



University Gymnastics Cup

Handbook 2025-2026



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About

The University Gymnastics Cup (UGC) was started in 2019 and has quickly become the front runner for competitive University Artistic Gymnastics. UGC runs throughout the academic year between October and May. Now powered by IGA, we are proud to support and continue the organisation. UGC aims to enhance the hosting and organisation of these events, creating a consistent and rewarding competition experience for student athletes.

With support from IGA, UGC is able to invest in high quality league medals and trophies, event management equipment, and professional media platforms including social media, web services and photography.

Together UGC and IGA are committed to growing and celebrating the student gymnastics community.

Committee

The University Competition Committee plays a key role in delivering high-quality gymnastics competitions across the university circuit. The structure includes a North and South regional committee, both working under the guidance and leadership of the IGA Team, who serve as the Head of Committee and main organisers.

The IGA Team are the central organisers of the university gymnastics competition calendar. They provide overall leadership, coordinate logistics and planning behind the scenes, and ensure consistency and fairness across all events. Acting as the Head of Committee, they are responsible for managing timelines, budgets, communications, and long-term development of the competition structure.

They also provide support, training, and guidance to the North and South committees, and offer opportunities for committed committee members to take on greater responsibilities in future organising efforts.

Each region has its own committee made up of key role-holders who are primarily responsible for the on-the-ground delivery of competitions. These individuals are present at events and ensure everything runs smoothly on the day, from athlete coordination to equipment setup and media coverage.

Committee members not only gain valuable experience but also have the opportunity to expand their role within the wider organisational structure if they wish to contribute more actively to planning and development in future seasons.

Regional Committee Roles (NORTH & SOUTH)

Head of MAG: Leads the men's artistic gymnastics events, ensuring all apparatus is prepared, the schedule is followed, and athletes and coaches are well-supported. Also will host MAG judges meeting and MAG coaches meeting before comp day starts.

Head of WAG: Leads the women's artistic gymnastics events, ensuring all apparatus is prepared, the schedule is followed, and athletes and coaches are well-supported. Also will host WAG judges meeting and WAG coaches meeting before comp day starts.

Medical & Welfare Officer: Ensures athlete safety and wellbeing. Coordinates medical support, addresses welfare concerns, and is the first point of contact in case of injury or emergency (can be multiple individuals).

Media Officer: Handles all aspects of event publicity. This includes photography, social media updates, livestreams, and post-event coverage, helping showcase the event and celebrate athlete performances (Can be multiple individuals, e.g. role of instagram/photographer/videographer).

Assistant head of MAG: Supports the Head of MAG in managing the men's competition, with equipment setup, timing, score inputting and problem-solving during the competition. May take over leadership duties if needed.

Assistant head of WAG: Assists the Head of WAG in managing the women's competition, with equipment setup, timing, score inputting and problem-solving during the competition. May take over leadership duties if needed.

Competition Secretary: Manages all admin and documentation. Responsible for ensuring all competitors have arrived, timetables changes, score sheets, ensuring all judges are at panels and ensuring the day runs according to plan. Opportunities to take over formatting timetable duties.

North vs South

UGC is split into two separate leagues that will come together for the UGC Final at the end of the season. The two leagues will run independently with institutions being split into either the North or South however the respective league scores from the Regional league will transfer over to the UGC Finals.

Only institutions in the North can enter UGC North competitions and those in the South are able to enter the UGC South Competition. The IGA will inform institutions which league they fall into. Both institutions in the North and South can enter the UGC Finals. The competition format will be the same across the North and South with the same rules and regulations followed across both regions.

Each regional league will consist of 4 competitions, with the top 3 scores counting towards the regional league totals. Each region will have a regional league final at competition number 4 where an institution will be crowned UGC North and UGC South champion. The scores will then carry forward and the top 3 regional scores, along with the scores from the UGC final will determine which institution takes home the University Gymnastics Cup.

University league scores will be calculated as the following:

Regional League: Top 11 Scores will count towards university league total (Max Score 3300) National League:

Top 14 Scores will count towards University League Total (Max Score 5600)

Only institutions and gymnasts who compete at the UGC Finals in May will be eligible for National League medals and trophies.

All rules in this document will be relevant for all leagues unless stated otherwise.

Competitions

Host universities have been contacted and the full competition structure will be available online on the IGA website before the start of the season.

Competition Structure

UGC competitors will accommodate all abilities and genders. There are five categories for MAG and five categories for WAG:

Novice

Intermediate

Advanced

Advanced +

FIG

Routine structure can vary between competitions but will follow the same core concepts throughout the league.

Level Matrix

	WAG	MAG
UGC	BUCS	
Novice	BUCS 4	BUCS 3
Intermediate	BUCS 3	
Advanced	BUCS 2	BUCS 2
Advanced +		
FIG	BUCS 1	BUCS 1

Competition entry

Entry will be done on IGAs website, only entries received via the website will be entered into the competition. Where applicable, apparatus must be marked in correspondence to what each competitor is competing. Universities will be limited to 30 competitors per competition, once entries are in, if there are extra spots available, an additional 5 spots will be given out in batches per university until capacity is full.

Deadlines:

- Entry report changes/additions will be accepted one week following the entry report release date.
- changes/additions after the report deadline will be denied unless extenuating circumstances are submitted to the IGA via email.
- Changes or additions after the report deadline will be denied unless extenuating circumstances are submitted to the UGC via email.
- Extenuating circumstance deadlines will be considered until 48 hours prior to the competition.

Prices

Annual

UGC Affiliation Fee £55

Affiliation is the subject to agreement to the terms set out on the joining form, along with the rules and regulations set out in this handbook.

To affiliate your university/ institution to the University Gymnastics Cup please fill out the affiliation form online on the IGA website or through our instagram linktree @ ugcup.

Per Event

Individual Entry £5 per competitor per piece of apparatus

Non- Affiliated University Entry Fee £10 per competitor per piece of apparatus

All entry fees include entry into the UGC Team event at each competition.

Universities will submit entries to the IGA website, an invoice will then be sent to the universities after the entry report changes/additions deadline for the entry cost to the competition. Universities will still be held chargeable for any entrants who withdraw after the invoice is sent out.

The invoice will need to be paid in full by the dates on the invoice, any institution who does not pay the invoice before the deadline, risks exclusion from any future competitions until the invoice has been paid.

If an invoice is still not paid after the deadline, or the institution is not processing payment, then a £50 surcharge will be added onto entry fees. This will either be sent as a separate invoice or will be included in the next competition invoice. Should this invoice not be paid a further £50 will be added every 7 days that has passed from the deadline until the balance has been paid. The institution will not be eligible to enter or compete at any other competition's with an outstanding late invoice fee.

UGC League Final

Universities are only eligible to enter the final if they have competed in at least three regional competitions throughout the season.

Any universities that try to enter the final without fulfilling this prerequisite will have their entry refused.

The final will be run as a normal competition but with the added league awards at the end of the competition.

Entry Regulations

Insurance

As a condition of membership to the UGC and to participate in UGC competitions, clubs must hold sufficient insurance and ensure that all competing members are appropriately covered for the activities undertaken. Clubs must be able to provide evidence of this on request or risk exclusion from the UGC and all UGC affiliated competitions.

For an individual gymnast, insurance can be purchased for £15.99 for the year through IGA if you do not have insurance.

Sanctions

The UGC reserves the right to remove competitors, sanction or disqualify universities, and invalidate scores for instances of misconduct, without refund. This can include but is not limited to; unsportsmanlike behaviour, aggressive behaviour towards officials or other competitors, continual disregard for the rules laid out in the handbook.

These sanctions will be dealt with on a case-by-case basis and penalties will be awarded as such. IGA takes these types of incidents very seriously and will hold an impartial meeting to decide on any sanctions to be awarded.

Penalties and sanctions can include but are not limited to; Reduction or removal of league points, either for the institution of the individual, Restriction on entries for following events, Closer investigation by the UGC, Banning institutions from future competitions, and financial repercussions.

Sanction letters will be sent to any institutions / individuals following misconduct which will clearly outline the decision made by the UGC Committee and any repercussions. IGA reserves the right to withdraw universities or individuals, penalise, or change categories, and register competitors as guests where they see fit. If any sanctions are placed this will be sent to relevant institutions via email and will outline the offence and the outcome made by IGA. Where an institution/individual has been denied entry, the entry fee will not be refunded and the invoice will still be payable.

Individual clubs are expected to enter their own gymnasts appropriately, in cases of error or misconduct, IGA reserve the right to invalidate scores.

These decisions are final and are not up for appeal.

Readiness to compete

Competitors must not enter themselves at a level that is beyond their ability and must be physically and mentally ready to compete at the level entered. Participants must be supported at events by a coach.

Participants must not compete at a level below their ability. If you have received a move up score twice you have one opportunity to compete as a guest before requiring you move up a level. If for any reason you are needing to move down a level due to injury etc a request must be made in writing to IGA, and must be approved before entering another competition.

Coaches

Competitors must be accompanied by a relevant level coach throughout the competition. Coaches' accreditation will need to be entered online prior to the competition start date and all coaches MUST attend the coaches registration before the start of the round. Failure to bring a suitably qualified coach will result in immediate disqualification, and no refunds will be permitted.

Coaches can be shared across institutions and must be verified by the coach. IGA must also be informed by this and the coach must be able to be present during the round.

Coaches can be submitted online via the IGA website.

Routines

Routines must be created from the Matrix online on the IGA website, using the IGA code of points.

Novice: Floor, vault and either; WAG A-bars/beam, MAG p-bar/rings

Intermediate: Floor, vault and either; WAG A-bars/beam, MAG p-bar/rings

Advanced: WAG any 3 of the 4 women's apparatus. MAG min 3, max 4 of the 6 mens apparatus.

Advanced +: WAG any 3 of the 4 women's apparatus. MAG min 4, max 5 of the 6 mens apparatus.

FIG: WAG must complete 4 pieces of apparatus. MAG must complete 6 apparatus. Unless facilities are unable to accommodate all pieces of apparatus.

For advanced, advanced+ and UGC FIG WAG: there are no restrictions on floor music as long as the length of music and routine requirements adhere to the UGC/FIG rules and regulations as above.

Novice

WAG

Novice gymnasts must compete in floor and vault and either A-bars or beam. A set routine has been made for each piece (Floor, Bars, Beam), which can be found on the IGA website, with options to select to suit the competitor. Even though routines will slightly differ, they will have the same start difficulty, to focus on execution of routines. Bonuses are available additionally, and if a competitor is unable to complete a skill in the set routine, difficulty of skill and a short routine will be taken off the start value.

MAG

Novice gymnasts must compete in floor and vault and either P-bars or beam. A set routine has been made for each piece (Floor, P-bars, rings), which can be found on the IGA website, with options to select to suit the competitor. Even though routines will slightly differ, they will have the same start difficulty, to focus on execution of routines. Bonuses are available additionally, and if a competitor is unable to complete a skill in the set routine, difficulty of skill and a short routine will be taken off the start value.

Both MAG & WAG

For the vault competition each gymnast will compete in two vaults with the highest score counting for both the VT medal and the AA medal. The Vault table will be set to 125cm for WAG and 135cm for MAG. Must choose from the vault options in the routine sheet.

Novice floor routines will be competed on a strip of floor measuring 12m x 2m. For an all around medal or team medal, competitors must compete on all 3 apparatus.

Intermediate

WAG

Intermediate gymnasts must compete floor and Vault and either A-bars or beam. Gymnasts are responsible for constructing their own routine for these pieces using the updated matrix found on the IGA website. All penalties and elements are outlined in the routine pack.

MAG

Intermediate gymnasts must compete floor and Vault and either p-bars or rings. Gymnasts are responsible for constructing their own routine for these pieces using the updated matrix found on the IGA website. All penalties and elements are outlined in the routine pack.

Both MAG & WAG

For the vault competition each gymnast will compete in two vaults with the highest score counting for both the VT medal and the AA medal. The Vault table will be set to 125cm for WAG and 135cm for MAG. Must choose from the vault options in the routine sheet.

Intermediate floor routines will be competed on a strip of floor measuring 12m x 2m. The apparatus competition will be competed on full height competition standard apparatus. For an all around medal or team medal, competitors must compete all 3 apparatus.

Advanced

WAG

Advanced WAG will compete in 3 out of 4 apparatus.

Elements in Advanced WAG should not exceed a 'C' value for beam and bars and an 'D' on floor according to the IGA WAG code of points. The vault options are available on the matrix sheets.

If any Advanced Gymnast competes a skill or vault higher they will be disqualified from the apparatus scoring a '0' and any league points attained will be discredited and will not count towards their university total.

For an All-Around medal (both event and League) only ONE vault will count (if two vaults are performed the higher scoring one will contribute to the All- Around Score). Should a gymnast wish to compete for an individual vault medal for both the event and the league they must compete TWO vaults with different entries. No league points will be awarded to gymnasts who only compete in one vault. Any repeated vault or a vault with the same entry will score an automatic 0.0 for the second vault.

Gymnasts who do not compete two different vaults are not eligible to win an individual medal for vault and will not earn any individual league points for vault for that event. If a gymnast is not entering the individual vault competition they will only compete ONE vault.

MAG

Advanced MAG will create routines and compete in 4 out of 6 apparatus.

Elements in Advanced MAG should not exceed a 'B' value according to the MAG code of points. The vault and Pommel (Routine) options are available on the matrix sheets.

If any Advanced Gymnast competes a C skill or higher they will be disqualified from the apparatus scoring a '0' and any league points attained will be discredited and will not count towards their university total.

For the vault competition, only one vault will count towards the All-Around Score. Should the gymnast want to earn league points and an individual medal for vault they will need to compete TWO vaults from different categories in the MAG Code of Points. The average score will then be taken for the vault score whilst the highest score will be taken for the All Around total. Any repeated vault or a vault in the same group will score an automatic 0.0 for the second vault.

Gymnasts who do not compete two different vaults are not eligible to win an individual medal for vault and will not earn any individual league points for vault for that event.

If a gymnast is not entering the individual vault competition, they will only compete ONE vault.

Advanced +

WAG

Advanced+ WAG will compete in 3 out of 4 apparatus.

Elements in Advanced+ WAG should not exceed an 'D' value for beam and bars and an 'E' on floor according to the IGA WAG code of points, unless stated otherwise on the routine matrix. The vault options are available on the matrix sheets.

If any Advanced+ Gymnast competes a skill or vault higher they will be disqualified from the apparatus scoring a '0' and any league points attained will be discredited and will not count towards their university total.

For an All-Around medal (both event and League) only ONE vault will count (if two vaults are performed the higher scoring one will contribute to the All- Around Score). Should a gymnast wish to compete for an individual vault medal for both the event and the league they must compete TWO vaults with different entries. No league points will be awarded to gymnasts who only compete one vault. Any repeated vault or a vault in the same group will score an automatic 0.0 for the second vault.

Gymnasts who do not compete two different vaults are not eligible to win an individual medal for vault and will not earn any individual league points for vault for that event.

If a gymnast is not entering the individual vault competition they will only compete ONE vault

MAG

Advanced+ MAG will create routines and compete in 5 out of 6 apparatus.

Elements in Advanced MAG should not exceed a 'C' value according to the MAG code of points. The Start Value for Vault must not exceed 3.20

If any Advanced Gymnast competes a D skill or higher or competes a vault with a Start Value higher than 3.20, they will be disqualified from the apparatus scoring a '0' and any league points attained will be discredited and will not count towards their university total.

For the vault competition, only one vault will count towards the All-Around Score. Should the gymnast want to earn league points and an individual medal for vault they will need to compete TWO vaults from different categories in the MAG Code of Points. The average score will then be taken for the vault score whilst the highest score will be taken for the All Around total. Any repeated vault or a vault in the same group will score an automatic 0.0 for the second vault.

Gymnasts who do not compete two different vaults are not eligible to win an individual medal for vault and will not earn any individual league points for vault for that event.

If a gymnast is not entering the individual vault competition, they will only compete ONE vault.

FIG

WAG

UGC FIG WAG will follow full FIG rules, creating routines and competing in up to 4 out of 4 pieces. For an All-Around medal (both event and League) only ONE vault will count (if two vaults are performed the higher scoring one will contribute to the All-Around Score). Should a gymnast wish to compete for an individual vault medal for both the event and the league they must compete TWO vaults with different entries. No league points will be awarded to gymnasts who only compete one vault. Any repeated vault or a vault in the same group will score an automatic 0.0 for the second vault.

Gymnasts who do not compete two different vaults are not eligible to win an individual medal for vault and will not earn any individual league points for vault for that event.

If a gymnast is not entering the individual vault competition they will only compete ONE vault

There is no cap on the difficulty value of moves performed in this category.

MAG

UGC FIG MAG will follow full FIG rules and regulations, creating routines and competing in up to 6 out of 6 pieces.

For an All-Around medal (both event and League) only ONE vault will count (if two vaults are performed the higher scoring one will contribute to the All- Around Score). Should a gymnast wish to compete for an individual vault medal for both the event and the league they must compete TWO vaults from different groups in the MAG COP. No league points will be awarded to gymnasts who only compete one vault. Any repeated vault or a vault in the same group will score an automatic 0.0 for the second vault.

Gymnasts who do not compete two different vaults are not eligible to win an individual medal for vault and will not earn any individual league points for vault for that event.

If a gymnast is not entering the individual vault competition they will only compete ONE vault

There is no cap on the difficulty value of moves performed in this category.

Competition Procedure

Warm up

- Warm up will be at the discretion of the head judge at the start of the rotation. All gymnasts must report to the judging table to receive direction, and give intention sheets.
- It is the sole responsibility of the gymnast and coach to ensure that all gymnasts are suitably warmed up and know when they are competing, according to the start list.
- Novice and intermediate will get up to two warm up vaults before competing their two vaults.
- Novice and Intermediate will get a two-touch warm up on apparatus before competing. Advanced, Advanced+ and UGC FIG will get a dedicated general warm up time and a dedicated apparatus warm up time. This will be clearly timetabled.

Competition

- Apart from the first rotation, which gymnasts will have warmed up last on in the apparatus warmup, there will be a one touch control warmup for all gymnasts. The warmup schedule will be decided by the D judge on each panel and will be explained to all gymnasts.
- The UGC reserves the right to change the rotation, groups and starting order for all groups and competitions. Any changes will be clearly communicated on the day.

Entry / ID cards

Digital Entry and ID cards may be Issued to all competitors ahead of the first competition of the season. ID

Cards will be given to a representative of the University at their first competition, It will be the responsibility of the university to hand these out to specific members. Each Individual will be allocated one ID card which will be valid for all seasons.

All gymnasts will need to register using their ID cards at the registration desk. Failure to register using your ID card can risk expulsion from the competition, where the individual is allowed to compete following failure to register using their ID card a £20 fee will be made payable to the university.

Where Individuals did not register with their ID card can risk their score not being uploaded. Judges will not be able to add scores after the event. All gymnasts need to carry their ID card with them when they are on the competition floor as these may be used by the judges to help identify individuals competing. Failure to produce the ID card on request can risk expulsion from the competition floor.

Non-Binary & Gender Fluid Competitors

At UGC we understand that not everyone fits into either a male or female gender and we wish for our competitions to reflect this, so we are allowing those who do not fully identify with being either Male or Female to be able to compete in the discipline they feel most comfortable in

This allows you to enter either MAG-Competing categories or WAG-Competing categories without defining your gender allowing you to compete how you want and feel most comfortable.

These will be dealt with on a case-by-case basis with the individual, club captain / president and the senior UGC committee to ensure that you are able to compete how you feel most comfortable.

For further information please contact us on info@igauk.com

Judges

Each university must provide 1 full day or 2 half-day officials per 6 competitors entered. These judges can also be competitors and the UGC will try to ensure they are not judging when they are supposed to be competing.

This count starts at 1 entry and extra judges are required for every 6th entry after this. All universities must enter a judge who is D Judge competent either through the UGC workshop or they are a Regional or above level judge outside of the UGC.

Should a judge be submitted and then subsequently chosen, it is not the responsibility of the UGC to find a replacement. Should that judge have not been submitted or is unable to attend in the first place, it will be up to the university to source a suitable substitute.

All judges must be suitably qualified to judge, either by attending a previously run judging workshop, another affiliated body, or by attending one of the UGC accredited judging workshops.

Failure by the institution to not provide the timetabled official or find a suitable replacement will be subject to £75.00 admin fee for each round they are unable to supply a suitable official, made payable to the IGA. Failure to provide officials will result in a club's entry being refused.

Where possible there will be two execution judges per apparatus for all competitions. Where there are two judges, an average execution score is taken and that is the score that is submitted for results. Where there is only one judge, the execution score is taken and submitted for results.

UGC judging workshop

IGA will be hosting a IGA accredited judging workshop before the start of the season. It will be a requirement for judges to attend this workshop unless they are already qualified with BG or another affiliated body. The aim of this workshop is to teach you how to competently judge execution for levels up to, and including, advanced. The logistics of this will be announced closer to the time.

If you are already a UGC accredited judge, we ask that you enroll and complete our IGA refresher course before the competition season begins. When your judges have completed their course their judging certificate will be added to your club portal on the IGA website, this will allow you to enter them as judges into competitions. This is free on our website, or through the link here:

<https://independentgymnastics.thinkific.com/products/courses/judging-course-refresher-gymnastics-judges>

We have a list of those with a UGC Judging accreditation, so we will know if judges will need to complete the workshop to become a judge or the refresher course, so we ask only UGC accredited judges to enroll and complete the course. If someone is entered into a competition as a judge without a UGC accreditation plus the refresher, completion and pass of our IGA workshop or a qualification with another affiliated body (e.g. BG), they will not be counted as a judge.

We ask that you get your judges with qualifications to other affiliated bodies (e.g. BG Judge) to create an account on the IGA portal and upload their certificate/proof of qualification.

Adjustment enquiry sheet, Health enquiry adjustment sheet

If your gymnast requires special adjustments during the competition (e.g. equipment to be raised due to the gymnast being too tall for FIG height apparatus, to drop down a category due to a medical condition, adjustment to be made to the equipment due to a disability (visual impairment)) then an Adjustment

Enquiry Sheet must be completed and submitted online 21 days prior to the start of the competition. Failure to submit the sheet will result in the adjustments potentially being denied and as a result no refund of entry fee will be awarded. If the adjustment is agreed to be season long, then only one form will need to be submitted and the UGC will keep a note for future competitions.

Once the form has been submitted the UGC will review this and send it back with a decision within 5 working days. If needed the UGC committee may set up a meeting with the club and the individual to discuss the adjustments in more detail.

The UGC will NOT be able to accept adjustments submitted on the day of the competition and will result in an automatic rejection and, if deemed unsafe to compete, the gymnast may not be permitted to compete at the event.

Requests for routine adjustments due to a medical condition may also be submitted through this sheet. E.g. needing a break between vaults or a shorter floor routine can be requested if due to a medical condition.

Score enquiry sheet

Score Enquiry Sheets can be submitted on the day of the competition either through physically handing in a printed-out score enquiry sheet to the control desk for the jury to review or submitting it via the forms on our website. This form will NOT be actively monitored during the competition day so if a score enquiry was submitted this way, then the coach will need to make the jury aware this has been submitted and the team will extract this and update accordingly. Score enquiries will be aimed to be complete by the start of the next round however there can be delays and we will advise once the review is complete and any changes to the score.

Note you are only able to enquire about the D score unless there is a clear and obvious error with the Execution Score. Do not go up to the individual judge and ensure you submit it through the form. We will NOT be able to deal with any enquiries that were not submitted either in person on the form or online. Score enquiries can be submitted online after the competition as per the rules stated elsewhere in the handbook.

Score disputes must NOT be taken up with the judges and if they do no action will be taken. Should there be any score disputes the captain or coach of the institution must come up to either the President or Heads of Judging with their query. The UGC will then investigate the query and decide on any action taken.

Any Scores brought up to the UGC not by the coach or captain or not in the new format will not be dealt with and will be dismissed with no further investigation. Please do not ask for individual execution breakdown of routines as these will not be provided.

All our judges are volunteering their time to help us all out and without them we would not be able to hold any of our events. Any member of an institution who is found to be harassing or interfering with judges regarding scores, on the competition floor or in the venue will be asked to leave. Should this behaviour continue a warning and further sanctions will be actioned against the institution.

Where scores have been disputed it helps us should the coach / team have filmed the routine, please provide these with the score disputes also.

Once the dispute has been handed in the team will look at it when they can (normally a round changeover) please do not ask for updates, these will be provided.

Any member of an institution who is found to be harassing any members of the UGC staff or judges, or who are challenging judges for live scores during the competition will be asked to leave the competition floor. Should the behaviour continue, the individual will be asked to leave the venue.

Move up scores and Results

Any competitor gaining an all-around score equal to or greater than the move up score in two UGC competitions during 2024/2025 and the following season.

If any competitor achieves their second move up score on the final competition of the year it will be carried over the following academic year and they will be expected to compete in the level higher in the first competition in the 2025/2026 UGC season. Move up scores will transfer across two seasons starting from the 2023/2024 season.

The All-Around league champion for each category will be required to move up to the next category at the start of the next season. Otherwise, they shall be unable to compete, irrespective of if a move up score was achieved.

If a competitor is unable to move up, they will be permitted to stay at their level for one additional competition, but they must compete as a guest and, as a result, will not be able to earn league points for their university or have their scores counted towards individual league medals. They will still be able to obtain medals at the individual events.

Move up scores are achieved by meeting/ surpassing the score listed below AA:

Novice MAG & WAG: 31.5 AA

Intermediate MAG: 33 AA WAG: 37 AA

Advanced: MAG: 41.5 AA WAG: 31.5 AA

Advanced +: MAG: 51.5 AA WAG: 32 AA

**Due to new levels being added these may be tweaked dependent on outcome of results using new matrix*

Competitors are not allowed to move down a level over competitions in the same season or up to three seasons from the year of their first competition. There are exemptions in relation to injury but it must be presented to the UGC Committee, and it will be dealt with on a case-by-case-basis. If a gymnast moved down without permission, their entry will be invalid and the entry fee will not be refunded, the invoice will still be

payable.

Calculation of league points

All league results will use a proportionate points system. As a result, scores from competitors in novice contribute similarly to competitors in UGC FIG and advanced; hoping to not disadvantage universities based on the number of participants in each level that they enter. This hopes to make UGC fair and accessible to all universities.

For example, if a novice competitor, medalling in first place overall, scored 16.0 (100%) they would win 100 league points for their university. If second place scored 14.4, this is equivalent to 90% of 1st place so therefore they would score 90 points for their university. Proportionate scores will be calculated in this manner for all competitors in every category.

Only all-around scores will be used to calculate the league points; individual apparatus scores will be calculated via this proportionate system but will only count towards individual league medals and, therefore, will have no bearing on the overall league totals for the university.

General Equation:

(nth place score)

(1st place score) X 100

League awards

UGC uses scores from all events to calculate the following league awards; The University Gymnastics Cup, Individual Apparatus and All-around (AA) league awards and other certificates and awards, but not limited to; Execution Awards, Sportsmanship Awards, Artistry Awards. Using the proportionate points ranking system at each competition throughout the UGC season, a table of league points will be posted and updated throughout the season. Only current students of an affiliated institution will be eligible to earn league points.

The League points will be calculated using scores from 3 competitions in the regional league and the league points from the UGC Finals. Therefore, a total of 400.00 will be achievable at the finals.

The same concept will be used when calculating the all-around and individual apparatus league scores for individual gymnasts.

If a competitor changes apparatus throughout the year (from beam to bars in intermediate for example) league medals will be calculated with reference to the category in which individual competed the most.

Competitors must be current students or alumni (who have graduated max two years ago at their entered university, and are apart of their university's club) to be eligible to win the UGCup, UGC awards and league medals. Student ID must be added to the IGA portal for proof of student status/being alumni from years 2023/24 and 24/25.

If any institution is found to have entered any guests as students, their league points are nullified for that event and scores updated for any prior competitions. Guests of universities are welcome to compete but will only be eligible for on the day medals and will not have their score contributed to the league total.

UGC Medals

End of year league medals will be awarded at the final competition of the season alongside the usual competition only medals.

They will be awarded to the top three individuals, using the proportionate scoring system, for the all-around and individual apparatus at each level.

Should the final competition not take place the UGC will post out all medals and trophies to qualifying universities. UGC accepts no liability for loss of medals and trophies, and it will be up to the individual universities to forward each medal on to their respective owner.

Regional league medals will be awarded at the final regional competition of the season. Only affiliated clubs are eligible to win the UGCup and UGC Awards.

In the instance of a medal tie-break between individuals, the individual with the highest execution will be awarded first place in the tie-break. If there is still a tie then the tie will not be broken.

University Gymnastics Cup

The end of season University Gymnastics Cup will be awarded to the university with the highest total league points calculated using the proportionate points ranking system. 2nd and 3rd place will also be awarded (National and Regional Inclusive).

In the case of a tie, it will go to the university with the highest total points attained at the top two competitions or the highest total points at the top competition. If all tie-break rules are followed and there is still a draw, then the tie will not be broken.

Event Awards

At each event the following medals and awards shall be presented by the hosting university: Individual – Gold, silver and bronze for each category and each gender.

All-Around – Gold, silver and bronze will be awarded to the gymnasts with the 3 highest scores for the all-around competitions for each category and each gender.

Team – All gymnasts are entered into the All-Around Team competition. Teams will comprise of MAG & WAG of each level and will use the above league scoring system to calculate. Note FIG and Advanced+ team

will be gymnasts in both levels.

Medal Thresholds

For individual events where there are three or less gymnasts entered to compete there will be score thresholds in place which need to be hit before medals can be awarded. The score thresholds are total scores after taking E Deductions, Difficulty and Penalty scores.

Gymnasts will be awarded the medal that corresponds to their score threshold. Should multiple gymnasts hit a score threshold without moving into the higher medal threshold the medals will be awarded to the gymnast with the highest score and the next placed gymnast will be awarded the medal colour for the threshold below.

Medal Threshold Threshold Score

Gold 10.00

Silver 8.00

Bronze 6.00

If there are 3 Advanced MAG gymnasts entered into the pommel horse; gymnast 1 scores 9.20, gymnast 2 scores 8.10 and gymnast 3 scores 6.10 then gymnast 1 would be awarded the silver medal, gymnast 2 the bronze medal and gymnast 3 would not be awarded a medal as all the medals have been awarded.

In the case of a tie break, the UGC tie break rules will be followed, and joint medals may be awarded.

For the UGC league points these will be amended based on the highest medal threshold awarded to the gymnast. If only the silver medal has been awarded the maximum league points available will be 80.00 and all gymnasts will gain a relative league score regardless of if they hit the medal threshold.

Medal Threshold Max League Score

Gold 100.00

Silver 80.00

Bronze 60.00

No Threshold Hit by any Gymnast 30.00

All gymnasts will be awarded league points on proportional basis from the gymnast with the highest score regardless of if any medals were awarded. If a category has 3 or less gymnasts entered there will be no medal thresholds for the All-Around competition with the maximum league score available being 100.00.

Organisation of Competitions: Hosting

Competitions are organised between the IGA team and the UGC committee . Scoring and event management will be provided by the UGC.

Timetabling will be completed by the IGA team. IGA has the right to change and alter the timetable on the day of the competition if the need arises.

Levels of Hosting Support

We Recognise that each university has unique capacities and resources when it comes to hosting events. To accommodate this, we've introduced levels of hosting support, a flexible framework outlining varying degrees of involvement and the support available at each level. Whether your club can provide full operational support or needs additional assistance, we will work with you to find a suitable option. Each level includes clearly defined benefits, and tailored guidance to ensure a smooth hosting process.

LEVEL 1:

The host club is required to...

- help organise the competition venue, at their gym, being their main contact to organise dates, timings, prices, etc.
- help out on the day including; inputting scores, handing out medals, setting up the gym before competitors arrive, help moving equipment during the day and tidying up the gym at the end of the day.
- option to be in charge of the music and on the mic for the day.

In exchange members of the host university committee get free entry into the competition (up to 10 members of a committee, proof of committee status must be provided).

LEVEL 2:

The host club is required to...

- All aspects of level 1
- organisation and payment for the judges lunch

In exchange members of the host university committee get free entry into the competition (up to 10 members of a committee, proof of committee status must be provided), as well as 5 additional free entries for your club.

LEVEL 3:

The host club is required to...

- All aspects of level 1 AND 2
- Organisation and payment of all competition medals (Individual and team) (minus league medals if competition is a regional final)

In exchange members of the host university committee get free entry into the competition (up to 10 members of a committee, proof of committee status must be provided), as well as 15 additional free entries for your club.

If responsibilities are not met by host universities, benefits will not be received.

Results

Live scores will be accessed online with a link posted by IGA prior to the competition start date. Score disputes will therefore only be open for 7 days following the conclusion of the event. Scores will not be amended after that date.

After each event, results and university league positions will be posted on the IGA website within 3 weeks of the competition date.

IGA retains discretion to change the order of the results and withhold awards where necessary (to correct errors or investigate cases of misconduct).

Filming & Media

All routines may be video recorded and will be kept by the IGA. These videos can be used on the day to settle score disputes between the competitors and judges as per the IGA's discretion. Please note that not all routines will be recorded so this cannot be guaranteed when doing score disputes. These videos will not be made available for institutions. There will be photography through all UGC events, these will be used freely by the IGA for promotion and media and these photos will be made accessible by all participating universities.

These videos will also be used for judging exams and the judging workshops. If any of your gymnasts would not like their photos / videos posted on our socials or uploaded online to be accessed, then please make their names aware to the IGA by emailing us at info@igauk.com before the event start date.

Welfare

IGA will always aim to maintain high standards of welfare for all those attending UGC competitions, including but not limited to competitors, coaches, judges, on-site staff, and associates of IGA. To meet these standards, all attending universities will be required to nominate a welfare representative for their

university, who should adhere to a series of guidelines.

Each university must nominate a welfare representative prior to, or at the very least on the day of, each UGC competition. This can be a member of the respective university's committee, existing welfare representative, another member of the university club or someone else involved in the club, such as a coach. It will be the responsibility of the welfare representative to adhere to the below points and come to the UGC committee with any welfare disputes.

Welfare representatives will be responsible for five key duties. Further details will be provided in the UGC Welfare Agreement.

1. Assist UGC to put in place policies and implementation of plans for safeguarding and promoting welfare for all members and associates of UGC.
2. Ensure that codes of conduct are in place for club staff, volunteers, and members.
3. Be the first point of contact for club staff, volunteers and members for any issue concerning safeguarding, poor practice, or potential/alleged abuse.
4. Ensure that all incidents are correctly reported and referred out in accordance with UGC guidelines.
5. Ensure confidentiality is maintained and information is only shared on a genuine 'need to know' basis.

Welfare representatives must attend all UGC competitions which their university is present at. Alternatively, if the currently nominated welfare representative is unable to attend the competition, the respective university must nominate another welfare representative to attend in place. The new welfare representative must follow the same process detailed above.

Attire

Novice

MAG: T-shirt and shorts or Leotard and shorts (Longs & socks optional on apparatus, not allowed on floor/vault)

WAG: T-shirt and shorts/body tight leggings or leotard or leotard and shorts *Intermediate*

MAG: Leotard and shorts (Longs & socks optional on apparatus, not allowed on floor/vault)

WAG: Leotard or leotard and shorts.

Advanced/Advanced +/FIG

MAG: Leotard and shorts (floor and vault) and leotard longs and socks (apparatus) WAG: Leotard or leotard and shorts.

Any gymnast not following the correct dress code can result in a penalty or discounting league points. There will be NO penalties for WAG gymnasts wearing shorts or having underwear showing. There will be NO penalty for any gymnast wearing joint supports and these can be

any colour.

Any gymnast wanting to wear anything that is not in the dress code the university needs to submit a request to the IGA team. If a gymnast does not adhere to the attire regulations without a written request will result in a 1.0 penalty taken off their total AA score.

Longer hair needs to be tied back regardless of gender, failure to do so can result in immediate disqualification. The wearing of jewellery and watches is not permitted and must be removed where possible. Any that cannot be removed must be fully covered in tape and permissions granted from the committee. UGC has the right to terminate any gymnast's competition without refund should there be jewellery worn.

University Attire

All gymnasts from one institution in the same group during competition need to wear the same attire.

All coaches and officials from institutions not competing are not permitted to wear a leotard on the competition floor. Coaches need to wear suitable attire whilst on the competition floor, any coach not deemed to be wearing appropriate attire will be asked to leave the competition floor.

Contact us

Any queries or questions email info@igauk.com or on our instagram @ ugcup.

All information is available on our website <https://independentgymnastics.com/> so please check before emailing as we receive a high amount of emails daily.