



Women's Artistic Gymnastics Competition Handbook

September - December 2023

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Version History

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

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

Handbook Version	Amendments	Published Date	Effective Date
Version 1.0		1 st August 2023	1 st September 2023
Version 1.1	Entry Date: IGA Level 10-8	19 th August 2023	19 th August 2023
Version 1.2	<ul style="list-style-type: none"> - Beam + Floor Split Requirements to match Degree of Split Chart - Degree of Cast Diagram removed. Degrees added to Bars requirement table- Page 30 	23 rd August 2023	23 rd August 2023

Definitions and Abbreviations

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

Contact Information

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Updates/Changes

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

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

IGA 2023 Regional and National Competition Calendar

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

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

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

Regions

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

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

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

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

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

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

Competition Eligibility

Please note the following eligibility criteria for IGA competitions:

1. Discretion and Judgment: IGA expects clubs and coaches to exercise good judgment and discretion when entering athletes, ensuring that they are placed in a level that aligns with their history and ability.
2. Organiser's Right to Refuse Entry: The IGA competition organiser retains the right to refuse entry to any athlete who is deemed over-qualified for an event in any discipline under its control.
3. Jewellery Policy: Only small stud earrings are permitted to be worn, and they must be taped up. Wearing any other 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 gymnastics competitions are set at £10 per apparatus. All competition entries **MUST** be submitted through the event page on the IGA portal. Entries will be processed on a first come, first served basis, and will be confirmed only after the booking process is completed, entry fees are paid, and an invoice has been issued.

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

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

The competition organiser reserves the right to:

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

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

Entry Process

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

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

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

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

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

Judges & Helpers

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

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

Late entries

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

Amendments and Withdrawals

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

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

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

Intention Sheets

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

Floor Music

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

Timing Regulations

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

Music Regulations

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

Music Playback Guidelines for Coaches:

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

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

Competition Programme

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

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

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

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

Competition Results

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

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

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

Spectator Fees

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

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

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

Methods of Payment

Competition entries

Clubs entering athletes into competitions have multiple payment options available:

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

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

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

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

Spectator Tickets

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

Eventbrite typically offers various payment options, including major debit and credit cards, as well as alternative payment methods like PayPal. The exact payment methods accepted, and any associated rules or fees would be specified on the Eventbrite platform during the ticket purchasing process. When purchasing tickets through Eventbrite, it is important to review and comply with the payment terms and conditions provided by Eventbrite to ensure a successful transaction.

National Finals Qualification

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

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

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

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

Reserves:

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

General Rules

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

1. Squads must be led by a coach holding at least a level 2 qualification. Squads without a coach meeting this requirement will be disqualified.

2. Dress Code:

- 2.1. **Athletes**

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

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

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

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

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

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

- 2.2. **Coaches**

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

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

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

- 2.3. **Judges**

Must dress professionally in smart/casual clothing.

- 2.4. **Helpers**

Must wear plain clothing and should not have any club-branding.

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

Competition Day

Registration at the event

During the event registration process, please note the following:

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

Food & Drink

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

Medical Provisions

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

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

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

Awards

The awards presented at competitions will be as follows:

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

Starting January 2024

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

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

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

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

Medal Presentations

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

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

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

Photography

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

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

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

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

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

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

Health & Safety

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

Score Challenges

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

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

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

Overnight Stays

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

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

Gymnastics Competition Levels

Level 10

This level is specifically designed for beginners aged 5 to 11 (in the year of competition) who receive training for no more than **4 hours** per week. It caters to new, young, and inexperienced athletes, providing them with a suitable program to develop their skills in a supportive environment.

Level 9

This level is designed for athletes up to the age of 14 who receive training for up to **6 hours** per week. It provides a suitable program for athletes in this age range to develop their skills and abilities within the designated training hours.

Level 8 - 1

These levels are specifically designed for athletes who receive training for more than **6 hours** per week. The training programs and requirements in these levels are tailored to athletes who have a higher level of commitment and dedicate more time to their training. These levels provide a platform for athletes to further develop their skills and progress in their gymnastics journey.

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

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

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

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

Athletes with disabilities

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

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

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

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

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

Guidelines for Judges

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

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

Judging Panels

Judging panels will be made up of the following:

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

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

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

Note For Coaches

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

Apparatus Notes

Floor Rules

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

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

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

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

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

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

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

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

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

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

Music will be utilized starting from Level 8 and above, and it should have a duration of at least 45 seconds but not exceed 90 seconds. However, Level 10 and Level 9 routines will not include any music.

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

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

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

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

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

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

Uneven Bars Rules

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

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

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

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

If the required degree of cast is not achieved at the correct level, the cast will not count and the CR will not be given.

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

Vault Rules

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

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

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

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

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

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

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

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

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

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

Beam Rules

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

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

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

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

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

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

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

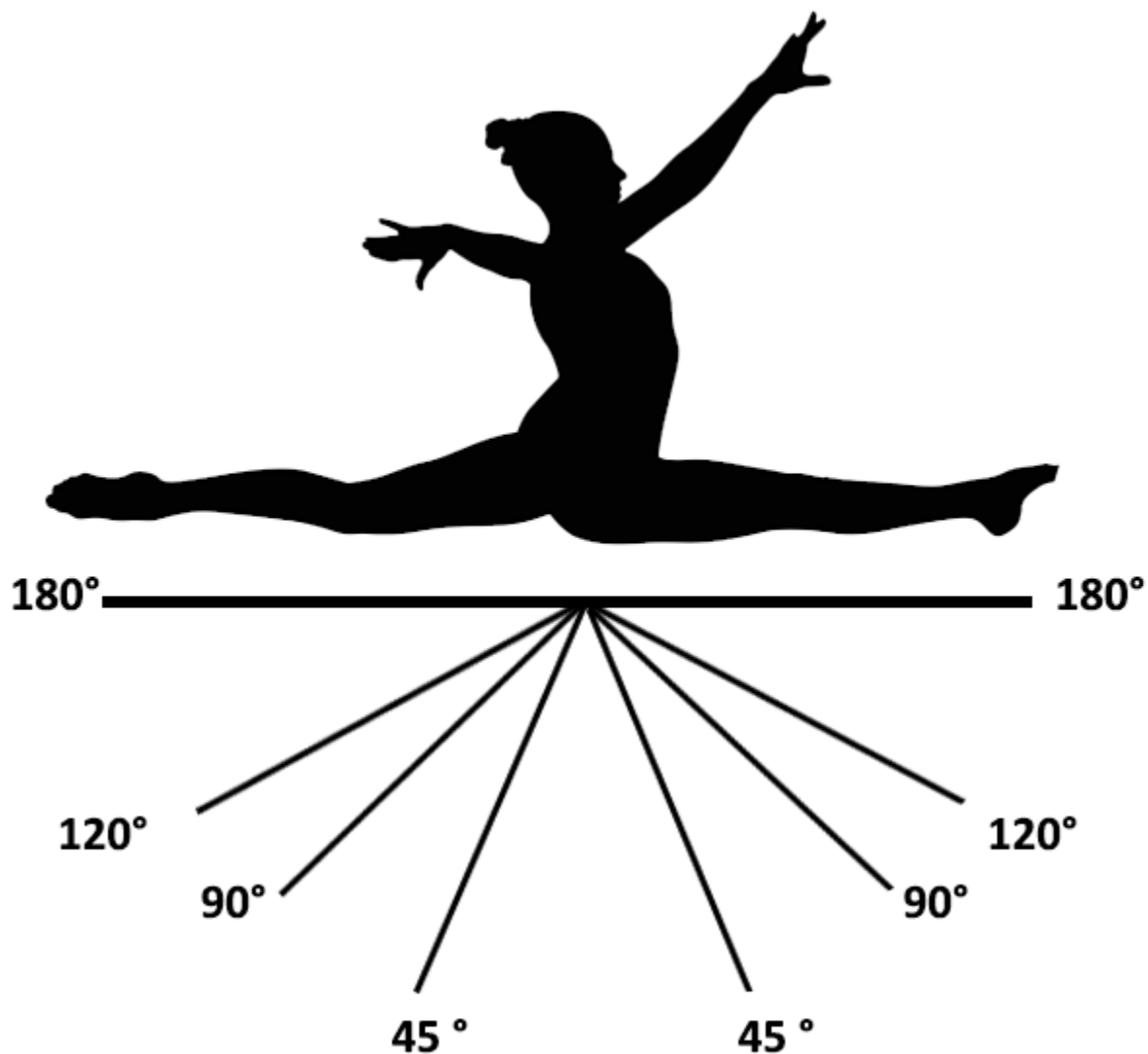
The routine on the beam should flow smoothly without long hesitations or stops and should have a duration between 45 and 90 seconds. The clock will stop for falls until the athlete remounts the beam.

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

Degree of Splits on Beam & Floor

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

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



Women's Artistic Competition Rules for Vault

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

Women's Artistic Competition Rules for Floor

Difficulty- best 10 difficulty scores as specified below (elements need not be different; same moves can be used)										
	10	9	8	7	6	5	4	3	2	1
DIFFICULTY A moves= 0.10 B moves= 0.20 C moves= 0.30 D moves= 0.40 E moves= 0.50 F moves= 0.60	A moves only.	A & B moves only. A maximum of 6 B moves.	A, B & C moves only. A maximum of 2 C moves.	A, B & C moves only. A maximum of 6 C moves.	A, B, C & D moves only. A maximum of 2 D moves.	A, B, C & D moves only. A maximum of 6 D moves.	A, B, C, D & E moves only. A maximum of 2 E moves.	A, B, C, D & E moves only. A maximum of 6 E moves.	A, B, C, D, E & F moves only. A maximum of 2 F moves	A, B, C, D, E & F moves.
	Best 10 moves to count – if less than 10 moves a deduction of 1.00 will be made for each missing move									
CR's 0.50 each (Compositional Requirement)	Acro move	Acro move (no saltos or flighted “B” moves anywhere in routine)	Acro series (no saltos or flighted “C” moves anywhere in routine)	Min two element acro series, at least one with flight	Min three element acro series, at least one with flight	Min three element flighted acro series with salto		Min three element flighted acro series OR passage with two saltos		Min three element flighted acro series OR passage with two saltos D difficulty or higher
	Jump or leap		Leap with min 90° split	Dance series or passage including leap with 90° split	Dance series or passage including leap with 120° split		Dance series or passage including leap with 180° split			
	Balance		Mixed series	Forward acro series of two elements	Forward flighted acro element	Forward flighted acro series of two elements	Forward flighted acro series with salto	Forward flighted acro series with 2 salto’s directly connected		Forward flighted acro series with 2 salto’s directly connected. Must include at least 1 E move.
	Minimum “A” Spin	Minimum “B” Spin					Minimum “C” Spin			Minimum “D” Spin
Notes:	Floor Routine completed in a straight line. NO MUSIC		Full use of floor area - 8.00 for execution, 2.00 for composition (0.5- use of floor area, variety of patterns and levels, 0.5- variation of elements and difficulty, 0.5- variety of linking skills, 0.5- musical interpretation)							

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

A dance series must contain at least two elements which must be directly connected without pause, adjustment stop or step.

A dance passage must be continuous without pauses, stops, hesitation, or lunge preparation directly or in directly connected by steps, chassée, small leaps or turns.

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

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

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

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

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

"A" Moves	"B" Moves	"C" Moves	"D" Moves	"E" Moves	"F" Moves
ACROBATIC MOVES					
Backward roll to front support (held) Backward roll tucked or straddled to stand (bent arms) Cartwheel with ¼ turn Cartwheel with 1 hand Forward roll tucked, pike or straddled to stand Handstand forward roll tucked to stand Round off Bridge (Held) Kickover	Flick to 1 Flick to 2 Tuck Back Somersault Backward roll to handstand (bent arms) Backward roll with straight arms to front support (held) Backward walkover Flighted cartwheel (must show flight) Flighted forward roll (must show flight) Forward walkover Tuck Front Somersault Handspring to 1 Handspring to 2 Handstand forward roll piked to stand (Straight Arms) Tic Toc Valdez NB: No saltos or flighted "B" moves allowed in Level 9	Straight Back Somersault Straight Back Somersault with Half Twist Backward Roll to handstand (Straight Arms) Backward walkover to handstand ½ turn forward walkover out Barani Flyspring Forward or Backward walkover changing legs in splits position Forward walkover with 1 arm Free Cartwheel Pike Front Somersault Korbut flick Side Somersault Arabian Somersault Whip (this can only be used in the middle of a tumble run and not as the dismount) NB: No saltos or flighted "C" moves allowed in Level 8	Straight Back Somersault with Full twist Backward walkover full turn forward walkover Free walkover Straight Front Somersault Gainer flick Valdez ½ turn forward walkover Flick with ½ Turn	Straight Back with 1 ½ Twist Straight Front Full or 1 1/2 Double Back Tucked	Straight Back with 2/2 Twist Double Back Piked Straight Front Double Twist
BALANCES (B), ROLLS and STRENGTH					
Arabesque (leg below horizontal) (B) Bridge Frog balance. (B) Press Up Handstand (held) (B) Japana Shoulder stand with arm support (B) (level 10 & 9 only) Splits – L or R Teddy bear roll- 360°. V-sit with hand support (B)	Arabesque (B) (leg above horizontal) Pike fold Pike/Straddle lever hold (B) Shoulder stand (B) (straight arms on floor) Tucked top Planché (B) V sit without hand support (B) Y balance (B) Needle scale (Hands on floor) Dish (held) roll to Arch (held). Arms by ears.	Elephant <u>lift</u> to handstand down to straddle lever (from standing no jump) Pike press to handstand (no jump) Handstand full pirouette. Max of 4 hand movements. Straddle lever with ½ turn. Russian lever feet together or straddled. Straight leg headstand, push to handstand. Straight top planché with bent arms Y balance held in scale. (on toes) Needle Scale (No Hands)	Straddle lever to handstand return to straddle lever Handstand 1½ pirouette. Max of 6 hand movements.	Handstand double pirouette. Max of 8 hand movements.	Handstand triple pirouette. Max of 12 hand movements.

"A" Moves	"B" Moves	"C" Moves	"D" Moves	"E" Moves	"F" Moves
JUMPS					
Star jump. Straight jump with ½ turn. Tuck jump. W jump.	Pike jump (feet above hip height) Shoushonova tucked or straddled Sissone. Split jump. Stag ring jump. Straddle jump. (min feet to hip height; below this it will be marked as a star jump) Straight jump full turn. Tuck jump ½ turn. W jump ½ turn.	Pike jump ½ turn. Ring jump with foot to head. Sheep jump. Straight jump 1½ turn. Tuck jump full turn. Split jump ½ turn.	Pike jump full turn. Split jump full turn. Straddle jump ½ turn. Straight jump double turn. Tuck 1½ turn W jump full turn.	Straddle jump full turn. Straight jump 2½ turn.	Straddle jump 1 ½ Split Jump 1 ½
LEAPS AND HOPS					
Cat leap also with ½ turn	Cat leap full turn Scissor kick. (Legs both must hit min horizontal). Side leap Split leap W hop	Cat leap 1½ turn. Fouetté hop to arabesque. Split change leap. Stride leap forward with change of legs to w position.	Cat leap double turn. Ring leap. Split change ½ turn. Split change 1/4. Tourjetté.	Split change full turn. Split change to ring. Tourjetté ½ turn. Tourjetté to ring. Change leg Johnson ½	Change leg Johnson Full Split change 1 ½ Split change ring with ½
SPINS & TURNS (all spins must be completed on one foot)					
½ spin on one foot. ½ Wolf Turn	½ spin on one foot with free leg extended at horizontal. Full spin on one foot. Illusion half turn. (With or without hand support)	1½ spin on one foot. Full Wolf Spin Full spin on one foot with free leg at horizontal. Illusion full spin with hand support.	1½ spin on one-foot free leg extended at horizontal. Wolf spin 1½. Double spin on one foot. Illusion full turn. (No hand support)	2½ spin on one foot. Double spin free leg extended at horizontal. Wolf 2/2 Spin	2½ spin with leg horizontal. Triple spin on one foot. Wolf Triple Spin

Women's Artistic Competition Rules for Beam

	10	9	8	7	6	5	4	3	2	1
DIFFICULTY A moves= 0.10 B moves= 0.20 C moves= 0.30 D moves= 0.40 E moves= 0.50 F moves= 0.60	A moves only.	A & B moves only. A maximum of 2 B moves.	A & B moves only.	A, B & C moves only. A maximum of 4 C moves.	A, B & C moves only.	A, B, C & D moves only. A maximum of 4 D moves.	A, B, C & D moves only.	A, B, C, D & E moves only. A maximum of 4 E moves.	A, B, C, D, E & F moves. A maximum of 2 F moves	A, B, C, D, E & F moves.
	Best 6 moves to count		Best 8 moves to count							
CR's 0.50 each (Compositional Requirement)	Jump		Non-flight acro		Acro element that passes through vertical	Flighted acro element	Acro series at least one with flight	Acro series with 2 flight elements		
	Leap	Isolated jump or leap with min 45° split	Isolated jump or leap with min 90° split	Isolated jump or leap with min 90° split	Minimum “B” spin on one foot		Minimum “C” spin on one foot			
	Balance		Dance series of min 2 elements		Dance series of at least 2 elements one must be a leap/jump with min 120° split.		Dance series of at least 2 elements one must be a leap/jump with min 180° split			
	Any “A” Spin	Minimum “A” Spin	Any B dismount no saltos	Acrobatic Dismount		Minimum Acrobatic C Dismount	Minimum Acrobatic D Dismount		Minimum Acrobatic E Dismount	

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

A dance series must contain at least two elements which must be directly connected without pause, adjustment stop or step; made up from jumps, leaps and spins on one foot only.

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

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

The routine should flow without long hesitation or stops.

ALL BEAM MOVES BY LEVEL

"A" Moves	"B" Moves	"C" Moves	"D" Moves	"E" Moves	"F" Moves
MOUNTS					
Jump to front support & swing one leg over. Squat on. Straddle on. Jump to straddle lever at end of beam	Circle up to front support. Forward roll to feet Jump to box splits. (Japan) Jump to straddle or pike lever hold. (With legs at horizontal) Squat through to rear support. Free jump on to one or two feet.	Squat through to Russian level. (piked or straddled) Free Cartwheel to front Support Mount. Jump to handstand forward walkover out on end of beam	Jump ½ turn to feet. (side of beam) Leap to splits. Straddle lever to handstand step down Jump to splits.	Straddle Lever to handstand lever down Tuck front salto on end. Round off on board flick Flick to catch handstand with arms bent wrapped around beam.	Pike front somi on end. Round off on board layout onto beam.
BALANCES (must be held for minimum of 2 seconds)					
Arabesque. (leg below horizontal) Handstand. (not held for longer than 2 seconds) Tucked v-sit with hand support. (Level 10 and 9 only) Piked v-sit with hand support.	Arabesque. (leg at or above horizontal) Bridge. Handstand. (held for 2 seconds) Piked v-sit without hand support. Straddle Lever (Legs above horizontal) Splits without hand support. Y balance. Russian lever legs tucked Need Scale (With hands)	Handstand held in splits. Needle scale (No hands) Russian lever. (piked or straddled) Straddle lever with ½ turn. Y balance held in scale. (on toes)	Straddle Planché	Straddle lever to handstand, in cross position, and return to straddle lever. Planché straight	
JUMPS					
Straight Jump (LEVEL 10 ONLY) Tuck jump. Straight jump with beat change with legs.	Pike jump. Sissone. Split jump. W jump. Straight jump ½ turn	Split jump ¼ turn. Straddle jump. Straight jump full turn. W jump ½ turn. Tuck jump ½ turn	Ring jump. Sheep jump. Split jump ½ turn. Straddle jump ½ turn. Straight jump 1 ½ turn. Tuck Jump full turn.	Tuck jump 1½ turn. W jump full turn.	Straddle jump full turn.
LEAPS					
Cat leap.	Cat leap ½ turn. Scissor Kick Split leap.	Cat leap full turn. Fouetté hop ½ turn. Split change leap.	Cat leap 1½. Split leap to ring. Tourjetté.	Split change ½ turn. Split change to ring. Split change 1/4	Split change full
SPINS & TURNS (all spins must be completed on one foot)					
½ spin. Squat ½ turn, both feet on beam. (Levels 10 & 9 only)	½ spin leg in front at horizontal. Full spin. Wolf ½ spin.	½ illusion turn. 1½ spin. Full spin, leg in front at horizontal. Wolf full spin.	1½ spin, leg in front at horizontal. Double spin. Full illusion turn. Wolf 1½ spin.	2½ spin. Double spin, leg in front at horizontal. Wolf double spin.	Triple spin. Triple Wolf Spin

"A" Moves	"B" Moves	"C" Moves	"D" Moves	"E" Moves	"F" Moves
ACROBATIC ELEMENTS					
Forward roll to feet (Level 10 & 9 only). Shoulder roll backwards.	Backward walkover. Cartwheel. Forward walkover Handstand forward roll. Free forward roll. Backward roll to feet. One handed cartwheel. Backward walkover to handstand tuck down to crouch. Backwalkover to handstand chest roll down.	Flick to 1 Flick to 2 Korbut Flick Backward roll to handstand. Handspring to 1 or 2 feet. Round off. Tic toc. Valdez. Forward walkover on 1 arm	Free Cartwheel. Gainer Flic Tuck Back Layout Tuck Front Flick half turn forward walkover out	Free walkover Pike Back Pike Front Side Somersault Flick with Full Turn Straight Back	Tuck Front ½ turn. Straight back Full Side Somersault ½
DISMOUNTS					
Star jump. Tuck jump. Straight jump with ½ turn.	Handspring. Round off. Straddle jump feet above hip height. Straight jump full turn. Tuck jump ½ turn.	Barani. Gainer tuck front or back salto off side of beam. Tuck back Somersault. Tuck front salto off 2 feet Straight front salto off 1 foot Tuck Arabian salto.	Tuck front half ½ turn off 2 feet. Gainer pike salto off side of beam. Gainer tuck/ pike salto off end of beam. Straight back Somersault Straight front somersault off 2 feet Tuck back full twist	Straight back full twist. Straight front Full Gainer straight salto off side and end of beam.	Back salto 1½ twist or Double Double back. Double front. Gainer salto with ½ or full twist off side or end of beam.

Women's Artistic Competition Rules for Uneven Bars

	10	9	8	7	6	5	4	3	2	1
DIFFICULTY A moves= 0.10 B moves= 0.20 C moves= 0.30 D moves= 0.40 E moves= 0.50 F moves= 0.60	A & B moves only. A maximum of 2 B moves.	A & B moves only.	A, B & C moves only. A maximum of 2 C moves.	A, B & C moves only. A maximum of 4 C moves.	A, B & C moves only.	A, B, C & D moves only. A maximum of 2 D moves.	A, B, C & D moves only.	A, B, C, D & E moves. A maximum of 2 E moves.	A, B, C, D, E & F moves. A maximum of 2 F moves.	A, B, C, D, E & F moves.
CR's 0.50 Each (Compositional Requirement)	Best 4 moves to count - LB only		Best 5 moves to count		Best 6 moves to count		Best 7 moves to count			
	NONE	Upward circle to front support	Upward circle to front support	One bar change	Float upstart/kip	Float upstart/kip from LB to HB	Upstart Handstand (180°)		1 Flighted Low to High Bar	Minimum 2 Bar changes
			Cast to horizontal (90°)			Cast above horizontal (120°)	Circling Element coming out above horizontal (120°)	Circling Element to Handstand (180°)	2 Circling Elements to handstand (180°)	2 change of hand grips. E.g.- Swing Turn, Blind Change or Full Turn from swing or circling element
		Any undershoot dismount	Circling element		Circling element to come out to horizontal	Clear Circling element to come out above horizontal	Backward Giant		1 change of hand grip. E.g- Swing 1,2 Turn, Blind Change or Full Turn from swing or circling element	Min 1 release move
			Minimum B dismount	Minimum C dismount			Minimum D dismount		Minimum E dismount	

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

Elements can be repeated on LB and/or HB to gain difficulty score.

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

If the required degree of cast is not achieved at the correct level, the cast will not count and the CR will not be given.

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

ALL BARS MOVES BY LEVEL

"A" Moves	"B" Moves	"C" Moves	"D" Moves	"E" Moves	"F" Moves
MOUNTS					
Jump to front support.	Upward circle to front support.	Float upstart/kip. Tucked hecht mount. Jump to HB with float upstart.	Jump ½ turn with float upstart. Straddled hecht mount.	Hecht mount legs straight. Jump full turn with float upstart.	
LOW BAR					
Backward hip circle. Cast below 90 degrees'. Squat onto LB.	Pike onto LB. Cast to horizontal	Cast above horizontal Clear hip circle to horizontal Float upstart/kip Sole circle. Moe Straddled Cast to handstand, straddled or piked.	Clear hip to handstand Stalder to handstand Toe on to Handstand Moe Piked Cast to handstand ½ turn	Clear hip to handstand ½ turn. Endo to handstand	Clear hip to handstand full turn. Endo to handstand full turn Stalder to handstand full turn Toe on to handstand Full turn
HIGH BAR					
Backward hip circle. Cast below 90 degrees'.	Cast to horizontal Circle over from LB to HB. Baby Giant	Float upstart/kip. Cast to handstand, straddled or piked.	Back straddle from HB to LB. Backward giant. Clear hip to handstand Stalder to handstand Toe on to handstand Forward giant Undershoot ½ turn from HB over LB and catch. Swing 1, 2	Giant into blind turn Clear hip to handstand ½ turn. Endo to handstand and ½ turn Swing undershoot ½ turn from HB over LB to catch. Clear hip to handstand with half turn	Backward giant full turn. Clear hip to handstand full turn. Endo to full turn Gienger Jaeger Pac salto from HB to LB. Tkachev
DISMOUNTS					
Cast push off LB. Forward circle down from HB. Straddle undershoot from LB.	Pike undershoot from LB Squat on and jump off LB to land Straddle or pike undershoot from HB.	Straddle or pike undershoot with ½ turn from HB. Tucked back somersault.	Tucked shoot front Straddle or pike undershoot with full turn. Straight back somersault	Shoot front somersault with ½ twist. Full twisting straight backaway Front somersault Straight. (Front away) Double back somersault Tucked	Straight somersault with double twist. Double back somersault Piked or Straight Double front somersault tucked Shoot front with full twist. Shoot front somersault straight.