



Gems Competition Handbook Women's Artistic



2024

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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 January 2024
Version 1.1	Comp Levels - hours	5 th August 2023	1 st January 2024

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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IGA 2024 Gemstone Competition Calendar

Date(s)	Event Name	Region	Entries Open	Entries Close	Venue
17 th & 18 th February	Gems L10/9	South	5 th January	12 th January	The Vault
24 th & 25 th February	Gems L10/9	North	12 th January	19 th January	Flic Flac Gymnastics
9 th & 10 th March	Gems L10/9	National	26 th January	2 nd February	Flic Flac Gymnastics
20 th & 21 st April	Gems L8/7	South	8 th March	15 th March	The Vault
27 th & 28 th April	Gems L8/7	North	15 th March	22 nd March	Flic Flac Gymnastics
12 th May	Gems L8/7	National	29 th March	5 th April	Kingston Gymnastics
18 th & 19 th May	Gems L6-1	North	5 th April	12 th April	Flic Flac Gymnastics
25 th & 26 th May	Gems L6-1	South	12 th April	19 th April	The Vault
9 th June	Gems L6-1	National	26 th April	3 rd May	Kingston 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 & Channel Islands	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.

What are the Gemstone Competitions?

From 2024 IGA are introducing set routine competitions which will be known as gemstone competitions. This means that all athletes who enter these competitions will perform the same routines. These routines were chosen by IGA as a way to help for athletes to develop a strong foundation in gymnastics while developing strength and flexibility.

The gemstone competitions will be broken in to 10 different levels, athletes will be able to move up to the next level by achieving an AA score of 35 or higher.

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 jewellery 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 the IGA Gems competitions will be set at **£40** per athlete. 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 Gems level at which they will be competing.
 - 2.2. If necessary, provide an alternative name to be used.
 - 2.3. Provide details of any disabilities the athlete may have.
 - 2.4. 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.

Floor Music

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) 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 organizing 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

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, achieve a top 10 ranking in the AA score.

Reserves:

- Athletes who placed 11th and 12th in the scoring will be designated as reserve competitors for the nationals.
- If a qualified athlete within the top 10 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 13th 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 is 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 Regional Competitions will be as follows:

- Well Done Medal: Given to each athlete as recognition for their participation in the event.
- Qualification Ribbon: Awarded to athletes who place in the top 10.
- 3rd Place Medal: Awarded to the highest-scoring athlete in third place for their respective group.
- 2nd Place Medal: Awarded to the highest-scoring athlete in second place for their respective group.
- 1st Place Medal: Awarded to the highest-scoring athlete in first place for their respective group.

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 their respective group.
- 2nd Place Medal: Awarded to the highest-scoring athlete in second place for their respective group.
- 1st Trophy: Awarded to the highest-scoring athlete in first place for their respective 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.

Gemstone Competition Levels

Ruby

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.

Topaz & Quartz

These levels are 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.

Emerald and upwards

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 Name	AA Pass Score	Distinction
10	RUBY	35.00	40
9	TOPAZ	35.00	40
8	QUARTZ	35.00	40
7	EMERALD	35.00	40
6	CITRINE	35.00	40
5	AMETHYST	35.00	40
4	SAPPHIRE	35.00	40
3	BRONZITE	35.00	40
2	TITANIUM	35.00	40
1	BLUE DIAMOND	35.00	40

Scoring

Each athlete will begin with a starting value of 10 for each apparatus. However, any falls or missed elements during their routine will result in a deduction of 1.00 from their score.

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

Ruby

Vault (*1 meter with stacked mats.*)

- Squat on – Arm swing kick to handstand flatback

Bars (*Wooden High Bar*)

- Pull up.
- Half Turn
- Chin Up
- Leg Lift
- Leg Lift
- Drop to land.

Beam (*High Beam with x2 crash mats underneath – No Choreography*)

- Jump to Front Support
- Swing leg over
- Squat on stand up.
- x2 Straight leg steps
- Straight Jump
- Relevé Hold into Relevé hold on the other leg.
- x2 Straight leg steps
- Arabesque
- Straight Jump Dismount (*Must hold landing shape*)

Floor (*Strip floor – No Choreography*)

- x2 Bunny hops
- Forward roll to stand.
- Straight Jump connected Star Jump
- Relevé Hold
- Cartwheel
- Squat half turn (Arms in any position)
- Step Catleap

Flexibility & Basics

- Forward Roll to Straddle (Straight Arms)
- Straddle Fold
- Swing through
- Front Support
- Back Support
- Pike Fold
- Bridge Hold
- Rock and Roll to stand up

Topaz

Vault (*1 meter with stacked mats.*)

- Flatback with a focus of arm swing on board

Bars (*Wooden High Bar*)

- Pull up.
- Half Turn
- Chin up
- Leg Lift
- Leg Lift
- Pike Hold
- Straddle Hold
- x2 Dish Arch taps to land

Beam (*High Beam with x2 crash mats underneath – No Choreography*)

- Jump to front support.
- Swing leg over
- Squat on stand up.
- x2 Bend Extend steps.
- Straight Jump
- Relevé Hold into Relevé hold on the other leg.
- x2 Bunny hops
- Arabesque
- Straight Jump Dismount (Must hold landing shape)

Floor (*Strip floor – No Choreography*)

- x2 Bunny hops
- Forward roll to stand.
- Straight Jump, Tuck Jump, Star Jump all connected.
- Relevé Hold step Relevé Hold
- Cartwheel connected Cartwheel.
- Chasse Catleap

Flexibility & Basics

- Forward Roll to Straddle (Straight Arms)
- Straddle Fold
- Swing through
- Front Support Hold
- Press Up
- Back Support
- Pike Fold
- Bridge Hold
- Bridge Hold with 1 leg up
- Rock and roll to stand up.

Quartz

Vault (1.5 meter with stacked mats.)

- Flatback with a focus of arm swing on board

Bars (Wooden High Bar)

- Pull up.
- Half Turn
- Chin up circle over
- Show front support shape.
- Circle down
- Pike Hold
- Straddle Hold
- x2 Dish Arch taps to land

Beam (High Beam with x2 crash mats underneath – No Choreography)

- Jump to front support.
- Swing leg over
- Squat on stand up.
- x2 Bend Extend to Relevé hold steps.
- Tuck Jump
- Relevé Hold into Half Spin, Squat half turn.
- Small split handstand to landing drill.
- Straight Jump 1/2 Turn Dismount (Must hold landing shape)

Floor (Strip floor – No Choreography)

- Handstand Forward Roll (Straight Arms)
- Straight Jump, Split Jump Connected
- Relevé Hold step Half Spin
- Cartwheel, Cartwheel Backward Roll to front support (Straight Arms)
- Jump Legs in
- Chasse Split Leap

Flexibility & Basics

- Forward Roll to Straddle (Straight Arms)
- Straddle Fold
- Straddle Lever
- Swing through
- Front Support Hold
- Press Up
- Back Support
- Pike Fold
- Bridge Hold
- Bridge Hold with 1 leg up
- Bridge Hold other leg up.
- Rock and roll to stand up.

Emerald

Vault (1.5 meter with stacked mats.)

- Half on to knees

Bars (Wooden High Bar)

- Pull up.
- Half Turn
- Chin up circle over
- Show front support shape.
- Cast to Horizontal (Emphasis on shaping)
- Back Hip Circle
- Circle down
- x2 Dish Arch taps to land

Beam (High Beam with x2 crash mats underneath – No Choreography)

- Jump to Japana
- Swing leg over
- Squat on stand up.
- Bend Extend, Step to kick back leg straight Jump L
- Bend Extend, Step to kick back leg straight Jump R
- Relevé Hold into Half Spin, Squat half turn.
- Full Split handstand to Knee Landing Drill
- Straight Jump 1/2 Turn Dismount (Must hold landing shape)

Floor (Strip floor – No Choreography)

- Handstand Forward Roll Pike to stand (Straight Arms)
- Straight Jump 1/2 Turn, Split Jump Connected
- Relevé Hold step Full Spin
- Round off Backward Roll to Front support (Straight Arms)
- Jump Legs in
- Chasse Split Leap, Chasse Catleap

Flexibility & Basics

- Backward Roll to Front Support (Straight Arms)
- Press Up
- Splits L
- Splits R
- Swing back leg round
- Pike Fold
- Pike Lever
- Straddle Fold
- Straddle Lever
- Swim Through
- Bridge Hold
- Hold 1 leg up.
- Hold other Leg up.
- Kickover

Citrine

Vault *(1.10 meter with stacked mats.)*

- Half On to Feet or Handspring to Stand

Bars *(Metal High Bar)*

- Dish Hold
- Arch Hold
- x3 Dish Arch Taps
- Trolly Swing
- x3 Swings (Emphasis on shapes)

Beam *(High Beam with x1 crash mat underneath – Choreography allowed)*

- Jump to Japana
- Swing leg over
- Squat on stand up.
- Bend Extend, Step to kick back leg Split Jump L
- Bend Extend, Step to kick back leg Split Jump R
- Relevé Hold into Full Spin
- Cartwheel into landing drill
- Round off (Emphasis on push off)

Floor *(1 minute 30 second floor routine to music – moves do not need to be in order)*

- Round off Flick.
- Handspring
- Chasse Split Leap, Chases Hop, Hop (Leg at Horizontal)
- Full Spin half Back Spin
- Back walkover
- Split Jump L, Split Jump R (Connected)

Flexibility & Basics *(Parallettes needed)*

- Parallettes- Pike lever hold
- Lift with straight legs to stand.
- Lift into Straddle Lever
- Press with straight legs to stand.
- Backward Roll into Front Support (Straight Arms)
- Press Up
- Splits L
- Sitting up Box Splits
- Splits R
- Swing back leg round
- Pike Fold
- Bride Hold
- Hold 1 leg up.
- Hold other leg up.
- Kickover

Amethyst

Vault (*Springboard and x2 20cm crashmats stacked*)

- Yurchenko Straight Back to fall on back or Straight Front to fall on belly.

Bars (*Metal High Bar*)

- Dish Hold
- Arch Hold
- x3 Dish Arch Taps
- Trolley Swing
- Upstart
- Cast to Horizontal (Emphasis on shape)
- x3 Swings (Emphasis on shapes)

Beam (*High Beam with x1 crash mat underneath – Choreography allowed*)

- Squat Through to sit.
- Pike Lever
- Straight Jump Connected Split Jump
- Full Spin into Relevé on the other leg (Hold)
- Back walkover into landing Drill
- Round off (Emphasis on push off)

Floor (*1 minute 30 second floor routine to music – moves do not need to be in order*)

- Round off Flick, Flick, Flic
- Handspring to 1 to 2
- Chasse Split Leap, Chases Hop (Leg at Horizontal), Fouetté Hop (Hold Scale)
- Full Spin Full Back Spin
- Forward Walkover
- Split Jump, Straight Jump 1/2 Turn

Flexibility & Basics (*Parallettes needed*)

- Parallettes- Pike lever hold
- Lift with straight legs to stand.
- Lift into Straddle Lever
- Press with straight legs to stand.
- Backward Roll into Front Support (Straight Arms)
- Press Up
- Splits L
- Sitting up Box Splits
- Splits R
- Swing back leg round
- Pike Fold
- Bride Hold
- Hold 1 leg up.
- Hold other leg up.
- Kickover

Sapphire

Vault (*Springboard and x4 20cm crashmats stacked*)

- Yurchenko Straight Back to fall on back or Straight Front to fall on belly.

Bars (*Metal High Bar*)

- Dish Hold
- Arch Hold
- x3 Dish Arch Taps
- Trolley Swing
- Upstart
- Cast to Horizontal (Emphasis on shape)
- x3 Swings (Emphasis on shapes)
- 1 Giant Swing

Beam (*High Beam with x1 crash mat underneath – Choreography allowed*)

- Squat Through to Pike Lever
- Straight Jump 1/4 Connected Split Jump
- Full Spin into half spin, half turn (Straight legs)
- Back walkover into Back walkover to Knee landing Drill
- Cartwheel Straight Jump off.

Floor (*1 minute 30 second floor routine to music – moves do not need to be in order*)

- Round off Flick, Flick, Flick Tuck Back
- Tuck front rebound.
- Chasse Split Change, Chases Hop (Leg at Horizontal), Fouetté Hop (Hold Scale)
- Full Spin Full Back Spin
- Free Cartwheel
- Split Jump, Straight Jump Full Turn

Flexibility & Basics (*Parallettes needed*)

- Parallettes- Pike lever hold
- Lift with straight legs to stand.
- Lift into Straddle Lever
- Press with straight legs to stand.
- Backward Roll to Handstand drop to Front Support (Straight Arms)
- Press Up
- Splits L
- Sitting up Box Splits
- Splits R
- Swing back leg round
- Pike Fold
- Bride Hold
- Hold 1 leg up.
- Hold other leg up.
- Kickover to handstand pike down
- Back walkover
- Forward Walkover

Bronzite

Vault (*x2 Blocks stacked.*)

- Yurchenko, Flick to Tuck Back OR Half on to Tuck Back

Bars (*Metal High Bar*)

- x3 Dish Arch Taps
- Trolly Swing
- Upstart
- Cast to Horizontal (Emphasis on shape)
- Circling Element to Horizontal exit
- Swing forward, swing back.
- 2 Giant Swings

Beam (*High Beam with x1 crash mat underneath – Choreography allowed*)

- Squat Through to Pike or Straddle Russian
- Straight Jump 1/2 Connected Split Jump
- Full Spin
- Forward Walkover
- Flick to 1
- Cartwheel Tuck Back Dismount

Floor (*1 minute 30 second floor routine to music – moves do not need to be in order*)

- Round off Flick, Straight Back
- Straight front rebound
- Chasse Split Change, Chasses Tour-Jete
- Double Spin
- W Hop Connected Free Cartwheel
- Split Jump, Split Jump 1/2

Flexibility & Basics (*Parallettes needed*)

- Parallettes- Pike lever hold
- Lift with straight legs to stand.
- Lift into Straddle Lever
- Press with straight legs to stand.
- Backward Roll to Handstand drop to Front Support (Straight Arms)
- Press Up
- Splits L
- Sitting up Box Splits
- Splits R
- Swing back leg round
- Pike Fold
- Bride Hold
- Hold 1 leg up.
- Hold other leg up.
- Kickover to handstand pike down
- Back walkover
- Forward Walkover

Titanium

Vault (*x2 Blocks stacked.*)

- Yurchenko, Flick to Straight Back OR Half on to Straight Back

Bars (*Metal High Bar*)

- x3 Dish Arch Taps
- Trolly Swing
- Upstart
- Cast to Handstand (Straddled or Feet Together)
- Circling Element to Handstand
- 2 Giant Swings

Beam (*High Beam with x1 crash mat underneath – Choreography allowed*)

- Min C coded Mount
- Split Jump Half
- Full Spin
- Forward Walkover into Cartwheel
- Back walkover Flick (Connected)
- Round off Straight Jump

Floor (*1 minute 30 second floor routine to music – moves do not need to be in order*)

- Round off Flick, Straight Back 1/2 Twist
- Tuck front Tuck front
- Chasse Split Change, Chasses Tour-Jete OR Split Change Half OR Split Change 1/4
- Double Spin
- W Hop Connected Free Walkover
- Split Jump Full

Flexibility & Basics (*Parallettes needed*)

- Parallettes- Straddle Lever
- Press with straight legs.
- Into Russian Lever
- Press to pike stand.
- Backward Roll to Handstand 1/2 Turn Forward Roll out to Pike Sit (Straight Arms)
- Pike Fold
- Straddle Fold
- Swim Through
- Splits L
- Splits R
- Bride Hold
- Hold 1 leg up.
- Hold other leg up.
- Kickover to handstand pike down
- Back walkover
- Forward Walkover

Blue Diamond

Vault (*125cm Stacked mats*)

- Yurchenko to Miss Feet- Half on to Miss Feet

Bars (*Metal High Bar*)

- x3 Dish Arch Taps
- Trolly Swing
- Upstart
- Cast to Handstand (Straddled or Feet Together)
- Circling Element to Handstand
- Different Circling Element to Handstand
- 1 Giant Swing
- 1 Failing Swing
- 1 Forward Giant

Beam (*High Beam with x1 crash mat underneath – Choreography allowed*)

- Min C coded Mount
- Split Jump Connected Split Jump Half
- Full Spin
- Free Cartwheel, Free Walkover or Standing Tuck Back
- Flick to 1 Flick to 1 (Connected)
- Round off Tuck Back

Floor (*1 minute 30 second floor routine to music – moves do not need to be in order*)

- Round off Flick, Straight Full Twist
- Straight front Tuck front
- Chasse Split Change, Chasses Tour-Jete 1/2 OR Split Change Full OR Split Change Johnson Half
- Double Spin
- W Hop, Free Walkover Connected Free Cartwheel
- Split Jump Full or Straddle Jump Full

Flexibility & Basics (*Parallettes needed*)

- Parallettes- Straddle Lever
- Press with straight legs.
- Into Russian Lever
- Press to pike stand.
- Backward Roll to Handstand 1/2 Turn Forward Roll out to Pike Sit (Straight Arms)
- Pike Fold
- Straddle Fold
- Swim Through
- Splits L
- Splits R
- Bride Hold
- Hold 1 leg up.
- Hold other leg up.
- Kickover to handstand pike down
- Back walkover
- Forward Walkover