



***WOMEN'S ARTISTIC GYMNASTICS***

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**COMPETITION HANDBOOK**

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***REGIONAL PATHWAY 2026***

# INTRODUCTION:

Welcome to the new Regional Pathway! Our Regional Pathway is designed for gymnasts who want to progress and develop strong, well-rounded gymnastics skills. This pathway supports gymnasts on their journey, giving them opportunities to gain experience, confidence, and consistency in competition.

## CONTACT DETAILS:

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

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

## WAG COMMITTEE:

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 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:	National Events:	Invitational Events:
North & South & Midlands	Regional Qualifiers	Open to all
January to May:		
Floor and Vault		Arthur Falle Invitational
		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:

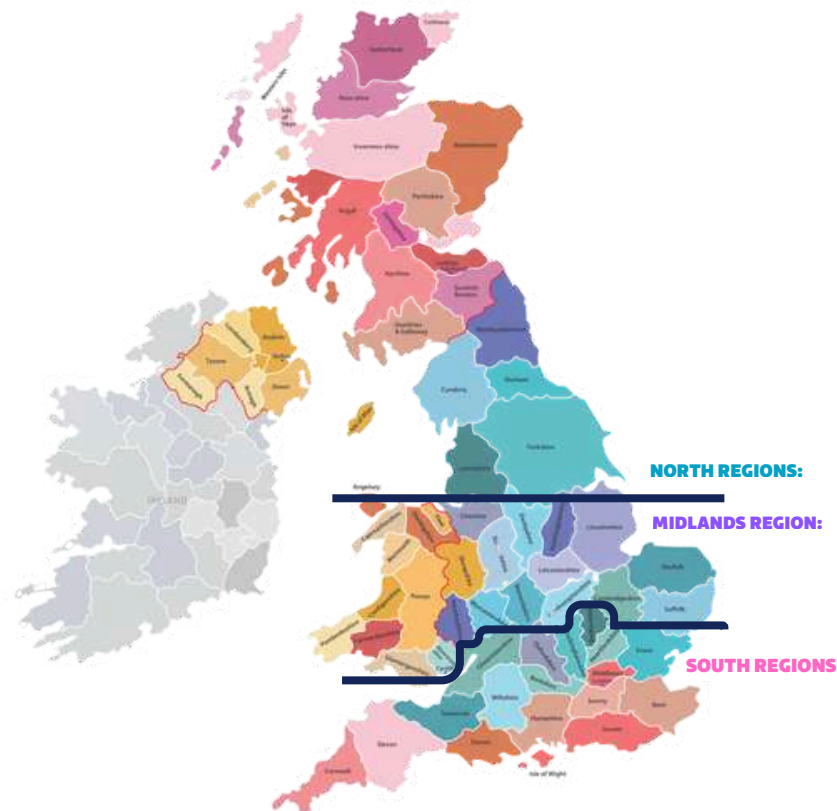
- Bedfordshire
- Cambridgeshire
- Essex
- Hertfordshire
- Berkshire
- Buckinghamshire
- East Sussex
- Hampshire
- Isle of Wight
- Kent
- Oxfordshire
- Surrey
- West Sussex
- Bristol
- Cornwall
- Devon
- Dorset
- Gloucestershire
- Somerset
- Wiltshire
- Isles of Scilly
- Channel Islands

## 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:

#### All Levels:

**£40.00**

Gymnasts must compete **all** four pieces.

#### Invitational Events:

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 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 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 their 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.*

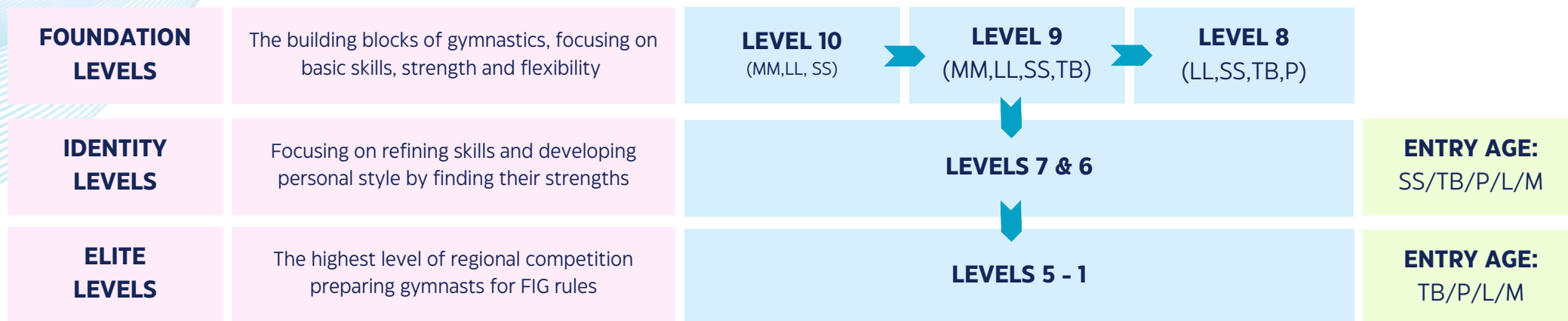
*\*IGA will be aiming to recruit independent judges where possible for events to enable fairness throughout all IGA Competitions - If your judge is not selected, this may be due to an independent judge in replacement\**

## 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**

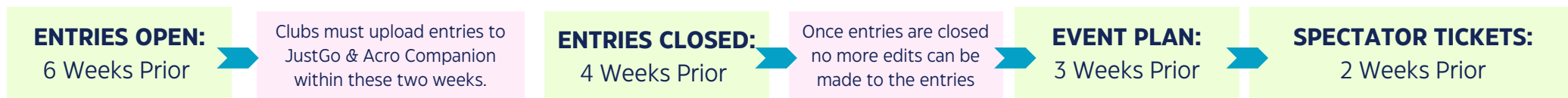


## IGA AGE GROUPS **NEW**

<b>Mini Marvels</b> (MM) Ages 5-6	<b>Little Leapers</b> (LL) Ages 7-8	<b>Skill Seekers</b> (SS) Ages 9-10	<b>Trailblazers</b> (TB) Ages 11-12	<b>Pioneers</b> (P) Ages 13-14	<b>Legends</b> (L) Ages 15-16	<b>Masters</b> (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\*

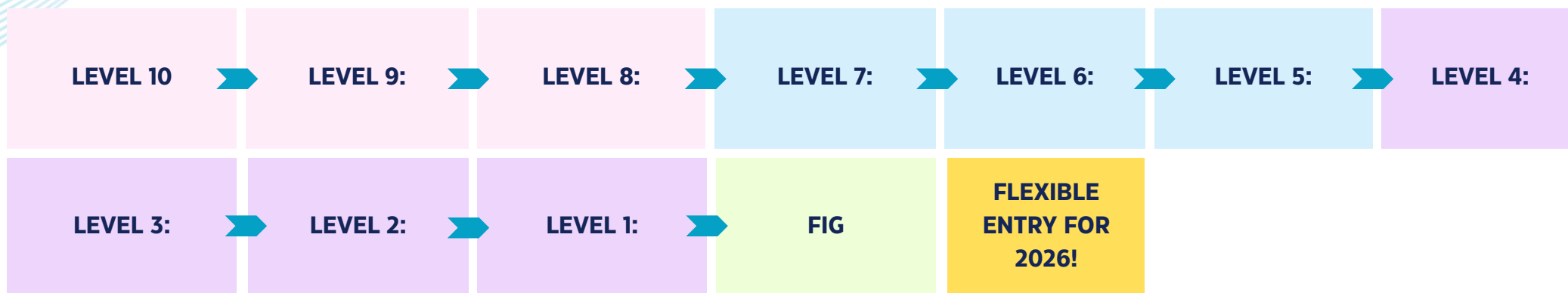
## COMPETITION ORGANISING TIMELINE:



## LEVELING UP THROUGH THE IGA LEVELS **NEW**

### Regional Pathway Progression

The 2026 competition season will operate as a **pilot year for these levels**. Once the levels national finals have been completed, IGA will review the results and formally release the levels score required for progression to the next Level.



**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

## 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**

<b>REGIONAL EVENTS</b>	Medals will be placed for 1 <sup>st</sup> to 3 <sup>rd</sup> on all apparatus. Overall 1 <sup>st</sup> to 3 <sup>rd</sup> 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. <b>LEVELS 7-1 ONLY</b>
<b>NATIONAL FINALS</b>	Medals will be placed for 1 <sup>st</sup> to 3 <sup>rd</sup> on all apparatus. Overall 1 <sup>st</sup> to 3 <sup>rd</sup> medals. Overall trophy for the overall winner	A well done medal will be awarded for all gymnasts who have participated in the competition	

## THINGS TO BE AWARE OF: **NEW**

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

To qualify for National Finals gymnasts **must** place 1<sup>st</sup> to 6<sup>th</sup> in their AA score within their age categories to compete. **LEVELS 7-1 ONLY**



## 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. <b>Example: On beam: Flick to one (acro) directly into a split jump (dance)</b> – 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. <b>Example: Cartwheel</b>
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." <b>Example: Flick to one</b>
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. <b>Example: Clear hip to handstand</b> – Please note a circling element is does <b>NOT</b> include a Giant.

## REGIONAL SQUAD SELECTIONS **NEW**

### ***Regional Gems!***

Regional Gems 2027 is approaching, marking an important new phase in our programme. The official handbook will be released soon and will provide full details and guidance for the year ahead.

### ***Regional Squad Selection!***

*Within the Regional Pathway, eligibility for regional squad is based on the combined score of both regional Gem and regional Level.*

# Q&A

GENERAL	EXPLANATION	WHY?
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.

# TABLE OF ADDITIONAL FAULTS

GENERAL	COACH SUPPORT	3.0
GENERAL	MISSED SKILL OR CR	1.0
GENERAL	FALL ON APPARATUS	1.0
GENERAL	BRUSH OF APPARATUS	0.5
GENERAL	SHORT EXERCISE	1.0
GENERAL	BARRED SKILL	1.0
GENERAL	COACH PROMPT	1.0
GENERAL	MISSED CONNECTION	0.5
GENERAL	GENERAL EXECUTION	0.1/0.3/0.5
GENERAL	LEAPS - DEGREE OF SPLITS	0.1/0.3/0.5
BEAM	AT LEAST 1 FOOT MUST MAKE CONTACT WITH THE BEAM FOR AN ACRO SKILL TO BE GRANTED	SKILL VALUE
FLOOR	IF A GYMNAST FORGETS THEIR ROUTINE THEY CAN GO AGAIN BUT WILL INCUR A DEDUCTION	2.0
FLOOR	COACHES CANNOT STAND INSIDE THE COMPETITION FLOOR WHEN THEIR GYMNAST IS COMPETING	3.0
BARS	PAUSES OR EXTRA SWING	0.5
BARS	HANDGUARD MUST MAKE GRASP CONTACT OF THE BAR FOR SKILL TO BE GRANTED	SKILL VALUE
BARS	HANDSTANDS MUST BE WITHIN 10 DEGREES TO BE GRANTED	SKILL VALUE
VAULT	IF CONTACT IS MADE WITH THE SPRINGBOARD BUT NO VAULT IS PERFORMED THE GYMNAST WILL SCORE 0.00	VOID VAULT
VAULT	NO ATTEMPT OF ARM SWING	0.5
VAULT	IF A GYMNASTS HEAD HITS THE VAULT THE SCORE WILL BE 0.00	VOID VAULT

# IMPORTANT INFORMATION

GENERAL	1 SKILL CANNOT BE USED TOWARDS MULTIPLE DIFFERENT CR'S
FLOOR	DUE TO COPYRIGHT DISNEY MUSIC IS STRICTLY NOT PERMITTED
FLOOR	DUE TO COPYRIGHT CIRQUE DU SOLEIL MUSIC IS STRICTLY NOT PERMITTED
BARS	COACHES MUST STAND BETWEEN THE BARS IN A TRANSITION SKILL
BEAM	COACHES MUST STAND IN FOR ANY ACROBATIC BEAM DISMOUNT
GENERAL	GYMNASTS ARE NOT PERMITTED TO COMPETE WHILST WEARING JEWELLERY (STUD EARRINGS ONLY)
GENERAL	GYMNASTS MUST HAVE THEIR HAIR TIED UP
GENERAL	COACHES MUST REMOVE ALL JEWELLERY INCLUDING WATCHES
GENERAL	COACHES MUST HAVE THEIR HAIR TIED UP

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***WOMEN'S ARTISTIC GYMNASTICS***

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**VAULT**

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# SET VAULTS FOR LEVEL 10, 9 AND 8

## LEVEL 10

Vault Heights	80 cm safety mats	<i>*Stacked mats are measured from the Floor*</i>
Start value: 10.00		
Squat on kick to Handstand Flat Lie- (Arms from behind in the Kick to Handstand)		
Start value: 10.00		<i>Gymnasts must perform 2 of the same vault of choice.</i>
Handspring Flat Lie		

## LEVEL 9

Vault Heights	80 cm cm safety mats	<i>*Stacked mats are measured from the Floor*</i>
Start value: 11.00		
Half on to knees		
Start value: 11.5		<i>Gymnasts must perform 2 of the same vault of choice.</i>
Handspring to stand		

## LEVEL 8

Vault Heights	1m Vault Table	
Start value: 2.0		
Handspring		
Start value: 2.4		<i>Gymnasts must perform 2 of the same vault of choice.</i>
Half on		

# VAULT TABLE

	Identity Levels Must compete 2 of the same vault		Elite Levels & FIG					
Vault Heights	1.10m	1.15m	1.20m	1.25m				
Level	7	6	5	4	3	2	1	FIG
Handspring	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
Yamashita	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
Half On Half Off (Must turn opposite way)		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
Yurchenko 1/2 turn entry (No salto)		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
Half On Full Off			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
Yurchenko ½ turn Entry 1/1 off			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
Piked Tsukahara/Handspring				x	x	4.20	4.20	4.20
Yurchenko Tucked				4.40	4.40	4.40	4.40	4.40
Yurchenko Piked						4.80	4.80	4.80
Yurchenko/Tsukahara Straight								5.00

## CONTINUED VAULT TABLE

Vault Heights	1.25m		
Level	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.

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***WOMEN'S ARTISTIC GYMNASTICS***

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**UNEVEN BARS**

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# UNEVEN BARS - FOUNDATION LEVELS



**EQUIPMENT:** Low Bar Only

**START VALUE:** 10.00 + DV + Requirements

## LEVEL 10

**SKILLS:** Best 4 skills to count [A skills only]

**REQUIREMENTS:** N/A

**A** Skills only.

**NOTES:** Low bar only

**A** Skills only

## LEVEL 9

**SKILLS:** Best 4 skills to count [A&B skills]

**REQUIREMENTS:** Value 2.0

**2x CR's:**

Chin up circle over  
Any undershoot dismount

**NOTES:** Low bar only

**A&B** Skills only

## LEVEL 8

**SKILLS:** Best 5 skills to count [A&B skills]

**REQUIREMENTS:** Value 4.0

**4X CR's:**

Chin up circle over  
Cast to horizontal  
Circling element  
**B** Dismount

**NOTES:** Low bar only

**A&B** Skills only

### 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 are deducted at 1.0 for each requirement.
3. Bars cannot be moved in or out, and cannot be moved up or down in height.

# UNEVEN BARS - IDENTITY LEVELS

**EQUIPMENT:** FIG Uneven bars

**START VALUE:** 10.00 + DV + Requirements



## LEVEL 7

**SKILLS:** Best 5 skills to count [A-C Skills]

**REQUIREMENTS:** Value 4.0

**4x CR's:**

LB to HB transition  
Cast to horizontal  
Circling element  
**B** Dismount

**NOTES:** MAX 2X C SKILLS

**A-C** Skills only

## LEVEL 6

**SKILLS:** Best 6 skills to count [A-C skills]

**REQUIREMENTS:** Value 4.0

**4x CR's:**

Upstart (LB or HB)  
Cast to horizontal  
**C** Circling element  
**C** Dismount

**A-C** Skills only

### 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 are deducted at 1.0 for each requirement.
3. Bars can be moved in or out, but cannot be moved up or down in height.



# UNEVEN BARS - ELITE LEVELS

**EQUIPMENT:** FIG Uneven Bars

**START VALUE:** 10.00 + DV + Requirements



## LEVEL 5

**SKILLS:** Best 6 skills to count [A-D Skills]

**REQUIREMENTS:** Value 4.0

### 4x CR's:

Upstart Mount (low bar)  
Tucked sole circle into upstart on HB  
**C** Circling element  
**C** Dismount

**NOTES:** MAX 2X **D** Skills

**A-D** Skills only

## LEVEL 4

**SKILLS:** Best 7 skills to count [A-D Skills]

**REQUIREMENTS:** Value 4.0

### 4x CR's:

Upstart Handstand  
MIN **C** Transition skill  
**D** Circling element  
MIN **C** Dismount

**A-D** Skills only

## LEVEL 3

**SKILLS:** Best 7 skills to count [A-D]

**REQUIREMENTS:** Value 4.0

### 4x CR's:

Upstart Handstand  
Backward Giant  
**D** Circling element  
MIN **D** Dismount

**A-D** Skills only

## 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 are deducted at 1.0 for each requirement.
3. Optional handstand technique.
4. Bars can be moved in or out, but cannot be moved up or down in height.

# UNEVEN BARS - ELITE LEVELS

**EQUIPMENT:** FIG Uneven Bars

**START VALUE:** 10.00 + DV + Requirements



## LEVEL 2

**SKILLS:** Best 7 skills to count [A-E]

**REQUIREMENTS:** Value 4.0

**4x CR's:**

MIN **D** transition skill  
Change of grip skill  
**D** Circling element  
MIN **D** Dismount

**A-E** Skills only

## LEVEL 1

**SKILLS:** Best 7 skills to count [A-G]

**REQUIREMENTS:** Value 4.0

**4x CR's:**

2X MIN **D** transition skill  
Release and Catch  
**D** Circling element  
MIN **E** Dismount

**A-G** Skills only

### 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 are deducted at 1.0 for each requirement.
3. Optional handstand technique.
4. Bars can be moved in or out, but cannot be moved up or down in height.

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***WOMEN'S ARTISTIC GYMNASTICS***

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**BEAM**

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# BEAM - FOUNDATION LEVELS

**EQUIPMENT:** FIG beam height

**START VALUE:** 10.00 + DV + Requirements

## LEVEL 10

**SKILLS:** Best 6 skills to count [A only]

**REQUIREMENTS:** Value 4.0

**4x CR's:**

Jump  
Leap  
Balance  
Spin

**NOTES:** A Skills only

## LEVEL 9

**SKILLS:** Best 6 skills to count [A&B]

**REQUIREMENTS:** Value 4.0

**4x CR's:**

Jump  
Jump or Leap with Split  
Balance  
A Coded Spin

**NOTES:** A&B skills only

## LEVEL 8

**SKILLS:** Best 7 skills to count [A&B]

**REQUIREMENTS:** Value 4.0

**4x CR's:**

Non Flighted Acro  
Jump or Leap with Split  
Dance Series of 2 Dance Elements  
A Coded Spin

**NOTES:** A&B skills only

### 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 or a springboard to mount the apparatus.
3. Missing requirements are deducted at 1.0 for each requirement.
4. Choreography must be added to all routines – **However**, Level 10,9 & 8 will not get deducted on artistry.
5. A dance series consists of leaps and jumps only; it does not include turns, balances, or other elements.

# BEAM - INDENTITY LEVELS

**EQUIPMENT:** FIG beam height

**START VALUE:** 10.00 + DV + Requirements

## LEVEL 7

**SKILLS:** Best 8 skills to count [A-C]

**REQUIREMENTS:** Value 4.0

**4x CR's:**

**B** Acro Skill (Flighted or Non-Flighted)  
Dance Series of 2 Dance Elements (One must include a Split)  
**B** Spin  
**B** Dismount

**NOTES:** A-C Skills only

## LEVEL 6

**SKILLS:** Best 8 skills to count [A-C]

**REQUIREMENTS:** Value 4.0

**4x CR's:**

Flighted Acro Skill  
Dance Series of 2 Dance Elements (one must include split)  
**B** Spin  
**C** Sideways Jump

**NOTES:** A-C Skills only

### 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. Missing requirements are deducted at 1.0 for each requirement.
3. A dance series consists of leaps and jumps only; it does not include turns, balances, or other elements.
4. Choreography must be added to all routines.

**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

**START VALUE:** 10.00 + DV + Requirements



## LEVEL 5

**SKILLS:** Best 8 skills to count [A-C]

**REQUIREMENTS:** Value 4.0

### 4x CR's:

Non Flighted Acro connected Flighted Acro Dance Series of 2 Dance Elements (One must include a split)

**C** Sideways Jump

MIN **B** Dismount

**NOTES:** A-C Skills only

## LEVEL 4

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

**REQUIREMENTS:** Value 4.0

### 4x CR's:

Non Flighted Acro connected Flighted Acro Dance Series of 2 Dance Elements (One must include a split)

**C** Sideways Jump

MIN **C** Dismount

**NOTES:** A-D Skills only

## LEVEL 3

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

**REQUIREMENTS:** Value 4.0

### 4x CR's:

Flighted Acro connected Flighted Acro Dance Series of 2 Dance Elements (One must include a split)

**C** Sideways Jump

MIN **C** Dismount

**NOTES:** A-D Skills only

## IMPORTANT NOTES:

1. A dance series consists of leaps and jumps only; it does not include turns, balances, or other elements.
2. Missing requirements are deducted at 1.0 for each requirement.
3. Beam routines must NOT exceed 1 minute 30 seconds. Routines that exceed this time will be deducted 0.3 from the final score.
4. Choreography must be added to all routines.

**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

**START VALUE:** 10.00 + DV + Requirements



## LEVEL 2

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

**REQUIREMENTS:** Value 4.0

### 4x CR's:

Flighted Acro connected Flighted Acro  
Dance Series of 2 Dance Elements (One must  
include a split)  
Free Cartwheel **OR** Standing Tuck Back  
MIN **D** Dismount

**NOTES:** A-E Skills only

## LEVEL 1

**SKILLS:** Best 8 skills to count [A-G]

**REQUIREMENTS:** Value 4.0

### 4x CR's:

Flighted Acro connected into **D** Flighted Acro  
Dance Series of 2 Dance Elements (One must  
include a split)  
**E** Aerial  
MIN **E** Dismount

**NOTES:** A-G Skills only

## IMPORTANT NOTES:

1. Missing requirements are deducted at 1.0 for each requirement.
2. Beam routines must NOT exceed 1 minute 30 seconds. Routines that exceed this time will be deducted 0.3 from the final score.
3. A dance series consists of leaps and jumps only; it does not include turns, balances, or other elements.
4. Choreography must be added to all routines.

**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**

The background of the slide features several overlapping, wavy lines in various shades of blue, creating a sense of motion and fluidity. These lines sweep across the frame from left to right, with some lines being more prominent than others.

***WOMEN'S ARTISTIC GYMNASTICS***

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**FLOOR**

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# FLOOR - FOUNDATION LEVELS

**EQUIPMENT:** Floor Area

**START VALUE:** 10.00 + DV + Requirements

## LEVEL 10

**SKILLS:** Best 8 skills to count [A Skills]

**REQUIREMENTS:** Value 4.0

**4x CR's:**  
Jump  
Leap  
Non-Flighted Acro  
**A** Coded Spin

**NOTES:** **A** Skills only

Performed on a designated line

No floor music

## LEVEL 9

**SKILLS:** Best 8 skills to count [A&B]

**REQUIREMENTS:** Value 4.0

**4x CR's:**  
Jump  
Leap  
**B** Non-Flighted Acro  
**B** Spin

**NOTES:** **A&B** Skills only

MAX 4 **B** Skills

Performed on a designated line

No floor music

## LEVEL 8

**SKILLS:** Best 8 skills to count [A-C]

**REQUIREMENTS:** Value 4.0

**4x CR's:**  
Acro line including 2 Acro Elements  
Dance series (one must include split)  
Mixed series (Acro with a Dance Element)  
**B** Spin

**NOTES:** **A-C** Skills only

MAX 4 **C** Skills

NO Saltos allowed

Full floor routine required

### IMPORTANT NOTES:

1. Floor routines must **NOT** exceed 1 minute 30 seconds. Routines that exceed this time will be deducted 0.3 from the final score.
2. Missing requirements are deducted at 1.0 for each requirement.
3. Choreography must be added to all routines - **However**, Level 10, 9 and 8 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 7

**SKILLS:** Best 8 skills to count [A–C]

**REQUIREMENTS:** Value 4.0

### 4x CR's:

Flighted backwards Acro line of MIN 2 Elements  
Dance series (one must include split)  
Mixed series (Acro with a Dance Element)  
**C** Spin

**NOTES:** **A–C** Skills only

## LEVEL 6

**SKILLS:** Best 8 skills to count [A–D]

**REQUIREMENTS:** Value 4.0

### 4x CR's:

Backwards Acro Line of 3 Elements **MUST**  
include Somersault  
Dance series (one must include split)  
Forwards Flighted Acro MIN **B**  
MIN **C** Spin

**NOTES:** **A–D** Skills only

MAX 2 **D** Skills

## IMPORTANT NOTES:

1. Floor routines must **NOT** exceed 1 minute 30 seconds. Routines that exceed this time will be deducted 0.3 from the final score.
2. Missing requirements are deducted at 1.0 for each requirement.
3. Choreography must be added to all routines.
4. Aerials cannot be used in a acro line as a salto.

**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 5

**SKILLS:** Best 8 skills to count [A–D]

**REQUIREMENTS:** Value 4.0

**4x CR's:**  
Backwards Acro Line of 3 Elements MUST include **D** Somersault  
Dance series (one must include split)  
Forwards Flighted Acro MIN **C**  
MIN **D** Spin

**NOTES:** **A–D** Skills only

MAX 4 **D** Skills

## LEVEL 4

**SKILLS:** Best 8 skills to count [A–E]

**REQUIREMENTS:** Value 4.0

**4x CR's:**  
Backwards Acro Line of 3 Elements MUST include MIN **D** Somersault  
Dance series (one must include split) MIN **D**  
last Leap  
Forwards Flighted Acro Connection MIN **C**  
MIN **D** Spin

**NOTES:** **A–E** Skills only

MAX 2 **E** Skills

## LEVEL 3

**SKILLS:** Best 8 skills to count [A–E]

**REQUIREMENTS:** Value 4.0

**4x CR's:**  
Backwards Acro Line of 3 Elements MUST include MIN **E** Somersault  
Dance series (one must include split) MIN **D** last Leap  
Forwards Flighted Acro Connection MIN **D**  
MIN **D** Aerial

**NOTES:** **A–E** Skills only

MAX 4 **E** Skills

### IMPORTANT NOTES:

1. Aerials cannot be used in a acro line as a salto.
2. Missing requirements are deducted at 1.0 for each requirement.
3. Floor routines must **NOT** exceed 1 minute 30 seconds. Routines that exceed this time will be deducted 0.3 from the final score.
4. Choreography must be added to all routines.

**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 2

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

**REQUIREMENTS:** Value 4.0

### 4x CR's:

Backwards Acro Line of 3 Elements MUST include MIN **E** Somersault  
Dance series (one must include split) MIN **D** last Leap  
Forwards Flighted Acro Connection MIN **D**  
3<sup>rd</sup> Tumble line MIN **D** Somersault

**NOTES:** A-E Skills only

## LEVEL 1

**SKILLS:** Best 8 skills to count [A-G]

**REQUIREMENTS:** Value 4.0

### 4x CR's:

Backwards Acro Line of 3 Elements MUST include MIN **F** Somersault  
Dance series (one must include split) MIN **D** last Leap  
Forwards Flighted Acro Connection MIN **D**  
3<sup>rd</sup> Tumble Line MIN **E** Somersault

## IMPORTANT NOTES:

1. Aerials cannot be used in a acro line as a salto.
2. Missing requirements are deducted at 1.0 for each requirement.
3. Floor routines must **NOT** exceed 1 minute 30 seconds. Routines that exceed this time will be deducted 0.3 from the final score.
4. Choreography must be added to all routines.

**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**