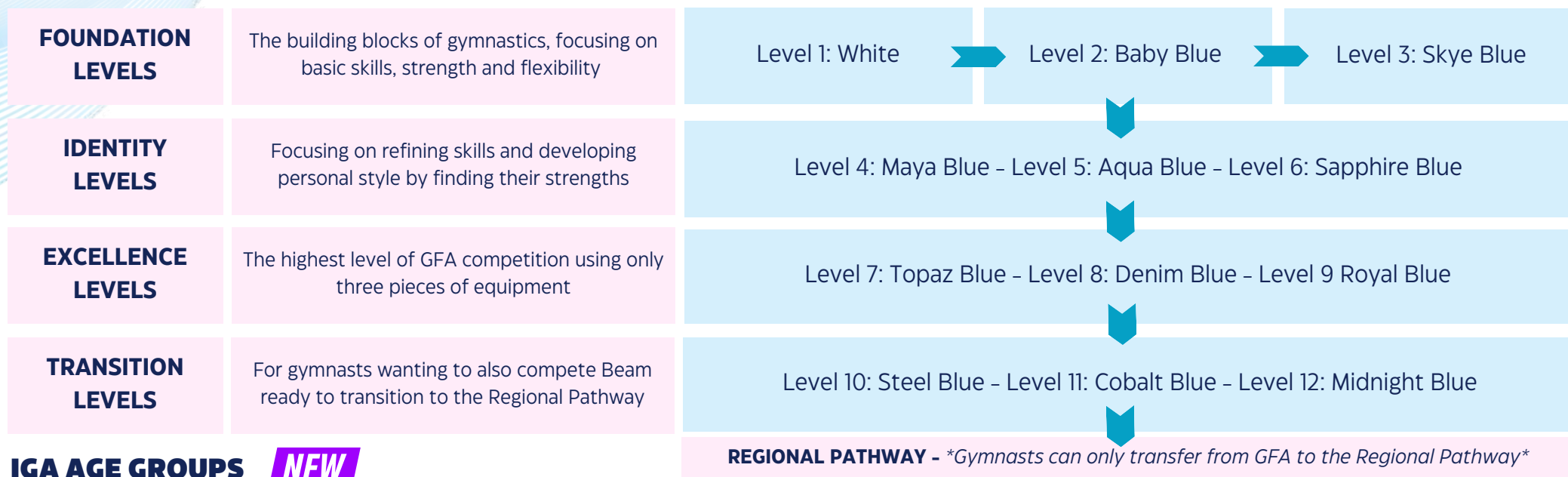
As judging is based on execution and minor faults we accept all E=Panel Assistant Judges and Head Judges,

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**

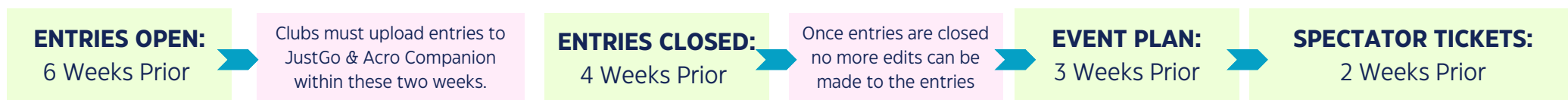


IGA AGE GROUPS **NEW**

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+
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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.

The background of the slide features a series of overlapping, translucent blue waves that flow from the left side towards the right. These waves vary in opacity and color intensity, creating a sense of movement and depth. The overall aesthetic is clean and modern, typical of a professional presentation.

GYMNASTICS FOR ALL

COMPETITION LEVELS

LEVEL 1: WHITE

FLOOR

Floor Line & Bench

1. Rock backwards and forwards to stand up in tuck position. (0.5 bonus for not using hands to stand)
2. 2 x Bunny Hops
3. **Hold** Stalk Balance
4. Step onto Bench (not using hands)
5. Walk on toes to the end of the bench
6. Stretch jump off bench to land

VAULT

Equipment:

Vault run - Springboard - 1 x 30cm safety mat

Straight Jump

One attempt only!

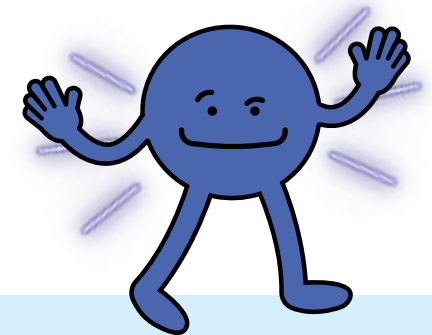
TRAMPETTE

Equipment:

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

Star Jump

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 2: BABY BLUE

FLOOR

Floor Line & Bench

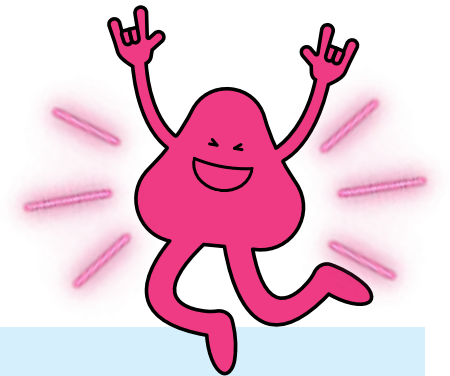
1. Forward roll down the slope. (0.5 bonus if no slope is used)
2. Straight jump
3. Squat on, onto the bench
4. **Hold** Stalk Balance
5. Walk on toes to the end of the bench
6. Star jump off bench to land

VAULT

- Equipment:**
Vault run - Springboard - 1 x 30cm safety mat
- Star jump
- One attempt only!**

TRAMPETTE

- Equipment:**
60cm Block- Trampette - 1 x 30cm safety mat
- Tuck jump or straight jump ½
- 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.
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LEVEL 3: SKYE BLUE



FLOOR

Floor Line & Bench

1.	Forward roll.
2.	Straight Jump connected Star Jump
3.	Squat-on onto the Bench
4.	2 x Bunny Hops (side to side) over the Bench
5.	Hold arabesque balance on one leg
6.	Straight Jump
7.	Walk on toes to the end of the bench. Tuck jump to land

VAULT

Equipment:

Vault run - Springboard - 1 x 30cm safety mat

Tuck Jump

One attempt only!

TRAMPETTE

Equipment:

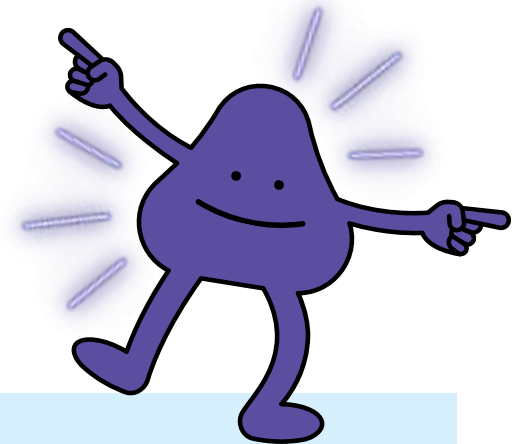
60 cm Block- Trampette - 1 x 30cm safety mat

Tuck jump ½ or straight jump 1/1

One attempt only!

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 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:

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3. All routines are marked out of **10.00** and are deducted on execution faults and missing skills **only**.



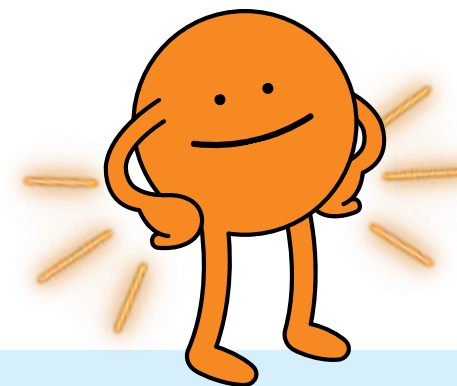
LEVEL 5: AQUA BLUE



FLOOR	Floor Line Only	VAULT	TRAMPETTE
1.	Backward roll	Equipment: Gymnastics for all box style vault (2 boxes)	Equipment: Block - Trampette - Mats to level landing
2.	Straight Jump ½ turn	Squat on straight jump off to land	Round off (Feet together on take off)
3.	Hold headstand in tucked position	One attempt only!	One attempt only!
4.	From crouch straight jump up		
5.	Tuck jump connected Star jump		
6.	Catleap		

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 6: SAPPHIRE BLUE



FLOOR

Floor Line Only

1.	Backward roll to straddle
2.	Straight Jump 1/1 turn
3.	Hold headstand with straight legs
4.	Push to bridge and Hold for 2 seconds
5.	Rock and Roll to stand up
6.	Cartwheel

VAULT

Equipment:
Gymnastics for all box style vault (2 Boxes)

Squat on star jump off to land

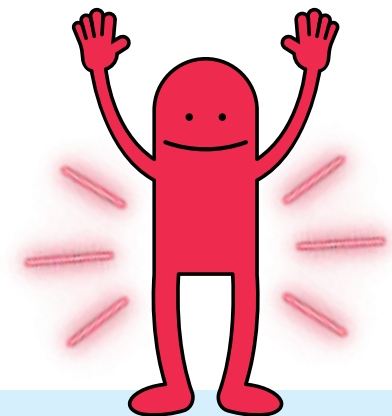
One attempt only!

TRAMPETTE

Equipment:
Block - Trampette - Mats to level landing

Round off(Feet together on take off)or Flyspring
(0.5 bonus for flyspring)

One attempt only!



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 7: TOPAZ BLUE



FLOOR	Floor Line Only	VAULT	TRAMPETTE
1.	Chasse Cartwheel	Equipment: Springboard 2 x 30cm safety mats	Equipment: 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 Hold)	One attempt only!	One attempt only!
4.	Push to bridge and Hold with 1 leg raised		
5.	Rock and Roll to stand up		
6.	One handed Cartwheel		



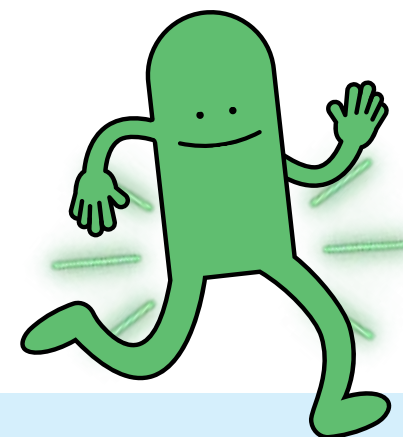
IMPORTANT NOTES:

- Skills marked with **Hold** must be held for 2 seconds.
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- All routines are marked out of **10.00** and are deducted on execution faults and missing skills **only**.

LEVEL 8: DENIM BLUE



FLOOR	Floor Line Only	VAULT	TRAMPETTE
1.	Cartwheel Chasse Cartwheel	Equipment: Springboard 2 x 30cm safety mats	Equipment: 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 Hold	One attempt only!	One attempt only!
4.	Lower to floor - Hold dish, roll over to arch shape and Hold		
5.	Push to front support shape Hold		
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 .		



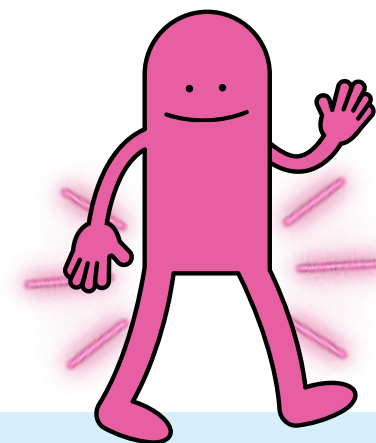
LEVEL 9: ROYAL BLUE



FLOOR	Floor Line Only	VAULT	TRAMPETTE
1.	Cartwheel Chasse Round off	Equipment: 1m block sideways – 1 x safety mat behind	Equipment: 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	One attempt only!	One attempt only!
4.	Catleap ½		
5.	Backward walkover or Standing Flick to two feet (0.5 bonus for Flick to two feet)		
6.	Hold Right, Left or Box Splits		

IMPORTANT NOTES:

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- 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.
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LEVEL 10: STEEL BLUE



FLOOR

Floor Line Only

1. Round off - Flick to two feet. (0.5 bonus for connection)
2. Straight Jump 1/1 turn or 1/1 Spin
3. Handspring connected dive roll
4. Catleap 1/1 turn
5. Dive Cartwheel
6. **Hold** Right, Left or Box Splits

VAULT

Equipment:
1m Vault Table (stacked mats)

Handspring flat lie

One attempt only!

TRAMPETTE

Equipment:
Block - Trampoline - Mats to level landing

Pike front somersault or Barani (0.5 Bonus for Barani)

One attempt only!

BEAM

Equipment:
FIG Beam - 1 x mat underneath

1. Jump to front support
2. V-Sit with Hands
3. Handstand or Forward Roll
4. Catleap or ½ Spin
4. Straight Jump or Tuck Jump
5. Straight Jump or R/off (0.5 bonus for R/off)

BARS

Low Bar Only

1. Chin Up Circle Over
2. x2 Casts
3. Circle Down Dismount

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LEVEL 11: COLBALT BLUE



FLOOR

Floor Line Only

1. Round off Flick to two feet connected
2. Tuck Jump 1/1 or 1 ½ Spin
3. Tuck Front somersault
4. Split Leap or W Jump
5. Handstand Forward Roll Connected Dive Roll
6. Free Cartwheel or Side Somersault (From run or chasse)

VAULT

Equipment:
1m Vault Table

Handspring

One attempt only!

TRAMPETTE

Equipment:
Block - Trampoline - Mats to level landing

Barani or Pike Front somersault with ½ turn (0.5 bonus for pike front somersault with ½ turn)

One attempt only!

BEAM

Equipment:
FIG Beam - 1 x mat underneath

1. Jump to Squat on
2. Arabesque or Y-Balance
3. Cartwheel or Free Roll
4. Catleap or ½ Spin
4. Tuck Jump or W-Jump
5. R/off or Tuck front Front somersault (0.5 bonus for Somersault)

BARS

Low Bar Only

1. Chin Up Circle Over
2. Cast
3. Backhip Circle
4. Straddle Shoot Dismount OR Tuck on stretch Jump to Floor Landing.

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3. 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

1. Round off Flick connected
2. Tuck Jump 1/1 turn or Straight Jump 1 ½
3. Pike Front somersault
4. Split Leap connected catleap OR W Jump connected straight Jump 1/1
5. Backward roll to handstand
6. Free Cartwheel OR Side Somersault OR Free Walkover OR Standing Tuck Back

VAULT

Equipment:

1m Vault Table

Handspring OR ½ On (0.5 Bonus for ½ On)

One attempt only!

TRAMPETTE

Equipment:

Block - Trampoline - Mats to level landing

Pike Front ½ turn OR Straight Front somersault (0.5 Bonus for Straight Front Somersault)

One attempt only!

BEAM

Equipment:

FIG Beam - 1 x mat underneath

1. Jump to Squat on or squat through
2. Y-Balance or Needle scale with hands
3. Cartwheel or Backward W/over (0.5 bonus for walkover)
4. Split leap or 1/1 spin
4. Split jump or Tuck jump ½
5. Pike Front somersault or Tuck Back Somersault (0.5 Bonus for Tuck Back Somersault)

BARS

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 **Hold** Landing

IMPORTANT NOTES:

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