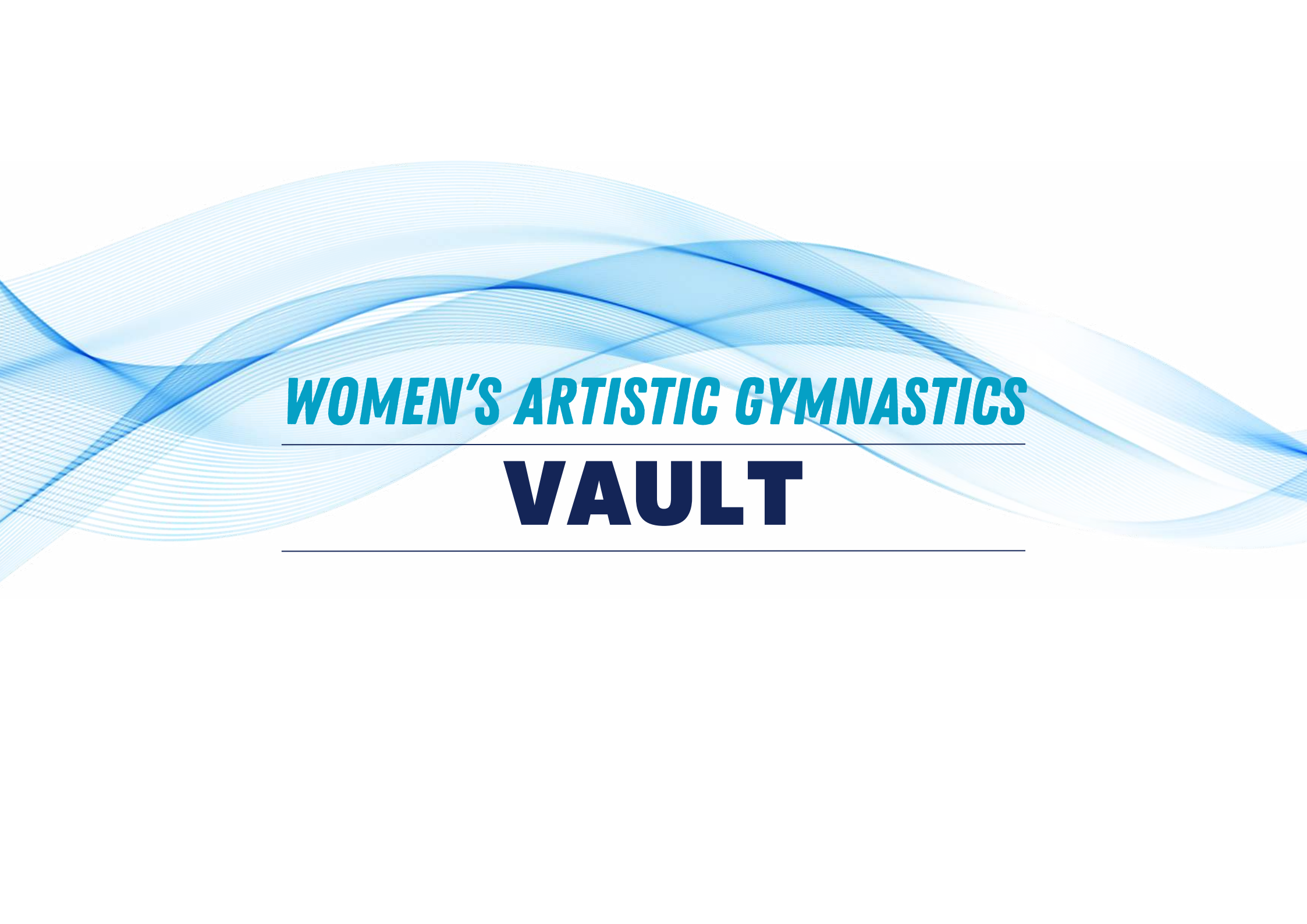


The background of the slide features a series of overlapping, wavy, light blue lines that create a sense of motion and fluidity. These lines are more densely packed in some areas, creating a subtle gradient of blue tones.

WOMEN'S ARTISTIC GYMNASTICS

VAULT

VAULT TABLE

Vault Heights	Identity Levels				
	1m	1.10m	1.15m	1.20m	1.25m
Level	8	7	6	5	4
Handspring	2.00	2.00	2.00	2.00	2.00
Half On	2.40	2.40	2.40	2.40	2.40
Yamashita		2.40	2.40	2.40	2.40
Yurechenko (No salto)		3.20	3.20	3.20	3.20
Yurechenko 1/2 turn entry (No salto)			3.40	3.40	3.40
Half On Half Off (Must turn opposite way)			3.60	3.60	3.60
Yamashita ½			3.60	3.60	3.60
Yurechenko ½ turn Entry 1/2 off				3.80	3.80
Half On Full Off				3.80	3.80
Yamashita 1/1				3.80	3.80
Yurechenko ½ turn Entry 1/1 off				3.80	3.80
Tucked Tsukahara/Handspring					4.00
Piked Tsukahara/Handspring					x
Yurechenko Tucked					4.40
Yurechenko Piked					x
Yurechenko/Tsukahara Straight					x

SET VAULTS FOR LEVEL 10 & 9

LEVEL 10	Mini Marvels/Little Leapers & Skill Seekers	
Vault Heights	2 x 30 cm safety mats	
Run Straight Jump - Kick to Handstand Flat Lie (Arms from behind in the Kick to Handstand)		
LEVEL 9	Mini Marvels	Little Leaper & Skill Seeker
Vault Heights	60cm safety mats	3 x 30cm safety mats
Handspring Flat Lie		

HELPFUL INFORMATION:

Once a gymnast has successfully levelled up at Level 4, they become eligible to transfer to the National Pathway. This transition ensures they are competing against others who are performing skills of a similar standard, promoting fairness and progression across the board.

As part of the Regional Pathway, **all gymnasts** will compete the set vaults listed for Level 10 and 9, before having vault choice introduced at Level 8, allowing for greater individuality and skill development as they advance.

The background of the slide features a series of overlapping, wavy blue lines that create a sense of motion and depth. These lines are composed of many thin, parallel strokes, giving them a textured, ethereal appearance. They flow across the frame from left to right, with some lines curving upwards and others downwards, creating a dynamic and modern aesthetic.

WOMEN'S ARTISTIC GYMNASTICS

UNEVEN BARS

UNEVEN BARS - SET ROUTINE - LEVEL 10

EQUIPMENT: Low Bar Only – Must use springboard for mount

START VALUE: 10.00 (execution only)

ROUTINE

EXECUTION FAULTS

TECHNIQUE TOOLBOX REF:

1.	Standing on springboard holding onto low bar – Show dish shape (<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:

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	
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)

WE ARE STILL KEEPING A SET ROUTINE AT LEVEL 8 ON BARS FOR THE REGIONAL PATHWAY TO SUPPORT DEVELOPMENT.

ROUTINE

EXECUTION FAULTS

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	
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	

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

LEVEL 7

SKILLS: Best 5 skills to count [A/B/C]

REQUIREMENTS: Value 2.0

CR's - [0.5 each] [Max of 2 C Moves]

LB to HB transition
Cast to horizontal
Circling element
Dismount [A/B or C]

NOTES:

0.5 penalty for not using both bars
Max SV: 13.2

EXAMPLE ROUTINE:

Chin up circle over - Cast above horizontal into backward hip circle - Squat on into $\frac{3}{4}$ giant - Straddle shoot dismount.

LEVEL 6

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

REQUIREMENTS: Value 2.0

CR's - [0.5 each]

Upstart/Kip
Cast above horizontal
Circling element to horizontal
Dismount [A/B or C]

NOTES:

0.5 penalty for not using both bars
Max SV: 13.8

EXAMPLE ROUTINE:

Upstart - Cast to horizontal - Clear hip to horizontal into upstart - Squat on $\frac{3}{4}$ giant - Straddle shoot dismount.

LEVEL 5

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

REQUIREMENTS: Value 2.0

CR's - [0.5 each] [Max of 2 D Moves]

LB to HB Upstart Transition
Cast above horizontal
Circling element above horizontal
Minimum B or C Dismount

NOTES:

0.5 penalty for not using both bars
MAX SV: 14.0

EXAMPLE ROUTINE:

Upstart - Cast above horizontal - Clear hip above horizontal into upstart - Tucked sole circle into long upstart - Straddle shoot $\frac{1}{2}$ dismount.

LEVEL 4

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

REQUIREMENTS: Value 2.0

CR's - [0.5 each]

Upstart Handstand
Circling element above horizontal
Giant Circle
Minimum C or D dismount

NOTES:

0.5 penalty for not using both bars
MAX SV: 14.8

EXAMPLE ROUTINE:

Upstart - squat on into long upstart handstand clear hip to handstand 2 x giant circles into Straddle shoot $\frac{1}{2}$ dismount.

IMPORTANT NOTES:

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

The background features a series of overlapping, wavy blue lines that create a sense of motion and depth. The lines are in various shades of blue, from light to dark, and are arranged in a way that suggests a flowing, undulating surface.

WOMEN'S ARTISTIC GYMNASTICS

BEAM

BEAM - SET ROUTINE - LEVEL 10

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

START VALUE: 10.00 (execution only)

ROUTINE	EXECUTION FAULTS		TECHNIQUE TOOLBOX REF:
1. Standing on springboard jump to front support (<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	x
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	x
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	x
5. Catleap	Both knee's must make contact with the torso during flight	0.3	x
6. Straight jump dismount	Execution (including shape, height etc)	0.1/0.3/0.5	x

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	Coming soon
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:

- Beam routines must **NOT** exceed 1 minute. Routines that exceed this time will be deducted 0.3 from the final score.
- Gymnasts who are shorter in height may use a small block instead of a springboard to mount the apparatus.
- 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.
- 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.
- 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

LEVEL 8

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

REQUIREMENTS: Value 2.0

CR's - [0.5 each]

Dance Series of two elements (one must include 140° split)
Isolated split leap or split jump
Non-flighted Acro skill
A or B Dismount *[No Saltos]*

NOTES:

MAX SV: 13.6

EXAMPLE ROUTINE:

Jump to front support - Split jump tuck jump - Backward walkover - Split leap - ½ spin - Round off

LEVEL 7

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

REQUIREMENTS: Value 2.0

CR's - [0.5 each] [Max of 4 C moves]

Isolated split leap or split jump
Dance Series of two elements (one must include 140° split)
Non-Flighted Acro Skill
B or C dismounts only

NOTES:

MAX SV: 14.0

EXAMPLE ROUTINE:

Squat through russian lever - Split Jump w Jump - Split Leap - Backward Walkover - Full spin - Cartwheel straight jump dismount

LEVEL 6

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

REQUIREMENTS: Value 2.0

CR's - [0.5 each]

Dance Series of two elements (one must include 140° split)
Non-Flighted Acro Skill
Min B Spin
B or C dismounts only

NOTES:

MAX SV: 14.4

EXAMPLE ROUTINE:

Jump to splits - Changeleg w-jump - split jump - Backward walkover- wolf spin ½ - Front somersault dismount

LEVEL 5

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

REQUIREMENTS: Value 2.0

CR's - [0.5 each] [Max of 4 D Moves]

Dance Series of two elements (one must include 180° split)
Flighted Acro Skill
Min B Spin
Min C Dismount

NOTES:

MAX SV: 14.8

EXAMPLE ROUTINE:

Free Cartwheel to Catch - Changeleg split connected tuck jump - Needle scale without hands - Flick to 1 - Full spin -Straight front dismount

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.

BEAM - ELITE LEVELS



EQUIPMENT: FIG Beam height with standard FIG matting underneath

LEVEL 4

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

REQUIREMENTS: Value 2.0

CR's - [0.5 each]

Dance Series of two elements (one must include 180° split)
Acro connection (1 must be flighted acro skill)
Min C Spin
Min D Dismount

NOTES:

MAX SV: 15.2

EXAMPLE ROUTINE:

Free walkover to support - Backward walkover connected flick to 1 - Split Jump connected w-jump - Wolf spin 1 ½ - Forward walkover on e handed - Straight front 1/2

TRANSFERS TO LEVEL 3 NATIONAL PATHWAY

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.

The background of the slide features a series of overlapping, wavy blue lines that create a sense of motion and fluidity. These lines are composed of many thin, parallel strokes, giving them a textured, ethereal appearance. They flow across the frame from left to right, with some lines curving upwards and others downwards, creating a dynamic and modern aesthetic.

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

Coming Soon

IMPORTANT NOTES:

- 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.
- Floor routines must **NOT** exceed 1 minute 30 seconds. Routines that exceed this time will be deducted 0.3 from the final score.
- 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.
- 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.
- 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)	Coming Soon
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	
3.	Tuck Jump	Both knee's must meet the torso in the tuck shape	
4.	Left and right leg splits (show)	Lack of split	
5.	Bridge (show) - into bridge kickover	Lack of flexibility (shoulders not over hands)	
6.	Round off	Execution faults (incl landing round off on bent knees)	

IMPORTANT NOTES:

- 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.
- Floor routines must **NOT** exceed 1 minute 30 seconds. Routines that exceed this time will be deducted 0.3 from the final score.
- 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.
- 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.
- There is 0.3 deduction each time for skills that are **NOT** connected.
- 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

LEVEL 8

SKILLS: Best 8 skills to count [A/B/C]

REQUIREMENTS: Value 2.0

CR's – [0.5 each] [Max of 2 C moves]

Minimum B Spin
1 x Acro line [No saltos]
Isolated split leap or split jump
Mixed series maximum 2 directly **connected** elements (must include 1 dance skill and 1 non-flighted acro skill)

NOTES:

MAX SV: 14.2

EXAMPLE ROUTINE:

Full Spin – Round off flick – Split Jump – Backward Walkover connected Star Jump – Cartwheel – Arabesque (Leg at horizontal)

LEVEL 7

SKILLS: Best 8 skills to count [A/B/C]

REQUIREMENTS: Value 2.0

CR's – [0.5 each] [Max of 4 C moves]

Minimum B Spin
1 x Acro line [Maximum three skills one must include a salto]
1 x Forward Acro line [must be a flighted acro skill]
Dance series of 2 **different** leaps / hops – one with 140° split (split or side)

NOTES:

MAX SV: 14.6

EXAMPLE ROUTINE:

Full spin – Round off flick tuck back somersault – front somersault – split leap catleap – Tuck ½

LEVEL 6

SKILLS: Best 8 skills to count [A–D]

REQUIREMENTS: Value 2.0

CR's – [0.5 each] [Max of 2 D moves]

Minimum C Spin
1 x Acro line [Maximum three skills one must include a salto]
1 x Forward Acro line [maximum 2 skills – no saltos]
Dance series of 2 **different** leaps / hops – one with 140° split (split or side)

NOTES:

MAX SV: 15.2

EXAMPLE ROUTINE:

Wolf spin 1/1 – Round off flick straight back – Handspring to 1 handspring to two – chasse change leg connected chasse w-hop

LEVEL 5

SKILLS: Best 8 skills to count [A–D]

REQUIREMENTS: Value 2.0

CR's – [0.5 each] [Max of 4 D moves]

Minimum C Spin
1 x Acro line [Maximum three skills one must include a salto]
1 x Forward Acro line [maximum 2 skills – 1 skill must be a salto]
Dance series of 2 **different** leaps / hops – one with 140° split (split or side)

NOTES:

MAX SV: 15.6

EXAMPLE ROUTINE:

Wolf spin 1/1 – Round off flick straight back – Handspring straight front – chasse change leg connected chasse w-hop

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.

FLOOR - ELITE LEVELS



EQUIPMENT: FIG Floor Area – Artistry and Floor Music Required

LEVEL 4

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

REQUIREMENTS: Value 2.0

CR's - [0.5 each] [Max of 2 E moves]

Minimum C Spin

1 x Acro line [Maximum three skills one must include a salto]

1 x Forward Acro line [maximum 2 skills - 1 skill must be a salto]

Dance series of 2 **different** leaps / hops - one with 140° split (split or side)

3rd Acro line - Dismount minimum B salto

NOTES:

0.5 penalty for dismount without a salto.

EXAMPLE ROUTINE:

Chin up circle over - Cast above horizontal into backward hip circle - Squat on into $\frac{3}{4}$ giant - Straddle shoot 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.

TRANSFERS TO LEVEL 3 NATIONAL PATHWAY