UPDATED JANUARY 2026

WOMEN'S ARTISTIC GYMNASTICS

COMPETITION HANDBOOK

NATIONAL PATHWAY 2026

INTRODUCTION:

Welcome to the new National Pathway!

Our National Pathway is designed for gymnasts who aim to progress beyond the standard Levels structure and work towards FIG-level competition. It is also suited for athletes wishing to compete in both the Gems programme and Levels, providing them with the eligibility to qualify for National Squad and be considered for international selection. This pathway follows a more structured and disciplined approach, ensuring that gymnasts receive the appropriate developmental support required to meet the technical and physical standards of FIG competition.

CONTACT DETAILS:

National Competition Organiser: robyn.adams@igauk.com

National Safeguarding Lead: safeguarding@igauk.com

WAG COMITTEE:

Poppy Smith - South
Emily Broadbent - South West
Alana Lowe - North
Joanne Kelly - South
Milly Arcangelo - North

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 profressionalism 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:

- 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:

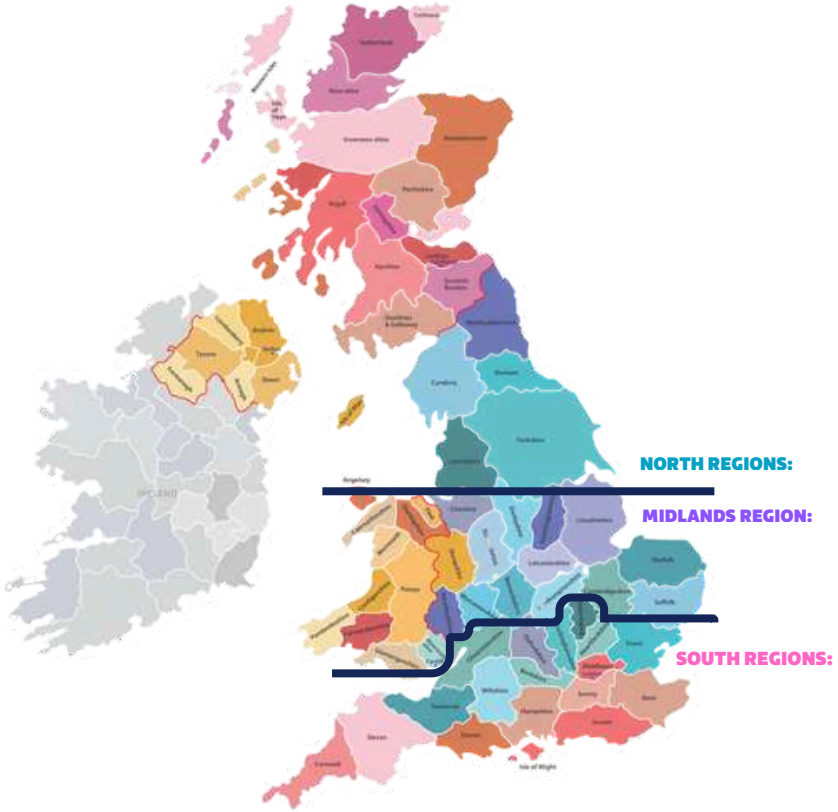
- Derbyshire
- Leicestershire
- Lincolnshire
- Northamptonshire
- Nottinghamshire
- Rutland
- Norfolk
- Cheshire
- Herefordshire
- Shropshire
- Staffordshire
- Warwickshire
- West Midlands
- Worcestershire
- Wales
- Cambridgeshire
- Suffolk

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:

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 Gymnasts must compete **all** five pieces.	**£40.00** Gymnasts must compete **all** four pieces. *[Except Specialist at FIG)*	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 ENTIRES:

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.

ACRO COMPANION INFORMATION COMING SOON

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.

IMPORTANT: Gymnasts can **ONLY** enter an IGA Competition if they are injury free. Gymnasts will **not** be permitted to compete on an injury at any time.

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 - New clubs will have a waiver for there first 6 months of competing.

COACH REQUIREMENTS:

WAG Qualifications Only

LEVEL 10 & 9	Minimum WAG Level 1 - Assisted by WAG Level 2
LEVEL 8 - 7	Minimum WAG Level 2
LEVEL 6 - 2	Minimum WAG Level 3 - Assisted by WAG Level 4 Lead Coach
LEVEL 1 & FIG	Minimum WAG Level 4 - Assisted by WAG Level 5 Lead Coach (R&C)

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 COMPETITION PATHWAY NEW

FOUNDATION LEVELS	The building blocks of gymnastics, focusing on basic skills, strength and flexibility	**LEVEL 10** (Set Routines MM & LL only) →	**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:** 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
FIG	Governed by FIG rules, where gymnasts can compete at IGA international standard	**NOVICE** [2 Years] →	**PREMIER** [2 years] →	**MASTERS**	**ENTRY AGE:** P/L/M

IGA AGE GROUPS NEW

Mini Marvels (MM)	Little Leapers (LL)	Skill Seekers (SS)	Trailblazers (TB)	Pioneers (P)	Legends (L)	Masters (M)
Ages 5-6	Ages 7-8	Ages 9-10	Ages 11-12	Ages 13-14	Ages 15-16	Ages 17+

*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:

ENTRIES OPEN: 6 Weeks Prior →	Clubs must upload entries to JustGo & Acro Companion within these two weeks.	**ENTRIES CLOSED:** 4 Weeks Prior →	Once entries are closed no more edits can be made to the entries	**EVENT PLAN:** 3 Weeks Prior →	**SPECTATOR TICKETS:** 2 Weeks Prior

LEVELING UP THROUGH THE IGA LEVELS NEW

National Pathway Progression

Within the National Pathway, progression to the next GEM and Level is based on a combined score.
*The 2026 competition season will operate as a **pilot year for this process**. Once the National Championships for both GEMS and Levels have been completed, IGA will review the results and formally release the combined score required for progression to the next GEM and Level.*

LEVEL 10 → **LEVEL 9:** → **LEVEL 8:** → **LEVEL 7:** → **LEVEL 6:** → **LEVEL 5:** → **LEVEL 4:**

LEVEL 3: → **LEVEL 2:** → **LEVEL 1:** → **NOVICE:** [2 years participation] → **PREMIER:** [2 years participation] → **MASTERS:** [2 years participation] → **FLEXIBLE ENTRY FOR 2026!**

NEW

*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.*

COMPETITIONS ELIGIBLE FOR LEVELING UP: NEW

Regional Events:	National Events:
IGA Levels	*IGA Levels*
	Gems Grades

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

REGIONAL EVENTS	Medals will be placed for 1st to 3rd on all apparatus. Overall 1st to 3rd medals. Overall trophy for the overall winner	A well done medal will be awarded 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.
NATIONAL FINALS	Medals will be placed for 1st to 3rd on all apparatus. Overall 1st to 3rd medals. Overall trophy for the overall winner	A well done medal will be awarded 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.
FIG INTERNATIONAL EVENTS	Medals will be placed for 1st to 3rd on all apparatus. Overall 1st to 3rd medals. Overall trophy for the overall winner		

THINGS TO BE AWARE OF: NEW

Gymnasts who participate alone in a category will **only** recieve the gold medal for the overall, overall trophy and a well done medal.

To qualify for National Finals gymnasts **must** place 1st to 6th in their AA score within their age catagory's to compete

CODE OF POINTS FOR ALL PATHWAYS NEW

In the regional pathway, gymnasts can use **any** skills from the Code of Points, giving them more options to show different skills. However, national pathway gymnasts can **only** use the highest-level skills in the top box on the COP and are **not** allowed to include the extra skills that are allowed in the regional pathway. This keeps the two pathways separate and clear for competitions.

HANDBOOK KEY: NEW

GYMNASTICS TERM:	MEANING
Acro Line	In gymnastics, an acro line (short for "acrobatic line") refers to a sequence of connected flighted acrobatic skills performed during a floor routine. example: Round off - flick - tuck back somersault or handspring.
Dance Series	In gymnastics, a dance series is a sequence of leaps and hops connected smoothly and with control, usually performed on floor or beam. Each element in the series must meet specific technical requirements, and the connections should show flow and rhythm.
Mixed Series	A mixed series in gymnastics is a combination of acrobatic and dance elements performed in direct connection, typically on the floor or beam. ***Example: On beam: Flick to one (acro) directly into a split jump (dance)*** - Skills must be connected to count without pauses.
Non-Flighted Skill	A non-flighted skill is a movement where at least one part of the body (like a hand or foot) stays in contact with the floor or apparatus during the skill. These skills focus more on control, balance, and flexibility rather than power or lift. ***Example: Cartwheel***
Flighted Skill	A flighted skill is one where all limbs are off the ground or apparatus at the same time, meaning the gymnast is completely airborne during the movement. This creates a moment of true "flight." ***Example: Flick to one***
Circling Element	A circling element (or close bar skill) is a type of movement where the gymnast rotates around the bar in close proximity to the Bar. **Example: Clear hip to handstand** - Please note a circling element is does **NOT** include a Giant.

NATIONAL SQUAD SELECTIONS NEW

2026 NATIONAL SQUAD CRITERIA BASED OFF CHANGES COMING IN FOR 2027

Level	10 RUBY	9 TOPAZ	8 QUARTZ	7 EMERALD	6 CITRINE	5 AMETHYST	4 SAPPHIRE	3 BRONZITE	2 TITANIUM	1 BLUE DIAMOND
NATIONAL PATHWAY	2020 2019	2020 2019 2018	2018 2017 2016	2017 2016 2015	2016 2015 2014	2015 2014 2013	2014 2013 2012	2013 2012 2011	2012 2011 2010	2011 2010 2009
NATIONAL SQUAD SELECTION 2027 (COMBINED GEM & LEVEL SCORE) **TOP 3 OF EACH BIRTH YEAR**	X	X	X	X	2016 2015 2014	2015 2014 2013	2014 2013 2012	2013 2012 2011	2012 2011 2010 2009	2011 2010 2009 2008

NEW COMPETITION AGE GROUPS 2027

Level	PRE 10 (LEVELS ONLY - NO GEM)	10 RUBY	9 TOPAZ	8 QUARTZ	7 EMERALD	6 CITRINE	5 AMETHYST	4 SAPPHIRE	3 BONZITE	2 TITANIUM	1 BLUE DIAMOND
NATIONAL PATHWAY	2022	2021 2020	2020 2019	2019 2018	2018 2017	2017 2016 2015	2016 2015 2014	2015 2014 2013	2014 2013 2012 2011	2013 2012 2011 2010	2012 2011 2010 2009
NATIONAL SQUAD SELECTION 2028 (COMBINED GEM & LEVEL SCORE) **TOP 3 OF EACH BIRTH YEAR**	X	X	X	X	X	2017 2016 2015	2016 2015 2014	2015 2014 2013	2014 2013 2012 2011	2013 2012 2011 2010	2012 2011 2010 2009

THINGS TO BE AWARE OF: NEW

National Squad Selection Policy – 2027

National Squad selections are a reward for gymnasts who demonstrate success not only in training but also in competition settings. Selection is based on performance through our official competitive pathways, and those who earn their place on the squad will be rewarded with additional training sessions throughout the year including opportunities to be selected for International Competitions representing IGA.

Please note that we **cannot** accept requests for National Squad places for gymnasts who are not actively competing through our pathways.

In rare cases, if an IGA official identifies exceptional potential, a wildcard place may be offered. However, wildcard selections are at the sole discretion of IGA officials—they **cannot** be requested or disputed by clubs, coaches, or parents.

For the 2027 squad, **no requests** will be considered after the conclusion of the current competitive year.

Thank you for your understanding and continued support.

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 1.0 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.

WOMEN'S ARTISTIC GYMNASTICS

VAULT

SET VAULTS FOR LEVEL 10, 9 AND 8

LEVEL 10	**Mini Marvels/Little Leapers**	
Vault Heights	2 x 30 cm safety mats	**Stacked mats are measured from the Floor**
Run Straight Jump - Kick to Handstand Flat Lie (Arms from behind in the Kick to Handstand)		**Emphasis on second flight in handstand flat lie**

LEVEL 9	**Mini Marvels**	**Little Leapers**	**Skill Seekers**	
Vault Heights	60cm safety mats	3 x 30cm safety mats		**Stacked mats are measured from the Floor**
Handspring Flat Lie				**Emphasis on second flight in handstand flat lie**

LEVEL 8	**Mini Marvels**	**Little Leapers**	**Skill Seekers**	
Vault Heights	80cm safety mats	1m stacked safety mats		**Stacked mats are measured from the Floor**
Handspring Flat Lie				**Emphasis on second flight in handstand flat lie**

VAULT TABLE

	Identity Levels							*Elite Levels & FIG*		
Vault Heights	1.10m	1.15m	1.20m	1.25m						
Level	**7**	**6**	**5**	**4**	**3**	**2**	**1**	**Novice**	**Premier**	**Masters**
Handspring	2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00
Half On	2.40	2.40	2.40	2.40	2.40	2.40	2.40	2.40	2.40	2.40
Yamashita	2.40	2.40	2.40	2.40	2.40	2.40	2.40	2.40	2.40	2.40
Yamashita ½		2.80	2.80	2.80	2.80	2.80	2.80	2.80	2.80	2.80
Half On Half Off (Must turn opposite way)		2.80	2.80	2.80	2.80	2.80	2.80	2.80	2.80	2.80
Yurchenko (No salto)		3.20	3.20	3.20	3.20	3.20	3.20	3.20	3.20	3.20
Yurchenko 1/2 turn entry (No salto)		3.40	3.40	3.40	3.40	3.40	3.40	3.40	3.40	3.40
Yurchenko ½ turn Entry 1/2 off			3.80	3.80	3.80	3.80	3.80	3.80	3.80	3.80
Half On Full Off			3.80	3.80	3.80	3.80	3.80	3.80	3.80	3.80
Yamashita 1/1			3.80	3.80	3.80	3.80	3.80	3.80	3.80	3.80
Yurchenko ½ turn Entry 1/1 off			3.80	3.80	3.80	3.80	3.80	3.80	3.80	3.80
Tucked Tsukahara/Handspring				4.00	4.00	4.00	4.00	4.00	4.00	4.00
Piked Tsukahara/Handspring				x	x	4.20	4.20	4.20	4.20	4.20
Yurchenko Tucked				4.40	4.40	4.40	4.40	4.40	4.40	4.40
Yurchenko Piked						4.80	4.80	4.80	4.80	4.80
Yurchenko/Tsukahara Straight								5.00	5.00	5.00

CONTINUED VAULT TABLE

Vault Heights	1.25m					1.25m/1.35
Level	**5**	**4**	**3**	**2**	**1**	**FIG**
Tsukahara Tucked 1/2				4.20	4.20	4.20
Handspring Front Tucked 1/2				4.20	4.20	4.20
Tsukahara Piked 1/2				4.20	4.20	4.20
Handspring Front Piked 1/2				4.40	4.40	4.40
Tsukahara tucked 1/1 Twist					4.60	4.60
Yurchenko Straight 1/1 Twist					5.20	5.20
Yurchenko Straight 1 ½ Twist					5.40	5.40
Yurchenko Straight 2/1 Twist					5.60	5.60

Gymnast can compete all FIG Coded Vaults once gymnast has completed IGA Level 1

IMPORTANT NOTICE: All Vaults can be used on the FIG Code of Points - If using an unlisted IGA Code of Points Vault - Please use the FIG Vault Value and ensure your Intention Sheets are correct.

WOMEN'S ARTISTIC GYMNASTICS

UNEVEN BARS

UNEVEN BARS - SET ROUTINE - LEVEL 10

EQUIPMENT: Low Bar Only - Must use springboard for mount	**START VALUE:** 10.00 (execution only)

	ROUTINE	EXECUTION FAULTS		TECHNIQUE TOOLBOX REF:
1.	Standing on springboard holding onto low bar - **Show** dish shape *(focus on understanding the shape)*	Failure to show correct body form throughout the routine including lack of dish shape when required	0.3	x
2.	Chin up circle over	Failure to show chin over the bar	0.3	Click here to view skill
3.	**Show** high support on the Bar *(focus on understanding the shape)*			Click here to view skill
4.	Dish cast below horizontal	Lack of correct body form in the cast	0.1/0.3/0.5	Click here to view skill
5.	Circle down dismount.	Lack of control in the circle down	0.1/0.3/0.5	x

IMPORTANT NOTES:

1.	The skills marked as show are **NOT** holds. This means the gymnast must show the Judge the correct shape, but will not get penalised for non holds.
2.	Bar routines must **NOT** exceed 1 minute 30 seconds. Routines that exceed this time will be deducted 0.3 from the final score.
3.	Gymnasts who are shorter in height may use a small block instead of a springboard to mount the apparatus. However, to ensure fairness, their shoulders **MUST** be positioned below the bar at the start.
4.	All skills **MUST** be performed in order. There will be a 0.5 **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.
5.	Please remember that these routines are scored out of 10 based solely on execution. The emphasis is on clean performances with a strong focus on good technique.

UNEVEN BARS - SET ROUTINE - LEVEL 9

EQUIPMENT: Low Bar Only - Must use springboard for mount	**START VALUE:** 10.00 (execution only)

	ROUTINE	EXECUTION FAULTS		TECHNIQUE TOOLBOX REF:
1.	Standing on springboard holding onto low bar - **Show** dish shape *(focus on understanding the shape)*	Failure to show correct body form throughout the routine including lack of dish shape when required	0.3	x
2.	Chin up circle over	Failure to show chin over the bar	0.3	Click here to view skill
3.	**Show** high support on the Bar *(focus on understanding the shape)*			Click here to view skill
4.	Dish cast above horizontal	Lack of correct body form in the cast	0.1/0.3/0.5	Click here to view skill
5.	Straddle or Pike shoot dismount	Lack of clean execution in dismount	0.1/0.3/0.5	Click here to view skill

IMPORTANT NOTES:

1.	The skills marked as show are **NOT** holds. This means the gymnast must show the Judge the correct shape, but will not get penalised for non holds.
2.	Bar routines must **NOT** exceed 1 minute 30 seconds. Routines that exceed this time will be deducted 0.3 from the final score.
3.	Gymnasts who are shorter in height may use a small block instead of a springboard to mount the apparatus. However, to ensure fairness, their shoulders **MUST** be positioned below the bar at the start.
4.	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.
5.	Please remember that these routines are scored out of 10 based solely on execution. The emphasis is on clean performances with a strong focus on good technique.
6.	There is 0.5 deduction for skills not connected.

UNEVEN BARS - SET ROUTINE - LEVEL 8

EQUIPMENT: Low Bar Only - Must use springboard for mount

START VALUE: 10.00 (execution only)

	ROUTINE	EXECUTION FAULTS		TECHNIQUE TOOLBOX REF:
1.	Standing on springboard float swing to return to the springboard *(focus on understanding the shape)*	Failure to show correct body form throughout the routine including lack of dish shape when required	0.3	x
2.	Chin up circle over	Failure to show chin over the bar	0.3	Click here to view skill
3.	Dish cast above horizontal	Lack of correct body form in the cast	0.1/0.3/0.5	Click here to view skill
4.	Backward hip circle *(focus on shape)*	Lack of correct shape	0.1/0.3/0.5	Click here to view skill
5.	Squat on - dish jump to land.	Lack of dish shape in dish jump	0.1/0.3/0.5	x

IMPORTANT NOTES:

1. The skills marked as show are **NOT** holds. This means the gymnast must show the Judge the correct shape, but will not get penalised for non holds.
2. Bar routines must **NOT** exceed 1 minute 30 seconds. Routines that exceed this time will be deducted 0.3 from the final score.
3. Gymnasts who are shorter in height may use a small block instead of a springboard to mount the apparatus. However, to ensure fairness, their shoulders **MUST** be positioned below the bar at the start.
4. All skills **MUST** be performed in order. There will be a 0.5 **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.
5. Please remember that these routines are scored out of 10 based solely on execution. The emphasis is on clean performances with a strong focus on good technique.
6. There is 0.5 deduction each time for skills that are **NOT** connected. This is called an 'empty swing'.

UNEVEN BARS - IDENTITY LEVELS

EQUIPMENT: FIG Uneven Bars

START VALUE: 10.00 + DV + Requirements

LEVEL 7	LEVEL 6	LEVEL 5	LEVEL 4
SKILLS: Best 6 skills to count [A/B/C]	**SKILLS:** Best 6 skills to count [A/B/C]	**SKILLS:** Best 7 skills to count [A-D]	**SKILLS:** Best 7 skills to count [A-D]
REQUIREMENTS: Value 4.0	**REQUIREMENTS:** Value 4.0	**REQUIREMENTS:** Value 4.0	**REQUIREMENTS:** Value 4.0
Must select **4** out of 5: Upstart [LB only] LB to HB transition max A Cast to horizontal Maximum A circling element B dismount only	Must select **4** out of 5: Upstart [Both Bars] LB to HB transition min B Cast to horizontal Circling element to horiztonal B or C dismounts only	Must select **4** out of 5: Minimum C mount LB to HB Transition min C Cast to handstand Circling element to horizontal C or D dismount only	Must select **4** out of 5: Upstart Handstand LB to HB Transition min C Circling element to handstand Giant Circle C or D dismount only
NOTES:	**NOTES:**	**NOTES:**	**NOTES:**
No C Dismounts allowed. No B/C LB to HB transition skills. 0.5 penalty for not using both bars	0.5 penalty for not using both bars	0.5 penalty for not using both bars	0.5 penalty for not using both bars Optional handstand technique

IMPORTANT NOTES:

1. Skills on Uneven Bars may be repeated, but **only twice**, and **only** for the purpose of meeting the required number of skills..
2. Missing requirements or non-attempt of skills are deducted at 1.0 for each missing skill/requirement.
3. Optional handstand technique.

UNEVEN BARS - ELITE LEVELS

EQUIPMENT: FIG Uneven Bars

START VALUE: 10.00 + DV + Requirements

LEVEL 3	LEVEL 2	LEVEL 1
SKILLS: Best 7 skills to count [A-D]	**SKILLS:** Best 8 skills to count [A-E]	**SKILLS:** Best 8 skills to count [A-E]
REQUIREMENTS: Value 4.0	**REQUIREMENTS:** Value 4.0	**REQUIREMENTS:** Value 4.0
Must select **4** out of 5: Giant Circle LB to HB transition min D Two different circling elements Cast to handstand C or D dismount only	Must select **4** out of 5: Two different circling elements LB to HB transition min D 1 x Giant Circle with a 180 degree turn 1 x Giant Circle Min D dismounts only	Must select **4** out of 5: Two different circling elements LB to HB Transition min D 2 x Different Grips 1 x Giant circle with a 180 degree turn Min D dismount only
NOTES:	**NOTES:**	**NOTES:**
0.5 penalty for not using both bars Optional handstand technique	0.5 penalty for not using both bars Optional handstand technique	0.5 penalty for not using both bars Optional handstand technique

IMPORTANT NOTES:

1. Skills on Uneven Bars may be repeated, but **only twice**, and **only** for the purpose of meeting the required number of skills..
2. Missing requirements or non-attempt of skills are deducted at 1.0 for each missing skill/requirement.

UNEVEN BARS - FIG

EQUIPMENT: FIG Uneven Bars

START VALUE: 10.00 + DV + Requirements

NOVICE

SKILLS: 8 highest skills including dismount

REQUIREMENTS: Value 4.0

Must select **4** out of 5:

Flight from HB to LB
Different grips (not cast, MT or DMT)
Circling element with minimum 180 turn (not MT)
Two different circling elements
Minimum D dismount

NOTES:

0.3 penalty if coach is not present.
0.5 penalty for dismount without a salto.

PREMIER

SKILLS: 8 highest skills including dismount

REQUIREMENTS: Value 4.0

Must select **4** out of 5:

Flight from HB to LB or HB to LB
Different grips (not cast, MT or DMT)
Circling element with minimum 360 turn (not MT)
Two different circling elements
Minimum E dismount

NOTES:

0.3 penalty if coach is not present.
0.5 penalty for dismount without a salto.

MASTERS

SKILLS: 8 highest skills including dismount

REQUIREMENTS: Value 4.0

Must select **4** out of 5:

Flight from HB to LB or HB to LB
Different grips (not cast, MT or DMT)
Circling element with minimum 360 turn (not MT)
Flight element on same bar
Minimum E dismount

NOTES:

0.3 penalty if coach is not present.
0.5 penalty for dismount without a salto

IMPORTANT NOTES:

1. Skills on Uneven Bars may be repeated, but **only twice**, and **only** for the purpose of meeting the required number of skills..
2. Missing requirements or non-attempt of skills are deducted at 1.0 for each missing skill/requirement.
3. Mat can be added in the flight element on same bar. Touch or Grasp in the flighted skill.

WOMEN'S ARTISTIC GYMNASTICS

BEAM

BEAM - SET ROUTINE - LEVEL 10

EQUIPMENT: FIG beam height with **one** safety mat underneath the beam and **one** safety mat at the dismount area.

START VALUE: 10.00 (execution only)

	ROUTINE	EXECUTION FAULTS		TECHNIQUE TOOLBOX REF:
1.	Standing on springboard jump to front support *(high support shape)* and lift one leg over to sit facing down the beam.	Failure to show correct front support position when mounting onto the Beam.	0.3	
2.	Spin Preparation *(showing start releve and ending)*	Execution faults *(incl spin progression not on toes)*	0.1/0.3/0.5	
3.	Needle Stand (**Hold** for 2 seconds)	Failure to hold Needle stand.	0.3	Click here to view skill
4.	Straight Jump **connected** Straight Jump	Failure to connect the straight jumps	0.3	
5.	Catleap	**Both** knee's must make contact with the torso during flight	0.3	
6.	Straight jump dismount	Execution (including shape, height etc)	0.1/0.3/0.5	

IMPORTANT NOTES:

1. Beam routines must **NOT** exceed 1 minute 30 seconds. Routines that exceed this time will be deducted 0.3 from the final score.
2. Gymnasts who are shorter in height may use a small block instead of a springboard to mount the apparatus.
3. All skills **MUST** be performed in order. There will be a 0.5 **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.
4. Please remember that these routines are scored out of 10 based solely on execution. The emphasis is on clean performances with a strong focus on good technique.
5. Choreography must be added to all routines - **However,** Level 10 and 9 will not get deducted on artistry.

BEAM - SET ROUTINE - LEVEL 9

EQUIPMENT: FIG beam height with **one** safety mat underneath the beam and **one** safety mat at the dismount area.

START VALUE: 10.00 (execution only)

ROUTINE		EXECUTION FAULTS		TECHNIQUE TOOLBOX REF:
1.	Jump to box splits *(hands optional)*	Lack of box split on mount	0.3	
2.	1/2 Spin *(focus on technique)*	Failure to spin on toes	0.3	
3.	Straight Jump connected Split Jump 140°	Failure to connect jumps	0.3	
4.	Cartwheel	Failure to get both feet on the beam in landing	0.5	
5.	Split leap preparation	Failure to show aspects of the leap preparation	0.3 each	
6.	Round off dismount	Execution faults on landing	0.1/0.3/0.5	

IMPORTANT NOTES:

1.	Beam routines must **NOT** exceed 1 minute 30 seconds. Routines that exceed this time will be deducted 0.3 from the final score.
2.	Gymnasts who are shorter in height may use a small block instead of a springboard to mount the apparatus.
3.	All skills **MUST** be performed in order. There will be a 0.5 **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.
4.	Please remember that these routines are scored from a start value of 10.0
5.	Choreography must be added to all routines - **However,** Level 10 and 9 will not get deducted on artistry.

BEAM - IDENTITY LEVELS

EQUIPMENT: FIG Beam height with standard FIG matting underneath

START VALUE: 10.00 + DV + Requirements

LEVEL 8	LEVEL 7	LEVEL 6	LEVEL 5
SKILLS: Best 6 skills to count [A/B only]	**SKILLS:** Best 6 skills to count [A/B/C]	**SKILLS:** Best 7 skills to count [A-D]	**SKILLS:** Best 8 skills to count [A-D]
REQUIREMENTS: Value 4.0	**REQUIREMENTS:** Value 4.0	**REQUIREMENTS:** Value 4.0	**REQUIREMENTS:** Value 4.0
Must select **4** out of 5: B Mount Only Dance Series of two elements (one must include 140° split) Min B Non-flighted Acro skill A or B Spin A or B dismount only	Must select **4** out of 5: Minimum B Mount Dance Series of two elements (one must include 140° split) Min C Flighted Acro Skill Min B Spin B or C dismounts only	Must select **4** out of 5: Minimum C mount Dance Series of two elements (one must include 180° split) Handstand flick *(optional handstand shape)* Min B Spin Min B Dismount	Must select **4** out of 5: Minimum C mount Dance Series of two elements (one must include 180° split) Acro connection (1 x non flighted B skill and 1 x flighted C skill) Min B Spin Min C Dismount
NOTES:	**NOTES:**	**NOTES:**	**NOTES:**

IMPORTANT NOTES:

1. A dance series consists of leaps and jumps only; it does not include turns, balances, or other elements.
2. Missing requirements or non-attempt of skills are deducted at 1.0 for each missing skill/requirement.

Artistry deductions from level 7+ Lack of Relevè. Lack of rhythm + tempo. Lack of side dance (at least 3 steps sideways). Lack of change in heights. 0.1/0.3/0.5

BEAM - ELITE LEVELS

EQUIPMENT: FIG Beam height with standard FIG matting underneath

START VALUE: 10.00 + DV + Requirements

LEVEL 4

SKILLS: Best 8 skills to count [A-D]

REQUIREMENTS: Value 4.0

Must select **4** out of 5:

Mixed series (1 x A/B Dance connected 1 x A/B Acro non flighted skill)
Dance Series of two elements (one must include 180° split)
Acro connection (1 x non flighted B skill and 1 x flighted C skill)
Min B Spin
Min C Dismount

NOTES:

LEVEL 3

SKILLS: Best 8 skills to count [A-D]

REQUIREMENTS: Value 4.0

Must select **4** out of 5:

Mixed series (1 x B/C Dance connected 1 x B/C Acro non flighted or flighted skill)
Dance Series of two elements (one must include 180° split)
Acro connection (2 x Flighted C Acro Skills)
Min B Spin
Min D Dismount

NOTES:

LEVEL 2

SKILLS: Best 8 skills to count [A-D]

REQUIREMENTS: Value 4.0

Must select **4** out of 5:

Dance Series of two elements (one must include 180° split)
Acro connection (1 x flighted C skill into 1 x D Acro skill)
1 x D valued Aerial
Min B Spin
Min D Dismount

NOTES:

LEVEL 1

SKILLS: Best 8 skills to count [A-E]

REQUIREMENTS: Value 4.0

Must select **4** out of 5:

Dance Series of two elements (one must include 180° split)
Acro connection (1 x flighted C skill into 1 x D Acro skill)
1 x D/E valued Aerial
Min B Spin
Min E Dismount

NOTES:

IMPORTANT NOTES:

1. Missing requirements or non-attempt of skills are deducted at 1.0 for each missing skill/requirement.

Artistry deductions - Lack of Relevè. Lack of rhythm + tempo. Lack of side dance (at least 3 steps sideways). Lack of change in heights. 0.1/0.3/0.5

BEAM - FIG

EQUIPMENT: FIG Beam height with standard FIG matting underneath

START VALUE: 10.00 + DV + Requirements

NOVICE

SKILLS: 8 highest skills including dismount

REQUIREMENTS: Value 4.0

Must select **4** out of 5:

Dance Series minimum of two elements (one must include 180° split)
Acro connection (minimum 1 x flighted C skill into 1 x D Acro skill)
Minimum C Spin
1 x D/E valued Aerial
Min E Dismount

NOTES:

0.3 penalty if coach is not present at dismount.
0.5 penalty for dismount without a salto.

PREMIER

SKILLS: 8 highest skills including dismount

REQUIREMENTS: Value 4.0

Must select **4** out of 5:

Dance Series minimum of two elements (one must include 180° split)
Acro connection (minimum 1 x flighted C skill 1 x D Acro skill)
Minimum C Spin
2 x D/E valued Aerial
Min E Dismount

NOTES:

0.3 penalty if coach is not present at dismount.
0.5 penalty for dismount without a salto.

MASTERS

SKILLS: 8 highest skills including dismount

REQUIREMENTS: Value 4.0

Must select **4** out of 5:

Dance Series minimum of two elements (one must include 180° split)
Acro connection (minimum 1 x flighted C skill into 1 x D Acro skill)
Minimum C Spin
1 x D/E valued Aerial
F valued Dismount

NOTES:

0.3 penalty if coach is not present.
0.5 penalty for dismount without a salto.

WOMEN'S ARTISTIC GYMNASTICS

FLOOR

FLOOR - SET ROUTINE - LEVEL 10

EQUIPMENT: Floor Area - on a designated line. [No Music]

START VALUE: 10.00 (execution only)

ROUTINE		EXECUTION FAULTS		TECHNIQUE TOOLBOX REF:
1.	Spin Preparation *(showing start releve and ending)*	Execution faults (incl spin progression not on toes)	0.1/0.3/0.5	
2.	Catleap	**Both** knee's must make contact with the torso during flight	0.3	
3.	Straight Jump *(showing good technique)*	Incorrect body alignment in straight jump	0.1/0.3/0.5	
4.	Leap preparation	Failure to show aspects of the leap preparation	0.1/0.3/0.5	
5.	Cartwheel	Standard execution faults	0.1/0.3/0.5	
6.	Left or right leg splits **(show)**	Lack of split	0.1/0.3/0.5	
7.	Bridge **(show)**	Lack of flexibility (shoulders not over hands)	0.1/0.3/0.5	

IMPORTANT NOTES:

1.	The skills marked as show are **NOT** holds. This means the gymnast must show the Judge the correct skill, but will not get penalised for non holds.
2.	Floor routines must **NOT** exceed 1 minute 30 seconds. Routines that exceed this time will be deducted 0.3 from the final score.
3.	All skills **MUST** be performed in order. There will be a 0.5 **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.
4.	Please remember that these routines are scored out of 10 based solely on execution. The emphasis is on clean performances with a strong focus on good technique.
5.	Choreography must be added to all routines - **However,** Level 10 and 9 will not get deducted on artistry.

FLOOR - SET ROUTINE - LEVEL 9

EQUIPMENT: Floor Area - on a designated line. [No Music]

START VALUE: 10.00 (execution only)

ROUTINE		EXECUTION FAULTS		TECHNIQUE TOOLBOX REF:
1.	½ spin (focus on good technique)	Execution faults (incl spin progression not on toes)	0.1/0.3/0.5	
2.	Split leap minimum 140° split **connected** catleap *(showing good technique)*	**Both** knee's must meet the torso in the catleap/Lack of split in split leap	0.1/0.3/0.5	
3.	Tuck Jump	Both knee's must meet the torso in the tuck shape	0.1/0.3/0.5	
4.	Left and right leg splits **(show)**	Lack of split	0.1/0.3/0.5	
5.	Bridge **(show)** - into bridge kickover	Lack of flexibility (shoulders not over hands)	0.1/0.3/0.5	
6.	Round off	Execution faults (incl landing round off on bent knees)	0.1/0.3/0.5	

IMPORTANT NOTES:

1.	The skills marked as show are **NOT** holds. This means the gymnast must show the Judge the correct skill, but will not get penalised for non holds.
2.	Floor routines must **NOT** exceed 1 minute 30 seconds. Routines that exceed this time will be deducted 0.3 from the final score.
3.	All skills **MUST** be performed in order. There will be a 0.5 **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.
4.	Please remember that these routines are scored out of 10 based solely on execution. The emphasis is on clean performances with a strong focus on good technique.
5.	There is 0.5 deduction each time for skills that are **NOT** connected.
6.	Choreography must be added to all routines - **However,** Level 10 and 9 will not get deducted on artistry.

FLOOR - IDENTITY LEVELS

EQUIPMENT: FIG Floor Area - Artistry and Floor Music Required

START VALUE: 10.00 + DV + Requirements

LEVEL 8	LEVEL 7	LEVEL 6	LEVEL 5
SKILLS: Best 7 skills to count [A/B/C]	**SKILLS:** Best 7 skills to count [A/B/C]	**SKILLS:** Best 7 skills to count [A-D]	**SKILLS:** Best 7 skills to count [A-D]
REQUIREMENTS: Value 4.0	**REQUIREMENTS:** Value 4.0	**REQUIREMENTS:** Value 4.0	**REQUIREMENTS:** Value 4.0
Must select **4** out of 5: Minimum B Spin Round off flick One forward acro line with max B flighted skill Dance series of 2 **different** leaps / hops - one with 140° split (split or side) Mixed series maximum 2 directly **connected** elements (Non-flighted and flighted B only)	Must select **4** out of 5: Minimum B Spin Round off flick salto (max C salto) One forward acro line with max C flighted skill Dance series of 2 **different** leaps / hops - one with 140° split (split or side) Mixed series maximum 2 directly **connected** elements (Non-flighted and flighted B/C only)	Must select **4** out of 5: Minimum C Spin Round off flick salto (max C salto) One forward acro line with max C flighted skill Dance series of 2 **different** leaps / hops - one with 140° split (split or side) Mixed series maximum 2 directly **connected** elements (Non-flighted and flighted B/C/D only)	Must select **4** out of 5: Minimum C Spin Round off flick salto (min D salto) One forward acro line with min C flighted skill Dance series of 2 **different** leaps / hops - one with 140° split (split or side) Third acro line with a minimum c salto dismount
NOTES:	**NOTES:**	**NOTES:**	**NOTES:**
No saltos allowed. 1.0 deduction if salto is performed.			

IMPORTANT NOTES:

1. Aerials cannot be used in a acro line as a salto.
2. Missing requirements or non-attempt of skills are deducted at 1.0 for each missing skill/requirement.

Artistry deductions from level 7+ Lack of rhythm. Lack of expression/engagement. + tempo. Lack of use of all 4 corners. Lack of performance. 0.1/0.3/0.5

FLOOR - ELITE LEVELS

EQUIPMENT: FIG Floor Area - Artistry and Floor Music Required

START VALUE: 10.00 + DV + Requirements

LEVEL 4	LEVEL 3	LEVEL 2	LEVEL 1
SKILLS: Best 8 skills to count [A-E]	**SKILLS:** Best 8 skills to count [A-E]	**SKILLS:** Best 8 skills to count [A-F]	**SKILLS:** Best 8 skills to count [A-F]
REQUIREMENTS: Value 4.0	**REQUIREMENTS:** Value 4.0	**REQUIREMENTS:** Value 4.0	**REQUIREMENTS:** Value 4.0
Must select **4** out of 5: Minimum C Spin Round off flick salto (min D salto) One forward acro line with min 2 flighted acro skills min B Dance series of 2 **different** leaps/hops - one with 180° split (split or side) Third acro line with a min C salto dismount	Must select **4** out of 5: Minimum D Spin Round off flick salto (min E salto) One forward acro line with min 2 flighted acro skills min B Dance series of 2 **different** leaps/hops - one with 180° split (split or side) Third acro line with a min C salto dismount	Must select **4** out of 5: Minimum D Spin Round off flick salto (min E salto) Acro line with min 2 **different** saltos Dance series of 2 **different** leaps/hops - one with 180° split (split or side) Third acro line with a min D salto dismount	Must select **4** out of 5: Minimum D Spin Round off flick salto (min F salto) Acro line with min 2 **different** saltos Dance series of 2 **different** leaps/hops - one with 180° split (split or side) Third acro line with a min E salto dismount
NOTES:	**NOTES:**	**NOTES:**	**NOTES:**
0.5 penalty for dismount without a salto.	0.5 penalty for dismount without a salto.	0.5 penalty for dismount without a salto.	0.5 penalty for dismount without a salto.

IMPORTANT NOTES:

1. Aerials cannot be used in a acro line as a salto.
2. Missing requirements or non-attempt of skills are deducted at 1.0 for each missing skill/requirement.

Artistry deductions - Lack of rhythm. Lack of expression/engagement. + tempo. Lack of use of all 4 corners. Lack of performance. 0.1/0.3/0.5

FLOOR - FIG

EQUIPMENT: FIG Floor Area - Artistry and Floor Music Required

START VALUE: 10.00 + DV + Requirements

NOVICE

SKILLS: 8 highest skills including dismount

REQUIREMENTS: Value 4.0

Must select **4** out of 5:

Min D Spin
Dance Series **minimum** of two elements (one must include 180° split)
Double twist
Must perform a Salto backward & a salto forward (no aerials) in the routine. (can be in same acro line)
Third acro line with a min E salto dismount

NOTES:

0.5 penalty for dismount without a salto.

PREMIER

SKILLS: 8 highest skills including dismount

REQUIREMENTS: Value 4.0

Must select **4** out of 5:

Min D Spin
Dance Series **minimum** of two elements (one must include 180° split)
Double somersault
Must perform a Salto backward & a salto forward (no aerials) in the routine. (can be in same acro line)
Third acro line with a min E salto dismount

NOTES:

0.5 penalty for dismount without a salto.
No deduction for gymnasts requiring 10cm mat for double somersault.

MASTERS

SKILLS: 8 highest skills including dismount

REQUIREMENTS: Value 4.0

Must select **4** out of 5:

Min D Spin
Dance Series **minimum** of two elements (one must include 180° split)
Piked double somersault
Must perform a Salto backward & a salto forward (no aerials) in the routine. (can be in same acro line)
Third acro line with a min F salto dismount

NOTES:

0.5 penalty for dismount without a salto.

Artistry deductions - Lack of rhythm. Lack of expression/engagement. + tempo. Lack of use of all 4 corners. Lack of performance. 0.1/0.3/0.5