



SPORTS ACROBATICS COMPETITION HANDBOOK

2022

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Forward

IGA Acrobatic Gymnastics and Tumbling Competition Handbook 2022 with a full copy of the rules and procedures.

Competition Calendar

We have taken the decision to adjust the competition calendar to be more in line with our membership year, with competitions typically taking place between the 1st October and the 30th June. We will aim to hold a regionals competition around March time with a National finals around June. We will also hold other Acrobatic Gymnastics competitions throughout the year. This will allow us to be able to conduct an annual review of the rules between July and September, where we will be looking to seek your feedback on any changes that you feel might be appropriate.

Spectator Fees

Spectator fees will be paid on the door and cost will range from £3.50 per adult to £ 7.50 per adult dependent on which competition it is.

Competition Entry

Gymnast Entries will be submitted via the courses and events page on the IGA membership portal. The entry fees, for all gymnastics competitions, will be £10 per gymnast per event from 2022.

Late entries if accepted will incur a £20 per gymnast late fee.

If the competition does become full the competition organiser does have the right to close entries and offer a club the following competition instead. Gymnasts must be a minimum of 5 years of age prior to the competition; they must be members of IGA. They must also be able to produce proof if requested by the Competition Organiser

Substitutions for a partner

If there is an issue with a partnership where one gymnast is now unable to compete at the competition due to illness or injury it is acceptable for another gymnast to replace the gymnast. However, the partnership will still have to stay at the same level and the replacement gymnast must not already be competing at that level with another partnership.

Gymnasts Tariff Sheets

Each partnership must provide their levels sheet with each move they are competing in their routine highlighted and their difficulty score at the bottom. **Tariff sheets are compulsory** for all IGA competitions and can be downloaded from the IGA website, in this handbook, or from the competition page directly. The individual elements selected should be written in the appropriate boxes.

Gymnastics Competition Levels

Pairs <i>(Men's, Women's and Mixed)</i>	Trios <i>(Men's, Women's and Mixed)</i>	Tumbling
Level 1	Level 1	Level 1
Level 2	Level 2	Level 2
Level 3	Level 3	Level 3
Level 4	Level 4	Level 4
Level 5	Level 5	Level 5
Level 6 Balance & Dynamic	Level 6 Balance & Dynamic	Level 6

About the Levels

Levels 1-5 have a mix of both balance and dynamic moves for partnerships to perform. In level 6 partnerships will perform two routines a balance routine and a dynamic routine and their combined score will give the partnership their placing.

Individual elements in the levels

At the bottom of each sheet there are individual element requirements e.g., in Level 1 a partnership must perform a flexibility, static/stand, an agility/tumble and a choreographic element. These will be selected from the individual elements table and written into the 0.1 column or 0.3 on the partnerships tariff sheet to hand in to the judge. Gymnasts do not have to compete the same element or the same level of difficulty. In a pair if one partner competes 0.1 difficulty and one partner competes 0.3 difficulty it will be average to give 0.2 difficulty for that row. In a trio if 2 partners compete 0.3 difficulty and one competes 0.1 it will be awarded 0.3 as the majority will count. Therefore, if two partners compete 0.1 difficulty and one partner competes 0.3 difficulty then 0.1 will be awarded as that is the majority. This allows gymnasts that may struggle with harder individual elements but are still exceptional bases be able to still progress up the levels.

Row F on the tariff sheets (apart from level 5)

This is a row where partnerships can do a move of their own choice which allows them to become creative and brings individuality to each routine. This can be any move at all, a move that they have made up themselves, a move from the next level up or a move that the partnership have been working on. It will automatically be awarded 0.3 tariff so must not be a move off the sheets below their level.

Age groups and competition categories

Age groups for competitions will also be decided once all entries have been received. A partnerships age group will go off how old the oldest person in the partnership is.

Each level will also be split dependent on tariff score. On the competition entry form it will ask the tariff of the partnership. This is to make it fair and give those partnerships with a lower tariff a chance of a medal too. (If unsure how to work out tariff please see tariff sheet and score help page)

Eligibility

Eligibility for these gymnastics' competitions are as follows:

- The gymnast must be a listed member of an IGA registered club.
- A partnership may enter at any level in their first year of competition.
- Thereafter the partnership must enter at that same level or go to a higher level. They may not move down without prior consent and full knowledge of the IGA Competition Organiser.
- If a partnership qualifies to National Finals or wins gold in more than 3 competitions must move to the next level up in order to keep the competition fair for all competitors
- Independent Gymnastics expects a high level of discretion and good judgement from all clubs and their coaches to ensure that gymnasts are entered in a level which reflects their ability. If Independent Gymnastics feels that a club are putting gymnasts in lower levels than their ability a polite notice will be given to the coaches and prevention of entering another competition at that level
- Independent Gymnastics Competition organiser reserves the right to refuse an entry from a Gymnast who is clearly over-qualified for any event in any discipline within its control.
- Clothing – Gymnasts must wear leotards, with or without sleeves or a unitard. They may also wear gymnastics shorts OR leggings. Please note that they must be gymnastics shorts and not football type shorts. Any other form of dress will incur a dress code penalty and a deduction of 1.00 from their score. No penalty will incur for gym shoes.
- In accordance with current policy, no jewellery may be worn.
- It is requested that all clubs entering MUST provide at least a judge or other helper.
- Coaches must ensure that they are qualified to coach the moves being shown by their gymnasts. Contravention of this rule will lead to disqualification of the gymnast and suspension, from the competition, of the coach.

General Rules

The following is a list of general rules of behaviour that should be adhered to at all IGA Gymnastics competitions. These together with good and courteous behaviour to all judges, coaches, gymnasts, and officials should ensure a friendly and fun competition for all concerned.

1. All Clubs, Coaches and Gymnasts must be members of IGA Gymnastics.
2. Coaches must ensure that they are qualified to coach the moves being shown by their gymnasts. Contravention of this rule will lead to disqualification of the gymnast and suspension, from the competition, of the coach.
3. Gymnasts must be a minimum of 5 years of age prior to the competition. They must also be able to produce proof if requested by the Competition Organiser.
4. Long hair must be tied back, and all jewellery removed, including **stud** earrings, and all other body piercings. Any contravention will incur a dress code penalty of 1.00.
5. Coaches should wear suitable clothing for coaching, i.e., Tracksuit, Jogging Trousers, Shorts, Polo or T-shirt with sleeves, Sweatshirt. No jewellery should be worn. However, pierced small stud earrings are acceptable.
6. Clothing – Gymnasts must wear leotards, with or without sleeves or a unitard. They may also wear gymnastics shorts OR leggings. Please note that they must be gymnastics shorts and not football type shorts. Any other form of dress will incur a dress code penalty and a deduction of 1.00 from their score. No penalty will incur for gym shoes.
7. No gymnasts should have their phones in the competition arena and if they are seen with phones, they will be asked to put them away
8. Coaches must ensure that their language and behaviour is, always, appropriate to the sport, considering the ages of most gymnasts.
9. Coaches are responsible for the behaviour of their gymnasts. Please ensure that they are correctly dressed, register at the correct time, do not leave the competition arena without permission being sought and given from the Head Judge on the apparatus or the Competition Director.
10. Clubs have responsibility for ensuring the good and courteous behaviour of their supporters at competitions. Please ensure that, spectators do not make so much noise that other gymnasts are disturbed.
11. Photography is permitted, but the flash must be turned off. Video cameras must be kept in the spectator area (unless previous arrangements have been made with the Competition Organiser, and do not interfere with another spectators' enjoyment).
12. Spectators must treat other club's gymnasiums as they would wish their own to be treated - particularly regarding food and drink rules.
13. The Competition Organiser will have the right to group ages together to create a more competitive competition.
14. In the event of any competition being over-subscribed, the Competition Organiser reserve the right to limit each club's entry.
15. Tariff sheets are compulsory. All tariff sheets must be handed to the judges table prior to the gymnast commencing their routine. Failure to do so will result in a deduction of 1.00 point.
16. No gymnast should have a mobile phone around the competition floor.

Acrobatic and Tumbling Rules

Music

Music should be a minimum of 1 minute with a maximum of 2 minutes 30 seconds.

Floor Music may contain any words or lyrics but must be appropriate for all age groups. It must not break any copyright music rights. Original Disney or Cirque Du Soleil is NOT permitted.

Judging and scores

There will be an **execution** score out of 10

There will be a **difficulty** score out of 3.0

There will be **artistry** out of 2.0 which will be made up of 0.5 for interpretation and expression of music, 1.0 for choreographic process (unison, canon, use of floor, pathways, and relationships between partners) and 0.5 for overall performance and extension.

This will total routines being judged out of 15.0

Partnerships

Coaches should try to make partnerships as fair as possible for everyone. The height of a top for a pair should reach at least the bases shoulders and one of their shoulders for a trio. Any partnership with a top that is smaller than the bases shoulder will incur a 0.3 deduction from their score

Gymnasts competing the same event

Gymnasts can compete as many events as they wish in different disciplines (women's pair, mixed pair, men's pair, women's trio, men's trio, mixed trio)

For example, a gymnast can compete level 2 women's pair, level 2 mixed pair, level 3 trio and tumbling. However, if they are repeating a discipline (women's pair, mixed pair, men's pair, women's trio, men's trio, mixed trio) they must change their role in the partnership e.g., if a gymnast is doing two women's pairs this is only possible if they are a top in one and a base in another.

Tumbling



In tumbling gymnasts must compete 2 tumblers from the same level which will then be added together to receive their overall score.

Age groups for tumbling will be finalised once all entries have been received

Tariff Sheet and score help

1. Highlight the moves the partnership are competing.
2. Fill in their flex, stand, agility, and dance elements from the individual elements table. Remember they don't have to do the same elements they can be different and can also be different value. Just write them in the correct places.

At the top of the tariff sheet, it says 0.1 for the first column and 0.3 for the second column to show what each move is worth (see picture below)


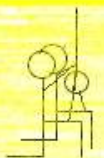


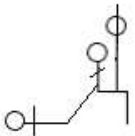
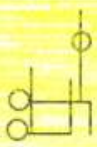
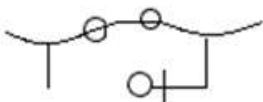


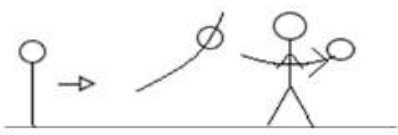
Level 2 Trios				
	0.1		0.3	
		3"		3"

3. Once your tariff sheet is fully filled in then count up the tariff.

In a pair if one partner is doing 0.1 tariff element and another partner is doing 0.3 then they will be awarded 0.2.

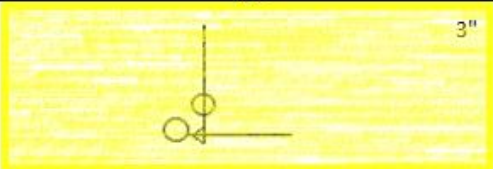
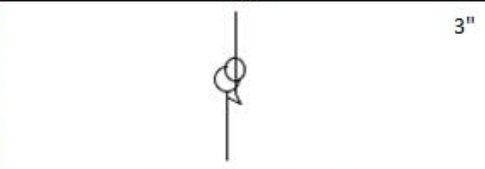
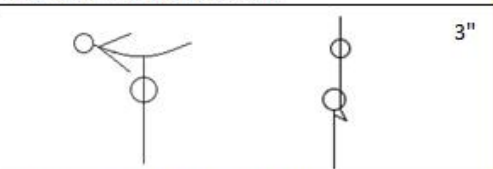

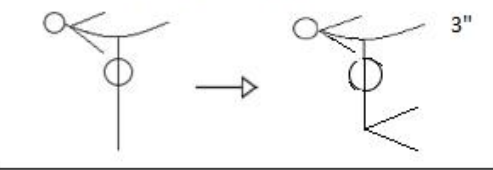
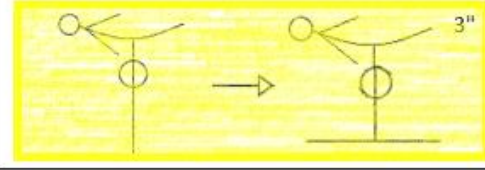
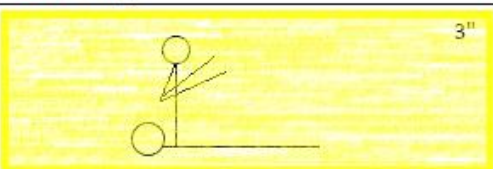

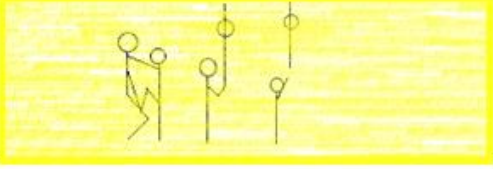
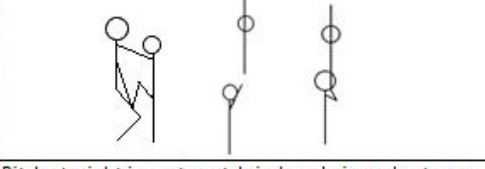

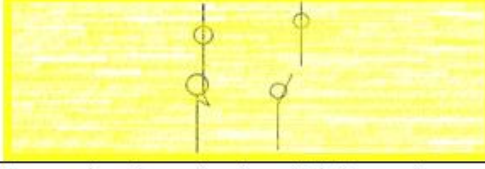
In a trio if partnerships are doing different values, then the tariff with the majority will be awarded e.g., 2 partners doing 0.1 and 1 partner doing 0.3 will be awarded the 0.1 tariff.

See samples on the next 2 pages

Level 2 Trios		
	0.1	0.3
A	 3"	 3"
	Bases on one knee. Top stands on knees. Bases support top with either one or two arms.	Bases on one knee. Top handstands on bases knees. Bases support top with either one or two arms.
B	 3"	 3"
	Bases on all 4s, side by side. Top stands on the lower back of both bases.	Top stands on bases inner or outer shoulders. Bases support top with either one or two arms.
C	 3"	 3"
	Base supports middle's lower back with their legs. Middle and top perform a chair. Middle does not support top.	Base and middle perform a saucepan position. Top stands on middle's legs facing outwards.
D	 3"	 3"
	Top and base perform a front angel on feet. The middle holds the top's hands and performs an arabesque.	Base sits in straddle. Top stands on the bases shoulders. The base supports the top by holding the lower leg. Middle kicks into a handstand and the top catches and holds the middle's ankles.
E	 3"	 3"
	Top jumps into a 2 base cradle. No run. Flight must be shown between the jump and the catch.	Top runs and jumps to a 2 base cradle. Flight must be shown between the jump and the catch.
F		Balance (3") or Dynamic of choice. Can be any acrobatic move, as long as it hasn't been already performed.
Flex	bridge x2	valdez x1
Stand		y scale x1 handstand x1 elbow pance x1
Agility	dive roll x1	free cartwheel x2
Dance	full spin x3	

0.1 given
0.3 given
0.3 given
0.1 given

2.2 Tariff

		Level 5 Pairs	
		0.1	0.3
A			
	Top does a handstand on bases hands. The base has bent arms in a short arm position. Bases arms must be free of their stomach.	Top does a handstand on bases hands in a short arm position. Base standing.	
B			
	1- Front angel up high on long arm. 2- Top stands on bases short arm position. Bases hands to be free of their shoulders. Top facing the same way as base. Base standing.	Base holds top in a back angel with one arm. Leg position optional.	
C			
	Top performs a front angel, base transitions down to sitting. No 3" hold required at the start, however 3" hold in sitting.	Top performs a front angel, base transitions down to splits. No 3" hold required at the start, however 3" hold in splits.	
D			
	Top does a 2 on 2 straddle on bases long arm down low.	1-Top performs a straddle hold on bases long arm. Base standing. 2-Top performs a straddle on bases feet, bases arms free of legs.	
E			
	Pitch straight jump to floor.	Pitch straight jump to catch in hands in a short arm position.	
F			
		Top stands on bases hands up high. Boosted straight jump to floor. Top can face either direction on hands.	
Flex	bridge x2		0.1 given
Stand	frog balance x1	Chest stand x1	0.3 given
Agility		Handspring x2	0.3 given
Dance		pike jump x1 split leap x1	0.3 given

2.2 Tariff

IGA LEVELS 1-8 - Elements Table of Difficulty

Gymnasts do not have to do the same element as their partner(s), but the moves must be performed at the same time or performed in canon. All elements are either worth 0.1 or 0.3. In pairs, if you have one partner doing a 0.3 skill and one partner doing a 0.1 skill you will be awarded 0.2 for that element (e.g., flexibility). In trios, if you have two partners doing a 0.3 skill and one partner doing a 0.1 skill you will be rewarded what the majority are doing 0.1 or 0.3

Flexibility	
0.1	0.3
Front Splits Bridge Japana Fold Box Splits Pike Fold	Backward Walkover or Forward Walkover B/W cut through to any splits or box splits F/W to splits bending one knee under 1 arm B/Walkover or 1 arm F/Walkover Valdez or 1 arm valdez Elbow Walkover to splits bending knee under Valdez to any splits
Stand 2"	
0.1	0.3
Tucked Headstand Shoulder Stand One Foot Stand Arabesque Frog balance Vsit no hands	Headstand (straight legs) Handstand (any shape) Wine Glass (Y-scale) Straddle Hold or pike Crocodile (bent arm planche on one elbow) Tucked Top Planche Russian Hold Top Planche Chest Stand Elbow Stand (any shape) Handstand 1/2 pirouette
Agility	
0.1	0.3
Dive Roll Handstand forward roll Cartwheel One handed Cartwheel Round off Straight Jump Backward Roll F/R to Straddle flat back B/R to Straddle flatback	Hect Dive roll Free Walkover Round off, Flic, back somersault (any shape) Round off back somersault (any shape) Cartwheel Flic walout Front Somersault Round off Flic (or 2 flicks) Handspring Free Cartwheel
Dance	
0.1	0.3
Star jump into ½ turning straight jump Straight jump into tuck jump into star jump ½ turning catleap 1/2 turning tuck jump Stag jump or leap Full spin Scissor kick Half spin leg at horizontal	Star jump into full turning straight jump Tuck jump into w jump Full turning catleap Full turning tuck jump Split jump or leap Ring jump or leap Pike jump Straddle jump Straddle shushinover 1 ½ spin Full spin leg at horizontal

Level 6 – Pairs Dynamic

0.1	0.3
Pitch to hands.	Pitch tuck back.
Front angel up high, boost top for a 360 twist to floor.	Pitch jump to catch top in front angel or Pitch jump to catch top in a back angel (180 twist required).
Top performs a tucked front somersault off bases hands up high.	Top performs a piked front somersault off bases hands up high.
Top performs a tucked backwards somersault off bases hands up high.	Top performs a straight backwards somersault off bases hands up high.
Round off boosted Straight jump from base with release.	Round off to back angel. Base catches tops lower back to assist to a back angel. Unsupported flight must be shown between the round off and the catching of the back angel.
	Dynamic of choice. Can be any acrobatic move, as long as it hasn't been already performed.

Level 6 – Trio Dynamic

0.1	0.3
From platform, bases boost top for a piked front or back somersault to floor. Bases to assist tops landing.	From platform, bases boost top for a 1 1/4 somersault to catch in cradle. Top can somersault forwards or backwards.
From platform, bases boost top for a straight backwards somersault to floor. Bases to assist tops landing.	From platform, bases boost top for a straight backwards somersault with a full twist to floor. Bases to assist tops landing.
From suki, bases boost top for a piked or straight 3/4 somersault to land in back cradle.	From suki, bases boost top for a tucked or piked 1 1/2 somersault to floor. Bases to assist tops landing.
From front or back cradle, bases boost top for a 360 spin then immediately into a 1/2 heli. Can also be performed the other way round.	From front or back cradle, bases boost top for a 720 spin then immediately into a 1/2 heli with a 180 spin. Can also be performed the other way round.
	Dynamic of choice. Can be any acrobatic move, as long as it hasn't been already performed.

TUMBLING LEVELS

	Level 1	
Rolls and cartwheels	<u>Run 1</u> Forward roll straight jump Forward roll Half turning straight jump Backward roll Backward roll	<u>Run 2</u> Forward roll straight jump with walkout cartwheel Side chasse Side Cartwheel Side Cartwheel
	Level 2	
Introducing round off	<u>Run 1</u> Forward roll straight jump with walkout Cartwheel Cartwheel step in (landing one foot then joining the other) Backward roll (falling back with straight legs) Star jump	<u>Run 2</u> Round off ¼ jump (so facing sideways) Side cartwheel Side cartwheel Round off Straight jump
	Level 3	
Introducing handspring	<u>Run 1</u> Round off Half turning straight jump with walkout Round off Half turning straight jump Dive roll	<u>Run 2</u> Handspring Straight jump with walkout Round off Half turning straight jump with walkout Round off 6)Straight Jump
	Level 4	
Introducing one flick	<u>Run 1</u> Round off Flick Half turning straight jump with walkout Round off Half turning straight jump with walkout out Handspring	<u>Run 2</u> Round off Flick Half turning straight jump with walkout Round off Flick Straight jump
	Level 5	
Linking flicks	<u>Run 1</u> Round off Flick Flick Flick Half turning straight jump Dive roll	<u>Run 2</u> Handspring walkout Roundoff Flick Flick ¼ jump (so facing sideways) Cartwheel

Level 6		
Introducing Tuck back SS	<u>Run 1</u>	<u>Run 2</u>
	Round off Flick Flick Flick Tuck back somersault	Round off Flick Half turning straight jump Round off Flick Tuck back somersault
Level 7		
Introducing front somersault And pike/ straight back somersault	<u>Run 1</u>	<u>Run 2</u>
	Front somersault Straight jump with walkout Round off Flick Flick Tuck back somersault	Round off Half turning straight jump Round off Flick Flick Pike back somersault (0.3 for straight)
Level 8		
Introducing whips and twists or arabians	<u>Run 1</u>	<u>Run 2</u>
	Round Flick Whip Flick Flick Half turning straight jump	Round off Flick Flick Flick Straight back with half twist or Arabian
Level 9		
	<u>Run 1</u>	<u>Run 2</u>
	Round off Flick Flick Flick Straight back full twist	Front somersault walkout Round off Flick Whip Flick Flick Straight back somersault