



Men's Artistic Gymnastics Competition Handbook

September - December 2023

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Version History

Independent Gymnastics (IGA) retains the authority to modify this handbook at our own discretion.

Clubs are accountable for ensuring they possess the most recent edition of the competition handbook. Revised handbooks will be accessible in the documents section of the IGA membership portal and on the IGA website, with any modifications clearly indicated.

| Handbook Version | Amendments | Published Date | Effective Date |
|------------------|------------|-----------------------------|--------------------------------|
| Version 1.0 | | 1 st August 2023 | 1 st September 2023 |

Definitions and Abbreviations

| | |
|------------------------------|---|
| AA | All-Around score achieved by combining individual apparatus scores. |
| Athlete | Person taking part as a competitor at an IGA event. |
| Assistant Coach(es) | Coaches who are authorised to be present on the competition floor must possess a level 1 certificate and work under the supervision of a senior coach. Their role is to provide assistance to level 2 or higher coaches, and they cannot substitute for a coach at level 2 or above. |
| CPSU | Child Protection in Sport Unit |
| Coach(es) | Coaches who have obtained a level 2 or higher certificate and have registered their information for the competition are responsible for overseeing and guiding the athletes during the event. |
| Competition Organiser | The person who is running the competition and authorised on behalf of Independent Gymnastics Affiliation. |
| DBS | Disclosure and Barring Service (Formerly CRB), Access NI Eligibility or PVG. |
| Event | National or regional competition organised by or on behalf of Independent Gymnastics Affiliation. |
| FIG | International Gymnastics Federation (Federation International de Gymnastique). |
| IGA | means Independent Gymnastics Affiliation |
| Official Closing Date | The date set where entries for an event will close, should entries not be closed earlier due to reaching capacity. |
| Officials | People assisting in the delivery of the event. |
| Senior Coach | The coach from each club who is responsible for the supervision and guidance of all athletes, coaches, and assistant coaches from their club. It is mandatory for senior coaches to be present during the event and possess the necessary certification for all the skills being performed by the athletes. |

Contact Information

| | | |
|---------------------------------------|-------------------|----------------------------|
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| | | |
| North Competition Organiser | Stephanie Rimmer | stephanie.rimmer@igauk.com |
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| | | |
| IGA Contact Details | | |
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| | Competitions | competitions@igauk.com |

Updates/Changes

Listed below are the topics that have undergone amendments or additions since the conclusion of the 2022/2023 competition year. The changes are highlighted in **RED** text to indicate the modifications made.

- Competition Calendar Structure
- Competition Regions
- Competition Entry Window
- Judges/Helpers
- Amendments to competition programme
- Floor Music
- Competition Results
- National Finals Qualifications
- Medal Presentations
- General Rules
- Competition Levels & Groupings
- Note for Coaches
- Apparatus Notes
- Degrees on Floor, Beam, Bars
- Routine Rules

IGA 2023 Regional and National Competition Calendar

| Date | Event Name | Region | Entries Open | Entries Close | Venue |
|---|---------------------------|----------|----------------------------|----------------------------|------------------------|
| 7 th & 8 th October | IGA Level 10 - 8 | South | 25 th August | 1 st September | Wycombe Leisure Centre |
| 15 th October | IGA Level 7 | South | 1 st September | 8 th September | Kingston Gymnastics |
| 22 nd October | IGA Level 6 - 1 | South | 8 th September | 16 th September | Kingston Gymnastics |
| 28 th & 29 th October | IGA Level 10 -8 | North | 16 th September | 22 nd September | Flic Flac Gymnastics |
| 4 th & 5 th November | IGA Level 7 - 1 | North | 22 nd September | 29 th September | Flic Flac Gymnastics |
| 12 th November | IGA Recreational | North | 29 th September | 8 th October | Flic Flac Gymnastics |
| 26 th November | IGA Recreational | South | 14 th October | 21 st October | Kingston Gymnastics |
| 2 nd & 3 rd December | IGA Christmas Spectacular | National | 20 th October | 27 th October | Flic Flac Gymnastics |

The information provided above is accurate as of the publication of version 1.0 of this handbook. To access the most current calendar and view all club sanctioned events and international competitions, please visit the events calendar on our website.

Starting from January 1st, 2024, the IGA competition calendar will transition from the membership year of October 1st to September 30th to a calendar year format of January 1st to December 31st.

Regions

In response to the growing interest and demand in competitions, we have made the decision to divide the country into two regions: North and South. Starting from September 2023, clubs will participate in regional competitions within their respective regions. These regional competitions will serve as qualifiers for the national finals, starting from January 2024.

Clubs located in the following counties will be eligible to compete in North region competitions:

| | |
|----------------|--|
| Cheshire | Northern Ireland |
| County Durham | Northumberland |
| Cumbria | Nottinghamshire |
| Derbyshire | Scotland |
| Lancashire | Shropshire |
| Leicestershire | Staffordshire |
| Lincolnshire | Tyne and Wear |
| Manchester | Wales |
| Merseyside | Yorkshire (North, East, South & West) |

Clubs located in the following counties will be eligible to compete in South region competitions.

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

Clubs are not permitted to enter a different region competition, entries to competitions outside their region will be cancelled.

Competition Eligibility

Please note the following eligibility criteria for IGA competitions:

1. Discretion and Judgment: IGA expects clubs and coaches to exercise good judgment and discretion when entering athletes, ensuring that they are placed in a level that aligns with their history and ability.
2. Organiser's Right to Refuse Entry: The IGA competition organiser retains the right to refuse entry to any athlete who is deemed over-qualified for an event in any discipline under its control.
3. Jewellery Policy: Only small stud earrings are permitted to be worn, and they must be taped up. Wearing any other jewelry will result in a dress-code violation and a deduction of 1.00 from the score. It may also lead to disqualification.
4. Judge/Helper Requirement: Clubs must provide at least one judge or helper for every group of 10 athletes entered. Failure to do so will incur a fee of **£50 for each missing judge or helper**. (1-10 athletes = 1 person / 11-20 athletes = 2 people etc.)
5. Maximum Number of Athletes: Clubs are allowed to enter a maximum of 30 athletes per day of the competition.
6. Coach-to-Participant Ratios: Clubs must adhere to the coach-to-participant ratios when attending with squads during the competition.
7. Qualified Coaches: Clubs **MUST** ensure that coaches are qualified to coach the moves performed by their athletes. Failure to comply may result in the disqualification of the athlete and the suspension of the coach from the competition.
8. Coach Information: Clubs **MUST** provide details of the coaches who will be in attendance **no later than 2 weeks before the competition**. Failure to provide this information may lead to disqualification of the club from the competition, and refunds will not be issued in such cases.

These criteria are important for maintaining the fairness and smooth operation of IGA competitions.

Membership

The following requirements apply to clubs and individuals participating in IGA events:

- Club Affiliation: Clubs that wish to participate in an IGA event must hold active club affiliation. This ensures that the club is officially recognised and meets the necessary criteria for participation.
- IGA Membership: Individuals attending an IGA event in an official capacity, including athletes, coaches, and judges, are required to have current IGA membership. Active membership is necessary to gain access to the competition floor and participate in the event.

Please note that individuals who do not hold active IGA membership will be denied access to the competition floor as per this policy. It is important for clubs and individuals to ensure their club affiliation and IGA membership are up to date to ensure a smooth and compliant participation process in IGA events.

Individuals

The following requirements apply to those at IGA competitions:

Athletes

1. Active Membership: Athletes must hold active membership with IGA. This ensures that they are registered and recognised by the organisation.
2. Minimum Age Requirement: Athletes must be at least 5 years of age prior to the competition. The competition organiser may request proof of age if necessary.
3. Club Membership: Athletes entering a competition must be listed members of an IGA registered club. This ensures that they are affiliated with a recognised club within the IGA network.
4. Entry Level Flexibility: In their first year of competition, athletes may enter at any level within the guidelines provided. This allows for flexibility and accommodates athletes who are new to competition.
5. Level Movements: Athletes may not move down levels without prior consent and full knowledge of the competition organiser. This means that athletes should not participate in lower levels than their current skill and ability unless authorised by the Competition Organiser.
6. Level Advancement: Athletes who achieve the individual competition standard score are required to move up a level in the following year or at the next competition. This ensures that athletes progress and compete at an appropriate level based on their performance.

Senior Coach

1. **Active Membership:** Senior coaches must hold club or freelance coach membership with IGA. This ensures that they are registered and recognised as coaches within the organisation.
2. **Certification:** Senior coaches must hold at least a level 2 certificate in coaching. This certification demonstrates their competence and knowledge in coaching gymnastics.
3. **Skill Qualifications:** Senior coaches should be qualified to the level of all skills being performed by athletes within the squad. This ensures that they have the necessary expertise to train and guide athletes in executing the required skills.
4. **Safeguarding and DBS Certificates:** Senior coaches must have current safeguarding and Disclosure and Barring Service (DBS) certificates recorded on their IGA membership profile. These certificates indicate that the coaches have undergone the necessary background checks and have received training in safeguarding practices.

By adhering to these requirements, IGA ensures that senior coaches have the necessary qualifications, skills, and safeguarding credentials to provide a safe and effective coaching environment for athletes.

Coach

1. **Active Membership:** Coaches must hold club or freelance coach membership with IGA. This ensures that they are registered and recognised as coaches within the organisation.
2. **Certification:** Coaches must hold at least a level 2 certificate in coaching. This certification demonstrates their competence and knowledge in coaching gymnastics.
3. **Skill Qualifications:** Coaches must be qualified to the level skills being performed by athletes they are coaching. This ensures that they have the necessary expertise to train and guide athletes in executing the required skills.
4. **Safeguarding and DBS Certificates:** Coaches must have current safeguarding and Disclosure and Barring Service (DBS) certificates recorded on their IGA membership profile. These certificates indicate that the coaches have undergone the necessary background checks and have received training in safeguarding practices.

By adhering to these requirements, IGA ensures that coaches have the necessary qualifications, skills, and safeguarding credentials to provide a safe and effective coaching environment for athletes.

Assistant Coach

1. **Active Membership:** Coaches must hold club or freelance coach membership with IGA. This ensures that they are registered and recognised as coaches within the organisation.
2. **Certification:** Coaches must hold at least a level 2 certificate in coaching. This certification demonstrates their competence and knowledge in coaching gymnastics.
3. **Responsibilities:** Assistant coaches cannot be responsible for athletes on their own. They are there to support and assist senior coaches during training sessions or competitions.
4. **Safeguarding and DBS Certificates:** Coaches must have current safeguarding and Disclosure and Barring Service (DBS) certificates recorded on their IGA membership profile. These certificates indicate that the coaches have undergone the necessary background checks and have received training in safeguarding practices.

By fulfilling these requirements, assistant coaches contribute to the safe and well-structured coaching environment provided by IGA. Their role is to assist and support senior coaches in their coaching responsibilities.

Judges

1. **Judge Membership:** Judges must hold Judge membership with IGA. This membership category is specifically for individuals who are qualified and authorised to serve as judges in gymnastics competitions.
2. **Coach Membership with Judge Qualifications:** members who hold coaching memberships and also possess the required judge qualifications may be eligible to serve as judges. However, the competition Organiser has the discretion to overrule this requirement and determine the appropriate judge qualifications for the event.

These requirements ensure that judges have the necessary expertise and knowledge to assess and score the performances of athletes accurately. They help maintain the integrity and fairness of the competitions organised by IGA.

Coach Qualifications

When clubs enter competitions organised by IGA, the following guidelines regarding coaches apply:

1. Coach Qualifications: Clubs **MUST** ensure that all coaches participating in the competition are qualified at the appropriate level. This ensures that coaches have the necessary expertise and knowledge to guide and support their athletes during the event.
2. Coach Attendance: The coaches listed during the entry process **MUST** be the same coaches who will be attending the competition. If a coach attends the competition without being included in the submitted list, it will be at the discretion of the competition organiser to determine whether they are permitted on the competition floor.
3. Duty of Care: Senior coaches have a duty of care towards their athletes. This includes ensuring that athletes are adequately prepared, both physically and mentally, for performing their routines. Senior coaches play a crucial role in creating a safe and supportive environment for their athletes.
4. Responsibility for Actions: Senior coaches are responsible for the actions of athletes, coaches, and assistant coaches at events. They have the responsibility to oversee and supervise the conduct and performance of all individuals under their supervision.
5. Suitably Qualified Coaches: Senior coaches are also responsible for ensuring that all coaches under their supervision are suitably qualified to teach the routines being performed. This helps maintain the quality and safety of coaching practices within the competition.
6. Support team: Coaches with only a level 1 qualification are not permitted to take on coaching responsibilities during the competition. Instead, they are present as part of the support team for the coach or senior coach. Their role is to assist and provide support to the qualified coaches who are responsible for coaching the athletes during the competition. This ensures that coaching responsibilities are carried out by coaches with the necessary qualifications and expertise while still allowing the presence of additional support staff to aid in the smooth running of the event.

These guidelines aim to uphold coaching standards, ensure athlete well-being, and promote fair and safe competitions within IGA.

Safeguarding

To ensure the safety and well-being of athletes, it is mandatory for coaches of all levels to possess a valid Disclosure and Barring Service (DBS) certificate and have completed current safeguarding and child protection training. These credentials must remain valid throughout the duration of the event. Coaches who fail to meet these requirements will have their coaching pass suspended until their accreditations are resolved and will not be permitted to participate in IGA events.

It is essential that athletes always have an accredited coach present with them on the competition floor, both during the main competition and warm-up sessions. If an athlete attends an event without a suitably qualified coach accompanying them, they will be disqualified from the competition. This rule ensures that athletes have the necessary guidance and support from qualified coaches throughout the event, promoting a safe and fair competition environment.

Competition Entries

The entry fees for gymnastics competitions are set at £10 per apparatus. All competition entries **MUST** be submitted through the event page on the IGA portal. Entries will be processed on a first come, first served basis, and will be confirmed only after the booking process is completed, entry fees are paid, and an invoice has been issued.

Competition entries will open **SIX WEEKS** prior to the event. No entries will be accepted before this date. The exact opening date will be displayed on the event page.

Competition entries will close **FIVE WEEKS** prior to the event. All entries must be submitted by midnight on the specified date mentioned on the event page.

The competition organiser reserves the right to:

- Close entries early if the competition reaches its capacity. Each day of competition has a limit of 200 athletes. In the event of reaching capacity, a waiting list will be generated. To be added to the waiting list, please contact competitions@igauk.com.
- Adjust the number of athlete spaces available at a competition.

It is important to note that athletes must be at least 5 years old prior to the competition. Additionally, they may be required to provide proof of age if requested by the Competition Organiser.

Entry Process

Athlete entries for IGA events can only be submitted through the IGA membership portal, specifically under the Events and Courses section. To enter IGA events, athletes must meet the criteria outlined in this handbook.

Please be aware that only individuals holding the designated role of Club Administrator within the participating club are permitted to enter athletes into competitions. Entries submitted by individuals other than the club's authorised administrator will not be accepted.

1. Select "Club Booking."
 - 1.1. You will see a list of all members linked to your club.
 - 1.2. Select the names of the athletes you wish to enter. A green tick indicates their eligibility to enter, while a no entry symbol means they cannot participate.
 - 1.3. After selecting the required athletes, click "Confirm Booking."
2. Provide the following information for each athlete:
 - 2.1. Select the level at which they will be competing.
 - 2.2. Choose the number of apparatuses the athlete will compete on. Remember to tick "Add to Cart" to ensure the appropriate fees are charged and to secure the athlete's place.
 - 2.3. Select the specific apparatuses from the provided list.
 - 2.4. If necessary, provide an alternative name to be used.
 - 2.5. Provide details of any disabilities the athlete may have.
 - 2.6. Confirm that they comply with the competition rules stated in the handbook.
3. Once you have provided the information for each athlete, click "Complete." This will take you to the basket where you can proceed with the payment process.

Please note that the IGA portal functions as a drop site for events and is not a shop. Therefore, entries are only confirmed once the purchase process is completed. Having entries in your basket does not guarantee allocated places.

After submitting the entries, clubs are required to fill out a Competition Coaches and Officials form. This form includes details of the coaches, judges, and/or helpers who will be attending the competition.

Judges & Helpers

It is mandatory for clubs to provide at least one judge or helper for **every group of 10 athletes entered**. The allocation is as follows: 1 person for 1-10 athletes, 2 people for 11-20 athletes, and so on. Failure to provide the required number of judges or helpers will result in a fee of **£50.00 per person not put forward**. For example, if a club enters 22 athletes, they would need to provide 3 people. If no one is put forward, a fee of £150 will be due.

Individuals selected to assist in any capacity at a competition should be prepared to serve beyond their club's specific rounds. They are expected to be available for the entire duration of the competition, including setup and takedown before and after the event. While those selected can make requests for specific duties and rounds, it is important to note that such requests cannot be guaranteed.

Late entries

Late entries may be considered if the maximum number of entries for the competition has not been reached, and it is subject to the discretion of the competition organiser. However, please note that late entries will incur a fee of £20 per athlete.

Amendments and Withdrawals

Amendments to athlete entries made before the "official closing date" will not result in penalties, and in the case of withdrawal, entry fees will be refunded. However, any amendments to entries made after the "official closing date" must be submitted no later than 2 weeks prior to the event.

Prior to the 2-week deadline, additional apparatus can be added to an athlete's routine, but please note that an administrative fee of £5 will be added to the entry fee for each additional apparatus. In the event of an athlete's withdrawal from apparatuses or from the competition, entry fees will only be refunded if there is an injury, and a doctor's note must be provided. Please note that the cost of the doctor's note is not covered by IGA.

For amendments to judges or helpers, the same 2-week deadline applies, and any changes must be made no later than 2 weeks before the event.

Intention Sheets

Participation in IGA competitions requires the completion of intention sheets, which are mandatory for all athletes. These sheets can be downloaded from the IGA website or directly from the competition page. It is important that athletes submit their intention sheets to the judges' table before starting their routine. Failure to do so will result in a deduction of 1.00 point from the athlete's score.

Floor Music

Starting from September 2023, boys participating in IGA competitions have the option to incorporate musical accompaniment into their floor routines. This is an optional choice, and athletes who choose not to have music will not receive any deductions.

The following rules must be adhered to when using floor music:

Timing Regulations

- The maximum time limit for the routine is 1 minute 30 seconds.
- The music should begin with the athlete's first movement and end with their final movement.

Music Regulations

- Musical accompaniment **MUST NOT** contain any words or lyrics.
- Human sounds are permitted, as long as they are not spoken or sung words.
- The music **MUST NOT** violate any copyright music rights.
- Original Disney or Cirque Du Soleil music is **NOT** permitted.
- If an athlete's music violates these rules, it will result in a deduction of 1.00 from their score. Music containing whistles or animal sounds will not receive a deduction.

Music Playback Guidelines for Coaches:

- Coaches must have the athlete's music downloaded and should not rely on online video/audio services like YouTube or other digital streaming platforms.
- Coaches are required to have the athlete's music stored digitally on a device such as an MP3 player or mobile device.
- Music in the form of a compact disc (CD) or store on a USB will no longer be accepted at competitions.
- Adapters such as 3.5mm Jack/Lightning to 3.5mm Jack/USB-C to 3.5mm Jack will be available at competitions to facilitate music playback.

It is essential to review the specific competition guidelines and regulations for any additional or detailed rules regarding floor music usage, as they may vary between events.

Competition Programme

The competition run order for the event will be determined by the competition organiser or authorised officials appointed by the organiser.

IGA strives to provide the competition programme to all participating clubs within 10 days of the closing date for entries. In case entries close earlier than expected, the competition programme may be distributed ahead of schedule.

It is the responsibility of the clubs to carefully review the competition programme for any errors or discrepancies. If any errors are identified, they should be reported to the competition organiser no later than 2 weeks prior to the competition. This allows sufficient time for the organiser to address and rectify any identified issues.

Please note that specific timelines and procedures for the distribution and review of the competition programme may vary for each event. It is advisable to consult the event-specific guidelines and communicate directly with the competition organiser for precise instructions and deadlines.

Competition Results

After the conclusion of a competition, the results will be compiled and published within a period of 3 working days. Initially, the results will be distributed to the participating clubs to ensure they have access to the outcome of the competition.

Once the results have been shared with the clubs, they will be made available for public access by being published online. This allows athletes, coaches, and spectators to view and analyse the competition results.

Please note that the specific process and platforms for publishing the results may vary depending on the competition and the policies of the organising body. It is recommended to refer to the competition guidelines or contact the competition organiser for precise information on how and where the results will be published.

Spectator Fees

To ensure a smooth and organised spectator experience, the following guidelines are in place for purchasing and attending competitions:

1. **Advance Booking:** Spectator tickets must be booked in advance and cannot be purchased at the venue's entrance. The booking process can be done via the IGA Eventbrite page, where digital tickets will be issued.
2. **Ticket Booking Process:** Spectator tickets should not be booked through clubs. Instead, individuals can directly book tickets through the designated Eventbrite page. Clubs will be provided with the competition program, including information on when the tickets will go on sale. It is the responsibility of the club to inform parents/guardians about the specific round(s) they require tickets for and the start date of ticket sales.
3. **Ticket Pricing:** Regular spectator tickets are priced at £7.50 (plus Eventbrite booking fee), while concession tickets for children under 14 years old and individuals aged 65 and above are priced at £5.50 (plus Eventbrite booking fee).
4. **Initial Ticket Restrictions:** Depending on the seating capacity of the venue and the number of athletes competing in a particular round, there may be initial restrictions on the number of spectator tickets available per athlete during the first week of ticket sales. Participating clubs will be notified if such restrictions are in place. When restrictions are implemented, bookings will require the name of the athlete being supported. Multiple bookings with the same athlete's name exceeding the restrictions will result in additional bookings being cancelled. After the first week of sales, new bookings will no longer be linked to athlete names or previous bookings.
5. **Waiting List:** If spectator tickets sell out, a waiting list will be established, and tickets will be offered to individuals at the top of the list as they become available.

It is important for clubs, parents, and guardians to stay updated with the information provided by the competition Organisers, including the competition program and ticket sale dates, to ensure a seamless ticket booking process and attendance at the event.

Methods of Payment

Competition entries

Clubs entering athletes into competitions have multiple payment options available:

1. **Debit or Credit Card:** Payment can be made through the IGA portal using a debit or credit card. This provides a convenient and immediate payment method.
2. **BACS or Cheque:** Clubs also have the option to request an invoice and make payment via BACS (Banker's Automated Clearing Services) or cheque. It is important to note that when using these methods, payment should be received within 48 hours of entries being submitted. Delayed payments through BACS or cheque can affect the entry process.

Failure to make timely payment may result in clubs forfeiting their spaces in the competition, with the spots then being offered to those on the waiting list.

Refunds for entry fees are only provided in the event of an injury, and a valid medical note must be provided as evidence. In all other instances, once the entries have been closed, entry fees are non-refundable.

It is crucial for clubs to adhere to the specified payment deadlines and processes to ensure smooth and efficient entry into the competition.

Spectator Tickets

Tickets for the competitions can be purchased via Eventbrite using Debit or Credit Card. The specific payment methods available and any applicable rules and policies are determined by Eventbrite, the ticketing platform used for ticket sales.

Eventbrite typically offers various payment options, including major debit and credit cards, as well as alternative payment methods like PayPal. The exact payment methods accepted, and any associated rules or fees would be specified on the Eventbrite platform

during the ticket purchasing process. When purchasing tickets through Eventbrite, it is important to review and comply with the payment terms and conditions provided by Eventbrite to ensure a successful transaction.

National Finals Qualification

Starting from January 2024, the qualification rules will be implemented.

To be eligible for the IGA national finals, athletes must meet the following criteria:

1. Compete in a competition held in their own region.
2. Within their respective group, either achieve a top 5 ranking in the AA score or achieve a top 5 ranking with a combined Floor and Vault score.
 - 2.1. If an athlete qualifies with their AA score, they can compete on all apparatus at nationals.
 - 2.2. If an athlete qualifies with their combined Floor and Vault score, they can only compete on those apparatus at nationals.

If an athlete has qualified for the IGA national finals based on their AA score, the combined score place will be transferred to the next highest scoring athlete. In other words, if an athlete qualifies with their AA score and qualifies with their combined Floor and Vault score, the combined score place will be passed on to the athlete with the next highest score who has not yet qualified. This ensures that the opportunity to compete at the national finals is given to as many deserving athletes as possible.

Reserves:

- Athletes who placed 6th and 7th in the scoring will be designated as reserve competitors for the nationals.
- If a qualified athlete within the top 5 is unable to attend, the athlete with the next highest score will be given the opportunity to compete.
- If neither athlete wishes to compete, no additional spaces will be offered to athletes placing 8th or beyond.

General Rules

Please adhere to the following general rules of behaviour at all IGA competitions to ensure a friendly and enjoyable environment for everyone involved:

1. Squads must be led by a coach holding at least a level 2 qualification. Squads without a coach meeting this requirement will be disqualified.
2. Dress Code:
 - 2.1. **Athletes**

Must wear appropriate gymnastics leotards, with or without sleeves, or a unitard. Plain gymnastics shorts or leggings are allowed, but they must not bear any brand logos.

Gymnastics shorts cannot be fitness shorts, football shorts, or Nike Pro/Gymshark shorts. Gymnastics leggings cannot be jogging bottoms, activewear leggings, or loose-fitting leggings.

Underwear on show **MUST** match the athlete's skin tone or as close as possible. Bandages and supports **MUST** also match the skin tone of the athlete or as close as possible. If an incident occurs during a competition where a bandage is required, athletes will not receive a deduction as there may be a limited array of bandages available.

Athletes may wear alternative competition attire based on their faith or religion, including head coverings, but the senior coach or coach must assess any associated risks and take appropriate safety measures.

Athletes with long hair, must be tied back, and all jewellery, including body piercings, must be removed. Small stud earrings are permitted.

Any other form of dress will result in a dress code violation and a deduction of 1.00 from the score. *Gym shoes are permitted on Beam for medical reasons without penalty.*
 - 2.2. **Coaches**

Must wear suitable coaching attire, such as tracksuits, jogging trousers, shorts, polo or T-shirts with sleeves, and sweatshirts.

No jewellery including watches are allowed, except for small stud earrings.

Coaches not adhering to this rule will receive a coach violation, resulting in a strike. Two strikes within a competition year will result in the coach being barred from attending the next competition, their club is entering.
 - 2.3. **Judges**

Must dress professionally in smart/casual clothing.
 - 2.4. **Helpers**

Must wear plain clothing and should not have any club-branding.
3. All mobile devices must be switched off or set to silent while on the competition floor.
4. Coaches must always use appropriate language and behaviour considering the ages of the athletes.
5. Coaches are responsible for the behaviour of their athletes, ensuring they are correctly dressed, register at the designated time, seek permission from the head judge or competition organiser before leaving the competition area, and exhibit good sportsmanship.
6. Clubs are responsible for ensuring the good and courteous behaviour of their supporters. Excessive noise that disrupts other athletes is not permitted.
7. Spectators must treat other clubs' gymnasiums as they would want their own to be treated, particularly regarding food and drink rules.
8. Spectators are not allowed on the competition floor.
9. In the event of an over-subscribed competition, the Competition Organiser may limit each club's entry.
10. Refunds for entry fees will only be given if an athlete withdraws from the competition due to injury and provides a medical note. Club accident forms will not be accepted as a substitute for a medical note. The cost of obtaining a medical note will not be covered by IGA.
11. Any rude or abusive behaviour from a member of a competing club towards anyone within IGA before or during the competition may result in the withdrawal of all entries from the club.

Competition Day

Registration at the event

During the event registration process, please note the following:

1. Clubs are responsible for ensuring proper supervision of their athletes upon arrival at the competition venue. Athletes will not be allowed to register or commence warm-up activities without a coach or senior coach present from their club.
2. Before the first round of the day begins, either a coach or senior coach from each club must report to the main desk to collect club athlete numbers.
3. In the event of any withdrawals on the day of the competition, please promptly inform the main desk as soon as possible.

Food & Drink

Please be aware that any restrictions on food and/or drink at events are determined and enforced by the venue hosting the competition. These restrictions may include, but are not limited to, regulations related to managing food intolerances and allergies. Participants and spectators are expected to adhere to the venue's guidelines and policies regarding food and drink during the event.

Medical Provisions

If anyone requires First Aid assistance during the event, they should approach the competition organiser who will provide the necessary support. It is recommended that all coaches have a First Aid kit with them to address minor injuries.

An assigned first aider will be present at all IGA events to treat athletes who sustain injuries during the competition. However, it's important to note that they will not be able to treat pre-existing or chronic injuries.

In the event of an injury, it is crucial to report it to the appropriate personnel to ensure proper documentation and record-keeping.

Awards

The awards presented at competitions will be as follows:

- Well Done Medal: Given to each athlete as recognition for their participation in the event.
- 3rd Place Medal: Awarded to the highest-scoring athlete in third place for each apparatus.
- 2nd Place Medal: Awarded to the highest-scoring athlete in second place for each apparatus.
- 1st Place Medal: Awarded to the highest-scoring athlete in first place for each apparatus.
- AA Trophy: Presented to the athlete with the highest AA score in each group.

Starting January 2024

The awards issued at regional competitions will be revised as follows:

- Well Done Medal: Given to each athlete as recognition for their participation in the event.
- Qualification Ribbon: Awarded to the top 5 athletes with the highest AA scores and the top 5 athletes with the highest scores in Floor and Vault.
- 3rd Place Medal: Awarded to the highest-scoring athlete in third place for each apparatus.
- 2nd Place Medal: Awarded to the highest-scoring athlete in second place for each apparatus.
- 1st Place Medal: Awarded to the highest-scoring athlete in first place for each apparatus.

The awards issued at National Final competitions will be as follows:

- Well Done Medal: Given to each athlete as recognition for their participation in the event.
- 3rd Place Medal: Awarded to the highest-scoring athlete in third place for each apparatus.
- 2nd Place Medal: Awarded to the highest-scoring athlete in second place for each apparatus.
- 1st Place Medal: Awarded to the highest-scoring athlete in first place for each apparatus.
- AA Trophy: Presented to the athlete with the highest all-around (AA) score in each group.

Medal Presentations

Athletes who achieve a medal placement at an IGA event are required to stay in the venue until the conclusion of the round and participate in the medal presentation ceremony to personally receive their award(s). This ensures that they are present to collect their well-deserved recognition.

In exceptional circumstances where an athlete needs to leave the competition early, arrangements for their awards to be mailed to them can be made, but only with the prior approval of the competition organiser. It is important to obtain permission from the competition organiser in such cases. If an athlete leaves the competition venue before the medal presentation without obtaining permission, any award(s) they may have earned will not be distributed to them.

Once the medal ceremony has begun, only the competition organiser or officials are allowed to approach the score desk. Violation of this rule will lead to the individual's suspension from the remainder of the competition.

Photography

During the athlete registration process for competitions, you will be asked to indicate whether the athlete can or cannot have their photos taken by IGA or the official photographers contracted by IGA for promotional purposes.

Please be aware that livestreams may be broadcasted on our digital platforms. While efforts will be made to respect the privacy preferences of individuals, it may not always be possible to accommodate everyone's preferences in livestreams.

Video footage captured during the event may be used on our digital platforms for promotional purposes.

Spectators are allowed to take photographs and videos for personal use only and are not permitted to sell or use them for any commercial purposes. The use of flash or additional lighting is prohibited during athlete warm-ups or competitions. Please ensure that the flash is turned off on your camera devices.

If you have any concerns about the identity or behaviour of any photographer or if you believe that inappropriate photos are being taken, please report your concerns to the competition organizing team.

In the event that a member of the competition organising team, or the Safeguarding team suspects inappropriate photography or filming, they have the authority to request the person to leave the venue and to surrender any film or delete any images related to the event.

Health & Safety

The well-being and safety of all individuals involved in an event, including athletes, coaches, and officials, are of utmost importance. IGA is committed to implementing and adhering to its policies and procedures to ensure the health, safety, and welfare of everyone present at the event. These policies and procedures are designed to create a secure and supportive environment for all participants.

Score Challenges

In the event of a score challenge, it is required that coaches submit the challenge to the competition organiser before the conclusion of that rotation. To support their case for the challenge, it is recommended that clubs have video recordings of their athletes' routines.

If a score challenge is made and the score is not overturned, a fee of £20 must be paid. However, if the challenge results in the score being overturned, no fee is required.

Please note that the decision of the competition organiser regarding score challenges is considered final.

Overnight Stays

In compliance with government legislation, when a club accompanies an athlete under the age of 18 on an overnight trip, it is mandatory for the club to appoint a designated trained person responsible for child protection during the journey. This individual must not be related to or involved in a relationship with any of the coaches participating in the trip, in accordance with CPSU (Child Protection in Sport Unit) standards.

Please be aware that the insurance provided through IGA membership does not include coverage for travel or emergency medical expenses. It is strongly advised that additional travel insurance be obtained when necessary to ensure adequate coverage in such situations.

Gymnastics Competition Levels

| | |
|--------------------|--|
| Level 10 | This level is specifically designed for beginners aged 5 to 11 (in the year of competition) who receive training for no more than 3 hours per week. It caters to new, young, and inexperienced athletes, providing them with a suitable program to develop their skills in a supportive environment. |
| Level 9 | This level is designed for athletes up to the age of 14 who receive training for up to 4 hours per week. It provides a suitable program for athletes in this age range to develop their skills and abilities within the designated training hours. |
| Level 8 - 1 | These levels are specifically designed for athletes who receive training for more than 6 hours per week. The training programs and requirements in these levels are tailored to athletes who have a higher level of commitment and dedicate more time to their training. These levels provide a platform for athletes to further develop their skills and progress in their gymnastics journey. |

Clubs are advised to enter their athletes in the level that best aligns with their abilities. Consideration should also be given to the number of training hours and the potential for challenging the athletes. It is recommended to enter athletes at their highest level of ability to ensure a fair competition for all participants.

Athletes will be grouped based on their year of birth. The Competition Organiser may combine groups to create a meaningful competition, as deemed appropriate.

Athletes who achieve the passing All-Around (AA) score for their current level at the spring regional competition are required to move up to the next level in the Autumn. Similarly, athletes who achieve the passing AA score at the Autumn regional competition are required to move up in the following year. The AA score is determined by the performance of athletes on all apparatus. Athletes who do not compete on all apparatus cannot achieve a passing AA score. In such cases, athletes may be required to move up after two years at the same level. Coaches also have the authority to decide to move an athlete to a higher level, even if they have not achieved the passing score.

| Level | AA Passing Score |
|--------------|-------------------------|
| Level 10 | 44.00 |
| Level 9 | 46.00 |
| Level 8 | 48.00 |
| Level 7 | 49.00 |
| Level 6 | 50.00 |
| Level 5 | 51.00 |
| Level 4 | 52.00 |
| Level 3 | 53.00 |
| Level 2 | 55.00 |
| Level 1 | 56.00 |

Athletes with disabilities

In this handbook, athletes will follow rules based on their gender. They are not required to have any Compositional Requirement (CRs).

All athletes must obtain medical clearance from their doctor to ensure they are safe to compete. Athletes with Down Syndrome, in particular, need medical clearance before performing rolls due to associated health risks. Relevant health information should be provided on the Disability Competition Form, and any changes to the athlete's health status must be updated by uploading a new form to their online portal.

During the online enrolment process for competitions, participants must answer the required questions to the best of their knowledge. This information is crucial to ensure the safety and well-being of all participants. It also helps identify individuals who may require extra support in case of an emergency.

All participants will be categorized appropriately for the competition and judged based on the same start value as their entered level. For instance, if a participant's cognitive age differs from their biological age due to learning disabilities, they may be placed in a category that aligns with their cognitive age. Judges will be informed of any disabilities that may affect a participant's ability to perform certain movements within their category, and this information will be taken into consideration when scoring.

On the day of the competition, it is important to set up the equipment in a way that makes the athletes feel comfortable. No deductions will be made for using extra matting or coaches being present on the floor. If assistance is needed with moving matting, the competition organiser can be approached for help.

Guidelines for Judges

The judges in the competition have a crucial role, which is **to apply the rules rather than interpret them**. If any clarification is needed, judges should consult the competition organiser. The primary focus is on the athletes' well-being, and as a result, a minimum score of 5.00 will be applied to ensure that athletes are not negatively affected. Judges are not permitted to provide comments or clarifications to athletes or coaches unless specifically asked for by the coach.

If you complete a rotation before other apparatuses have finished, it is important not to instruct athletes from the previous apparatus to move to your apparatus. Athletes should only transition to their next apparatus when instructed to do so through the PA system announcement. **ONLY** the competition organiser has the authority to override the PA announcement for the movement of athletes, **but** this request **must** be made to the competition organiser first. If you initiate the next rotation prior to the announcement without the competition organiser's approval, the competition organiser may, at their discretion, restart the rotation for that apparatus, and all scores will be reset.

Judging Panels

Judging panels will be made up of the following:

| | |
|-------|---|
| Bars | X 1 Dual Panel Judges |
| Vault | X 1 Dual Panel Judges |
| Floor | 2 X 2 panel Judges. Panel A & Panel B the judges on separate panels will dually judge. For athletes competing at levels 10 & 9 the Floor will be split into two |
| Beam | 2 X 2 panel Judges. Panel A & Panel B the judges on separate panels will dually judge. Both Beams will take place at the same time. |

1. Judges are not allowed to assess routines of athletes from their own club, unless there are insufficient judges available, and the competition organiser approves the change.
2. Judges from the same club should not be on the same judging panel to ensure impartiality. unless there are insufficient judges available, and the competition organiser approves the change.
3. Intention sheets are compulsory and should be submitted to the judges' table before the athlete begins their routine. These sheets are meant to assist judges and should indicate the intended moves the athlete plans to perform. Any deviations from the sheet should be noted, but no deductions should be made for not following it exactly. Judges should assess based on what they see.
4. If athletes perform more than the required minimum number of moves on any apparatus, only their top scoring moves should be counted towards their difficulty score.
5. If an athlete attempts a move, they should receive credit for difficulty, but execution penalties will be applied. Some moves on the beam and uneven bars require the feet to touch the apparatus to be counted, such as cartwheels on beam or straddle undershoots on uneven bars. Judges must use their discretion to determine if the move was a proper attempt. A fall after such a move will be deducted, but the move will still count for difficulty and any applicable compositional requirements (CR).
6. Overall deductions should be 0.10 for small errors and 0.20 to 0.30 for larger errors.
7. A deduction of 1.00 will be applied for any missing moves that are below the required minimum on any apparatus.
8. Athletes performing moves above the level permitted by their competition level will have 1.00 deducted from their apparatus score. The skills that are banned from their level will not count towards their difficulty, and deductions will still be taken.
9. If an athlete is allowed a second attempt at their routine, a deduction of 2.00 will be applied. The judges will take the best score out of the two attempts.
10. Athletes receiving instructions or guidance about what to do in their routines will be deducted 1.00.
11. All falls will result in a deduction of 1.00 on all apparatus.
12. Coaches must enter all score challenges to the competition organiser before the end of that rotation. Each score challenge will incur a fee of £20, which will be returned if the judges change the score in favour of the athlete.

Please note that these guidelines are specific to the mentioned competition and should be followed accordingly.

Note For Coaches

1. All athletes must be accompanied by an appropriately qualified coach who is qualified for the moves being performed by the athlete. If this rule is violated, the athlete will be disqualified, and the coach will be removed from the competition floor. Level 1 coaches may be present on the competition floor for pastoral reasons only, but they cannot be the only coach present when athletes are performing. The coach accompanying the competing athlete, **MUST** be qualified to coach the moves being performed. Failure to comply may result in the disqualification of the athlete and the suspension of the coach from the competition.
2. Intention sheets are compulsory and must be handed to the judges' table before the athlete starts their routine. The sheets should be on the correct form and written clearly.
3. Coaches are not allowed onto the floor area or matting during the execution of any routine, except on Uneven Bars, High Bar, or Beam under specific circumstances. Any attempt to do so outside of the permitted situations will incur a penalty of 3.00.
4. Senior Coaches and Coaches are allowed to spot athletes for dismounts or any release and catch element D value or higher on Uneven Bars or High Bar. Coaches are encouraged to stand between the bars for a low to high bar transition. **On Beam, a coach can stand in to spot a "C value or higher" dismount in higher levels.**
5. Any touches by a coach will incur a penalty of 3.00, along with obstructing the view of the judges.
6. Athletes should not be moved to the next apparatus until it has been announced over the PA system that the current rotation has finished. Only the competition organiser can overrule the PA announcement for moving athletes to the next apparatus. Judges instructing you to move before the official announcement should not be complied with in this specific situation.
7. A list of skills for each coaching level can be found on the IGA website.

Please adhere to these guidelines to ensure fair and consistent competition standards.

Apparatus Notes

Floor Rules

In levels 10 and 9, athletes focus on demonstrating basic elements, and as such, elaborate dance work is not required. Athletes will perform their routines using a strip line on the competition floor. In these levels, composition marks are not awarded, so the emphasis should be on executing the elements. Therefore, the routine will be performed in one straight line. The competition floor will be divided into two panels, Panel A and Panel B, allowing two athletes to compete simultaneously on the floor.

In Level 9, athletes are not allowed to include saltos or flighted "B" moves anywhere in their routine.

In Level 8, athletes are not allowed to include saltos or flighted "B" moves anywhere in whole routine.

For a **Dance series** to meet the requirements, it must consist of a minimum of two elements that are seamlessly connected without any pauses, adjustment stops, or steps. These elements should primarily involve jumps, leaps, and spins performed on one foot. It is permissible to incorporate jumps at the conclusion of a leap that lands on both feet.

To fulfil the criteria, a **Dance passage** should flow continuously without any pauses, stops, hesitations, breaks, or lunge preparations. It should be directly or indirectly connected by steps, chassés, small leaps, or turns. The elements within the dance passage should primarily consist of leaps, while jumps are not permitted within the passage.

An **Acro series** must consist of a minimum of two elements that must be connected directly without any pauses, adjustments, stops, or steps in between.

An **Acro passage** consists of a tumbling sequence that includes at least two salto moves. These salto moves are not directly connected but are linked together through flicks, round offs, or handsprings.

Free walk over does not count as a flighted acro element.

A **Mixed series** must consist of a minimum of two elements: an Acro move and an Isolated Jump. These elements must be directly connected without any pause, stop, or step in between.

A 'whip' is a technique used to accelerate and can only be performed in the middle of a tumble run, not as the dismount.

Music will be utilized starting from Level 8 and above, and it should have a duration of at least 45 seconds but not exceed 90 seconds. However, Level 10 and Level 9 routines will not include any music. **Starting from September 2023, boys participating in IGA competitions from Level 8 and above have the option to incorporate musical accompaniment into their floor routines. This is an optional choice, and athletes who choose not to have music will not receive any deductions.**

Floor music must be instrumental and must **NOT** contain any words or lyrics. It is essential that the chosen music does not violate any copyright laws. Music from original Disney or Cirque Du Soleil productions is not allowed. **If an athlete's music is found to be in violation of these rules, a deduction of 1.00 will be applied to the athlete's score.**

Any movement performed by an athlete can be considered for a CR and does not necessarily need to be included in the difficulty score.

Sideways moves such as cartwheels and round-offs cannot be counted as part of a forward acro series.

When an athlete attempts a move, they should receive credit in the difficulty score and it should count towards a CR, but execution penalties will be applied based on the quality of execution.

For Levels 10 and 9, the maximum execution score that can be awarded is 10.00.

For Levels 8 to 1, the execution score will be 8.00, and additional scores will be given for composition (2.00), use of floor area, variety of patterns, and levels (0.50), variation of elements and difficulty (0.50), variety of linking skills (0.50), and musical interpretation (girls) or rhythm and tempo (boys) (0.50).

Uneven Bars Rules

All moves, regardless of their nature, can be used to gain a **CR** and do not need to be counted in the difficulty score.

On the HB and/or LB, elements can be **repeated** to accumulate difficulty score.

If an athlete fails to perform the required number of moves, a deduction of 1.00 will be applied for each missing move.

When an athlete attempts a move, they **should** receive credit in the difficulty score, but execution penalties will be applied. Certain moves on uneven bars (UB) require the feet to touch the apparatus to be counted, such as straddle undershoots. It is up to the judge's discretion to determine whether the move was a proper attempt. If a fall occurs after the move, deductions will be made, but the move will still count for difficulty and any **CR**.

For determining the **degree** of casts, please refer to the attached chart.

The asymmetrical bars will be set according to the new FIG standard, with the high bar set at a height of 255 cm and the low bar set at 175 cm. An update on the new inner diagonal measurement will be provided in an IGA WTC News, once it is available from the FIG. The bars should not be adjusted unless necessary to accommodate taller athletes. If the bottom bar is moved up, the top bar must also be adjusted accordingly. Permission from the Bars head judge must be obtained before raising the bars.

Vault Rules

Athletes have the option to make two attempts at the same vault or one attempt at each of two different vaults. Only the highest score will be counted.

Athletes are allowed to use any vault from a set range of 100 cm to 130 cm. However, for safety reasons, somersault vaults must be performed at a minimum height of 1 meter 15 cm. Athletes performing a somersault vault will receive a minimum of 3 warm-up vaults to ensure safety precautions.

For all other vaults, athletes will have 2 warm-up vaults only. **Depending on the number of competing athletes, the competition organizer may, at their discretion, reduce the number of warm-up vaults to 1.**

The set-up for flatback vaults in Levels 10 and 9 should be as close to 60 to 90 cm as possible, depending on the available apparatus. For Level 8 (Handspring over a raised block), it should be as close to 90 to 110 cm as possible, depending on the available apparatus.

Any physical assistance provided by the coach will result in penalties. Each touch will incur a deduction of 3.00 points. Judges will assess and evaluate the technique and body form during the flight onto the vault, the action on the vault, the repulsion from the vault, the flight off the vault, and the landing. Execution deductions will be applied in each of these five areas.

Any steps taken on landing will result in a deduction of 0.1 for each small step. Larger steps and jumps will incur higher deductions according to their magnitude. Balance-correcting movements will be deducted based on their severity.

A fall or a touch with hands upon landing will result in a deduction of 1.00.

Failure to touch the vault with hands will render the vault void.

Vaults performed in the wrong direction (e.g., Half on Half offs) will be considered void and not counted.

Vault table pedestal base surround is optional but MUST be present for any yurchenko entry vault

Beam Rules

The mount can be performed in a freestyle manner and will not count towards the difficulty score. Mounts that do count for difficulty are listed on the following pages.

A **dance series** on the beam must consist of at least two elements that are directly connected without any pause, adjustment stop, or step. These elements should be composed of jumps, leaps, and spins performed on one foot only.

There will be a **limit of three falls**, each resulting in a deduction of 1.00. If an athlete falls and then falls again when remounting the beam, no additional deduction will be taken for the second fall.

Any move can be used to **gain a CR** and does not need to be counted towards the difficulty score.

If the required number of moves is not performed, a deduction of 1.00 will apply for each missing move.

If an athlete attempts a move, they should be given credit in difficulty and it should count towards a Connection Value (CR), but execution penalties will be applied. Certain moves on the beam, such as cartwheels, require the feet to touch the apparatus to be counted. The judge's discretion should be used to determine whether the move was a proper attempt. A fall after a counted move will be deducted, but the move will still count towards the difficulty score and any CR.

When evaluating the **degree** of difficulty for leaps, please refer to the attached chart.

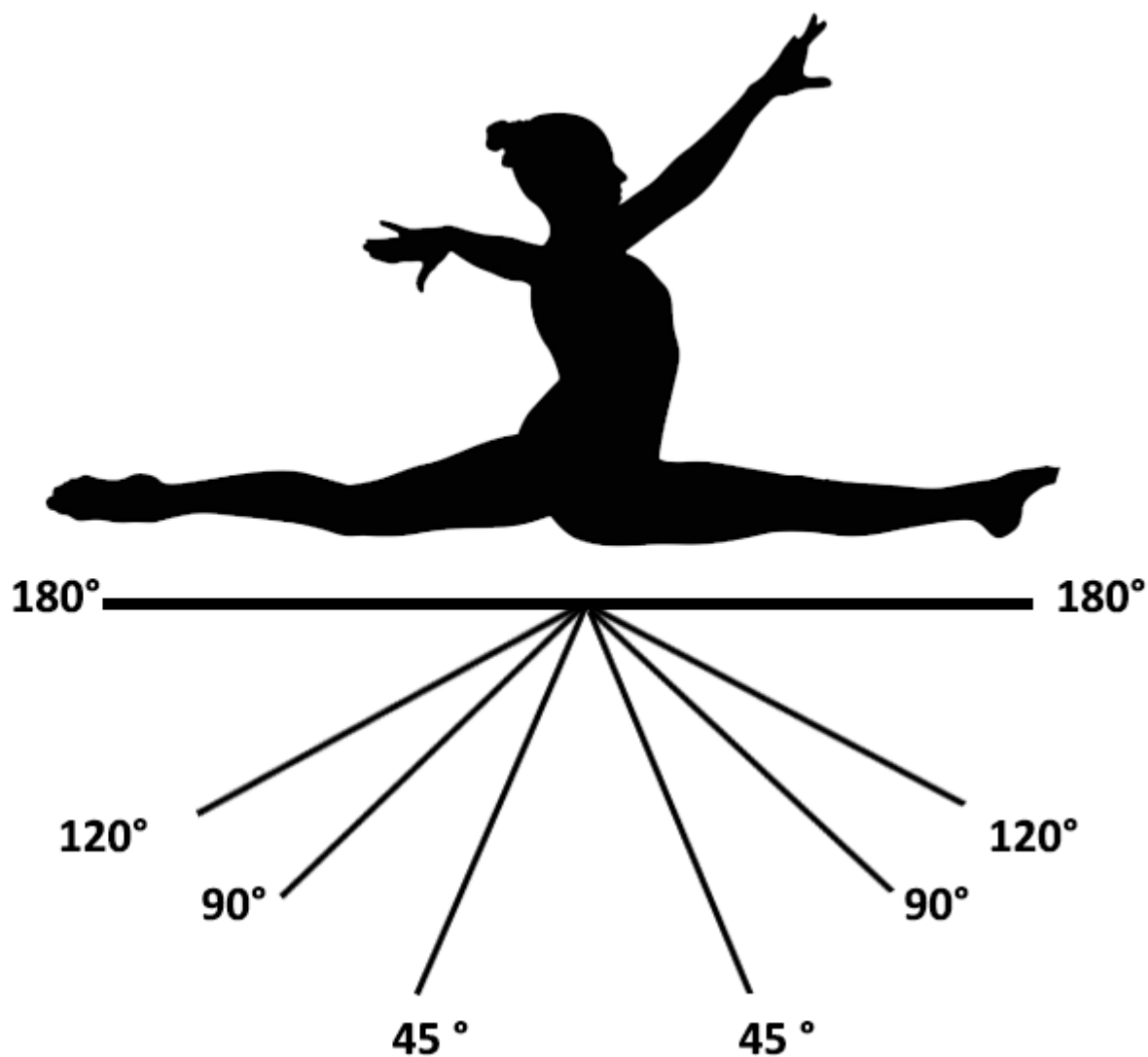
The routine on the beam should flow smoothly without long hesitations or stops and should have a duration between 45 and 90 seconds. The clock will stop for falls until the athlete remounts the beam.

An American-style warm-up will be followed for all national competitions.

Degree of Splits on Beam & Floor

| Level | Degree of split required |
|-------|--------------------------|
| 9 | 45 ° |
| 8 | 90 ° |
| 7 | 90 ° |
| 6 | 120 ° |
| 5 | 120 ° |
| 4 | 180 ° |
| 3 | 180 ° |
| 2 | 180 ° |
| 1 | 180 ° |

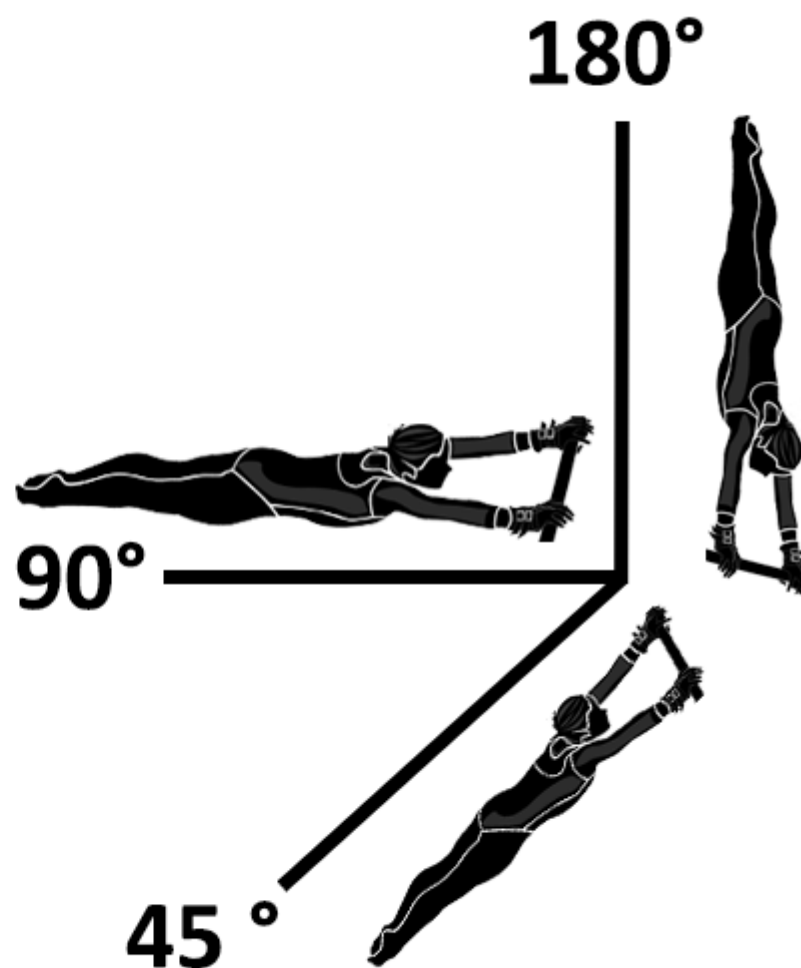
If the required amount of degree is not hit at the correct level then the cast or leap/jump will not count and their CR will not be given



Degree of Casts or Circling Elements on Bars

| Level | Degree of casts or circling Required |
|-------|--------------------------------------|
| 10 | 45 ° |
| 9 | 45 ° |
| 8 | 90 ° |
| 7 | 90 ° |
| 6 | 90 ° |
| 5 | 180 ° |
| 4 | 180 ° |
| 3 | 180 ° |
| 2 | 180 ° |
| 1 | 180 ° |

If the required amount of degree is not hit at the correct level then the cast or leap/jump will not count and their CR will not be given



| VAULT | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
|---|------|------|------|------|------|------|------|------|------|------|
| Squat onto long box then step to handstand flat back on mats. | 1.00 | | | | | | | | | |
| Handspring to flat back onto mats. | 1.50 | 1.50 | | | | | | | | |
| Handspring over raised block | | 2.00 | 2.00 | | | | | | | |
| Half on Over raised block | | | 2.00 | | | | | | | |
| Handspring | | | 2.40 | 2.40 | 2.40 | 2.40 | 2.40 | 2.40 | 2.40 | 2.40 |
| Half On | | | 2.60 | 2.60 | 2.60 | 2.60 | 2.60 | 2.60 | 2.60 | 2.60 |
| Half on Half off | | | | 2.80 | 2.80 | 2.80 | 2.80 | 2.80 | 2.80 | 2.80 |
| Handspring Half Off | | | | 2.80 | 2.80 | 2.80 | 2.80 | 2.80 | 2.80 | 2.80 |
| Half on Full off | | | | | 3.20 | 3.20 | 3.20 | 3.20 | 3.20 | 3.20 |
| Handspring Full Off | | | | | 3.20 | 3.20 | 3.20 | 3.20 | 3.20 | 3.20 |
| Yurchenko Flick NO SOMERSAULT | | | | | 3.20 | 3.20 | 3.20 | 3.20 | 3.20 | 3.20 |
| Yamashita | | | | | 3.20 | 3.20 | 3.20 | 3.20 | 3.20 | 3.20 |
| Tucked Yurchenko | | | | | | 3.60 | 3.60 | 3.60 | 3.60 | 3.60 |
| Tsukahara Tucked | | | | | | | 3.80 | 3.80 | 3.80 | 3.80 |
| Piked Yurchenko | | | | | | | 3.80 | 3.80 | 3.80 | 3.80 |
| Tsukahara Piked | | | | | | | | 4.20 | 4.00 | 4.00 |
| Straight Yurchenko | | | | | | | | 4.20 | 4.20 | 4.20 |
| Handspring Tuck Front | | | | | | | | 4.20 | 4.20 | 4.20 |
| Tuck Tsukahara with 1/1 twist | | | | | | | | | 4.40 | 4.40 |
| Handspring Pike Front | | | | | | | | | 4.40 | 4.40 |
| Straight Tsukahara | | | | | | | | | 4.40 | 4.40 |
| Handspring Tuck Front with ½ Twist | | | | | | | | | 4.40 | 4.40 |
| Handspring Pike Front with ½ Twist | | | | | | | | | 4.60 | 4.60 |
| Straight Yurchenko with 1/1 twist | | | | | | | | | 4.80 | 4.80 |
| Straight Yurchenko with 1 1/2 twist | | | | | | | | | 5.00 | 5.00 |
| Straight Tsukahara with 1/1 Twist | | | | | | | | | 5.00 | 5.00 |
| Straight Yurchenko with 2/2 Twist | | | | | | | | | 5.40 | 5.40 |

Men's Artistic Competition Rules for Floor

| Difficulty- best 10 difficulty scores as specified below (elements need not be different; same moves can be used) | | | | | | | | | | |
|--|---|---|---|---|---|--|---|--|--|--|
| | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| DIFFICULTY A move= 0.10 B moves= 0.20 C moves= 0.30 D moves= 0.40 E moves= 0.50 F moves= 0.60 | A moves only. | A & B moves only. A maximum of 6 B moves. | A, B & C moves only. A maximum of 2 C moves. | A, B & C moves only. A maximum of 6 C moves. | A, B, C & D moves only. A maximum of 2 D moves. | A, B, C & D moves only. A maximum of 6 D moves. | A, B, C, D & E moves only. A maximum of 2 E moves. | A, B, C, D & E moves only. A maximum of 6 E moves. | A, B, C, D, E & F moves only. A maximum of 2 F moves. | A, B, C, D, E & F Moves. |
| | Best 10 moves to count – if less than 10 moves a deduction of 1.00 will be made for each missing move | | | | | | | | | |
| CR's 0.50 each (Compositional Requirement) | Acro move | Acro move (no saltos or flighted “B” moves anywhere in routine) | Acro series (no saltos or flighted “C” moves anywhere in routine) | Min two element acro series, at least one with flight | Min three element acro series, at least one with flight | Min three element flighted acro series with salto | | Min three element flighted acro series with two saltos | Flighted acro series with min two saltos (same or different) Flighted acro series with min two saltos (same or different) | |
| | Any A Jump | Any B jump | Any B jump with turn | Any C jump | Any C jump with turn | Any D jump | Any D jump with turn | Any E jump | | |
| | Balance | | Mixed series | Forward acro element | Forward flighted acro element | Forward flighted acro series of two elements | Forward flighted acro series with salto | Forward flighted acro series with salto | Forward flighted acro series with straight salto | Forward flighted acro series with straight salto |
| | Dead man drop | Backward Roll to front support | Swedish fall with raised leg | Pike/straddle lever hold | Backward Roll to Handstand | Handstand Half Pirouette | Handstand Full Pirouette | Handstand 1 ½ Pirouette | Backward Roll to handstand ½ turn | Backward roll to handstand full turn |
| Notes: | Floor Routine completed in a straight line | | Execution 9.00 Composition 1.00 | Full use of floor area - 8.00 for execution, 2.00 for composition (0.5- use of floor area, variety of patterns and levels, 0.5- variation of elements and difficulty, 0.5- variety of linking skills, 0.5- rhythm, tempo) | | | | | | |

Note to Judges: Any move can be used to gain a CR and need not be counted in the difficulty score.

An acro series must contain at least two elements which can be made up from one difficulty move such as double cartwheel, RO/flic/flic, handspring/front salto.

Cartwheels and rounds offs are sideways elements and cannot be counted in forward acro series.

Levels 10 & 9 will be judged on execution only, max 10.00. All other level will have execution max 8.00 and composition max 2.00.

If a gymnast is allowed a second attempt at their routine, a deduction of 2.00 will apply. **If a gymnast receives guidance/instructions a 1.00 penalty will apply.**

If less than the required number of moves is shown a deduction of 1.00 will apply for each missing move.

Level 10 – no flighted “B” moves allowed anywhere in routine. Level 9 - no flighted “C” moves allowed anywhere in routine. A 0.50 deduction will be made.

There will be a three-fall limit with deductions at 1.00 each. If an athlete falls and then falls again when remounting **no** additional deduction will be taken.

| ALL FLOOR MOVES BY LEVEL | | | | | |
|--|--|--|---|---|---|
| "A" Moves | "B" Moves | "C" Moves | "D" Moves | "E" Moves | "F" Moves |
| ACROBATIC MOVES | | | | | |
| Backward roll to front support (held) Backward roll to pike stand Backward roll tucked or straddled to stand (bent arms) Cartwheel side to side Cartwheel with ¼ turn in or out Cartwheel with 1 hand Forward roll tucked, pike or straddled to stand Handstand forward roll tucked to stand Round off Bridge (Held) Kickover | Back flic to 1 or 2 feet Back salto - tucked or piked Backward roll to handstand (bent arms) Backward roll with straight arms to front support (held) Backward walkover. Flighted cartwheel (must show flight) Flighted forward roll (must show flight) Forward roll piked to stand Forward walkover Front salto tucked Handspring to 1 or 2 feet Handstand forward roll piked to stand Tic Toc Tinsica Valdez Tuck/straddle up to handstand forward roll out. NB: No saltos or flighted "B" moves allowed in Level 9 | Back salto – straight also with ½ twist Back salto layout Backward roll to handstand with straight arms Backward walkover to handstand ½ turn forward walkover out Backward walkover with 1 arm Barani Flyspring Forward or Backward walkover changing legs in splits position Forward walkover with 1 arm Free cartwheel Free round off Front salto piked Hecht roll Korbut flic Side salto Whip (this can only be used in the middle of a tumble run and not as the dismount) NB: No saltos or flighted "C" moves allowed in Level 8 | Arabian salto Back salto - straight with 1/1 twist Backward roll to handstand ½ turn forward roll out (straight arms) Backward walkover full turn forward walkover Free walkover Front salto straight Front salto layout Gainer flic Gainer tuck/pike back salto Valdez ½ turn forward walkover Front salto ½ twist | Arabian salto ½ twist Back salto – straight with 1 ½ twist Backward roll to handstand full turn (straight arms) Flic with ½ turn. Gainer salto ½ twist Valdez to handstand full turn forward walkover out. Whip ½ twist (this can only be used in the middle of a tumble run and not as the dismount) Front salto full twist | Back salto with double twist Backward roll to handstand with double turn (straight arms) Double back salto Flic full turn Front salto 1 ½ twist |

| "A" Moves | "B" Moves | "C" Moves | "D" Moves | "E" Moves | "F" Moves |
|--|---|---|---|---|--|
| BALANCES (B), ROLLS and STRENGTH | | | | | |
| Arabesque (leg below horizontal) (B) Bridge Dead man drop. Frog balance. (B) Press Up. Handstand (held) (B) Japana. (back flat) Log roll 360°. Shoulder stand with arm support (B) (level 10 & 9 only) Shoulder stand (B) (straight arms down) Splits - forward or box. Star balance or side scale- leg below horizontal (B) Teddy bear roll- 360°. V-sit with hand support (B) | Arabesque (B) (leg above horizontal) Handstand ½ pirouette (B) Min of 2 hand movements. Headstand held, push to front support (B) Pike fold. D Hold Pike/Straddle lever hold (B) Shoulder stand (B) (straight arms behind head) Star balance or side scale- leg above horizontal (B) Swedish fall with one leg raised. Tuck/straddle up to handstand. Tucked top planche (B) V sit without hand support (B) Y balance (B) Needle scale. Dish (held) roll to Arch (held). Arms by ears. | Arabesque held in scale. (on toes) Elephant <u>lift</u> to handstand. Pike up to handstand. D Hold into chest rock to front support Handstand full pirouette. Min of 4 hand movements. Pike/Straddle lever with ½ turn. Russian lever feet together or straddled. Straight leg headstand, push to handstand. Straight top planché with bent arms Tuck up to handstand ½ turn Wide arm handstand more than shoulder width apart. Y balance held in scale. (on toes) | D hold into chest rock to handstand Elephant lift to handstand with full turn Handstand 1½ pirouette. Min of 6 hand movements. Pike lever with full turn. Straddle lever to handstand. Straight top planché with straight arms | Handstand double pirouette. Min of 8 hand movements. Straddle up to handstand & straddle down. | Handstand triple pirouette. Min of 12 hand movements. Straddle up to handstand, ½ or full turn & straddle down. |
| JUMPS | | | | | |
| Stag jump. Star jump. Straight jump with ½ turn. Tuck jump. W jump. | Pike jump (feet above hip height) Ring jump with foot above hips Shoushonova tucked. Sissone. Split jump. Stag ring jump. Straddle jump. (min feet to hip height; below this it will be marked as a star jump) Straight jump full turn. Tuck jump ½ turn. W jump ½ turn. | Pike jump ½ turn. Ring jump with foot to head. Sheep jump. Shoushonova Straddle. Shoushonova Tuck ½ turn. Straight jump 1½ turn. Tuck jump full turn. Split jump ½ turn. W jump full turn. | Pike jump full turn. Shoushonova Pike. Shoushonova Straddle ½ turn. Shoushonova Tuck full turn. Split jump full turn. Straddle jump ½ turn. Straight jump double turn. Tuck 1½ turn W jump 1 ½ turn. | Shoushonova Pike ½ turn. Shoushonova Straddle full turn. Straddle jump full turn. Straight jump 2½ turn. Tuck Jump double turn. | Straddle jump 1½ turn. W jump double turn. Shoushonova Pike jump full turn. |
| LEAPS AND HOPS | | | | | |
| Cat leap also with ½ turn Stag leap. | Cat leap full turn Fouette hop. Scissor kick. (Legs both must hit min horizontal). Side leap Split leap W hop | Butterfly forward and/or backwards. Cat leap 1½ turn. Fouetté hop to arabesque. Split change leap. Stride leap forward with change of legs to w position. | Cat leap double turn. Ring leap. Split change ½ turn. Split change to side. Tourjetté. | Split change full turn. Split change to ring. Tourjetté ½ turn. Tourjetté to ring. | |

| "A" Moves | "B" Moves | "C" Moves | "D" Moves | "E" Moves | "F" Moves |
|--|--|---|--|--|-----------|
| SPINS & TURNS (all spins must be completed on one foot) | | | | | |
| ½ spin on one foot | ½ spin on one foot with free leg extended at horizontal. Full spin on one foot. Full spin with leg behind body. Illusion half turn. (With or without hand support) ½ Spin in crouch. | 1½ spin on one foot. Full spin in crouch. Full spin on one foot with free leg at horizontal. Illusion full spin with hand support. Spindle half spin. | 1½ spindle spin. 2½ spin on one foot. Double illusion. Double spin free leg extended at horizontal. Double turn in crouch. | 2½ spin with leg horizontal. Spindle spin double. Triple spin on one foot. | |

Men's Artistic Competition Rules for High Bar

| | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
|---|--|--|--|--|--|---|--|--|---|----------------------------------|
| DIFFICULTY | A moves only | A & B moves only | A, B & C moves only a maximum of 2 C moves | A, B & C moves only a maximum of 4 C moves | A, B & C moves only | A, B, C & D moves only a maximum of 2 D moves | A, B, C & D moves only | A, B, C, D & E moves only a maximum of 2 E moves | A, B, C, D, E & F moves only a maximum of 2 F moves | A, B, C, D, E & F moves only |
| A moves= 0.10 | | | | | | | | | | |
| B moves= 0.20 | | | | | | | | | | |
| C moves= 0.30 | | | | | | | | | | |
| D moves= 0.40 | | | | | | | | | | |
| E moves= 0.50 | | | | | | | | | | |
| F moves= 0.60 | | | | | | | | | | |
| | Best 5 moves to count | | Best 6 moves to count | | Best 7 moves to count | Best 8 moves to count | | | Best 9 moves to count | |
| CR's 0.50 each (Compositional Requirement) | Jump to hang (coach can lift for Level 9 & 10, only the hang shape will be judged) | | Jump to hang | Min B Mount | Jump to swing and float upstart | | Min C Mount | | | |
| | Pull Up | Piked leg lift to bar & return to hang | Chin up and pull over to front support | Cast to horizontal | Cast above horizontal | | Cast or straddle to handstand | | Cast to handstand ½ turn. | Cast to handstand ½ or 1/1 turn. |
| | Chin Up Chin Up | | Cast towards horizontal | Circling element | ¾ swing and back to front support (baby giant) | Clear circling element | Clear circling element into ¾ swing and back to front support (baby giant) | Backward or forward giant | Circling element to handstand | Change of hand grip |
| | Any A Dismount | Min A Dismount | Any B Dismount | Min B Dismount | Any C Dismount | Min C Dismount | Any D Dismount | Min D Dismount | Any E Dismount | Min E Dismount |

Note to Judges: Any move can be used to gain a CR and need not be counted in the difficulty score.

If less than the required number of moves is shown a deduction of 1.00 will apply for each missing move.

There will be a three-fall limit with deductions at 1.00 each. If an athlete falls and then falls again when remounting **no** additional deduction will be taken.

| ALL HIGH BAR MOVES BY LEVEL | | | | | |
|---|--|--|--|--|--|
| "A" Moves | "B" Moves | "C" Moves | "D" Moves | "E" Moves | "F" Moves |
| Jump to hang (coach can lift for Level 9 & 10, only the hang shape will be judged) Tucked shape Star shape Straddle shape above 90° Chin Up Pull Up Half turn to reverse grip 180° turn in hang Upward circle up to front support (a maximum of two swings can be used) Cast towards horizontal Backward hip circle Forward circle down dismount Two swings to dismount backwards | Jump to hang (no support) Jump with ½ turn to straight hang Piked shape above 90° Straddle leg lift to bar & return to hang Piked leg lift to bar & return to hang Inverted hang in straight or straddle Swing with ½ turn Pull over to front support from chin up Cast to horizontal Forward hip circle Straddle/Pike undershoot dismount Free undershoot dismount | Jump to swing and float upstart Inverted hang in pike Swing to upward circle. (max 3 swings) ¾ swing and back to front support (baby giant) Clear hip Cast above horizontal Swing to front uprise Forward/Backward sole circle. Straddle or pike undershoot with ½ turn dismount Free undershoot with ½ turn dismount Tucked/piked back somersault. dismount | Jump ½ turn to swing and float upstart Short upstart Cast or straddle to handstand Stalder circle. Clear hip to handstand Uprise to rear support Forward seat circle Backward giant Tucked or Straight back away with ½ twist dismount Straddle or pike undershoot with full turn dismount Straight back somersault dismount Shoot front somersault dismount. | Jump full turn with float upstart. Cast to handstand ½ turn Clear hip to handstand ½ turn. Stalder to handstand. Toe on toe off to handstand Endo circle. Giant swing 1 , 2 Giant into blind turn Full twisting backaway dismount (tucked) Shoot front with ½ twist dismount Straight back somersault with full twist dismount Free undershoot with full turn dismount. | Forward giant Cast to handstand full turn Clear hip to handstand full turn Endo to handstand. Backward giant full turn Front somersault with full twist. dismount Straight back somersault with 1½ twist dismount. Double back somersault. dismount Double front somersault dismount Front somersault tucked. (front away) dismount |

Men's Artistic Competition Rules for P Bars

| | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
|---|---|---------------------|--|--|-----------------------|---|--|--|---|--|
| DIFFICULTY | A moves only | A & B moves only | A, B & C moves only a maximum of 2 C moves | A, B & C moves only a maximum of 4 C moves | A, B & C moves only | A, B, C & D moves only a maximum of 2 D moves | A, B, C, D & E moves only. A maximum of 1 E move | A, B, C, D & E moves only a maximum of 2 E moves | A, B, C, D, E & F moves only a maximum of 2 F moves | A, B, C, D, E & F moves only |
| A moves= 0.10 | | | | | | | | | | |
| B moves= 0.20 | | | | | | | | | | |
| C moves= 0.30 | | | | | | | | | | |
| D moves= 0.40 | | | | | | | | | | |
| E moves= 0.50 | | | | | | | | | | |
| F moves= 0.60 | | | | | | | | | | |
| CR's 0.50 each (Compositional Requirement) | Best 5 moves to count | | Best 6 moves to count | | Best 7 moves to count | Best 8 moves to count | | | Best 9 moves to count | |
| | Any A Mount | Min A Mount | Any A or B Mount | Any B Mount | Min B Mount | Any C Mount | Min C Mount | Float upstart; kip up | | |
| | Tucked shape | W Shape | Dip to 90° | Lift to pike hold above bars | 180° turn in support | Pike Lift to Straddle leaver hold | Straddle leaver lift to pike | Drop upstart between bars | Straddle cut forward to pike hold | Straddle cut backwards to re-grasp |
| | Swing to 90° | Swing to 90° | Min Swing to 135° | Min Swing to 135° | Swing to handstand | Swing or press to handstand | Swing or press to handstand with ½ turn | Swing or press to handstand with ½ turn | Swing or press to handstand with full turn | Swing or press to handstand with full turn |
| | Swing to backward dismount between bars | Any A or B dismount | Swing to backward dismount over bars (Flank) | Swing to backward dismount over bars (Flank) | Any C Dismount | Min C Dismount | Any "D" dismount | Dismount "D" or above | Salto dismount | Dismount "E" or above |

Note to Judges: Any move can be used to gain a CR and need not be counted in the difficulty score.

If less than the required number of moves is shown a deduction of 1.00 will apply for each missing move.

There will be a three-fall limit with deductions at 1.00 each. If an athlete falls and then falls again when remounting **no** additional deduction will be taken.

| ALL PARALLEL BARS MOVES BY LEVEL | | | | | |
|--|--|---|---|--|--|
| "A" Moves | "B" Moves | "C" Moves | "D" Moves | "E" Moves | "F" Moves |
| Jump to front support Tucked shape Free straddle sit on bars Planché in tucked position W shape Swing to 90° Four hand walks R, L, R, L Swing to backward dismount between bars | Jump ½ turn to front support Lift to free straddle hold on bars Swing to free straddle support Lift to pike hold above bar Dip to 90° Two hand hops 180° turn in support Swing to 135° Face vault dismount | Float upstart Russian lever between bars Pike Lift to Straddle leaver hold Straddle leaver lift to pike 360° turn in support Back uprise from dip swing Tucked shoulder press Swing to handstand Back salto tucked or piked dismount Flank vault dismount | Drop upstart between bars Back uprise to handstand from dip swing Piked/Straddle lever on single bar Straddled shoulder press to handstand Basket forward to support Front uprise from dip swing Press to Handstand Front salto tucked or piked dismount Straight back somersault dismount | Straddle cut forward to pike hold Swing to handstand with full turn Piked shoulder press to handstand From straddle on single bar, press to handstand Handstand on single bar Press to handstand with ½ turn | Straddle cut backwards to re-grasp Two circles, or flair, on end of bars Swing to handstand with ½ turn Double salto dismount Twisting Salto dismount Press to handstand with full turn |