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# **WAG COMPETITION HANDBOOK**

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**2025 - 2026**

# INTRODUCTION:

The University Gymnastics Cup (UGC) was started in 2019 and has quickly become the front runner for competitive University Gymnastics. We have adapted and developed to the ever-changing landscape to create an enjoyable, competitive, and inclusive environment – and we are proud to share that UGC is now powered by IGA. With the support and expertise of the Independent Gymnastics Association, we will continue to grow, improve, and deliver high-quality experiences for all athletes for many seasons to come.

## CONTACT DETAILS:

**National Competition Organiser:** Robyn.adams@igauk.com

**National Safeguarding Lead:** Safeguarding@igauk.com

## UGC COMMITTEE:

COMING SOON

## CODE OF CONDUCT:

Please ensure that all Code of Conduct guidelines are adhered to at IGA events at all times. This applies to gymnasts, coaches, officials and spectators. Respectful behaviour, sportsmanship and professionalism is expected at these events from everyone involved. Any breaches of the Code of Conduct may result in disciplinary action, including removal from the event or future IGA competitions. By following these guidelines, we can maintain a positive and safe environment for all participants.

[Click here to ensure you are updated with our latest policy.](#)

## COMPETITION STRUCTURE:

### Regional Events:

*North*

*South*

### September to December (2025):

*TBC*

*TBC*

*TBC*

*TBC*

### January to May:

*TBC*

*TBC*

*TBC*

*TBC*

*TBC*

*TBC*

*National Final: 9th/10<sup>th</sup> May 2026 at New College Leicester*

## COMPETITION ENTRIES:

At the heart of University Gymnastics is inclusivity – ensuring that every student has the opportunity to enjoy and participate in gymnastics, regardless of their background, experience, or skill level. Whether an athlete is new to the sport or returning to stay active in a non-elite setting, University Gymnastics offers a supportive environment with structured progressions, clear goals, and opportunities to perform and develop at their own pace.

### COMPETITION ENTRY COSTS:

**All Levels:**

**£5.00 per apparatus**

[This is to ensure that all gymnasts have flexibility on entries – Please see your specific level rules for minimum apparatus entry]

**COMPETITION ENTRY LIMIT:** 30 entries per competition

*\*Please note – Competitions have set entry numbers due to venue capacity\**

### LATE ENTRIES:

Late entries will not be accepted under any circumstances. Once the entry deadline has passed, no further entries will be permitted.

### FIRST TIME ENTRIES:

At IGA, we offer entry level flexibility to support gymnasts in their first year of competition, allowing them to enter any level within the provided guidelines. However, it is essential that coaches carefully check the required entry level criteria to ensure gymnasts are entered into the appropriate level for their age and ability.

## SAFE PARTICIPATION:

All Coaches are encouraged to prioritise the gymnast's ability to perform all required skills safely, rather than focusing solely on achieving higher scores. Well-executed basics are preferred over attempting higher-scoring skills. Emphasising clean, well-executed routines with minimal deductions promotes overall performance excellence and enables gymnasts to progress through levels confidently. Please note, our Safeguarding Officer may be present at UGC competitions and has the authority to intervene if they feel a potential accident or safety risk is imminent.

## IGA AWARDS **NEW**

**ALL UNI  
COMPETITIONS**

Medals will be placed  
for 1<sup>st</sup> to 3<sup>rd</sup> on all  
apparatus.

1st to 3<sup>rd</sup> for overall winner who  
competes on all required apparatus

## THINGS TO BE AWARE OF: **NEW**

Gymnasts who participate alone in a category will **only** receive one gold medal.

Gymnasts who receive **two** move up scores in a season have **one** opportunity to compete as a **guest** before they are **required** to move up a level. If they get two move up scores **before the season ends** and **haven't moved up**, they are **required** to move up for the **first comp** in the **next year (26/27)**.

## ENTRY REQUIREMENTS:

Entry requirements for our IGA competitions are essential and play a crucial role in maintaining the safety and well-being of all participants. It is vital that clubs adhere to these requirements to ensure they align with our safeguarding standards. By following these guidelines, we can create a secure and supportive environment for everyone involved, from gymnasts and coaches to spectators and officials. Your commitment to these standards helps us protect our entire gymnastics community and uphold the highest levels of safety and care.

### ENTRY REQUIREMENTS:

A University **must** hold UGC Affiliation to enter UGC competitions.

A University **must** provide 1 full day/ 2 half day E judges per 6 competitors

An UGC University Club **must** provide one D-Panel Judge.

*Clubs must be fully compliant with IGA Membership Policies to enter IGA competitions.*

*Clubs that do not hold the correct affiliation or fail to adhere to IGA policies will not be permitted to enter IGA events.*

*This requirement is in place to safeguard the integrity and wellbeing of our community.*

### COACH REQUIREMENTS: BG/IGA Recognised Qualifications Accepted

1. Must have coaching qualifications uploaded to JustGo.
2. Must have valid Insurance.
3. Must be qualified to the level of skills the gymnast is competing.

*Coaches without these credentials will be unable to book via the portal. This is not a JustGo system error – please ensure the coach's profile is fully updated and meets the necessary requirements before attempting to register.*

### LEVEL UP SCORES

Novice: 31.5 AA

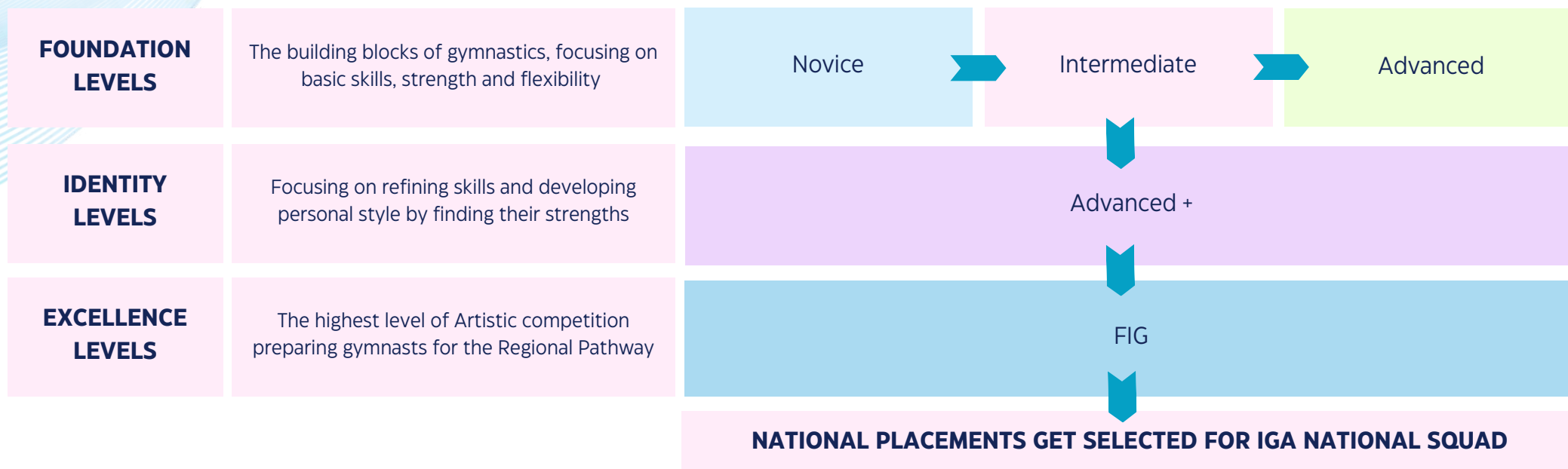
Intermediate: 37 AA

Advanced: 31.5 AA

Advanced + : 32 AA

FIG: No move up score

## IGA COMPETITION PATHWAY **NEW**



## COMPETITION ORGANISING TIMELINE:



The background of the slide features a series of overlapping, wavy, light blue lines that create a sense of motion and depth. These lines are more concentrated in the upper half of the image, where they frame the text.

*UNIVERSITY GYMNASTICS*

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**COMPETITION LEVELS**

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# WAG NOVICE ROUTINE SHEET

## Apparatus Requirements:

FX, VT and either BB or UB

## Short Exercise Penalty:

1.00 mark removed for each missing element

Follow skills and values of matrix below

## VAULT

## BARS

## BEAM

## FLOOR

EQUIPMENT:	125m Vault with stacked mats	FIG Uneven Bars	FIG Height Beam	FIG Floor Area: 12m x 2m floor strip
ROUTINE REQUIREMENTS:	Perform two vaults Same or different Best score to count Choice of three vaults only	Low bar routine only Set routine	Choreo Optional	Performed on a line Choreo Optional Set routine
ROUTINE SKILLS:	<b>DV: 2.00</b> Squat on, Kick to handstand, Fall to flat lie <b>DV: 3.00</b> Stretch jump on, Kick to handstand, Fall to flat lie. <b>DV: 4.00</b> Handspring flat lie	<b>DV: 1.6</b> Mount jump to front support <b>OR</b> Circle up 0.3 Cast 0.4 Backwards hip circle 0.5 Circle down <b>OR</b> straddle shoot 0.4	<b>DV: 1.6</b> Mount jump to front support <b>OR</b> Squat on 0.2 Straight Jump 0.1 Tuck Jump 0.3 Arabesque <b>OR</b> Y Balance 0.3 Catleap 0.4 Dismount straight jump <b>OR</b> Round off 0.3	<b>DV: 2.6</b> Handstand <b>OR</b> Handstand fwd roll 0.4 Arabesque <b>OR</b> Y-Balance 0.3 Split leap <b>OR</b> Catleap 0.4 Cartwheel 0.3 Splits <b>OR</b> Bridge 0.3 Tuck jump (i) <b>OR</b> Star jump (ii) 0.1 Wolf Jump (i) <b>OR</b> Straddle Jump (ii) 0.3 Round off <b>OR</b> Dive Roll 0.5
BONUS:	N/A	Cast to horizontal 0.5 bonus	Straight Jump <b>connected</b> Tuck Jump 0.5 bonus	0.5 Bonus for linking jumps (i) and (ii)



# WAG INTERMEDIATE ROUTINE SHEET

<b>Apparatus Requirements:</b>	FX, VT and either BB or UB	<b>Short Exercise Penalty:</b>	11+ = 4.00	8-10 = No penalty	7 = 1.00	6 = 2.00	5 = 4.00	4-3 = 6.00	2-1 = 8.00	0 = 10.00
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**Final Score (FX/BB)** = 8 Elements (1 which is DMT) + CRs - Deductions

**Final Score (UB)** = 6 Elements (1 which is DMT) + CRs - Deductions

Follow skills and values of matrix below

## VAULT

<b>EQUIPMENT:</b>	125m Vault with stacked mats	<b>ROUTINE REQUIREMENTS:</b>	Perform two vaults same or different. Best score to count. Choice of three vaults only	<b>ROUTINE REQUIREMENTS:</b>	<b>DV: 3.00</b> Handspring flat lie <b>DV: 4.00</b> Handspring to stand <b>DV: 5.00</b> Half on to stand
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## BAR

<b>EQUIPMENT:</b>	FIG Uneven Bars	<b>ROUTINE REQUIREMENTS:</b>	Must complete transition from low bar to high bar (ded 0.5)	<b>CR REQUIREMENTS:</b>	1. Close bar element (0.5) 2. Cast to >90 (0.5) 3. Upstart (0.5)
<b>ROUTINE SKILLS:</b>					
<b>DV 0.1 (A)</b>	<b>DV 0.2 (B)</b>	<b>DV 0.3 (C)</b>	<b>DV 0.4 (D)</b>	<b>DV 0.5 (E)</b>	
(MT) Jump to front support (DMT) Circle down (LB/HB) Cast	(MT) Circle Up (LB/HB) Bwd Hip Circle (LB) Squat on	(DMT) Straddle/Pike undershoot Baby Giant (LB/HB) Fwd Hip Circle Sole Circle	(MT/LB) Short upstart (DMT) Straddle/Pike undershoot ½ (HB) Long Upstart	(MT) Short upstart ½ (DMT) Straddle/Pike undershoot 1/1 (LB/HB) Clear circle below 90	



# WAG INTERMEDIATE ROUTINE SHEET



## BEAM

EQUIPMENT:	FIG Height Beam	ROUTINE REQUIREMENTS:	Max 1min 30 seconds	CR REQUIREMENTS:	1.One non-acro or acro element D DV or above. (0.5) 2.One non-acro element connected to an acro element (0.5) 3.Any one-footed spin (0.5)	1.Routine must have 3 x Acro, 3 x Non Acro & 2 optional (ded 0.5) 2.Gymnasts torso/trunk must touch the beam.(ded 0.5)
ROUTINE SKILLS:						
	DV 0.1 (A)	DV 0.2 (B)	DV 0.3 (C)	DV 0.4 (D)	DV 0.5 (E)	
ACROBATIC ELEMENTS	(DMT) Straddle Jump Fwd Tucked Roll	(DMT) Round-off (DMT) Handspring Bwd Tucked Roll to Straddle Sit	(DMT) Free-Cartwheel Cartwheel	(DMT) Tucked Fwd Salto Fwd Free Roll Handstand	(DMT) Tucked Bwd Salto Backward Walkover Handstand Fwd Roll	
NON-ACROBATIC ELEMENTS	(MT) Front Support Two footed ½ spin Stretch Jump Tuck Jump	(MT) Squat on One footed ½ spin Stretch Jump ½	(MT) Squat through Arabesque/Y-Balance Catleap	(MT) Japan (MT) Left or Right Leg Splits Wolf Jump Tuck Jump ½	(MT) Flank Full Spin (one footed) Split Leap Jump	

## FLOOR

EQUIPMENT:	FIG Floor	ROUTINE REQUIREMENTS:	Floor Line 12m x 2m Choreo Optional	CR REQUIREMENTS:	1.One dance passage with 180 splits (0.5) 2.2 x Acro elements in different directions, connected (0.5) 3.Split or Jump with a C DV or above (Leaps excluded) (0.5)	1.Last element must be an acrobatic element (ded 0.5) 2.Must have 3 x Acro, 3 x Non-Acro & 2 Optional (ded 0.5)
ROUTINE SKILLS:						
	DV 0.1 (A)	DV 0.2 (B)	DV 0.3 (C)	DV 0.4 (D)	DV 0.5 (E)	
ACROBATIC ELEMENTS	Handstand Fwd Roll Cartwheel Handstand Bridge Kickover	Forward Walkover Backward Walkover Dive Roll Handstand Bridge to Stand	Flic Handspring Round Off	Flic, Flic Handspring to One Handspring to Two Fwd Tucked Salto	Bwd Tucked Salto Free Cartwheel/Free Walkover	
NON-ACROBATIC ELEMENTS	Tuck Jump Catleap One footed ½ spin Wolf Jump	Jump ½ Turn Splits (L, R or Box) Straddle Jump Arabesque or Y-Balance	Stretch Jump 1/1 Pike Jump One footed 1/1 Spin Handstand ½ Pirouette	Catleap 1/1 Split Leap or Jump Handstand 1/1 Pirouette	1/1 Leg at Horizontal Spin Double Spin Split Change Leg Leap ½ Wolf Spin	



# WAG ADVANCED ROUTINE SHEET

<b>Apparatus Requirements:</b>	FX - VT and optional BB or UB	<b>Short Exercise Penalty:</b>	11+ = 4.00	8-10 = No penalty	7 = 1.00	6 = 2.00	5 = 4.00	4-3 = 6.00	2-1 = 8.00	0 = 10.00
<b>Final Score:</b>	FX/BB/UB = 8 Elements (1 which is DMT) + CRs - Deductions		Cannot repeat elements, as they will not be counted towards their D Score.							

Follow skills and values of matrix below, following WAG IGA code of points

	VAULT	BARS	BEAM	FLOOR
<b>EQUIPMENT:</b>	125m Table Vault	FIG Uneven Bars	FIG Height Beam	FIG Floor Area with music
<b>ROUTINE REQUIREMENTS /CRS:</b>	Perform two vaults Must have 2 different vault entries for AA and Vault medal Highest Score Counts	1. Transition from LB to HB (0.5) 2. Element >45 handstand (0.5) 3. Close bar element (0.5) 4. Element with DV B on LB and HB (0.5)	1. One footed 1/1 spin (0.5) 2. Two different acro elements connect [DMT excluded] (0.5) 3. Two different dance elements 1 x 180 split (0.5) 4. A flighted acro element (0.5)	1. One footed spin with DV C/D (0.5) 2. Two different dance elements connected [1 x DV B/C & 1 x 180 splits] (0.5) 3. 1 x Acro line with salto DV D (0.5) 4. Two acro elements [Fwd/side/Bwd] (0.5)
<b>ROUTINE SKILLS/ADVICE/ APPARATUS DEDUCTIONS:</b>	<b>VT 1.00 DV 1.60:</b> Handspring <b>VT 1.01 DV 2.00:</b> Handspring ½ off <b>VT 1.01 DV 2.00:</b> Yamashita <b>VT 1.11 DV 2.60:</b> Yamashita ½ <b>VT 1.20 DV 1.60:</b> Half On <b>VT 1.21 DV 2.40:</b> Half On ½ Off	<b>Apparatus Advice:</b> Same element [excluding upstart] may be repeated once and DV counted. For example 2 x Hip Circles	<b>Apparatus deductions (0.5):</b> Performance must have 3 x acro, 3 x non-acro and 2 optional  Acro elements in different directions (Fwd/side/bwd)	<b>Apparatus deductions (0.5):</b> Performance must have 3 x acro, 3 x non-acro and 2 optional  Max of 4 acro lines  Acro elements in different directions (Fwd/side/bwd)
<b>BONUS/BARRED ELEMENTS:</b>	Choice of the vaults above only	<b>Barred:</b> All D Elements & Above (inc IGA COP) <b>Bonus:</b> DMT B - 0.1 <b>Bonus:</b> DMT C - 0.3 Bonus	<b>Barred:</b> All D Elements & Above (inc IGA COP) <b>Bonus:</b> DMT B - 0.1 Bonus <b>Bonus:</b> DMT C - 0.3 Bonus	<b>Barred:</b> All E Elements & Above (inc IGA COP) <b>Bonus:</b> DMT B - 0.1 Bonus <b>Bonus:</b> DMT C - 0.3 Bonus



# WAG ADVANCED+ ROUTINE SHEET

<b>Apparatus Requirements:</b>	FX – VT and optional BB or UB	<b>Short Exercise Penalty:</b>	11+ = 4.00	8-10 = No penalty	7 = 1.00	6 = 2.00	5 = 4.00	4-3 = 6.00	2-1 = 8.00	0 = 10.00
<b>Final Score:</b>	FX/BB/UB = 8 Elements (1 which is DMT) + CRs – Deductions		Cannot repeat elements, as they will not be counted towards their D Score.							

Follow skills and values of matrix below, following WAG IGA code of points

	VAULT	BARS	BEAM	FLOOR
<b>EQUIPMENT:</b>	125m Table Vault	FIG Uneven Bars	FIG Height Beam	FIG Floor Area
<b>ROUTINE REQUIREMENTS /CRS:</b>	Perform two vaults Must have 2 different vault entries for AA and Vault medal Highest Score Counts	1. Transition with DV D from LB to HB (0.5) 2. Element >45 handstand (0.5) 3. Close bar element with DV C (0.5) 4. Fwd/Bwd Giant (0.5)	1. Jump or Spin DV C (0.5) 2. Two different acro elements connect 1 x flighted [DMT excluded] (0.5) 3. Two different dance elements 1 x 180 split (0.5) 4. Two acro elements in different directions (Fwd/Side/Bwd) (0.5)	1. Salto with 1/1 Twist (0.5) 2. Two different dance elements connected [1 x DV D & 1 x 180 splits] 3. 1 x Acro line with salto DV B and salto DV C (0.5) 4. Jump or Spin with DV E
<b>ROUTINE SKILLS/ADVICE/ APPARATUS DEDUCTIONS:</b>	<b>VT 1.22 DV 2.60:</b> Half On ½ off <b>VT 1.11 DV 2.60:</b> Yamashita ½ <b>VT 1.12 DV 2.80:</b> Yamashita 1/1 <b>VT 1.22 DV 2.80:</b> Half on 1/1 off <b>VT 1.40 DV 2.60:</b> Yurechenko no salto <b>VT 1.50 DV 2.80:</b> Yurechenko ½ on <b>VT 3.10 DV 3.20:</b> Tsukahara Tuck <b>VT 3.10 DV 3.40:</b> Tsukahara Pike	<b>Apparatus Advice:</b> Same element [excluding upstart] may be repeated once and DV counted. For example 2 x Hip Circles	<b>Apparatus deductions (0.5):</b> Performance must have 3 x acro, 3 x non-acro and 2 optional  Acro elements in different directions (Fwd/side/bwd)	<b>Apparatus deductions (0.5):</b> Performance must have 3 x acro, 3 x non-acro and 2 optional  Max of 4 acro lines  Acro elements in different directions (Fwd/side/bwd)
<b>BONUS/BARRED ELEMENTS:</b>	Choice of the vaults above only	<b>Barred:</b> All E Elements & Above (inc IGA COP) <b>Bonus:</b> DMT D – 0.3 Bonus <b>Bonus:</b> DMT C – 0.1 Bonus	<b>Barred:</b> All E Elements & Above (inc IGA COP) <b>Bonus:</b> DMT C – 0.3 Bonus	<b>Barred:</b> All F Elements & Above (inc IGA COP) <b>Bonus:</b> DMT D – 0.1 Bonus <b>Bonus:</b> DMT E – 0.3 Bonus

## WAG FIG ROUTINE SHEET

Gymnasts **must** compete Vault **(VT)**, Uneven Bars **(UB)**, Balance Beam **(BB)**, Floor **(FX)**

All routines are judged as per the **current WAG FIG Code of Points 2025-2028**

*[https://www.gymnastics.sport/publicdir/rules/files/en\\_1.1.%20WAG%20Code%20of%20Points%202025-2028.pdf](https://www.gymnastics.sport/publicdir/rules/files/en_1.1.%20WAG%20Code%20of%20Points%202025-2028.pdf)*

All equipment used will be of FIG Standard and Height.