

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 concentrated in the upper half of the image, framing the text.

***WOMEN'S ARTISTIC GYMNASTICS***

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**VAULT**

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## 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  |
| Yamashita ½                               |                 | 2.60  | 2.60  | 2.60  | 2.60  |
| Half On Half Off (Must turn opposite way) |                 | 2.60  | 2.60  | 2.60  | 2.60  |
| Yurechenko (No salto)                     |                 | 3.20  | 3.20  | 3.20  | 3.20  |
| Yurechenko 1/2 turn entry (No salto)      |                 |       | 3.40  | 3.40  | 3.40  |
| Yurechenko ½ turn Entry 1/2 off           |                 |       | 3.40  | 3.40  | 3.40  |
| Half On Full Off                          |                 |       |       | 3.60  | 3.60  |
| Yamashita 1/1                             |                 |       |       | 3.60  | 3.60  |
| Yurechenko ½ turn Entry 1/1 off           |                 |       |       | 3.80  | 3.80  |
| Tucked Tsukahara/Handspring               |                 |       |       |       | 3.80  |
| Piked Tsukahara/Handspring                |                 |       |       |       | 4.00  |
| Yurechenko Tucked                         |                 |       |       |       | x     |
| Yurechenko Piked                          |                 |       |       |       | 4.40  |
| Yurechenko/Tsukahara Straight             |                 |       |       |       | x     |
|                                           |                 |       |       |       | 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. The lines are in various shades of blue, from light to dark, and are arranged in a way that suggests a flowing, dynamic environment.

***WOMEN'S ARTISTIC GYMNASTICS***

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**UNEVEN BARS**

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# 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 – <b>Show</b> 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         | <a href="#">Click here to view skill</a> |
| 3. | <b>Show</b> high support on the Bar ( <i>focus on understanding the shape</i> )                                   |                                                                                                     |             | <a href="#">Click here to view skill</a> |
| 4. | Dish cast below horizontal                                                                                        | Lack of correct body form in the cast                                                               | 0.1/0.3/0.5 | <a href="#">Click here to view skill</a> |
| 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 <b>NOT</b> holds. This means the gymnast must show the Judge the correct shape, but will not get penalised for non holds.                                                                                                                                                                                                             |
| 2. | Bar routines must <b>NOT</b> 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 <b>MUST</b> be positioned below the bar at the start.                                                                                                                                                        |
| 4. | All skills <b>MUST</b> be performed in order. Whilst there is <b>no deduction</b> 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 <b>NO</b> 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 – <b>Show</b> 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         | <a href="#">Click here to view skill</a> |
| 3.      | <b>Show</b> high support on the Bar ( <i>focus on understanding the shape</i> )                                   |                                                                                                     |             | <a href="#">Click here to view skill</a> |
| 4.      | Dish cast above horizontal                                                                                        | Lack of correct body form in the cast                                                               | 0.1/0.3/0.5 | <a href="#">Click here to view skill</a> |
| 5.      | Straddle or Pike shoot dismount                                                                                   | Lack of clean execution in dismount                                                                 | 0.1/0.3/0.5 | <a href="#">Click here to view skill</a> |

## 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         | <a href="#">Click here to view skill</a> |
| 3. | Dish cast above horizontal                                                                                   | Lack of correct body form in the cast                                                               | 0.1/0.3/0.5 | <a href="#">Click here to view skill</a> |
| 4. | Backward hip circle ( <i>focus on shape</i> )                                                                | Lack of correct shape                                                                               | 0.1/0.3/0.5 | <a href="#">Click here to view skill</a> |
| 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.

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***WOMEN'S ARTISTIC GYMNASTICS***

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**BEAM**

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# 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 ( <b>Hold</b> for 2 seconds)                                                                                         | Failure to hold handstand.                                                  | 0.3         | <a href="#">Click here to view skill</a> |
| 4. Straight Jump <b>connected</b> Straight Jump                                                                                   | Failure to connect the straight jumps                                       | 0.3         | x                                        |
| 5. Catleap                                                                                                                        | <b>Both</b> 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:

|    |                                                                                                                                                                                                                                                                                                                                                                     |
|----|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. | Beam routines must <b>NOT</b> 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 <b>MUST</b> be performed in order. Whilst there is <b>no deduction</b> 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 - <b>However</b> , 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 artistic feel.

***WOMEN'S ARTISTIC GYMNASTICS***

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**FLOOR**

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# 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                                                     | <b>Both</b> 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 ( <b>show</b> )                    | Lack of split                                                     | 0.1/0.3/0.5            |
| 7.      | Bridge ( <b>show</b> )                                      | Lack of flexibility (shoulders not over hands)                    | 0.1/0.3/0.5            |

Coming Soon

## 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)                              | Coming Soon            |
| 2.      | Split leap minimum 140° split <b>connected</b> catleap ( <i>showing good technique</i> ) | <b>Both</b> 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 ( <b>show</b> )                                                | Lack of split                                                                     |                        |
| 5.      | Bridge ( <b>show</b> ) - 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)

3<sup>rd</sup> 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