The background features several overlapping, wavy lines in various shades of blue, creating a sense of motion and depth. The lines are most prominent in the center and fade out towards the edges.

WOMEN'S ARTISTIC GYMNASTICS

VAULT

SET VAULTS FOR LEVEL 10, 9 AND 8

LEVEL 10		Mini Marvels/Little Leapers & Skill Seekers		
Vault Heights	2 x 30 cm safety mats		<i>*Stacked mats are measured from the Floor*</i>	
Run Straight Jump - Kick to Handstand Flat Lie (Arms from behind in the Kick to Handstand)			<i>*Emphasis on second flight in handstand flat lie*</i>	
LEVEL 9		Mini Marvels	Little Leapers	Skill Seekers
Vault Heights	60cm safety mats	3 x 30cm safety mats		<i>*Stacked mats are measured from the Floor*</i>
Handspring Flat Lie				<i>*Emphasis on second flight in handstand flat lie*</i>
LEVEL 8		Mini Marvels	Little Leapers	Skill Seekers
Vault Heights	80cm safety mats	1m stacked safety mats		<i>*Stacked mats are measured from the Floor*</i>
Handspring Flat Lie				<i>*Emphasis on second flight in handstand flat lie*</i>

VAULT TABLE

Vault Heights	Identity Levels				Elite Levels & FIG					
	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
Yurechenko (No salto)		3.20	3.20	3.20	3.20	3.20	3.20	3.20	3.20	3.20
Yurechenko 1/2 turn entry (No salto)		3.40	3.40	3.40	3.40	3.40	3.40	3.40	3.40	3.40
Yurechenko 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
Yurechenko 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
Yurechenko Tucked				4.40	4.40	4.40	4.40	4.40	4.40	4.40
Yurechenko Piked						4.80	4.80	4.80	4.80	4.80
Yurechenko/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
Yurechenko Straight 1/1 Twist					5.20	5.20
Yurechenko Straight 1 ½ Twist					5.40	5.40
Yurechenko 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.

A decorative graphic consisting of several overlapping, wavy lines in various shades of blue, creating a sense of motion and depth. The lines are most prominent in the center and fade out towards the edges.

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:

ROUTINE	EXECUTION FAULTS	START VALUE	TECHNIQUE TOOLBOX REF:
1. Standing on springboard holding onto low bar – Show dish shape (<i>focus on understanding the shape</i>)	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 (<i>focus on understanding the shape</i>)			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. Whilst there is **no deduction** for the incorrect order, it's important the gymnast does not miss a skill. Failure to attempt a skill will be deducted 0.5 from the final score. IGA recommends that clubs do not enter gymnasts unless they can compete all skills. this gives them the best chance to level up.
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 **NO** deduction for skills not connected.

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:

ROUTINE	EXECUTION FAULTS	START VALUE	TECHNIQUE TOOLBOX REF:
1. Standing on springboard holding onto low bar – Show dish shape (<i>focus on understanding the shape</i>)	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 (<i>focus on understanding the shape</i>)			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 0.5 from the final score. IGA recommends that clubs do not enter gymnasts unless they can compete all skills. this gives them the best chance to level up.
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 **NO** 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:

ROUTINE	EXECUTION FAULTS	START VALUE	TECHNIQUE TOOLBOX REF:
1. Standing on springboard float swing to return to the springboard (<i>focus on understanding the shape</i>)	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 (<i>focus on shape</i>)	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. Whilst there is **no deduction** for the incorrect order, it's important the gymnast does not miss a skill. Failure to attempt a skill will be deducted 0.5 from the final score. IGA recommends that clubs do not enter gymnasts unless they can compete all skills. this gives them the best chance to level up.
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 0.3 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

LEVEL 7

SKILLS: Best 6 skills to count [A/B/C]

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

NOTES:

No C Dismounts allowed.
No B/C LB to HB transition skills.
0.5 penalty for not using both bars

EXAMPLE ROUTINE:

Chin up circle over - Cast above horizontal into backward hip circle - Squat on into ¾ giant - Straddle shoot dismount.

LEVEL 6

SKILLS: Best 7 skills to count [A/B/C]

REQUIREMENTS: Value 4.0

Must select **4** out of 5:

Upstart [Both Bars]
LB to HB transition min B
Cast to horizontal
Circling element to horizontal
B or C dismounts only

NOTES:

0.5 penalty for not using both bars

EXAMPLE ROUTINE:

Upstart - Cast to horizontal - Backward hip circle - Pike on long upstart - Straddle shoot dismount.

LEVEL 5

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

REQUIREMENTS: Value 4.0

Must select **4** out of 5:

Minimum C mount
LB to HB Transition min C
Cast above horizontal
Circling element above horizontal
C or D dismount only

NOTES:

0.5 penalty for not using both bars

EXAMPLE ROUTINE:

Upstart - Cast above horizontal - Clear hip above horizontal into upstart - Tucked sole circle into long upstart - Straddle shoot 1/2 dismount.

LEVEL 4

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

REQUIREMENTS: Value 4.0

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:

0.5 penalty for not using both bars
Optional handstand technique

EXAMPLE ROUTINE:

Upstart - Piked sole circle into long upstart handstand clear hip to handstand 2 x giant circles into Straddle shoot 1/2 dismount.

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. Execution is marked out of 10 - remember we're aiming for the perfect 10!

UNEVEN BARS - ELITE LEVELS



EQUIPMENT: FIG Uneven Bars

START VALUE: 10.00 + DV

LEVEL 3

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

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

NOTES:

0.5 penalty for not using both bars
Optional handstand technique

EXAMPLE ROUTINE:

Upstart handstand clear hip into upstart - Piked sole circle upstart handstand toe on toe off 2 x Giant into straight backaway

LEVEL 2

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

REQUIREMENTS: Value 4.0

Must select **4** out of 5:

Two different circling elements
LB to HB transition min D
2 x 180 turn giant circle elements
2 x Giant Circle
Min D dismounts only

NOTES:

0.5 penalty for not using both bars
Optional handstand technique

EXAMPLE ROUTINE:

Upstart handstand clear hip into upstart - Piked sole circle upstart handstand swing one two (x2) - 2 x Giant into straight backaway

LEVEL 1

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

REQUIREMENTS: Value 4.0

Must select **4** out of 5:

Two different circling elements
LB to HB Transition min D
2 x Different Grips
Min 180 giant circle element
Min D dismount only

NOTES:

0.5 penalty for not using both bars
Optional handstand technique

EXAMPLE ROUTINE:

Upstart - Cast above horizontal - Clear hip above horizontal into upstart - Tucked sole circle into long upstart - Straddle shoot 1/2 dismount.

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. Execution is marked out of 10 - remember we're aiming for the perfect 10!

UNEVEN BARS - FIG



EQUIPMENT: FIG Uneven Bars

START VALUE: 10.00 + DV

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.

EXAMPLE ROUTINE:

Upstart handstand clear hip to handstand into toe on to handstand upstart handstand- Mo into upstart handstand swing one two into swing one two - backaway dismount

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 - 0.5 only for the fall.

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.

EXAMPLE ROUTINE:

Upstart handstand clear hip to handstand into toe on to handstand upstart handstand- Mo into upstart handstand blind change forward giant top turn giant into backaway 1/1 dismount

MASTERS

SKILLS: 8 highest skills including dismount

REQUIREMENTS: Value 4.0

Must select **4** out of 5:

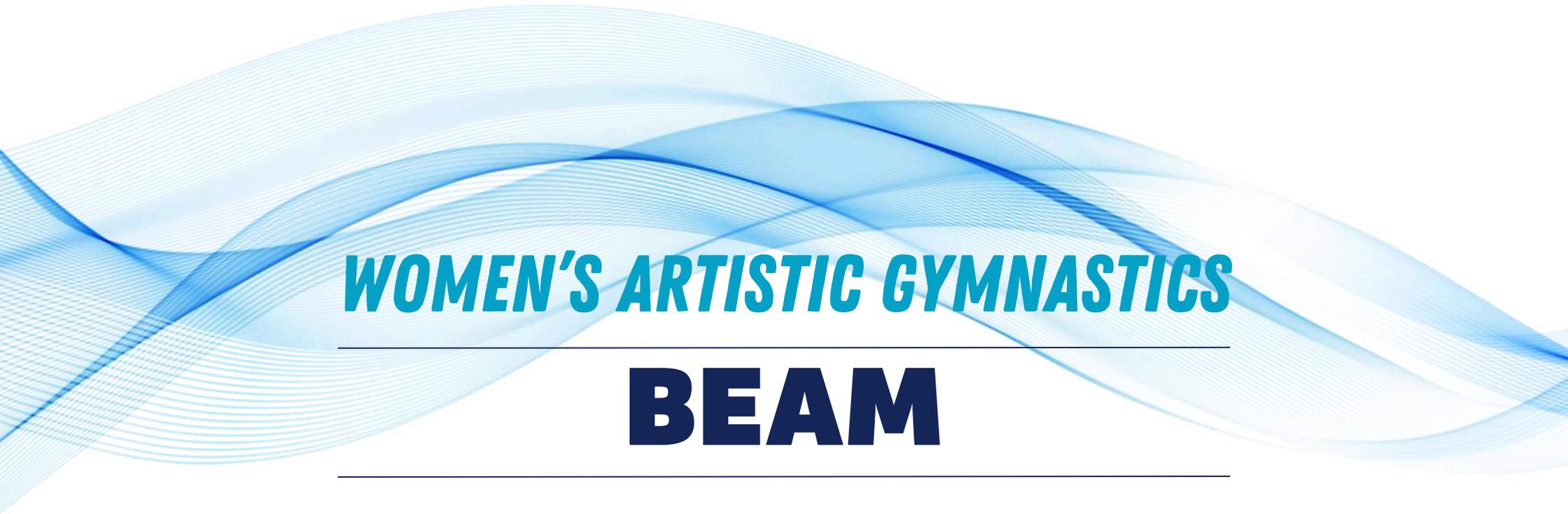
Flight from HB to LB or HB to LB
Different grips (not cast, MT or DMT)
Circling element with minimum 360 turn (not MT)
Flight element on same bar
Minimum E dismount

NOTES:

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

EXAMPLE ROUTINE:

Upstart handstand clear hip to handstand into toe on to handstand upstart handstand - Mo into upstart handstand blind change forward giant top turn giant into double tuck

A decorative graphic consisting of several overlapping, wavy lines in various shades of blue, creating a sense of motion and fluidity. The lines are centered horizontally and span most of the width of the page.

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:

ROUTINE	EXECUTION FAULTS	START VALUE	TECHNIQUE TOOLBOX REF:
1. Standing on springboard jump to front support (<i>high support shape</i>) 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 (<i>showing start releve and ending</i>)	Execution faults (<i>incl spin progression not on toes</i>)	0.1/0.3/0.5	
3. Handstand (Hold for 2 seconds)	Failure to hold handstand.	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. 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. Whilst there is **no deduction** for the incorrect order, it's important the gymnast does not miss a skill. Failure to attempt a skill will be deducted 0.5 from the final score. IGA recommends that clubs do not enter gymnasts unless they can compete all skills. this gives them the best chance to level up.
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 (<i>hands optional</i>)	Lack of box split on mount	0.3	
2.	1/2 Spin (<i>focus on technique</i>)	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. 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. Whilst there is **no deduction** for the incorrect order, it's important the gymnast does not miss a skill. Failure to attempt a skill will be deducted 0.5 from the final score. IGA recommends that clubs do not enter gymnasts unless they can compete all skills. this gives them the best chance to level up.
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 - IDENTITY LEVELS



EQUIPMENT: FIG Beam height with standard FIG matting underneath

START VALUE: 10.00 + DV

LEVEL 8

SKILLS: Best 6 skills to count [A/B only]

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

NOTES:

EXAMPLE ROUTINE:

Jump to straddle hold – Split jump tuck jump – Backward walkover – ½ spin – Front somersault dismount

LEVEL 7

SKILLS: Best 6 skills to count [A/B/C]

REQUIREMENTS: Value 4.0

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

NOTES:

EXAMPLE ROUTINE:

Squat through russian lever – Split Jump w Jump – Flick to one – Full spin – Cartwheel tuck back dismount

LEVEL 6

SKILLS: Best 7 skills to count [A–D]

REQUIREMENTS: Value 4.0

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

NOTES:

EXAMPLE ROUTINE:

Jump to splits – Changeleg w-jump – handstand split connected to flick – wolf spin 1/1 – Round off tuck back

LEVEL 5

SKILLS: Best 8 skills to count [A–D]

REQUIREMENTS: Value 4.0

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:

EXAMPLE ROUTINE:

E-lift mount – Changeleg split jump – Backward walkover Flick to 1 – Full spin – Round off straight back

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.
3. Execution is marked out of 10 – remember we're aiming for the perfect 10!

BEAM - ELITE LEVELS



EQUIPMENT: FIG Beam height with standard FIG matting underneath

START VALUE: 10.00 + DV

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:

EXAMPLE ROUTINE:

Jump to front support – Backward walkover tuck jump or Changeleg w-jump – Backward walkover Korbut – Full Spin – Round off straight back

LEVEL 3

SKILLS: Best 6 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:

EXAMPLE ROUTINE:

Jump to front support – Changeleg w-jump – Flick layout – Wolf spin 1/1 – Round off straight back ½

LEVEL 2

SKILLS: Best 6 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 non flighted C skill and 1 x flighted D skill)
1 x D valued Aerial
Min B Spin
Min D Dismount

NOTES:

EXAMPLE ROUTINE:

Jump to front support – change leg w-jump – flick layout – free cartwheel – wolf 1/1 spin – round off straight ½

LEVEL 1

SKILLS: Best 7 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 non flighted C skill and 1 x flighted D skill)
1 x D/E valued Aerial
Min B Spin
Min E Dismount

NOTES:

EXAMPLE ROUTINE:

Jump to front support – change leg w-jump – flick layout – free walkover – wolf 1/1 spin – round off straight 1/1

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. Execution is marked out of 10 – remember we're aiming for the perfect 10!

BEAM - FIG



EQUIPMENT: FIG Beam height with standard FIG matting underneath

START VALUE: 10.00 + DV

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 non flighted C skill and 1 x flighted D 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 non flighted C skill and 1 x flighted D 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 non flighted C skill and 1 x flighted D 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.

The background features several overlapping, wavy lines in various shades of blue, creating a sense of motion and fluidity. The lines are most prominent in the upper half of the image and fade out towards the bottom.

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 (<i>showing start releve and ending</i>)	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 (<i>showing good technique</i>)	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. Whilst there is **no deduction** for the incorrect order, it's important the gymnast does not miss a skill. Failure to attempt a skill will be deducted 0.5 from the final score. IGA recommends that clubs do not enter gymnasts unless they can compete all skills. this gives them the best chance to level up.
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 (<i>showing good technique</i>)	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. Whilst there is **no deduction** for the incorrect order, it's important the gymnast does not miss a skill. Failure to attempt a skill will be deducted 0.5 from the final score. IGA recommends that clubs do not enter gymnasts unless they can compete all skills. this gives them the best chance to level up.
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 0.3 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

LEVEL 8

SKILLS: Best 7 skills to count [A/B/C]

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)

NOTES:

No saltos allowed.

EXAMPLE ROUTINE:

Full Spin - Round off flick - Chasse Split leap catleap - Handspring - Tuck Jump

LEVEL 7

SKILLS: Best 7 skills to count [A/B/C]

REQUIREMENTS: Value 4.0

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)

NOTES:

EXAMPLE ROUTINE:

Full spin - Round off flick tuck back somersault - front somersault - split leap catleap - Backward walkover connected Tuck ½

LEVEL 6

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

REQUIREMENTS: Value 4.0

Must select **4** out of 5:

Minimum C Spin
Round off flick salto (max C salto)
One forward acro line with max D 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)

NOTES:

EXAMPLE ROUTINE:

Chasse catleap free cartwheel - Round off flick straight back somersault - Straight front - Chasse Changeleg into side leap

LEVEL 5

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

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 max C flighted skill
Dance series of 2 **different** leaps / hops - one with 140° split (split or side)
Third acro line with a minimum B salto dismount only)

NOTES:

EXAMPLE ROUTINE:

1 ½ Spin - Round off flick straight back ½ - Straight front - Round off flick tuck back - Chasse changeleg into side leap

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.
3. Execution is marked out of 10 - remember we're aiming for the perfect 10!

FLOOR - ELITE LEVELS



EQUIPMENT: FIG Floor Area – Artistry and Floor Music Required

START VALUE: 10.00 + DV

LEVEL 4

SKILLS: Best 8 skills to count [A–D]

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 B salto dismount

NOTES:

0.5 penalty for dismount without a salto.

EXAMPLE ROUTINE:

aa

LEVEL 3

SKILLS: Best 8 skills to count [A–E]

REQUIREMENTS: Value 4.0

Must select **4** out of 5:

Minimum D 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

NOTES:

0.5 penalty for dismount without a salto.

EXAMPLE ROUTINE:

aa

LEVEL 2

SKILLS: Best 8 skills to count [A–E]

REQUIREMENTS: Value 4.0

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 C salto dismount

NOTES:

0.5 penalty for dismount without a salto.

EXAMPLE ROUTINE:

aa

LEVEL 1

SKILLS: Best 8 skills to count [A–F]

REQUIREMENTS: Value 4.0

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 D salto dismount

NOTES:

0.5 penalty for dismount without a salto.

EXAMPLE ROUTINE:

aa

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.
3. Execution is marked out of 10 – remember we're aiming for the perfect 10!

FLOOR - FIG



EQUIPMENT: FIG Floor Area – Artistry and Floor Music Required

START VALUE: 10.00 + DV

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
Salto backward & salto forward (no aerials) in the same or **different** acro line
Third acro line with a min D 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
Salto backward & salto forward (no aerials) in the same or **different** acro line
Third acro line with a min D 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)
Double somersault
Salto backward & salto forward (no aerials) in the same or **different** acro line
Third acro line with a min E salto dismount

NOTES:

0.5 penalty for dismount without a salto.