



OFFICIAL GYMNASTICS FOR ALL COMPETITION HANDBOOK 2024

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WELCOME TO OUR GYMNASTICS FOR ALL HANDBOOK

Welcome to the official IGA Gymnastics For All competition Handbook. Our aim is for this handbook to provide valuable support to clubs, coaches, and officials in order to facilitate the seamless execution of all IGA Competitions.

IMPORTANT CONTACTS

General Enquiries: info@igauk.com
Competitions: competitions@igauk.com

GYMNASTICS FOR ALL COMPETITION STRUCTURE

Our competition season spans from January to December annually.

Our Gymnastics For All Handbook focuses on recreational gymnastics, offering opportunities for everyone to join in. Throughout the year, we'll arrange various competitions, including enjoyable invitationals in collaboration with our partners. At present, these competitions are not regionally divided and are accessible to clubs from both the North and South.



GENERAL COMPETITION RULES

- Please ensure all participants, Coaches, Officials and Gymnasts are wearing the appropriate dress code. Leotards can be worn with or without sleeves. Underwear on show must match the gymnast's skin tone, or as close as possible, failure to do so will receive a 1.00 penalty from the final score. Gymnasts are allowed to wear shorts during competition, however these must be plain gymnastics shorts and unbranded and matching the leotard.
- To encourage the safety and protection of Gymnasts, IGA are happy for gymnasts to wear neutral/black coloured limb supports during competition and will receive no penalty.
- Gymnasts may wear alternate competition attire based on their faith or religion, including head coverings. The club will be responsible for assessing any potential risks and take appropriate safety measures.
- No Jewellery or watches to be worn for Gymnasts and Coaches. All jewellery including body piercings must be removed. However small studs are permitted. Please ensure suitable you have suitable nail length for the activity in hand.
- Gymnasts and Coaches with long hair must have long hair tied back.
- All mobile phones must be set to silent while on the competition floor. Video content can be taken of your own club with the agreement of the gymnasts right to be filmed.
- Coaches must always use appropriate language and behaviour at all times. Rude or inappropriate behaviour towards the gymnasts's, competition officials or other coaches will not be tolerated
- Coaches are responsible for the behaviour of their athletes, showing good sportsmanship to other gymnasts/clubs and ensuring athletes are registered on time.
- Clubs will need to ensure their spectators understand they are not allowed onto the competition floor. Spectators must stay within the spectators designated area and to treat the venue with respect.
- For all clubs and spectators to understand food and drink regulations for coaches and gymnasts whilst on the competition floor are determined and enforced by the venue. IGA will not be held responsible for any violations or complaints in regards to the regulations set by the venue.



COMPETITION ENTRIES

To register for IGA Competitions, Club Administrators will be required to access the IGA member portal through the "Events and Courses" section at a first come, first serve basis. It's essential that all participants in IGA Competitions possess a valid membership. Participants with an invalid membership, will not be able to participate in IGA Competitions.

To ensure a smooth execution of our IGA Competitions, it is vital that coaches complete the entry forms correctly. For gymnasts who are registered to the portal, please use the portal to enter your Gymnasts. We do accept members on the Bulk Members register, to enter these gymnasts please download the entry form. This can be found on our downloads section of the website.

Please note the base price for entry will show as £0.00, the price will change once pieces are selected. On entering, you must select to add to cart and either create your invoice or pay for the entry. If you do not add to cart, or pay for the competition entry, the gymnasts participation will not be guaranteed.

Coaches, Judges & Helpers must now be added on to the entry form. Please do not put TBC.

COMPETITION ENTRY COST

£10.00 per piece of apparatus.

COMPETITION ENTRY LIMIT

Occasionally, our competition organiser may choose to impose an entry limit on a competition. Please be aware that the organiser retains the authority to close entries prematurely should the limit be met. IGA Competitions hold a total limit of 250 entries over a two day period. If the venue is able to facilitate more the number will be larger.

LATE ENTRIES

Late entries for IGA competitions will only be evaluated by the competition organisers if the competition has not reached its entry limit. The decision to accept or decline late entries will be at the discretion of the organisers. Once the Event Plan has been created late entries will not be accepted. However, If late entries are accepted there will be a £40 admin fee.

NEW STARTERS

At IGA we have allowed for entry level flexibility which allows gymnasts in their first year of competing to enter any level within the guidelines provided.



FLOOR MUSIC

Gymnasts competing Floor with Floor music, must have their music downloaded digitally onto the Coaches preferred device (Mobile/iPad).

We cannot play YouTube videos.

The music must be a maximum of 1 minute 30 seconds long and not contain words or lyrics, However human sounds are permitted, as long as they are not spoken or sung words.

The gymnasts music must not violate any copyright music rights. Original Disney and Cique De Soleil music is not permitted, However re-makes that are available from Floor Music creators are accepted.

Violation of these rules will incur a 1.00 penalty from the gymnasts final score

COMPETITION PROGRAMME & PROCESS

4 Weeks Prior: Competition entries will close, Dependent on entries, if we have a low number the competition will always take place on the Sunday. Our organisers will put together the official Event Plan which will be made available to all entered clubs. Once the Event Plan has been created, Gymnasts cannot move groups, as they are all allocated in Levels/Age groups to enable fairly by the Competition Organiser.

2 Weeks Prior: We will be organising all final competition materials and spectator tickets will go live on our website. This can be found on our IGA Shop under 'Spectator Tickets

Withdrawals: Please inform our competition team ASAP for any withdrawals. Any withdrawals on the competition day must notify the competition organiser. Please note withdrawals made after the entries have closed are non-refundable.

EVENT PHOTOGRAPHY

We kindly ask that all clubs clearly state if they are happy for their gymnasts to be filmed and photographed whilst at an IGA Event. Our marketing team may be in attendance and will be launching live streams and social content. Whilst efforts will be made to respect the privacy preferences of individuals, it may not be possible to accommodate everyone's preferences.

Spectators are able to take photography or film, However these cannot be sold for commercial use and must not use flash photography at any IGA Event.

IGA will not work with any Photography company that has been deemed to be inappropriate towards Gymnasts and Officials. All Photography companies contracted via IGA have undergone the required criteria to attend the IGA Event.

Please note high quality photo's provided by our contracted Photography company may be used on our official IGA website and social media platforms.



CLUB RESPONSIBILITIES

IGA Clubs and Club Administrators are expected to fulfill certain responsibilities when participating in an IGA competition.

QUALIFIED COACHES

Clubs and Club Administrators must ensure all coaches attending IGA Competitions hold the appropriate qualifications for the skills being performed. It is required that you have to be a minimum of a Level 2 to be responsible for a group of gymnasts. Level 1 coaches, are able to assist level 2 coaches but cannot take responsibility for the group.

It is mandatory to hold an up to date DBS and IGA Membership. Failure to do so may lead to disqualification of the club to compete and the coach to coach any gymnasts until rectified.

COACH INFORMATION

Clubs and Club Administrators must provide the Competition Organiser with the details of the coaches in attendance when entering the gymnasts on the portal. Changes to coaches entered on the entry list must be confirmed with the competition organiser before the event, as all coaches must register on arrival and will receive a wristband to match their qualification.

CLUB AFFILIATION

Clubs and Club Administrators must ensure the club entering the competition has the relevant club affiliation and meets the necessary criteria for participation.

JUDGES & VOLUNTEERS

Clubs and Club Administrators must provide Judges or Helpers for each competition they enter. Clubs who do not provide Judges or Helpers will incur a standard £50.00 penalty fine. If a Judge cannot be provided, a club MUST provide 2 x helpers, this enables all clubs to have the opportunity to enter.

ENTRY PAYMENT

It is the Clubs and Club Administrators duty to ensure all competition entries have been paid before the event date. Failure to clear the outstanding balance will result in clubs not being able to participate in the IGA event.



REFUNDS ON ENTRIES

Refunds for entry fee's are only made in the event of an injury, and a valid medical note must be provided as evidence. In all other cases, entry fee's are non-refundable. Please email our competition team at: competitions@igauk.com your valid doctors note. This refund can be used against any penalty fee's if the club has incurred one.

COMPETITION REGISTRATION & NUMBERS

Clubs will be responsible for ensuring all gymnasts have registered and collected their designated number. Please note these numbers are property of IGA and must be returned to the Judges after your last competitive piece of apparatus. Failure to return property of IGA may result in a replacement charge applied to the club.



JUDGE RESPONSIBILITIES

Judges are expected to fulfill certain responsibilities when participating in an IGA competition.

QUALIFICATIONS & MEMBERSHIP

All Judges participating in IGA Competitions must hold Judge or Coach Membership with IGA and must hold the correct Judging Qualifications to serve as Judges. The competition organiser will have the final discretion on Judging allocations. Judges entered on the portal, will be allocated for the entire day, unless stated so on the entry form.

JUDGE REGIONS

All IGA Judges must judge within their region location. Judges from another region will be organised at the discretion of the Competition Organiser.

JUDGE ABSENCE

Once a Judges allocation has been confirmed, we require all Judges to attend the IGA Competition. In the event of an emergency we ask the Judge or Club to contact the Competition Organiser immediately. If a replacement can be made that would be highly appreciated. However, Judges who consistently cancel at the last minute may risk their eligibility to officiate at IGA competitions. Judges play a crucial role in ensuring the seamless operation of our events.

HONORARIUM FORMS

All Judges must complete an Honourarium form before you leave the Event. Please note IGA pay £50 per round and £0.45p per mile. Judges will not be paid travel expenses twice if sharing a car with another Judge/Official. Car Parking charges will not be classed as a payable expense and all officials must be registered as Self-Employed via HMRC.

JUDGE ETIQUETTE

IGA requests that all judges prioritise the best interests of the gymnasts when attending IGA competitions. This focus on the gymnasts' well-being is crucial to maintaining fair and accurate judging standards.



COACH RESPONSIBILITIES

IGA coaches are expected to fulfill certain responsibilities when participating in an IGA competition.

INTENTION SHEETS

Coaches are tasked with the duty of arriving at the IGA competition well-prepared with intention sheets for the judges. It is crucial that these intention sheets are accurate, aligned with the gymnast's routine, and presented in a clear and concise manner, ensuring that the judges can efficiently assess the performance without overlooking any significant skills.

Failure to provide an Intention sheet will only result in 1.00 penalty being deducted from the Gymnast's final score. We cannot penalise children, for adult errors., please ensure you have these at our Events.

COACH TO PARTICIPANT RATIOS

It is the coaches and clubs duty to ensure the coach to level entry ratio is adequate enough to ensure a safe competition. Coaches cannot expect competition organisers to arrange the rounds to meet their coaching needs and requirements. Fairness will take priority and Levels/Age Groups will be grouped together.

FIRST AID KIT

It is the coaches responsibility to ensure they attend all IGA events with a first aid kit on hand to address any minor injuries. Our officials will provide a first aider at every IGA event. Accidents at an IGA event will be documented.

SCORE CHALLENGES

In the event of a coach requiring to challenge a score. It is required for coaches to submit the score challenge to the competition organiser before the end of the second rotation. Coaches must not approach the judging table and must approach the competition organiser. A £5 cash fee will required to be paid for all score challenges, this will be refunded if the challenge is upheld.

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

GYMNAST SAFETY

Coaches must be responsible for the safety of their gymnasts, we are allowing coaches to stand under the Uneven Bars, Vault & Beam Dismounts. Coaches however must not stand on the floor unless spotting a Level 4 Skill. I.E Double Tuck. Spotting during a competition routine will incur a judging penalty.



IGA AWARDS

**Please note the following awards will be awarded at IGA Competitions.
This may change depending on the event.**

REGIONAL AWARDS

- Well Done Medal: Given to those participants who haven't received a medal or award.
- 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.



GYMNASTICS FOR ALL COMPETITION LEVELS

Here are the competition levels within the IGA Gymnastics For All program. Please make certain that your gymnasts are registered in the appropriate competition levels.

Level 1 – White	Level 5 – Iceberg Blue
Level 2 – Baby Blue	Level 6 – Sapphire Blue
Level 3 – Skye Blue	Level 7 – Denim Blue
Level 4 – Maya Blue	Level 8 – Royal Blue

Gymnasts competitive groups will be grouped based on our new age groups.



Our new age groups allow for a more healthy competition with competitors, now not participating alone at IGA competitions. These will be added to your online entry forms and will be required to be selected upon entry. Please note same Age Groups and Levels will be competing together.

Age groups are determined based on the age individuals are in during the calendar year. i.e 6yrs [2018 birthdate] within the year = Mini Marvels.

GENERAL TABLE OF FAULTS

Please see below our general table of faults which is applicable to all apparatus and skills.

FAULT	PENALTY
Bent Arms/Bent Legs/Flexed Toes	0.1/0.3/0.5 Each time
Steps on landing	0.1 Each time
Falls on all apparatus	1.00 Each time*
Physical Support from the coach	3.00 Each time
Lack of height in somersaults	0.1/0.3/0.5 Each time
Missing required skill	1.0 Each missing skill
Deep Squat on landing	0.5 Each time
Changing the height of the apparatus without permission	0.5 from final score
Unsportsmanlike conduct	1st Yellow Card Warning/ 2nd Red Card Coach Removal



LEVEL 1 - WHITE

FLOOR

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

VAULT

Equipment: Gymnastics For All Box Style Vault.

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

TRAMPETTE

Equipment: Trampette with Crash Mat for landing.

1. Star Jump



LEVEL 2 - BABY BLUE

FLOOR

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

VAULT

Equipment: Gymnastics For All Box Style Vault with Crash Mat for landing.

1. Squat on, Star Jump off (connected)

TRAMPETTE

Equipment: Trampette with Crash Mat for landing.

Tuck Jump

Or

Jump Half turn (0.5 Bonus)



LEVEL 3 - SKYE BLUE

FLOOR

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

VAULT

Equipment: Gymnastics For All Box Style Vault with Mat for landing.

1. Squat Through or Straddle over

TRAMPETTE

Equipment: Trampette with Crash Mat for landing.

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



LEVEL 4 - MAYA BLUE

FLOOR

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

VAULT

Equipment: 2 x 30 cm crash mats.

1. Handspring Flatback

TRAMPETTE

Equipment: Trampette with Crash Mat for landing.

1. Round off



LEVEL 5 - MAYA BLUE

FLOOR

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

VAULT

Equipment: Gymnastics For All Box Vault - Longways

1. Squat on, Round off Or Squat on, Handstand off (0.5 Bonus)

TRAMPETTE

Equipment: Trampette with Crash Mat for landing.

1. Round off Or Flyspring (0.5 bonus)



LEVEL 6 - SAPPHIRE BLUE

FLOOR

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

VAULT

Equipment: Gymnastics For All Box Vault or 2 x 30cm Crash Mats

1. Handspring to Stand Or Handspring over

TRAMPETTE

Equipment: Trampette with Crash Mat for landing.

1. Flyspring Or Tuck Front Somersault (0.5 Bonus)



LEVEL 7 - SAPPHIRE BLUE

FLOOR

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

VAULT

Equipment: Gymnastics For All Box Vault

1. Handspring over

TRAMPETTE

Equipment: Trampette with Crash Mat for landing.

1. Flyspring Or Tuck Front Somersault (0.5 Bonus)



LEVEL 8 - ROYAL BLUE

FLOOR

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

VAULT

Equipment: Gymnastics For All Box Vault

1. Half on

TRAMPETTE

Equipment: Trampette with Crash Mat for landing.

1. Tuck Front Somersault Or Barani (0.5 Bonus)