



OFFICIAL WAG COMPETITION HANDBOOK

2024



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WELCOME TO OUR WOMEN'S ARTISTIC HANDBOOK

Welcome to the official IGA Women's Artistic 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

COMPETITION STRUCTURE

Our competition season spans from January to December annually. The Gems Grades kick off the year, and the Levels conclude it.

Gems is a comprehensive 5-piece competition mandating participation in all pieces, while Levels is a 4-piece competition, granting gymnasts the flexibility to choose their pieces for competition.

IGA will grant sanctions for competitions held by other clubs throughout the year. Please be aware that these are not IGA-managed competitions and may operate under their own set of rules.

Additionally, IGA will host Invitational competitions this year. It's important to note that these events do not serve as qualifiers for achieving the recommended move-up score. The official qualification for recommended move-up scores occurs during the year-end official levels competition. Invitationals are fun competitions that serve great opportunities to increase gymnasts preparation by performing end of year routines early and therefore accessible to all regions.



COMPETITION REGIONS & GENERAL COMPETITION RULES



WOMEN'S ARTISTIC COMPETITION REGIONS

As a result of the remarkable expansion of the IGA association, we have divided our county into two distinct regions: South and North. It is imperative for clubs to compete and judges to judge within their designated regions to become eligible for the national finals.

NORTH REGION

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

SOUTH REGION

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



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



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 our Levels & Invitational competitions, You must include the pieces the gymnast will be competing on and ensure their Level & birth year is correct. IGA will not be held responsible for gymnasts who have been entered into the incorrect level. Gems Grades are a set 5-piece competition, selection of pieces is not required.

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

Gems Grades: £45

Levels & Invitationals: £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 with drawals 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



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



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



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 & NATIONAL FINALS



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.
- AA Trophy: Presented to the highest all-around Gymnast in each Age Group - must have competed all four pieces to qualify.

NATIONAL 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.
- AA Trophy: Presented to the highest all-around Gymnast in each Age Group - must have competed all four pieces to qualify.

In some cases an age group may be split into two rounds, In these cases we kindly ask that the gymnasts please stay to collect their well deserved medals in the medal ceremony. If they cannot stay, we ask that a coach from the gymnasts club collects on the gymnasts behalf.



IGA NATIONAL FINAL QUALIFICATIONS

IGA are now hosting National Finals for Gymnasts who participate in all apparatus at our Gems Grades and end of year Levels.

ELIGIBILITY

- Gymnast must compete at the IGA qualifier competition held in their own region to qualify for National Finals to represent their Region.
- Gymnast must place in the top 6 with an AA score at the Qualifier to represent their Region at an IGA National Final.
- Level's and Age Groups without 6 gymnasts attaining an AA score, will still be able to compete at a National Final. To allow more gymnasts the opportunity to gain experience at IGA National Final's the places will be offered to the next highest scoring gymnast.
- Our representing Team's will be announced at the medal presentation, it is the Coaches and clubs responsibility to enter their gymnasts into the National Final before the closing date. Coaches and Clubs will be emailed the important information the following working day from our competition team.

RESERVES

- Athletes who placed 7th and 8th in the scoring will be designated as reserve competitors for the nationals.
- If a qualified athlete within the top 6 is unable to attend, the athlete with the next highest score will be given the opportunity to compete, until the final team is complete.

IGA NATIONAL SQUAD

Following the remarkable achievements of your gymnasts at National Competitions, both gymnasts and coaches will receive invitations to join our Star Sessions. These specialised training sessions will take place at various venues across the country. Those who have been selected will be contacted via email with the Star Session dates and venue.



COMPETITION LEVELS



WOMEN'S ARTISTIC COMPETITION LEVELS

Here are the competition levels within the IGA Women's Artistic program. Please make certain that your gymnasts are registered in the appropriate competition levels.

<p>LEVEL 10</p>	<p>Ages 5 to 11yrs (in the year of competition)</p>	<p>Designed for beginners who receive training for no more than 4 hours per week. It caters to new, young, and inexperienced gymnasts, providing them with a suitable program to develop their skills in a supportive environment.</p>
<p>LEVEL 9</p>	<p>Ages 5 to 13 yrs (in the year of competition)</p>	<p>This level is designed for gymnasts up to the age of 13 who receive training for up to 6 hours per week. It provides a suitable program for gymnasts in this age range to develop their skills and abilities within the designated training hours.</p>
<p>LEVEL 8 - 1</p>	<p>Ages 7+ (in the year of competition)</p>	<p>These levels are specifically designed for gymnasts who receive training for more than 5 hours per week. The training programs and requirements in these levels are tailored to gymnasts who have a higher level of commitment and dedicate more time to their training. These levels provide a platform for gymnasts to further develop their skills and progress in their gymnastics journey.</p>

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.



DEVELOPING THROUGH LEVELS

At IGA to enable a fair competition and to encourage the development of the gymnast, Gymnasts scoring above the below scores at the Level's competitions are required to move up a level for the next year.

Please educate your parents, this is not a pass or fail, it is our recommended guidance for clubs. It is to ensure that gymnasts are developing through the IGA Levels with confidence. Moving up an IGA Level too early, can be damaging to a gymnast's confidence, growth and development.

By all means we do not want these scores to de-motivate gymnasts and coaches, and IGA feel that coaches should be able to make the correct decisions for their gymnast.

We have based our move up scores on just underneath an 85% success rate.

LEVEL 10 = 40.00

LEVEL 4 = 51.00

LEVEL 9 = 42.00

LEVEL 3 = 52.00

LEVEL 8 = 45.00

LEVEL 2 = 54.00

LEVEL 7 = 46.00

LEVEL 1 = 56.00

LEVEL 6 = 48.00

It's vital that the correct level is selected for the first year of competition entry.

LEVEL 5 = 49.00

Please be aware these recommended move up scores are only applicable to the end of the year Levels Competition's and not IGA Invitationals. If your gymnast is unable to attend the end of year competition due to injury or unexpected sickness, please email competitions@igauk.com to be approved for a previous score entry.

We recommend that IGA Coaches prioritise the gymnast's ability to meet all requirements with high-quality skills over pursuing higher scores. Emphasising well-executed routines with minimal deductions contributes to overall performance excellence, which enables gymnasts to progress through the levels with confidence.

TIP: If the deductions outweigh the skill value, is it worth competing?



LEVELS REQUIREMENTS

Includes Vault, Bars, Beam, Floor and the General Table of Faults.

GENERAL TABLE OF FAULTS

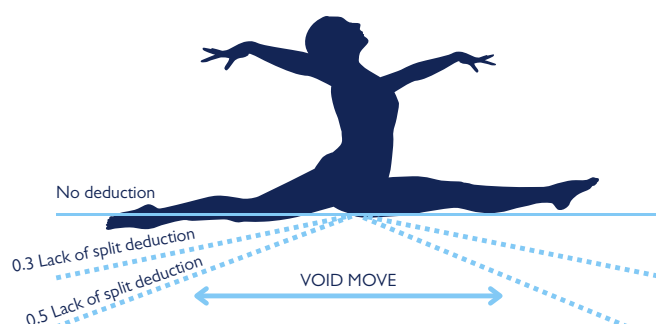
Please see below our general table of faults which is applicable to all apparatus and skills.

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

KEY POINTS FOR COACHES

- *To enable fairness on Beam, All falls will receive a penalty of 1.00 regardless of the amount.
- To enable fairness, Gymnasts will not be permitted to attempt any routine twice including floor, Unless there is a sound error that has been caused by IGA.
- To enable safety, it is advised that all gymnasts use the safety collar around the board on Vault regardless of the entry.

LEAP PENALTIES



VAULT

IGA have set Vault Heights for Levels, Floor & Vault and Invitational Competitions.

Warm up times will now reflect this change as Vault & Floor will have the same warm up time.

IGA CODE OF POINTS VAULTING TABLE

Vault Heights: **1.00** **1.10** **1.20** **1.25**

	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								
Half on Over raised block			2.20							
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
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 1/2 Twist									4.40	4.40
Handspring Pike Front with 1/2 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

KEY POINTS FOR COACHES

- Physical assistance provided by the Coach will result in a 3.00 penalty from the final Vault Score.
- Failure to touch the vault with hands will render the Vault Void.
- Gymnasts who 'run out' of the Vault, but do not touch the springboard will be allowed the opportunity to try again.
- Best score of two attempts will be counted as the final score.
- The flatback set up for Levels 10 & 9 will be the same height as the vaulting requirements (1.00m) depending on apparatus available. For Level 8 (Handspring over raised block) it will be 1m depending on apparatus available.

UNEVEN BARS

DIFFICULTY A = 0.10 B = 0.20 C = 0.30 D = 0.40 E = 0.50 F = 0.60	10		9		8		7		6		5		4		3		2		1			
	A MOVES ONLY		A + B		A + B moves only		A, B & C		A, B & C		A, B, C & D		A, B, C, D & E		A, B, C, D, E & F		A, B, C, D, E & F		A, B, C, D, E & F			
	Max SV = 10.6	Max SV = 11.8	Max SV = 11.8	Max SV = 13.0	Max SV = 13.8	Max SV = 13.8	Max SV = 13.2	Max SV = 14.0	Max SV = 14.8	Max SV = 14.8	Max SV = 14.0	Max SV = 14.8	Max SV = 15.0	Max SV = 15.7	Max SV = 15.0	Max SV = 15.7	Max SV = 15.0	Max SV = 15.7	Max SV = 15.0	Max SV = 15.7	Max SV = 16.2	
CR's 0.50 Each (Compositional Requirement)	Best 4 moves to count - LB only		Best 5 moves to count -		Best 5 moves to count.		Best 5 moves to count.		Best 6 moves to count.		Best 6 moves to count.		Best 7 moves to count.		Best 7 moves to count.		Best 7 moves to count.		Best 7 moves to count.			
			Upward circle to front support		Upward circle to front support	Upward circle to front support	Upward circle to front support	Upward circle to front support	Upward circle to front support	Upward circle to front support	Upward circle to front support	Upward circle to front support	Upward circle to front support	Upward circle to front support	Upward circle to front support	Upward circle to front support	Upward circle to front support	Upward circle to front support	Upward circle to front support	Upward circle to front support	Upward circle to front support	Upward circle to front support
	NONE		Upward circle to front support		Upward circle to front support	Upward circle to front support	Upward circle to front support	Upward circle to front support	Upward circle to front support	Upward circle to front support	Upward circle to front support	Upward circle to front support	Upward circle to front support	Upward circle to front support	Upward circle to front support	Upward circle to front support	Upward circle to front support	Upward circle to front support	Upward circle to front support	Upward circle to front support	Upward circle to front support	Upward circle to front support
			Any undershoot dismount.		Circling element	Circling element	Circling element	Circling element	Circling element	Circling element	Circling element	Circling element	Circling element	Circling element	Circling element	Circling element	Circling element	Circling element	Circling element	Circling element	Circling element	Circling element

- Skills can be repeated twice on LB and HB to gain difficulty score.
- Any move can be used to gain a CR and need not be counted in the difficulty score.
- If less than the required number of moves is shown a deduction of 1.00 will apply for each missing move.

BEAM

DIFFICULTY A = 0.10 B = 0.20 C = 0.30 D = 0.40 E = 0.50 F = 0.60	10	9	8	7	6	5	4	3	2	1
	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
SV	Max SV = 12.6	Max SV = 12.8	Max SV = 13.6	Max SV = 14.0	Max SV = 14.4	Max SV = 14.8	Max SV = 15.2	Max SV = 15.6	Max SV = 16.2	Max SV = 16.8
CR's 0.50 Each (Compositional Requirement)	Jump	Jump	Non-flight acro	Acro element that passes through vertical	Acro element that passes through vertical	Flighted acro element	Acro series at least one with flight	Acro series with 2 flight elements	Acro series with 2 flight elements	Acro series with 2 flight elements
	Leap	Isolated split leap or split jump	Isolated split leap or split jump	Isolated split leap or split jump	Minimum "B" spin on one foot	Minimum "B" spin on one foot	Minimum "C" spin on one foot	Minimum "C" spin on one foot	Minimum "C" spin on one foot	Minimum "C" spin on one foot
	Balance	Balance	Dance series of at least 2 elements one must be a leap/jump with splits	Dance series of at least 2 elements one must be a leap/jump with splits	Dance series of at least 2 elements one must be a leap/jump with splits	Dance series of at least 2 elements one must be a leap/jump with splits	Dance series of at least 2 elements one must be a leap/jump with splits	Dance series of at least 2 elements one must be a leap/jump with splits	Dance series of at least 2 elements one must be a leap/jump with splits	Dance series of at least 2 elements one must be a leap/jump with splits
	Any "A" Spin	Minimum "A" Spin	Any B dismount no saltos	Acrobatic Dismount	Acrobatic Dismount	Acrobatic C Dismount	Acrobatic D Dismount	Acrobatic D Dismount	Acrobatic E Dismount	Acrobatic E Dismount
Notes:	8.00 for execution 2.00 for composition (0.5- changes of level & direction, 0.5- changes of rhythm & tempo, 0.5- creative movements & transitions (artistry), 0.5- amplitude and surety of performance)									

- 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.
- Turn on two feet does not qualify as a coded spin.
- If less than the required number of moves is shown a deduction of 1.00 will apply for each missing move.
- Any move can be used to gain a CR and need not be counted in the difficulty score
- Balance skills must be held for 2secs to be credited.



FLOOR

- 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, chassé, small leaps or turns.
- If less than the required number of moves is shown a deduction of 1.00 will apply for each missing move.
- 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. Free walkovers will not be counted for a forward flighted acro element.
- Any move can be used to gain a CR and need not be counted in the difficulty score

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 = 0.30 B = 0.20 C = 0.30 D = 0.40 E = 0.50 F = 0.60	A moves only Max SV = 13.0	A & B moves only maximum of 6 B moves Max SV = 13.6	A, B & C moves only maximum of 2 C moves Max SV = 14.2	A, B & C moves only maximum of 6 C moves Max SV = 14.6	A, B, C & D moves only maximum of 2 D moves Max SV = 15.2	A, B, C & D moves only maximum of 6 D moves Max SV = 15.6	A, B, C, D & E moves only maximum of 2 E moves Max SV = 16.2	A, B, C, D, E & F moves only maximum of 6 E moves Max SV = 16.6	A, B, C, D, E & F moves only maximum of 2 F moves Max SV = 17.2	A, B, C, D, E & F moves Max SV = 18.0
Best 10 moves to count – if less than 10 moves a deduction of 1.00 will be made for each missing move										
CR's	Acro move (no saltos or flighted "B" moves anywhere in routine)	Acro series (no saltos or flighted "C" moves anywhere in routine)	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	Min three element flighted acro series OR passage with two saltos	Min three element flighted acro series OR passage with two saltos	Min three element flighted acro series OR passage with two saltos	Min three element flighted acro series OR passage with two saltos
	Jump or leap	Jump or leap	Dance series or passage including leap with splits	Dance series or passage including leap with splits	Dance series or passage including leap with splits	Dance series or passage including leap with splits	Dance series or passage including leap with splits	Dance series or passage including leap with splits	Dance series or passage including leap with splits	Dance series or passage including leap with splits
	Balance	Mixed series	Forward acro series of two elements	Forward flighted acro series of two elements	Forward flighted acro series with 2 saltos	Forward flighted acro series with 2 saltos	Forward flighted acro series with 2 saltos	Forward flighted acro series with 2 saltos	Forward flighted acro series with 2 saltos	Forward flighted acro series with 2 saltos
0.50 each (Compositional Requirement)	Minimum "A" Spin	Minimum "B" Spin	Minimum "B" Spin	Minimum "C" Spin	Minimum "C" Spin	Minimum "C" Spin	Minimum "C" Spin	Minimum "C" Spin	Minimum "D" Spin	Minimum "D" Spin
	Floor Routine completed in a straight line NO MUSIC									
Notes:	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 & artistry) 8.00 for execution									





CODE OF POINTS

NEW IGA CODE OF POINTS

In response to valuable feedback from our gymnastics community, IGA has chosen to modify the FIG code of points. This adaptation means that any skill present in the FIG Women's code of points is permissible at an IGA competition, albeit with slight variations in point scoring.

I.E A B skilled element in the FIG Code of Points will be classed and scored as a C Skill at IGA.

At IGA, we aim to broaden the range of skills that our gymnasts can showcase in competitions while ensuring they receive due recognition. Explore our informative tables to assist you in selecting the most suitable skills for your gymnast when crafting their routines.

IGA has created its own handbook and coded the elements within to best fit the IGA competition requirements and the needs and safe progression of its' gymnasts. Whilst there are FIG CoP elements within, please be aware that they are likely to have an IGA value that differs from the FIG CoP

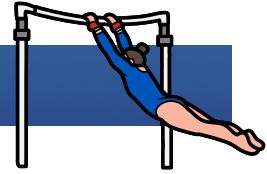
Skills that have been added from the FIG Code, have been referenced with a number next to the skill if you would like to find them on the FIG code: https://www.gymnastics.sport/publicdir/rules/files/en_2022-2024%20WAG%20COP.pdf

QUESTIONS REGARDING THE CODE

If you have any questions regarding the code, please don't hesitate to contact our competition team at competitions@igauk.com. The team are more than happy to assist in any way we can.

Please note the Vault scores are adding above in the Level Requirements.

UNEVEN BARS



A (0.1)	B (0.2)	C (0.3)
<p>MOUNTS: Chin Up Circle Over (From Springboard)</p> <p>BAR SKILLS: Backward Hip Circle Cast below 90 degrees'. Forward Hip Circle</p> <p>DISMOUNTS: Cast push off LB. Forward circle down from LB Straddle Undershoot from LB. Squat on and jump off LB to land Dish Undershoot</p>	<p>MOUNTS: Chin Up Circle Over (Without Springboard) Upstart Jump to hang on HB – also with reverse grip – Upstart to support</p> <p>BAR SKILLS: Pike onto LB. Cast to horizontal Squat onto LB - Circle over from LB to HB. $\frac{3}{4}$ Giant</p> <p>DISMOUNTS: Pike Undershoot from LB Straddle or pike undershoot from HB.</p>	<p>MOUNTS: Jump $\frac{1}{2}$ turn with float upstart Facing HB – Jump with $\frac{1}{2}$ turn (180°) – Upstart to support on HB [Ref: 1.204] Jump to hstd on LB with hips bent, then extended, also with $\frac{1}{2}$ turn (180°) in hstd phase, legs together or straddle [Ref: 1.210]</p> <p>BAR SKILLS: Cast above horizontal Clear hip circle to horizontal Sole circle. Moe Straddled/Piked Clear straddle circle to clear support</p> <p>DISMOUNTS: Straddle or pike undershoot with $\frac{1}{2}$ turn from HB. Tucked back somersault.</p>
D (0.4)	E (0.5)	F (0.6)
<p>MOUNTS: Jump full turn with float upstart. Facing HB – jump with 1/1 turn (360°) to hang on HB [Ref: 1.105] Jump to hstd on LB with hips bent, then extended and 1/1 turn (360°) in hstd phase, legs together or straddle [Ref: 1.310]</p> <p>BAR SKILLS: Clear hip to handstand Stalder to handstand Toe on to Handstand Cast to handstand $\frac{1}{2}$ turn Cast to handstand, straddled or piked. Back straddle from HB to LB. Backward giant. Forward giant Shoot Half from HB to LB</p> <p>DISMOUNTS: Tucked shoot front Straddle or pike undershoot with full turn. Straight back somersault</p>	<p>BAR SKILLS: Clear hip to handstand $\frac{1}{2}$ turn. Endo to handstand Stoop to handstand Giant swing 1/2 turn Forward Giant with 1/1 turn (360°) to hstd Cast to handstand 1/1 turn Pak Salto HB to LB</p> <p>DISMOUNTS: Shoot front somersault with $\frac{1}{2}$ twist. $\frac{1}{2}$ twisting straight backaway Front somersault Straight. (Front away)</p>	<p>MOUNTS: Jump to clear support on HB – clear hip circle to hstd on HB, also with $\frac{1}{2}$ turn (180°) in hstd phase on HB [Ref 1.411]</p> <p>BAR SKILLS: Clear hip to handstand full turn. Endo to handstand 1/1 Turn Stalder to handstand 1/1 Turn Toe on to handstand 1/1 turn Stoop to handstand 1/2 or 1/1 turn</p> <p>DISMOUNTS: Straight somersault with full or double twist. Double back somersault Piked/Straight/Tucked Double front somersault tucked Shoot front with full twist. Shoot front somersault straight.</p>

BEAM



Mounts, Leaps, Jumps, Balances & Spins. (Please note all spins must be performed on one foot).

A (0.1)	B (0.2)	C (0.3)
<p>MOUNTS: Jump to front support & swing one leg over. Squat on. Straddle on. Jump to straddle lever at end of beam</p> <p>BALANCES: Arabesque. (leg below horizontal) Handstand. (not held for longer than 2 seconds) Piked v-sit with hand support.</p> <p>JUMPS: Tuck jump. Straight jump with beat change with legs.</p> <p>LEAPS: Catleap</p> <p>SPINS: 1/2 Spin on one foot.</p> <p>LEVEL 10 & 9 ONLY: Squat ½ turn, both feet on beam. Tucked v-sit with hand support. Straight Jump</p>	<p>MOUNTS: Circle up to front support. Forward roll to feet Jump to box splits. (Japan) (With legs at horizontal) Squat through to rear support. Free jump on to one or two feet. Jump to hstd with bent or straight legs lower to optional end position [ref: 1.114]</p> <p>BALANCES: Arabesque. (leg at or above horizontal) Bridge. Handstand. (2secs hold) Piked v-sit without hand support. Straddle Lever (Legs above horizontal) Splits without hand support. Y balance. Russian lever legs tucked Needle Scale (With hands)</p> <p>JUMPS: Pike jump. Sissone. Split jump. W jump. Straight jump ½ turn</p> <p>LEAPS: Cat leap ½ turn. Scissor Kick Split leap (135 degrees)</p> <p>SPINS: ½ spin leg in front at horizontal. Full spin. Wolf ½ spin.</p>	<p>MOUNTS: Squat through to Russian level. (piked or straddled) Leap - on landing must show arabesque position Free Cartwheel to front Support Mount. Jump to handstand forward walkover out on end of beam Handspring fwd with hand repulsion from springboard to rear support [ref: 1.215]</p> <p>BALANCES: 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)</p> <p>JUMPS: Split jump ¼ turn. Straddle jump. Straight jump full turn. W jump ½ turn. Tuck jump ½ turn Tuck/Split/Straddle on side of beam</p> <p>LEAPS: Cat leap full turn. Fouetté hop ½ turn. Split change leap.</p> <p>SPINS: ½ illusion turn. 1 ½ spin. Full spin, leg in front at horizontal. Wolf full spin.</p>

BEAM



D (0.4)	E (0.5)	F (0.6)
<p>MOUNTS: Jump ½ turn to feet. (side of beam) Leap to splits. Straddle lever to handstand step down Jump to splits. Split leap to arabesque (180 split) Straight Jump with ½ turn (180°) in flight phase to stand take-off from both feet Free (aerial) walkover fwd to rear support [ref: 1.315]</p> <p>BALANCES: Straddle planche</p> <p>JUMPS: Ring jump. Sheep jump. Split jump ½ turn. Straddle jump ½ turn. Straight jump 1 ½ turn. Tuck Jump full turn. Tuck/Split/Straddle 1/2 on side of beam.</p> <p>LEAPS: Cat leap 1 ½. Split leap to ring. Tourjetté.</p> <p>SPINS: 1 ½ spin, leg in front at horizontal. Double spin. Full illusion turn. Wolf 1 ½ spin. Full Spin (Grab leg to the vertical)</p>	<p>MOUNTS: 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. Change-leg leap to arabesque</p> <p>BALANCES: Straddle lever to handstand, in cross position, and return to straddle lever. Planché straight</p> <p>JUMPS: Tuck jump 1 ½ turn. W jump full turn.</p> <p>LEAPS: Split change ½ turn. Split change to ring. Split change 1/4</p> <p>SPINS: 2 ½ spin. Double spin, leg in front at horizontal. Wolf double spin.</p>	<p>MOUNTS: Pike front somi on end. Round off on board layout onto beam.</p> <p>JUMPS: Straddle jump full turn.</p> <p>LEAPS: Split change full</p> <p>SPINS: Triple spin. Triple Wolf Spin</p>

BEAM

Acrobatic Skills



A (0.1)	B (0.2)	C (0.3)
<p>DISMOUNTS: Star jump. Tuck jump. Straight jump with ½ turn.</p> <p>LEVEL 10 & 9 ONLY: Forward Roll to feet Shoulder roll backwards.</p>	<p>Backward walkover. Backward Walkover swing down to cross sit [ref: 4.109] 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.</p> <p>DISMOUNTS: Handspring. Round off. Straddle jump feet above hip height. Straight jump full turn. Tuck jump ½ turn. Cartwheel Straight Jump</p>	<p>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</p> <p>DISMOUNTS: Barani [any entry position] 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.</p>
D (0.4)	E (0.5)	F (0.6)
<p>Free Cartwheel. Gainer Flic Tuck Back Layout Tuck Front Flick half turn forward walkover out Walkover fwd in side position to Side stand [ref:4.308] Walkover bwd with stoop through of one leg to cross split sit [ref: 4.309]</p> <p>DISMOUNTS: 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</p>	<p>Free walkover Pike Back Pike Front Side Somersault Flick with Full Turn Straight Back</p> <p>DISMOUNTS: Straight back full twist. Straight front Full Gainer straight salto off side and end of beam.</p>	<p>Tuck Front ½ turn. Straight back Full Side Somersault ½ Onodi [Ref: 5.401]</p> <p>DISMOUNTS: Back salto 1 ½ twist or Double Double back. Double front. Gainer salto with ½ or full twist off side or end of beam.</p>

FLOOR



Leaps, Jumps, Balances & Spins. (Please note all spins must be performed on one foot).

A (0.1)	B (0.2)	C (0.3)
<p>BALANCES: 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)</p> <p>JUMPS: Star jump. Straight jump with ½ turn. Tuck jump. W jump.</p> <p>LEAPS: Cat leap also with ½ turn</p> <p>SPINS: ½ spin on one foot. ½ Wolf Turn</p>	<p>BALANCES: Arabesque (B) (leg above horizontal) Pike fold Pike/Straddle lever hold (B) Shoulder stand (B) (straight arms on floor) Tucked top planche (B) V sit without hand support (B) Y balance (B) Needle scale (Hands on floor) Dish (held) roll to Arch (held). Arms by ears.</p> <p>JUMPS: 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.</p> <p>LEAPS: Cat leap full turn Scissor kick. (Legs both must hit min horizontal). Side leap Split leap W hop</p> <p>SPINS: ½ spin on one foot with free leg extended at horizontal. Full spin on one foot. Illusion half turn. (With or without hand support)</p>	<p>BALANCES: Elephant lift 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)</p> <p>JUMPS: Pike jump ½ turn. Ring jump with foot to head. Sheep jump. Straight jump 1 ½ turn. Tuck jump full turn. Split jump ½ turn. Wolf jump with 1/2 turn (180°) landing in front lying support Shoushanova with with 1/2 turn (180°) landing in front lying support</p> <p>LEAPS: Cat leap 1 ½ turn. Fouetté hop to arabesque. Split change leap. Stride leap forward with change of legs to w position. W hop with 1/2 turn</p> <p>SPINS: 1 ½ spin on one foot. Full Wolf Spin Full spin on one foot with free leg at horizontal. Illusion full spin with hand support.</p>

FLOOR



Leaps, Jumps, Balances & Spins. (Please note all spins must be performed on one foot).

D (0.4)	E (0.5)	F (0.6)
<p>BALANCES: Straddle lever to handstand return to straddle lever Handstand 1 ½ pirouette. Max of 6 hand movements.</p> <p>JUMPS: Pike jump full turn. Split jump full turn. Straddle jump ½ turn. Straight jump double turn. Tuck 1 ½ turn W jump full turn. Wolf jump with 1/1 turn (360°) landing in front lying support</p> <p>LEAPS: Cat leap double turn. Ring leap. Split change ½ turn. Split change 1/4. Tourjetté. Wolf hop with 1/1 turn (360°)</p> <p>SPINS: 1 ½ spin on one-foot free leg extended at horizontal. Wolf spin 1 ½. Double spin on one foot. Illusion full turn. (No hand support) Full Spin - Grab leg at the vertical</p>	<p>BALANCES: Handstand double pirouette. Max of 8 hand movements.</p> <p>JUMPS: Straddle jump full turn. Straight jump 2 ½ turn.</p> <p>LEAPS: Split change full turn. Split change to ring. Tourjetté ½ turn. Tourjetté to ring. Change leg Johnson ½</p> <p>SPINS: 2 ½ spin on one foot. Double spin free leg extended at horizontal. Wolf 2/2 Spin 1 ½. spin - Grab leg at the vertical</p>	<p>BALANCES: Handstand triple pirouette. Max of 12 hand movements.</p> <p>JUMPS: Straddle jump 1 ½ Split Jump 1 ½</p> <p>LEAPS: Change leg Johnson Full Split change 1 ½ Split change ring with ½</p> <p>SPINS: 2 ½ spin with leg horizontal. Triple spin on one foot. Wolf Triple Spin Double spin - Grab leg at the vertical</p>

