



# Recreational Competition Handbook

2023

## Contents

Contents.....	2
Definitions and Abbreviations .....	3
Contact Information.....	3
Updates/Changes.....	3
IGA 2023 Regional and National Competition Calendar .....	4
Competition Eligibility.....	Error! Bookmark not defined.
Safeguarding .....	Error! Bookmark not defined.
Competition Entries .....	7
General Rules .....	Error! Bookmark not defined.
Competition Day .....	Error! Bookmark not defined.
Gymnastics Competition Levels .....	Error! Bookmark not defined.
Athletes with disabilities .....	14
Guidelines for Judges.....	Error! Bookmark not defined.
Judging Panels.....	Error! Bookmark not defined.
Note For Coaches.....	Error! Bookmark not defined.
Apparatus Notes .....	Error! Bookmark not defined.
Women’s Artistic Competition Rules for Vault .....	Error! Bookmark not defined.
Women’s Artistic Competition Rules for Floor .....	Error! Bookmark not defined.
Women’s Artistic Competition Rules for Beam .....	Error! Bookmark not defined.
Women’s Artistic Competition Rules for Uneven Bars .....	Error! Bookmark not defined.

### 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 <sup>st</sup> August 2023	1 <sup>st</sup> September 2023

## Definitions and Abbreviations

<b>AA</b>	All Around Score achieved by combining individual apparatus scores.
<b>Athlete</b>	Person taking part as a competitor at an IGA event.
<b>Assistant Coach(es)</b>	Coaches who are permitted on the competition floor, only hold a level 1 certificate, and are under the supervision of a senior coach. They are there to assist level 2 or high coaches and cannot take the place of a level 2 or higher coach.
<b>CPSU</b>	Child Protection in Sport Unit
<b>Coach(es)</b>	Coaches who hold a level 2 or higher certificate, whose details have been provided for the competition and are responsible for athletes during the event
<b>Competition Organiser</b>	The person who is running the competition and authorised on behalf of Independent Gymnastics Affiliation.
<b>DBS</b>	Disclosure and Barring Service (Formerly CRB), Access NI Eligibility or PVG.
<b>Event</b>	National or regional competition organised by or on behalf of Independent Gymnastics Affiliation.
<b>FIG</b>	International Gymnastics Federation (Federation International de Gymnastique).
<b>IGA</b>	means independent Gymnastics Affiliation
<b>Official Closing Date</b>	The date set where entries for an event will close, should entries not be closed earlier due to reaching capacity.
<b>Officials</b>	People assisting in the delivery of the event.
<b>Senior Coach</b>	Coach taking responsibility for all athletes, coaches, and assistant coaches from their club. Senior coaches' must be present during the event and possess sufficient certification for all the skills being performed by athletes.

## Contact Information

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<b>North Competition Organiser</b>	Stephanie Rimmer	stephanie.rimmer@igauk.com
<b>South Competition Organiser</b>	Poppy Smith	Poppy.smith@igauk.com
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	Competitions	competitions@igauk.com

## Updates/Changes

Below is a list of topics which have had amendments or additions made since the end of the 2022/2023 competition year. The changes are indicated in red text where changes have been made.

- Competition Calendar Structure
- Competition Regions
- Competition Entry Window
- Judges/Helpers
- Amendments to competition programme
- Floor Music
- Competition Results
- National Finals Qualifications
- Medal Presentations
- Athlete Attire
- 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 <sup>th</sup> & 8 <sup>th</sup> October	IGA Level 10 - 8	South	28 <sup>th</sup> August	4 <sup>th</sup> September	Wycombe Leisure Centre
15 <sup>th</sup> October	IGA Level 7	South	4 <sup>th</sup> September	11 <sup>th</sup> September	Kingston Gymnastics
22 <sup>nd</sup> October	IGA Level 6 - 1	South	11 <sup>th</sup> September	18 <sup>th</sup> September	Kingston Gymnastics
28 <sup>th</sup> & 29 <sup>th</sup> October	IGA Level 10 -8	North	18 <sup>th</sup> September	25 <sup>th</sup> September	Flic Flac Gymnastics
4 <sup>th</sup> & 5 <sup>th</sup> November	IGA Level 7 - 1	North	25 <sup>th</sup> September	2 <sup>nd</sup> October	Flic Flac Gymnastics
12 <sup>th</sup> November	IGA Recreational	North	2 <sup>nd</sup> October	9 <sup>th</sup> October	Flic Flac Gymnastics
26 <sup>th</sup> November	IGA Recreational	South	16 <sup>th</sup> October	23 <sup>rd</sup> October	Kingston Gymnastics
2 <sup>nd</sup> & 3 <sup>rd</sup> December	IGA Christmas Spectacular	National	23 <sup>rd</sup> October	30 <sup>th</sup> October	Flic Flac Gymnastics

The above information is correct at the time of publication of version 1.1 of this handbook. For an up-to-date calendar or to view all club sanctioned events and international competitions, please visit the events calendar on our website.

From the 1<sup>st</sup> January 2024, the IGA competition calendar will be changing from the membership year (1<sup>st</sup> October – 30<sup>th</sup> September) to a calendar year (1<sup>st</sup> January – 31<sup>st</sup> December).

### Regions

Due to increased interest and demand in competitions, we have taken the decision to split the country into two regions, these being North and South. From September to December 2023 clubs will compete in regional competitions.

From January 2024 regional competitions will become qualifiers for national finals.

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

Cheshire	Merseyside
County Durham	Northumberland
Cumbria	Nottinghamshire
Derbyshire	Shropshire
Lancashire	Staffordshire
Leicestershire	Tyne and Wear
Lincolnshire	Yorkshire (North, East, South & West)
Manchester	Midlothian

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

Bedfordshire	Dorset	Kent	Suffolk
Berkshire	Essex	London	Surrey
Brighton and Hove	Gloucestershire	Middlesex	Sussex
Bristol	Gwynedd	Norfolk	Warwickshire
Buckinghamshire	Hampshire	Northamptonshire	West Midlands
Cambridgeshire	Herefordshire	Oxfordshire	Wiltshire
Cornwall	Hertfordshire	Rutland	Worcestershire
Devon	Isle of Wight	Somerset	

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 recreational gymnastics competitions, will be £30 per athlete, entries **MUST** be submitted via the event page on IGA portal. Entries are filled on a first come first served basis and will only be confirmed once the booking process has been completed, entry paid for 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](mailto: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.

## 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.

## 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.

## 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.*

## Recreational Levels

**Level 1 – White**

**Level 2 – Baby Blue**

**Level 3 – Skye Blue**

**Level 4 – Maya Blue**

**Level 5 – Iceberg Blue**

**Level 6 – Sapphire Blue**

**Level 7 – Denim Blue**

**Level 8 – Royal Blue**

Clubs should enter their gymnasts in the level most appropriate to their ability. Please enter your gymnasts at their highest level of ability to ensure a fair competition for all.

All competitions will be aged based from 1<sup>st</sup> January to 31<sup>st</sup> December. The age groupings will be at the discretion of the Competition Organiser, to create meaningful competitions.

## 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.

## 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. The IGA website provides a comprehensive list of skills corresponding to each coaching level.

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

# Routines

## Level 1 - White

### Floor:

1. Forward roll down slope. *(0.5 Bonus given if no slope is needed).*
2. Bunny hops x2.
3. Tuck, Pike, Straddle sit with hands. *(Hold each shape for 3 seconds).*
4. Shape 1 Shape 2, Bridge *(Hold for 3 seconds)*
5. Step up on the bench without hands.
6. Place bean bag on head and walk to the dot on tiptoes.
7. Stalk Balance for 3 seconds. Beanbag down.
8. Straight jump dismount to land. *(0.5 Bonus if gymnast holds the landing for 3 seconds).*

### Box Vault:

1. Bunny Hop on vault top.
2. Walk to the end on toes.
3. Straight jump off to land.

### Trampoline:

#### Star Jump

## Level 2 – Baby Blue

### Floor:

1. Forward Roll.
2. Cartwheel using Cartwheel mat or Hands + Feet.
3. Bridge held for 3 seconds.
4. Tuck, Pike, Straddle sit. *(Hold each shape for 3 seconds) (0.5 Bonus without hands)*
5. Bunny Hop onto bench.
6. Bunny hops side to side x2.
7. From crouch straight jump up.
8. Stork Balance held for 3 seconds.
9. Star jump dismount to land. *(0.5 Bonus if gymnast holds it for 3 seconds).*

### Box Vault: *(one mat)*

Squat on, Star Jump off *(connected)*

### Trampoline:

#### Tuck Jump

Or

Jump Half turn (0.5 Bonus)

## Level 3 – Skye Blue

### Floor:

1. Backward roll using slope. *(0.5 Bonus without slope)*
2. Jump Half turn.
3. Cartwheel
4. Shoulder stand.
5. Bridge on one leg
6. Handstand
7. Squat on bench.
8. Tuck jump.
9. Dips x2.
10. Arabesque. *(Hold for 3 seconds).*
11. Jump half turn dismount *(0.5 Bonus if gymnast holds it for 3 seconds).*

### Box Vault:

Squat Through or Straddle over

### Trampette:

Dive roll to stand or Jump Full Turn (*0.5 bonus*)

## Level 4 – Maya Blue

### Floor:

1. Backward Roll on floor.
2. Tuck jump Half turn.
3. 1 handed Cartwheel
4. Tuck headstand – 3 second hold (*0.5 Bonus for straight legs*)
5. Bridge on one leg hold, hold on other leg (*3 seconds each leg*)
6. Handstand (*3 second hold*)
7. Straddle leaver on bench.
8. Tuck Jump
9. Star jump.
10. Arabesque. (*Hold for 3 seconds*).
11. Cartwheel off the Bench.

### Vault: x2 Crash Mats

Flatback

### Trampette:

Round off

## Level 5 – Iceberg Blue

### Floor:

1. Backward roll to straddle
2. Straddle up to handstand step down
3. Tuck jump half turn
4. Round off Star Jump
4. Bridge kickover (*0.5 Bonus backbend to bridge*) (*0.5 Bonus for boys to kickover*)
5. Pike or straddle fold (*Hold for 3 seconds*)
6. Straddle lever on bench. (*Hold for 3 seconds*).
7. Tuck Jump, Star Jump connected
8. Cat leap
9. Handstand
10. Arabesque or Y balance (*0.5 bonus*) (*Hold for 3 seconds*)
11. Roundoff dismount.

### Box Vault Longways:

Squat on, Round off Or Squat on, Handstand off (*0.5 Bonus*)

### Trampette:

Round off Or Flyspring (*0.5 bonus*)

## Level 6 – Sapphire Blue

### Floor:

1. Cartwheel-Roundoff.
  2. Y- Balance
  3. Split Jump half turn
  4. Backbend-Kickover. (*0.5 Bonus for back walkover*)
- Turn on toes
5. Handstand-Bridge. (*0.5 Bonus for forward walkover*)
  6. Splits, or, Press up.
  7. Straddle lever on bench.
  8. Split Jump.
  8. Cartwheel.
  9. Half Spin or Jump half turn

10. Roundoff dismount.

Box Vault or x2 Crash mats:

Handspring to Stand Or Handspring over

Trampette:

Flyspring Or Tuck Front Somersault (*0.5 Bonus*)

## Level 7 – Denim Blue

Floor:

1. Split Jump half turn.
2. Cartwheel-backwards walkover (*0.5 bonus Flick*)
3. Y- Balance on tip toe
4. TicToc
5. Forward Walkover (*0.5 bonus for 1 handed*)
6. Splits, or, Press up.
7. Straddle lever on bench.
8. W Jump.
8. 1 handed Cartwheel.
9. Full Spin or Jump Full Turn
10. Turn on toes
11. Roundoff Star Jump.

Handspring (*0.5 bonus*)

Box Vault:

Handspring over

Trampette:

Flyspring Or Tuck Front Somersault (*0.5 Bonus*)

## Level 8 – Royal Blue

Floor:

1. Cartwheel-Flick (*0.5 bonus Round off Flick*)
2. Y- Balance on tip toe
3. TicToc
4. Chasse Split Leap
5. 1 handed Forward walkover (*0.5 bonus for forwards walkover into 1 handed forwards walkover*)
6. Splits, or, Press up.
7. Straddle lever on bench.
8. Split Jump, W Jump connected.
9. Full Spin or Jump Full Turn
10. Backwards walkover on bench
10. Cartwheel to handstand, stepdown
11. Roundoff Straddle Jump.

Ariel (*0.5 bonus*)

Box Vault:

Half on

Trampette:

Tuck Front Somersault Or Barani (*0.5 Bonus*)