



WOMEN'S ARTISTIC GYMNASTICS

COMPETITION HANDBOOK

REGIONAL PATHWAY 2026

INTRODUCTION:

Welcome to the new National Pathway!

Our National Pathway is designed for gymnasts who aim to progress beyond the standard Levels structure and work towards FIG-level competition. It is also suited for athletes wishing to compete in both the Gems programme and Levels, providing them with the eligibility to qualify for National Squad and be considered for international selection. This pathway follows a more structured and disciplined approach, ensuring that gymnasts receive the appropriate developmental support required to meet the technical and physical standards of FIG competition.

CONTACT DETAILS:

National Competition Organiser: Robyn.adams@igauk.com

National Safeguarding Lead: Safeguarding@igauk.com

WAG COMMITTEE:

Poppy Smith - South
Emily Broadbent - South West
Alana Lowe - North
Joanne Kelly - South
Milly Arcangelo - North

CODE OF CONDUCT:

Please ensure that all Code of Conduct guidelines are adhered to at IGA events at all times. This applies to gymnasts, coaches, officials and spectators. Respectful behaviour, sportsmanship and professionalism is expected at these events from everyone involved. Any breaches of the Code of Conduct may result in disciplinary action, including removal from the event or future IGA competitions. By following these guidelines, we can maintain a positive and safe environment for all participants.

[Click here to ensure you are updated with our latest policy.](#)

COMPETITION STRUCTURE:

Regional Events:	National Events:	Invitational Events:
North & South	Regional Qualifiers	Open to all
January to May:		
Floor and Vault		Arthur Falle Invitational
		IGA Scottish Open
September to December:		
IGA Levels	IGA Levels	Christmas Invitational
Floor and Vault		

IGA SANCTIONED EVENTS:

IGA affiliated clubs run sanctioned events throughout the IGA calendar year. These are approved by IGA and are open to the community to participate. Please note these competitions run independently. Due to this we kindly ask clubs to conduct their events in-line with IGA'S handbooks to maintain high standards and safety protocols at all events.

OUR IGA REGIONS:

NORTH REGIONS:

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

NORTHERN IRELAND:

Antrim and Newtown abbey
Ards and North Down
Armagh City, Banbridge and
Craigavon
Belfast City
Causeway Coast and Glens
Derry City and Strabane
Fermanagh and Omagh
Lisburn and Castlereagh
Mid and East Antrim
Mid Ulster
Newry, Mourne and Down



SOUTH REGIONS:

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

SOUTHERN IRELAND:

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

COMPETITION ENTRIES:

This pathway is designed for gymnasts who wish to compete at **levels and invitationals only**, offering a structured route for those who may not fit within the Gymnastics for All program but still aspire to compete on WAG apparatus with the flexibility to choose their pieces. It provides an opportunity for gymnasts to experience competition in a supportive environment, focusing on personal achievement and skill progression, rather than aiming for national squad selection. However, should a gymnast's goals and potential evolve, there is the option to transfer into the national pathway to pursue higher levels of performance and opportunities.

COMPETITION ENTRY COSTS:

All Levels:	Invitational Events:
£10.00 per piece Gymnasts must compete a minimum of two pieces.	Prices can vary dependent on the event set up.

COMPETITION ENTRY LIMIT: 30 gymnasts per day per event.

Please note - Competitions have set entry numbers due to venue capacity

LATE ENTRIES:

Late entries will not be accepted under any circumstances.
Once the entry deadline has passed, no further entries will be permitted.

FIRST TIME ENTRIES:

At IGA, we offer entry level flexibility to support gymnasts in their first year of competition, allowing them to enter any level within the provided guidelines. However, it is essential that coaches carefully check the required entry level criteria to ensure gymnasts are entered into the appropriate level for their age and ability.

ACRO COMPANION INFORMATION COMING SOON

ENTRY REQUIREMENTS:

Entry requirements for our IGA competitions are essential and play a crucial role in maintaining the safety and well-being of all participants. It is vital that clubs adhere to these requirements to ensure they align with our safeguarding standards. By following these guidelines, we can create a secure and supportive environment for everyone involved, from gymnasts and coaches to spectators and officials. Your commitment to these standards helps us protect our entire gymnastics community and uphold the highest levels of safety and care.

IMPORTANT: Gymnasts can **ONLY** enter an IGA Competition if they are injury free. Gymnasts will **not** be permitted to compete on an injury at any time.

CLUB REQUIREMENTS:

An IGA club **must** hold Legacy Affiliation to enter IGA competitions.

An IGA club **must** provide one volunteer to support IGA competitions.

Clubs must be fully compliant with IGA Membership Policies to enter IGA competitions.

Clubs that do not hold the correct affiliation or fail to adhere to IGA policies will not be permitted to enter IGA events. This requirement is in place to safeguard the integrity and wellbeing of our community – New clubs will have a waiver for their first 6 months of competing.

COACH REQUIREMENTS:

WAG or GFA Qualifications

LEVEL 10 & 9 Minimum Level 1 – Assisted by Level 2

LEVEL 8 – 6 Minimum Level 2

LEVEL 5 – 3 Minimum Level 3 – Assisted by Level 4 Lead Coach

Please note: All coaches must have a valid DBS and safeguarding certificate linked to their profile in order to be permitted on the competition floor. Failure to have these credentials in place will result in access being denied.

Additionally, coaches without these credentials will be unable to book via the portal. This is not a JustGo system error – please ensure the coach's profile is fully updated and meets the necessary requirements before attempting to register.

JUDGING REQUIREMENTS:

For every 10 gymnasts entered 1 Judge **must** be entered.

*Judges **MUST** be available for the whole weekend not selective rounds.*

*Assistant Judges are permitted to officiate **only** at Level 10 and Level 9 competitions and **must** do so for a minimum of 12 months before becoming eligible to undertake the Head Judge course*

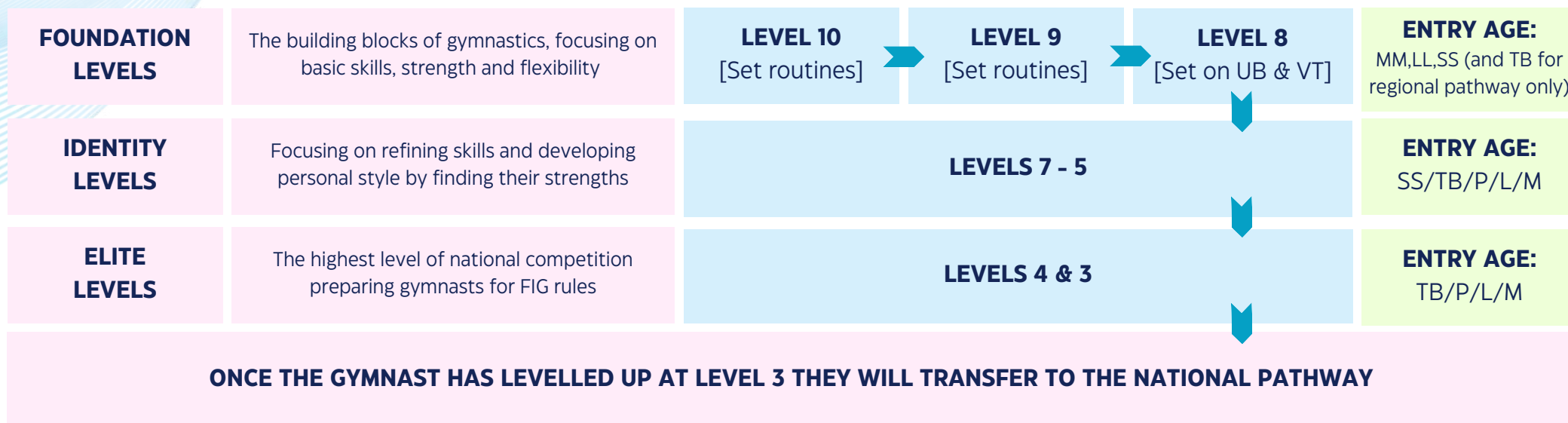
*Qualified head coaches can judge at **all** IGA Levels.*

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

COACH TO GYMNAST RATIO REQUIREMENTS:

Clubs are required to provide a sufficient enough coaching team for the different levels they have entered. Gymnasts will be grouped in clubs and age groups. Age groups will all be judged on the same panel which means gymnasts from the same club may not always be placed together, however efforts to place teams together will be made where possible. IGA will not move any gymnasts into different groups once the Event Plan has been created. It is the clubs responsibility to ensure gymnasts have the adequate support at an IGA competition.

IGA COMPETITION PATHWAY **NEW**

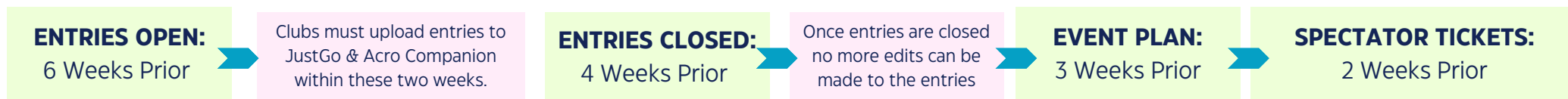


IGA AGE GROUPS **NEW**

Mini Marvels (MM) Ages 5-6	Little Leapers (LL) Ages 7-8	Skill Seekers (SS) Ages 9-10	Trailblazers (TB) Ages 11-12	Pioneers (P) Ages 13-14	Legends (L) Ages 15-16	Masters (M) Ages 16+
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Please note the age group is determined by the age the gymnast is turning within the current year i.e Gymnast aged 8 turning 9 this year is a Skill Seeker

COMPETITION ORGANISING TIMELINE:



LEVELING UP THROUGH THE IGA LEVELS **NEW**

At IGA to enable a fair competition and to encourage the development of the gymnast, Gymnasts scoring above the below scores at the Level's competitions **are required** to move up a level for the next year. if they **do not** hit the required score, they must re-enter the same Level. We are offering flexibility entry for gymnasts in 2026, However please note the Regional Pathway has adapted 2025 rules.



At Level 9 gymnasts scoring 31.00 or above **must** take part in the National Pathway. Those below 31.00 will need to take the Regional Pathway.

Gymnasts are eligible to transfer to the national pathway provided they have successfully **passed** their current regional level and meet the **entry age requirement** for the next national level.

NEW

Alternatively, if a gymnast **does not meet** the entry age requirement in time to progress within the national pathway, they **must** continue to compete within the regional pathway until they are eligible.

COMPETITIONS ELIGIBLE FOR LEVELING UP: **NEW**

Regional Events:	National Events:	Invitational Events:
IGA Levels	IGA Levels	Arthur Falle Invitational
		IGA Scottish Open
		Christmas Invitational

SAFE PARTICIPATION:

IGA Coaches are encouraged to prioritise the gymnast's ability to perform all required skills safely, rather than focusing solely on achieving higher scores. Well-executed basics are preferred over attempting higher-scoring skills. Emphasising clean, well-executed routines with minimal deductions promotes overall performance excellence and enables gymnasts to progress through levels confidently. Please note, our Safeguarding Officer may be present at IGA competitions and has the authority to intervene if they feel a potential accident or safety risk is imminent.

CODE OF POINTS FOR REGIONAL PATHWAY **NEW**

In the regional pathway, gymnasts can use **any** skills from the Code of Points, giving them more options to show different skills. However, national pathway gymnasts can **only** use the highest-level skills in the top box on the COP and are **not** allowed to include the extra skills that are allowed in the regional pathway. This keeps the two pathways separate and clear for competitions.

HANDBOOK KEY: **NEW**

GYMNASTICS TERM:	MEANING
Acro Line	In gymnastics, an acro line (short for "acrobatic line") refers to a sequence of connected acrobatic skills performed during a floor routine.
Dance Series	In gymnastics, a dance series is a sequence of leaps, jumps, and hops connected smoothly and with control, usually performed on floor or beam. Each element in the series must meet specific technical requirements, and the connections should show flow and rhythm.
Mixed Series	A mixed series in gymnastics is a combination of acrobatic and dance elements performed in direct connection, typically on the floor or beam. Example: On beam: Flick to one (acro) directly into a split jump (dance) – Skills must be connected to count without pauses.
Non-Flighted Skill	A non-flighted skill is a movement where at least one part of the body (like a hand or foot) stays in contact with the floor or apparatus during the skill. These skills focus more on control, balance, and flexibility rather than power or lift. Example: Cartwheel
Flighted Skill	A flighted skill is one where all limbs are off the ground or apparatus at the same time, meaning the gymnast is completely airborne during the movement. This creates a moment of true "flight." Example: Flick to one
Circling Element	A circling element (or close bar skill) is a type of movement where the gymnast rotates around the bar in close proximity to the Bar. Example: Clear hip to handstand – Please note a circling element is does NOT include a Giant.

IGA AWARDS & NATIONAL FINALS **NEW**

REGIONAL EVENTS	Medals will be placed for 1 st to 3 rd on all apparatus. Overall 1 st to 3 rd medals. Overall trophy for the overall winner	Participation certificates will be provided for all gymnasts who have participated in the competition	There is no National Final qualification.
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THINGS TO BE AWARE OF: **NEW**

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

Q&A

GENERAL	EXPLANATION	WHY?
Can you replace a skill on the set routines with something else?	No, all set routines must be performed as written on the handbook	We believe these skills are fundamental to the growth of WAG, if the gymnast is not able to complete all skills they are not ready.
What happens if my gymnast misses a skill?	If the gymnast misses a skill she will receive 0.5 deduction from her score for each skill.	It is important that we remain fair to those gymnasts who have completed all skills successfully at competition.
Do we still have flexibility on which Level we enter for the first competition?	Yes, we recommend coaches being mindful that they are putting the gymnast in the correct level for their ability level.	We want coaches to be able to exercise the right to decide what is best for the gymnast.
Why is there an entry requirement ages section?	This has been added to help coaches understand the development age recommended for each level.	The "Entry Requirement" section has been introduced to help coaches align gymnast development with appropriate competitive levels. It serves as a guide to ensure gymnasts are physically, technically, and emotionally ready for the demands of each level. This not only supports long-term athlete development but also promotes confidence, enjoyment, and safety in the sport.