



WOMEN'S ARTISTIC GYMNASTICS

GEMS GRADES HANDBOOK

NATIONAL PATHWAY 2026

INTRODUCTION:

Welcome to the new Women's Artistic Gymnastics Handbook!

Our focus for 2026 is to ensure that clubs and children are equipped with the right foundations for success at every level. We are committed to supporting the growth and development of all gymnasts — from grassroots participants to elite performers. Through our structured pathways and resources, we aim to continue raising the standard of gymnastics while fostering an inclusive and supportive environment.

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	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.

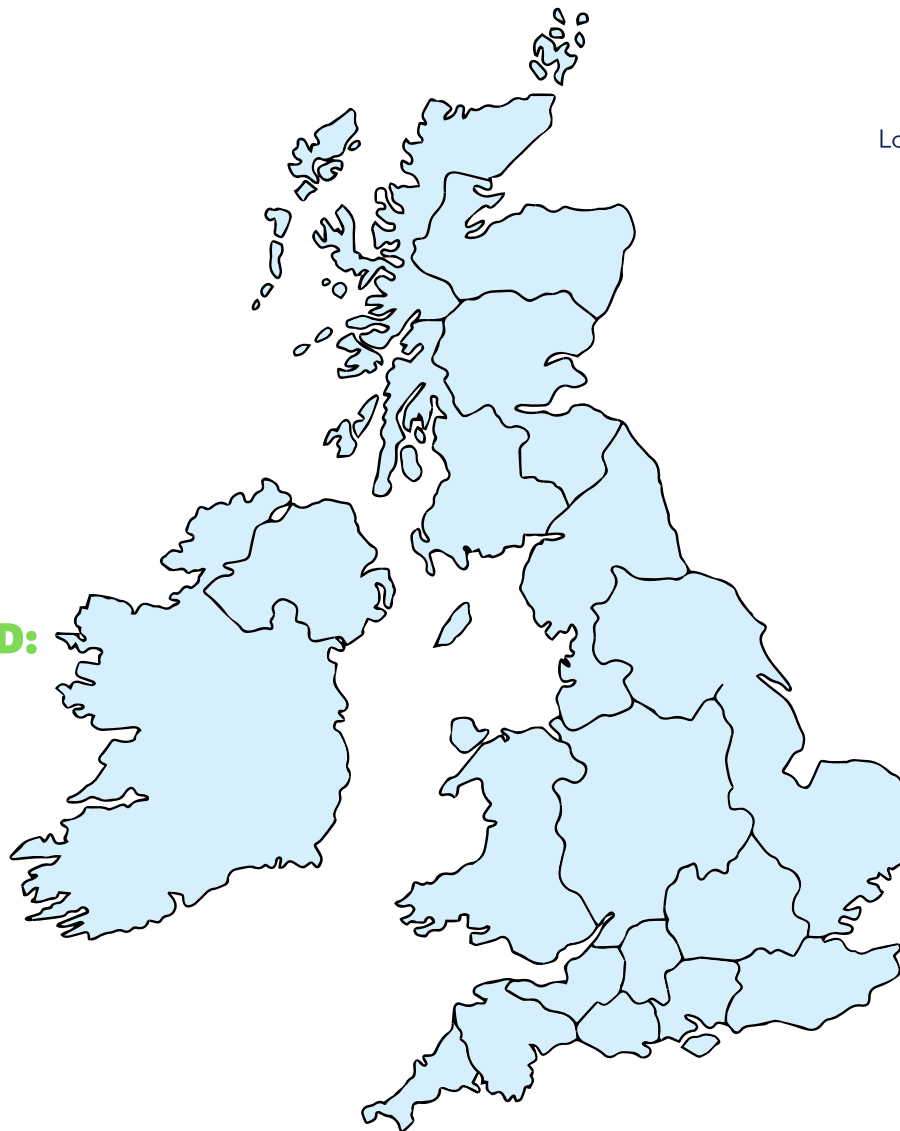
OUR IGA REGIONS:

NORTH REGIONS:

Cheshire	Northumberland
Lancashire	Scotland
County Durham	Shropshire
Cumbria	Tyne and Wear
Manchester	Wales
Merseyside	Yorkshire
Leicestershire	Staffordshire
Derbyshire	
Lincolnshire	

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



SOUTH REGIONS:

Devon & Dorset	Buckinghamshire
Somerset	Brighton & Hove
London, Essex & Kent	Gloucestershire
Norfolk & Rutland	Northamptonshire
Berkshire	Hampshire, IOW & CI
Suffolk	Oxfordshire
Surrey	Warwickshire
Sussex	Cornwall
Bristol	West Midlands
Bedfordshire	Cambridgeshire
Buckinghamshire	Worcestershire
Channel Islands	Herefordshire
	Hertfordshire

SOUTHERN IRELAND:

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

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:

£45.00

All 5 pieces must be performed at this event.

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.

Please note a follow up email will be released once this is ready.

HOW TO ENTER:

STEP 1: Enter all coaches, Judges and Gymnasts on JustGo for payments and a credential check and to secure your placement.

STEP 2: Once confirmed - Log into Acro Companion and enter the details for our live scoring system. Managers will only be able to access this information.

STEP 3: Ensure all information is correct on **ACRO COMPANION** including gymnast's photo, names for spellings and levels. The live scoring will be accessible by all on the day of the event - this will be down to the club to ensure this information is correct.

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 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:

LEVEL 10 & 9	Minimum Level 1 – Assisted by Level 2
LEVEL 8 – 6	Minimum Level 2
LEVEL 5 – 1	Minimum Level 3 – Assisted by Level 4 Lead Coach
FIG	Minimum Level 4

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.*

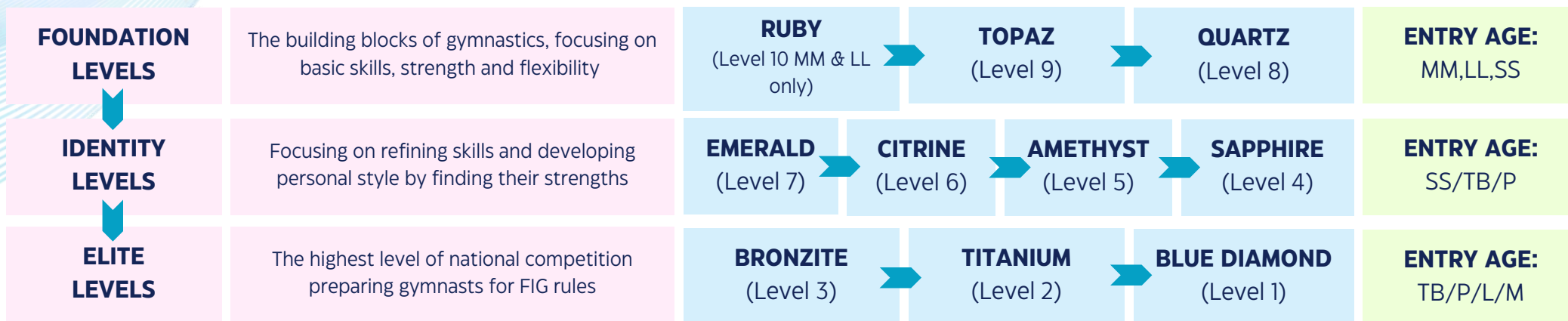
IGA will be aiming to recruit independent judges where possible for events to enable fairness throughout all IGA Competitions - If your judge is not selected, this may be due to an independent judge in replacement

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.

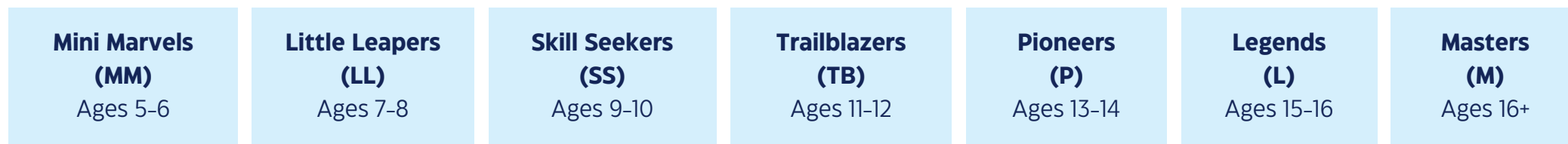
IGA GEMS PATHWAY

NEW



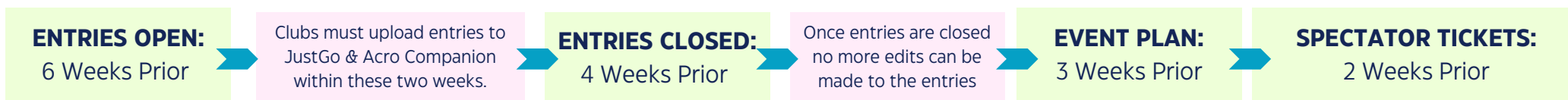
IGA AGE GROUPS

NEW



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

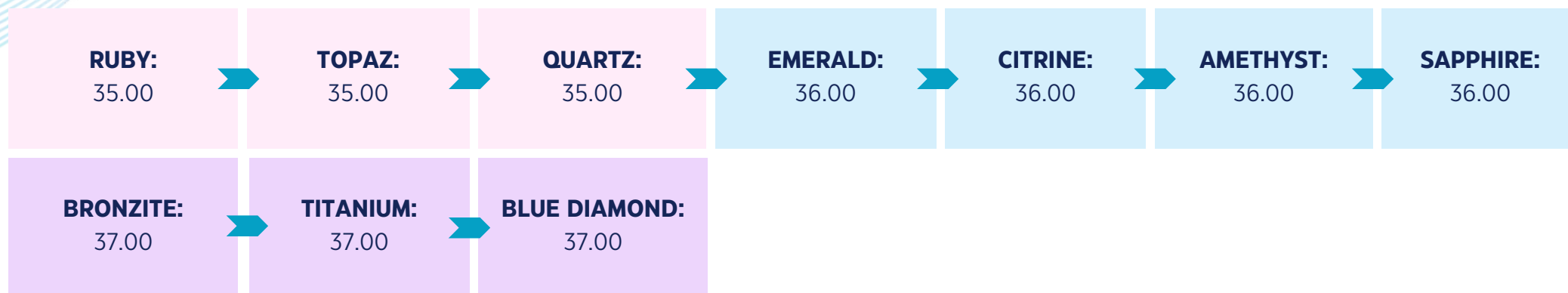
COMPETITION ORGANISING TIMELINE:



LEVELING UP THROUGH THE IGA GEMS **NEW**

At IGA to enable a fair competition and to encourage the development of the gymnast, Gymnasts scoring above the below scores at the Gems Grades **are required** to move up a grade for the next year. if they **do not** hit the required score, they must re-enter the same Grade.

Gymnasts who do not hit the required score are not ready to participate in the next grade as we have based our move up scores on just underneath an 85% success rate.



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 1 st to 3 rd on all apparatus. Overall 1 st to 3 rd medals. Overall trophy for the overall winner	Participation certificates will be provided 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.	NEW Regional Events Only: Ruby Topaz & Quartz
NATIONAL FINALS	Medals will be placed for 1 st to 3 rd on all apparatus. Overall 1 st to 3 rd medals. Overall trophy for the overall winner	Participation certificates will be provided 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.	National Events Only: Emerald & Above

THINGS TO BE AWARE OF: **NEW**

Gymnasts who participate alone in a category will **only** receive the gold medal for the overall, overall trophy and participation certificate,

To qualify for National Finals gymnasts **must** achieve the level up score in both Gems and Levels and **must** place 1st to 6th in their entry category to compete.

Gymnasts who are **not** eligible for National Squad selection will **not** compete at any National Final Competitions, they will only compete at a Regional Event.

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 0.5 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.

The background of the slide features a series of overlapping, wavy blue lines that create a sense of motion and depth. These lines are more concentrated in the upper half of the image, where they frame the text, and become more sparse and lighter as they move towards the bottom.

WOMEN'S ARTISTIC GYMNASTICS

GEMS GRADES



FOUNDATION GRADES RUBY



VAULT

BARS

BEAM

FLOOR

EQUIPMENT:	2 x 30cm stacked safety mats	Wooden Single Bar FIG Height - FIG Landing mat base - 30cm Safety Mat	FIG Height Beam - FIG Landing mat base - 30cm Safety Mat underneath - No choreo choice of pose only	FIG Floor - Performed on a line - No music - No choreo choice of pose only
ROUTINE:	Dynamic run Correct arm swing on the board Straight jump onto the mats. Landing with a straight body (AAH)	Starting from hang in reverse grip 1 x Pull up (in dish shape - Show) Half turn (in dish shape - Show) 2 x Leg Lifts Dish hang to land	Jump to front support Leg lift over - Swing to Squat Rise to toes straight body (AAH) <i>[Choice of pose]</i> 2 x Steps on toes Straight jump preparation Spin preparation Arabesque (hold for 2 seconds) Straight jump dismount	<i>[Starting pose of choice]</i> Spin preparation Straight jump connected Straight jump <i>[Choice of pose]</i> Cartwheel Leap preparation Catleap [hold arabesque landing for 2 seconds]
EXECUTION: <small>[Not including general faults]</small>	Lack of dynamic run - 0.1/0.3/0.5	Lack of correct body form throughout - 0.1/0.3/0.5	Failure to show straight shape - 0.3	Failure to lift knee's to chest in catleap - 0.3
	Incorrect arm swing on board - 0.3	Failure to complete pull up - 0.5	Failure to show pose of choice - 0.3	Lack of correct body form throughout - 0.1/0.3/0.5
	Failure to perform arm swing - 0.5	Failure to complete Leg Lift - 0.5	Lack of correct body form throughout - 0.1/0.3/0.5	Failure to show foot placement in releve on spin preparation - 0.5
	Lack of correct body form in jump - 0.1/0.3/0.5	Steps on landing - 0.1/0.3/0.5	Failure to show foot placement in releve on spin preparation - 0.5	Leg not lifting to horizontal in the leap preparation - 0.3
	Lack of height in jump - 0.1/0.3/0.5	Deep squat on landing - 0.3/0.5	Steps on landing - 0.1/0.3/0.5	Failure to show and hold arabesque in leap preparation - 0.3
	Steps on landing - 0.1/0.3/0.5	Routine exceeds 1 min - 0.5	Deep squat on landing - 0.3/0.5	
	Deep squat on landing - 0.3/0.5			

KEY: Arms Above Head (AAH) Show means 'Show the skill' **NOT** hold



FOUNDATION GRADES TOPAZ



VAULT

EQUIPMENT:

2 x 30cm stacked safety mats

ROUTINE:

Dynamic run
Correct arm swing on the board
Straight jump to land (AAH)
Arm swing (from behind)
Kick to handstand flat lie
[No Dish shape in the flat lie]

EXECUTION:

Lack of dynamic run - 0.1/0.3/0.5
Failure to show correct take off- 0.3
Failure to perform arm swing - 0.5
Lack of correct body form in jump - 0.1/0.3/0.5
Lack of height in jump - 0.1/0.3/0.5
Steps on landing - 0.1/0.3/0.5
Deep squat on landing - 0.3/0.5

BARS

Wooden Single Bar FIG Height - FIG
Landing mat base - 30cm Safety Mat

Starting from hang in reverse grip
1 x Pull up (Dish shape - **Show**)
Half turn (Dish shape - **Show**)
2 x Leg Lifts
Lift to pike hold - (**2 seconds**)
Open to straddle hold - (**2 seconds**)
2 x Dish taps to land

Lack of correct body form
throughout - 0.1/0.3/0.5

Failure to complete pull up - 0.5
Failure to complete Leg Lift - 0.5
Steps on landing - 0.1/0.3/0.5
Deep squat on landing - 0.3/0.5

Routine exceeds 1 min - 0.5

BEAM

FIG Height Beam - FIG Landing mat
base - 30cm Safety Mat underneath
- No choreo choice of pose only

Jump to front support
Leg lift over - Swing to Squat
Rise to toes straight body (AAH)
[Choice of pose]
Spin preparation
Straight jump **connected** straight jump
step Split Jump 140°
Handstand (**Hold** for 2 seconds)
Round off dismount

Failure to hold straight shape - 0.3

Failure to show pose of choice - 0.3

Lack of correct body form
throughout - 0.1/0.3/0.5

Failure to show foot placement in
releve on spin preparation - 0.5

Missed connections - 0.5 each time

Failure to hold handstand - 0.3

FLOOR

FIG Floor - Performed on a line - No
music - No choreo choice of pose
only

[Starting pose of choice]
Spin preparation on both legs
Straight jump **connected** Straight jump
Split Jump 140°
[Choice of pose]
Round off dish jump
Handstand Hop [focus on technique]
Split leap 140° **connected** Catleap

Failure to lift knee's to chest in catleap - 0.3

Lack of correct body form throughout - 0.1/0.3/0.5

Lack of split in leaps/jumps - 0.3

Missed connections - 0.5 each time

Landing Faults - 0.1/0.3/0.5

General execution - 0.1/0.3/0.5

KEY: Arms Above Head (AAH) Show means 'Show the skill' **NOT** hold



FOUNDATION GRADES QUARTZ



VAULT

BARS

BEAM

FLOOR

EQUIPMENT:	1m stacked safety mats	Wooden Single Bar FIG Height – FIG Landing mat base – 30cm Safety Mat	FIG Height Beam – FIG Landing mat base – 30cm Safety Mat underneath – No choreo choice of pose only	FIG Floor – Performed on a line – No music – No choreo choice of pose only
ROUTINE:	Dynamic run Correct arm swing on the board Straight jump to land (AAH) Arm swing (from behind) Kick to handstand flat lie [No Dish shape in the flat lie]	1 x Pull up (Dish shape – Show) Half Turn 1 x Chin up Circle Over (Dish shape) Show Front Support Shape Circle Down to Long Hang Lift to pike hold (2 seconds) Open to straddle hold (2 seconds) 2 x Arch Taps to land	Jump to box split mount [optional hands] [Choice of Pose] Split Jump 140° connected tuck jump ½ spin Cartwheel Catleap Round off OR Front Somi Dismount	[Starting pose of choice] Straight jump connected Split Jump 140° [Choice of pose] Split leap 140° connected Catleap Round off dish jump Handstand Hop bridge to stand ½ spin
EXECUTION:	Lack of dynamic run – 0.1/0.3/0.5	Lack of correct body form throughout – 0.1/0.3/0.5	Missed connections – 0.5 each time	Failure to lift knee's to chest in catleap – 0.3
	Failure to show correct take off- 0.3	Failure to complete pull up – 0.5	Failure to show pose of choice – 0.3	Lack of correct body form throughout – 0.1/0.3/0.5
	Lack of height in salto- 0.1/0.3/0.5	Failure to show front support – 0.3	Lack of correct body form throughout – 0.1/0.3/0.5	Lack of split in leaps/jumps – 0.3
	Incorrect shape in salto – 0.1/0.3/0.5	Legs below horizontal in straddle & pike – 0.3	Failure to show foot placement in releve on spin preparation – 0.5	Missed connections – 0.5 each time
	Steps on landing – 0.1/0.3/0.5	Landing faults – 0.1/0.3/0.5	Steps on landing – 0.1/0.3/0.5	Landing Faults – 0.1/0.3/0.5
	Deep squat on landing – 0.3/0.5	Routine exceeds 1 min – 0.5	Deep squat on landing – 0.3/0.5	General execution – 0.1/0.3/0.5

KEY: ----



IDENTITY GRADES EMERALD



VAULT

BARS

BEAM

FLOOR

EQUIPMENT:	1m stacked safety mats	Metal Bar – FIG Landing mat base – 30cm Safety Mat	FIG Height Beam – FIG Landing mat base – 30cm Safety Mat underneath	FIG Floor – 1min 30 max floor music
ROUTINE:	Dynamic run Correct entry on the board Handspring flat lie <i>(emphasis on correct technique)</i>	Dish shape – Show Arch shape – Show 3 x Dish Arch Taps 3 x Swings (Focus on shape and correct timing for the tap under the bar)	Jump to straddle lever [hold for 2 seconds] Split Jump 140° connected Tuck Jump ½ spin connected ½ turn on toes Backward Walkover Cartwheel Straight Jump Dismount OR Front somersault *FULL CHOREOGRAPHY*	Straight jump connected Split Jump 140° Chasse Split leap 140° chasse Catleap Round off flick Handspring ½ spin connected ½ turn Catleap connected Cartwheel
EXECUTION:	Lack of dynamic run – 0.1/0.3/0.5	Lack of correct body form throughout – 0.1/0.3/0.5	Missed connections – 0.5 each time	Failure to lift knee's to chest in catleap – 0.3
	Failure to show correct arm swing- 0.3	Failure to complete pull up – 0.5	Lack of correct body form – 0.1/0.3/0.5	Lack of correct body form throughout – 0.1/0.3/0.5
	Lack of height in salto- 0.1/0.3/0.5	Failure to show front support – 0.5	Lack of split in jump – 0.3	Lack of split in leaps/jumps – 0.3
	Incorrect shape in salto – 0.1/0.3/0.5	Cast below horizontal – 0.5	Landing Faults – 0.1/0.3/0.5	Missed connections – 0.5 each time
	Incorrect head position – 0.3	Steps on landing – 0.1/0.3/0.5	Missed holds – 0.3	Landing Faults – 0.1/0.3/0.5
	Steps on landing – 0.1/0.3/0.5	Deep squat on landing – 0.3/0.5	Routine exceeds 1 min 30 – 0.5	General execution – 0.1/0.3/0.5
	Deep squat on landing – 0.3/0.5	Routine exceeds 1 min – 0.5		

KEY: ----



FLOOR

EQUIPMENT:	2 x 30cm stacked safety mats	Metal Bar – FIG Landing mat base – 30cm Safety Mat	FIG Height Beam – FIG Landing mat base – 30cm Safety Mat underneath	FIG Floor – 1min 30 max floor music
ROUTINE:	Dynamic run Correct entry on the board Straight front land onto front OR R/off tuck back (AAH) land fall onto back	Dish shape – Show Arch shape – Show 3 x Dish Arch Taps 3 x Swings On 4 th swing baby giant connected to backward hip circle (Focus on shape and correct timing for the tap under the bar)	Jump to straddle lever or Tuck through to pike lever [hold for 2 seconds] Split Jump 180° connected Tuck Jump Full Spin Flick to one Straight Jump [Sideways] Cartwheel Tuck Back Dismount *FULL CHOREOGRAPHY*	Straddle Jump or Split Jump 180° Chasse Split leap 180° chasse side leap Round off x 3 flicks Handspring straight jump Front somersault Full spin Catleap connected Cartwheel connected sissonne
EXECUTION:	Lack of dynamic run – 0.1/0.3/0.5	Lack of correct body form throughout – 0.1/0.3/0.5	Missed connections – 0.5 each time	Failure to lift knee’s to chest in catleap – 0.3
	Failure to show correct arm swing– 0.3	Failure to show shapes – 0.3 each	Lack of correct body form – 0.1/0.3/0.5	Lack of correct body form throughout – 0.1/0.3/0.5
	Lack of height in salto– 0.1/0.3/0.5	Incorrect timing on kick – 0.3 each	Lack of split in jump – 0.3	Lack of split in leaps/jumps – 0.3
	Incorrect shape in salto – 0.1/0.3/0.5	Swings below horizontal – 0.3	Landing Faults – 0.1/0.3/0.5	Missed connections – 0.5 each time
	Incorrect head position – 0.3	No cast between baby giant and backward hip circle – 0.3	Missed holds – 0.3	Landing Faults – 0.1/0.3/0.5
	Steps on landing – 0.1/0.3/0.5		Routine exceeds 1 min 30 – 0.5	General execution – 0.1/0.3/0.5
	Deep squat on landing – 0.3/0.5			

KEY: ----



IDENTITY GRADES

AMETHYST



VAULT

BARS

BEAM

FLOOR

EQUIPMENT:	2 x 30cm stacked safety mats	Metal Bar – FIG Landing mat base – 30cm Safety Mat	FIG Height Beam – FIG Landing mat base – 30cm Safety Mat underneath	FIG Floor – 1min 30 max floor music
ROUTINE:	<p>Dynamic run</p> <p>Correct entry on the board</p> <p>Straight front land onto front</p> <p>OR R/off straight back (AAH) land fall onto back</p>	<p>Dish shape – Show</p> <p>Arch shape – Show</p> <p>2 x Dish Arch Taps</p> <p>Trolley Swing into Upstart</p> <p>Cast to horizontal</p> <p>2 x Swings On 3rd swing baby giant connected to backward hip circle (Focus on shape and correct timing for the tap under the bar)</p>	<p>[Optional Mount]</p> <p>Split Jump 180° connected Tuck Jump or W-Jump</p> <p>Full Spin</p> <p>Handstand connected Flick to one</p> <p>Straight Jump ½ [Sideways]</p> <p>Cartwheel Tuck Back Dismount OR</p> <p>Round off straight jump dismount</p> <p>*FULL CHOREOGRAPHY*</p>	<p>Straddle Jump or Split Jump 180°</p> <p>Chasse Split leap 180° chasse side leap</p> <p>Round off flick tuck back</p> <p>Handspring to 1 connected handspring to 2</p> <p>Front somersault straight jump</p> <p>Full spin connected back ½ spin</p> <p>Catleap connected Free Cartwheel</p>
EXECUTION:	<p>Lack of dynamic run – 0.1/0.3/0.5</p> <p>Failure to show correct arm swing- 0.3</p> <p>Lack of height in salto- 0.1/0.3/0.5</p> <p>Incorrect shape in salto – 0.1/0.3/0.5</p> <p>Incorrect head position – 0.3</p> <p>Steps on landing – 0.1/0.3/0.5</p> <p>Deep squat on landing – 0.3/0.5</p>	<p>Lack of correct body form throughout – 0.1/0.3/0.5</p> <p>Failure to complete upstart – 0.5</p> <p>Cast below horizontal – 0.5</p> <p>Swings below horizontal – 0.3</p> <p>No cast between baby giant and backward hip circle – 0.3</p> <p>Stops between skills – 0.3 each time</p>	<p>Missed connections – 0.5 each time</p> <p>Lack of correct body form – 0.1/0.3/0.5</p> <p>Lack of split in jump – 0.3</p> <p>Landing Faults – 0.1/0.3/0.5</p> <p>General execution – 0.1/0.3/0.5</p> <p>Routine exceeds 1 min 30 – 0.5</p>	<p>Failure to lift knee's to chest in catleap – 0.3</p> <p>Lack of correct body form throughout – 0.1/0.3/0.5</p> <p>Lack of split in leaps/jumps – 0.3</p> <p>Missed connections – 0.5 each time</p> <p>Landing Faults – 0.1/0.3/0.5</p> <p>General execution – 0.1/0.3/0.5</p>

KEY: ----



IDENTITY GRADES SAPPHIRE



VAULT

BARS

BEAM

FLOOR

EQUIPMENT:

1:15m Vault Table – Stacked Mats

Metal Bar – FIG Landing mat base –
30cm Safety Mat

FIG Height Beam – FIG Landing mat
base – 30cm Safety Mat underneath

FIG Floor – 1min 30 max floor music

ROUTINE:

Dynamic run
Correct entry on the board
Handspring flat lie
OR Half on to knee's
OR Yurchenko to knee's

Dish shape – **Show**
Arch shape – **Show**
2 x Dish Arch Taps
Trolley Swing into Upstart
Cast to horizontal
3 x Swings into 1 x Giant
(Focus on shape and correct timing
for the tap under the bar)

[Optional Mount]
Split Jump 180° **connected** Tuck Jump
or W-Jump
Full Spin [any position or direction]
Backward Walkover **connected** Flick to
one
Optional Jump [Sideways]
Round off tuck back dismount **OR**
Cartwheel tuck back
FULL CHOREOGRAPHY

Straddle Jump or Split Jump 180° ½
Chasse Change leg 180° chasse split
leap
Round off flick tuck back
Front somersault straight jump
connected to Handspring to 1
connected handspring to 2
Full spin **connected** back full spin
Catleap **connected** Free Cartwheel

EXECUTION:

Lack of dynamic run – 0.1/0.3/0.5

Arms not by ears in the Salto – 0.3

Lack of height in salto– 0.1/0.3/0.5

Incorrect shape in salto – 0.1/0.3/0.5

Incorrect head position – 0.3

Lack of dynamics – 0.1/0.3/0.5

Lack of correct body form throughout –
0.1/0.3/0.5

Failure to complete upstart – 0.5

Stops between skills – 0.3

Cast below horizontal – 0.5

Failure to complete giant on first
attempt – 1.0

Incorrect timing on kick – 0.3 each

Missed connections – 0.5 each time

Lack of correct body form –
0.1/0.3/0.5

Lack of split in jump – 0.3

Landing Faults – 0.1/0.3/0.5

General execution – 0.1/0.3/0.5

Routine exceeds 1 min 30 – 0.5

Failure to lift knee's to chest in catleap –
0.3

Lack of correct body form throughout –
0.1/0.3/0.5

Lack of split in leaps/jumps – 0.3

Missed connections – 0.5 each time

Landing Faults – 0.1/0.3/0.5

General execution – 0.1/0.3/0.5

KEY: ----



ELITE GRADES BRONZITE



VAULT

BAR

BEAM

FLOOR

EQUIPMENT:	1.20m Vault Table – Stacked Mats	Metal Bar – FIG Landing mat base – 30cm Safety Mat	FIG Height Beam – FIG Landing mat base – 30cm Safety Mat underneath	FIG Floor – 1min 30 max floor music
ROUTINE:	<p>Dynamic run Correct entry on the board Handspring to Stand fall onto front OR Half on to Stand fall onto back OR Yurchenko to stand fall onto back</p>	<p>2 x Dish Arch Taps Trolley Swing into Upstart Cast to handstand Circling Element to Handstand 2 x Giants (Focus on shape and correct timing for the tap under the bar)</p>	<p>[Optional Mount] Split Jump 180° connected Tuck Jump or W-Jump Full Spin [any position or direction] Flick to one connected Flick to one Cartwheel connected sissonne Round off tuck back dismount OR straight back dismount OR Straight front *FULL CHOREOGRAPHY*</p>	<p>Straddle Jump or Split Jump 180° ½ or W-Jump ½ Chasse Change leg 180° chasse split leap Round off flick straight back Straight front somersault Round off 2 x flicks tuck back Double spin W-hop connected Free Cartwheel</p>
EXECUTION:	Lack of dynamic run – 0.1/0.3/0.5	Lack of correct body form throughout – 0.1/0.3/0.5	Missed connections – 0.5 each time	Lack of correct body form throughout – 0.1/0.3/0.5
	Arms not by ears in the Salto – 0.3	Failure to complete handstands between handstand and 10° – 0.5	Lack of correct body form – 0.1/0.3/0.5	Lack of split in leaps/jumps – 0.3
	Lack of height in salto– 0.1/0.3/0.5	Stops between skills – 0.3	Lack of split in jump – 0.3	Missed connections – 0.5 each time
	Incorrect shape in salto – 0.1/0.3/0.5	Failure to complete circling element or giants – 1.0 each	Landing Faults – 0.1/0.3/0.5	Landing Faults – 0.1/0.3/0.5
	Incorrect head position – 0.3		General execution – 0.1/0.3/0.5	General execution – 0.1/0.3/0.5
	Lack of dynamics – 0.1/0.3/0.5		<div>Routine exceeds 1 min 30 – 0.5</div>	

NOTES: Optional Entry for Cast to Handstand on Bars



ELITE GRADES TITANIUM



VAULT

BAR

BEAM

FLOOR

EQUIPMENT:	1.25m Vault Table – Stacked Mats with 10cm extra mat on landing	Metal Bar – FIG Landing mat base – 30cm Safety Mat	FIG Height Beam – FIG Landing mat base – 30cm Safety Mat underneath	FIG Floor – 1min 30 max floor music
ROUTINE:	<p>Dynamic run</p> <p>Correct entry on the board</p> <p>Handspring to Stand fall onto front</p> <p>OR Half on to Stand fall onto back</p> <p>OR Yurchenko to stand fall onto back</p>	<p>2 x Dish Arch Taps</p> <p>Trolley Swing into Upstart</p> <p>Cast to handstand</p> <p>Circling Element to Handstand</p> <p>2 x Giants</p> <p>Heel Drive into 2 x Forward Giants (Focus on shape and correct timing)</p>	<p>[Optional Mount]</p> <p>Split Jump 180° connected W-Jump or Straddle Jump</p> <p>Full Spin [any position or direction]</p> <p>Flick to one connected Flick to two</p> <p>Free Cartwheel or Tuck Back</p> <p>Round off straight back dismount OR Straight front onto 2 x 30cm safety mats</p> <p>*FULL CHOREOGRAPHY*</p>	<p>Straddle Jump or Split Jump 180° ½ or W-Jump ½</p> <p>Chasse Change leg 180° chasse change leg ¼</p> <p>Round off flick straight back ½</p> <p>Straight front somersault</p> <p>Round off flick straight back</p> <p>Double spin</p> <p>W-hop connected Free Walkover or Cartwheel</p>
EXECUTION:	Lack of dynamic run – 0.1/0.3/0.5	Lack of correct body form throughout – 0.1/0.3/0.5	Missed connections – 0.5 each time	Lack of correct body form throughout – 0.1/0.3/0.5
	Arms not by ears in the Salto – 0.3	Stops between skills – 0.3	Lack of correct body form – 0.1/0.3/0.5	Lack of split in leaps/jumps – 0.3
	Lack of height in salto– 0.1/0.3/0.5	Failure to complete handstands between handstand and 10° – 0.5	Lack of split in jump – 0.3	Missed connections – 0.5 each time
	Incorrect shape in salto – 0.1/0.3/0.5	Failure to complete circling element or giants – 1.0 each	Landing Faults – 0.1/0.3/0.5	Landing Faults – 0.1/0.3/0.5
	Incorrect head position – 0.3		General execution – 0.1/0.3/0.5	General execution – 0.1/0.3/0.5
	Lack of dynamics – 0.1/0.3/0.5		<div>Routine exceeds 1 min 30 - 0.5</div>	

NOTES: Optional Entry for Cast to Handstand on Bars



ELITE GRADES

BLUE DIAMOND



VAULT

BARS

BEAM

FLOOR

EQUIPMENT:

1.25m Vault Table – Stacked Mats

Metal Bar – FIG Landing mat base –
30cm Safety Mat

FIG Height Beam – FIG Landing mat
base – 30cm Safety Mat underneath

FIG Floor – 1min 30 max floor music

ROUTINE:

Dynamic run
Correct entry on the board
Half on through to shoulder stand
OR
Yurchenko through to shoulder
stand

2 x Dish Arch Taps
Trolley Swing into Upstart
Cast to handstand
2 x **Different** Circling Elements
2 x Giants
Heel Drive into 2 x Forward Giants
(Focus on shape and correct timing)

[Optional Mount]
Split Jump 180° **connected** W-Jump **or**
Straddle Jump
Full Spin [any position or direction]
Flick to one **connected** layout
2 x Aerials of choice
Round off straight back with ½ or 1/1
twist **OR** Straight front ½ or 1/1 twist
FULL CHOREOGRAPHY

Straddle Jump or Split Jump 180° 1/1 or
W-Jump 1/1
Chasse Change leg 180° chasse change
leg ¼ or Change leg ½
Round off flick straight back 1/1 twist
Straight front somersault **connected**
tuck front somersault
Round off flick straight back ½ twist
Double spin
W-hop **connected** Free Walkover or
Cartwheel

EXECUTION:

Lack of dynamic run – 0.1/0.3/0.5

Arms not by ears in the Salto – 0.3

Lack of height in salto– 0.1/0.3/0.5

Incorrect shape in salto – 0.1/0.3/0.5

Incorrect head position – 0.3

Lack of dynamics – 0.1/0.3/0.5

Lack of correct body form throughout –
0.1/0.3/0.5

Stops between skills – 0.3

Failure to complete handstands
between handstand and 10° – 0.5

Failure to complete circling element
or giants – 1.0 each

Failure to compete two different
circling elements – 1.0

Missed connections – 0.5 each time

Lack of correct body form –
0.1/0.3/0.5

Lack of split in jump – 0.3

Landing Faults – 0.1/0.3/0.5

General execution – 0.1/0.3/0.5

Routine exceeds 1 min 30 – 0.5

Lack of correct body form throughout –
0.1/0.3/0.5

Lack of split in leaps/jumps – 0.3

Missed connections – 0.5 each time

Landing Faults – 0.1/0.3/0.5

General execution – 0.1/0.3/0.5

NOTES: Optional Entry for Cast to Handstand on Bars

The background of the slide features several overlapping, flowing blue waves that create a sense of movement and fluidity. The waves are composed of many fine, parallel lines, giving them a textured, ethereal appearance. They are primarily light blue with some darker blue accents, set against a plain white background.

WOMEN'S ARTISTIC GYMNASTICS

FLEXIBILITY & BALANCE



FOUNDATION GRADE

RUBY - TOPAZ - QUARTZ



EQUIPMENT:

Floor area only *[Preferably a hard surface with firm matting]*

ROUTINE:

STARTING POSITION: Standing straight body arms by ears *[Showing good posture]*
Forward roll into straddle sit and show. Sitting in straddle hands reach forward and gymnast performs 2 x leg lifts
Hold straddle lever for 2 seconds – **Hold** Japan for 2 seconds
Swim through box splits to front support position
Swing left round to show splits then turn to show other splits *[Can use hands in transition]*
Bring leg round to **hold** lumber fold then lay flat on the floor
Push to **hold** a bridge *[focus on shoulders over hands]*
Rock and roll to stand.

EXECUTION:

Poor posture in starting position including arching of back – 0.1/0.3/0.5

Lack of control or smoothness in the roll including lack of control throughout the routine – 0.1/0.3/0.5

Insufficient lift from the floor in straddle lever hold and leg lifts – 0.1/0.3/0.5

Failure to hold elements marked as **hold** throughout the routine – 0.5

Lack of flexibility throughout the routine including all stretch elements – 0.1/0.3/0.5

General execution faults throughout routine including knee's feet and arms – 0.1/0.3/0.5

NOTES: Elements marked as 'show' do **NOT** need to be held – They must be clearly shown.



IDENTITY GRADE

EMERALD - CITRINE - AMETHYST - SAPPHIRE



EQUIPMENT:

Floor area only *[Preferably a hard surface with firm matting]*

ROUTINE:

STARTING POSITION: Standing straight body arms by ears *[Showing good posture]*
Forward roll into straddle lever and **hold** for 2 seconds lift to half lever and return to **hold** for 2 seconds then lower to straddle sit.
Hold Japan for 2 seconds
Swim through box splits to front support position
Swing left round to show splits then turn to show other splits *[Can use hands in transition]*
Bring leg round to **hold** lumber fold then lay flat on the floor
Push to **hold** a bridge *[focus on shoulders over hands]*
Show best leg bridge split - kick over to stand.
Split jump **connected** split jump showing split jumps on both legs.

EXECUTION:

Poor posture in starting position including arching of back - 0.1/0.3/0.5

Lack of control or smoothness in the roll including lack of control throughout the routine - 0.1/0.3/0.5

Insufficient lift from the floor in straddle lever hold and leg lifts - 0.1/0.3/0.5

Failure to hold elements marked as **hold** throughout the routine - 0.5

Lack of flexibility throughout the routine - 0.1/0.3/0.5

Leg is below the vertical in the bridge split - 0.5

General execution faults throughout routine including knee's feet and arms - 0.1/0.3/0.5

NOTES: Elements marked as 'show' do **NOT** need to be held - They must be clearly shown.



IDENTITY GRADE

BRONZITE - TITANIUM - BLUE DIAMOND



EQUIPMENT:

Floor area only *[Preferably a hard surface with firm matting]*

ROUTINE:

STARTING POSITION: Standing straight body arms by ears *[Showing good posture]*
Forward roll into straddle lever and **hold** for 2 seconds lift to handstand and **hold** for 2 seconds pike down.
Hold Lumber fold for 2 seconds
Backward roll to front prone
Swing left round to show splits then turn to show other splits *[Can use hands in transition]*
Bring leg round to **hold** lumber fold then lay flat on the floor
Push to **hold** a bridge *[focus on shoulders over hands]*
Show best leg bridge split - kick over to stand.
Split jump **connected** split jump **connected** straddle jump showing split jumps on both legs.

EXECUTION:

Poor posture in starting position including arching of back - 0.1/0.3/0.5

Lack of control or smoothness in the roll including lack of control throughout the routine - 0.1/0.3/0.5

Insufficient lift from the floor in straddle lever hold and leg lifts - 0.1/0.3/0.5

Failure to hold elements marked as **hold** throughout the routine - 0.5

Lack of flexibility throughout the routine - 0.1/0.3/0.5

Leg is below the vertical in the bridge split - 0.5

General execution faults throughout routine including knee's feet and arms - 0.1/0.3/0.5

NOTES: Elements marked as 'show' do **NOT** need to be held - They must be clearly shown.