

MEN'S ARTISTIC GYMNASTICS

GEMS GRADES HANDBOOK

NATIONAL PATHWAY 2026

INTRODUCTION:

Welcome to the new Men's Artistic Gymnastics Handbook!

Our focus for 2026 is to ensure that clubs and children are equipped with the right foundations for success at every level. We are committed to supporting the growth and development of all gymnasts — from grassroots participants to elite performers. Through our structured pathways and resources, we aim to continue raising the standard of gymnastics while fostering an inclusive and supportive environment.

CONTACT DETAILS:

National Competition Organiser: Robyn.adams@igauk.com

National Safeguarding Lead: Safeguarding@igauk.com

MAG COMMITTEE:

Linda Marcinekova – South
Frances Smoker – South
Mark Smoker – South
Jasmin Nolan Kemp – South
Chloe Lloyd – South

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:	National Events:	Invitational Events:
North & South	Regional Qualifiers	Open to all
January to May:		
Gems Grades	Gems Grades	Arthur Falle Invitational
Floor and Vault		IGA Scottish Open
September to December:		
IGA Levels	IGA Levels	Christmas Invitational
Floor and Vault		

IGA SANCTIONED EVENTS:

IGA affiliated clubs run sanctioned events throughout the IGA calendar year. These are approved by IGA and are open to the community to participate. Please note these competitions run independently. Due to this we kindly ask clubs to conduct their events in-line with IGA'S handbooks to maintain high standards and safety protocols at all events.

OUR IGA REGIONS:

NORTH REGIONS:

Cheshire	Northumberland
Lancashire	Scotland
County Durham	Shropshire
Cumbria	Tyne and Wear
Manchester	Wales
Merseyside	Yorkshire
Leicestershire	Staffordshire
Derbyshire	
Lincolnshire	

MIDLAND REGIONS:



SOUTH REGIONS:

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

NORTHERN IRELAND:

Antrim and Newtown abbey
 Ards and North Down
 Armagh City, Banbridge and
 Craigavon
 Belfast City
 Causeway Coast and Glens
 Derry City and Strabane
 Fermanagh and Omagh
 Lisburn and Castlereagh
 Mid and East Antrim
 Mid Ulster
 Newry, Mourne and Down

REPUBLIC OF IRELAND

Cavan	Clare	Carlow
Donegal	Cork	Dublin
Monaghan	Kerry	Kildare
	Limerick	Kilkenny
	Tipperary	Laois
	Waterford	Longford
	Galway	Louth
	Leitrim	Meath
	Mayo	Offaly
Roscommon		Westmeath
	Sligo	Wexford
		Wicklow

COMPETITION ENTRIES:

In 2025, despite the guidelines outlined in our handbook, we still encountered a significant number of errors in competition entries. To ensure smoother processes and higher accuracy moving forward, we are taking a stricter approach to how competitions are managed this year. We kindly ask all clubs to take extra care in reviewing and double-checking their entries before submission. This will help eliminate mistakes and ensure that everything runs efficiently and correctly. Your attention to detail is crucial in maintaining the standard we strive for.

COMPETITION ENTRY COSTS:

Gems Grades:	All Levels:	Invitational Events:
£55.00 All 5 pieces must be performed at this event.	£45.00 All pieces must be performed at the event.	Prices can vary dependent on the event set up.

COMPETITION ENTRY LIMIT: 30 gymnasts per day per event.

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.

HOW TO ENTER:

Gymnast Entry:

All clubs will receive a direct link via email to register all gymnasts for the event. This will be done through a new provider as we now have live scoring.

Coach & Judge:

All coaches and judges must be registered on the event on Justgo this will check everyone's compliance for the event.

IMPORTANT!

Music if required must be uploaded at the time of entry.

Withdrawals within the two week entry time frame can receive a full refund.

Please ensure all Club information is correct on your entry profile.

Please ensure all gymnast information is correct upon registration.

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.

CLUB REQUIREMENTS:

An IGA club **must** hold Legacy Affiliation to enter IGA competitions.

An IGA club **must** provide one volunteer to support IGA competitions.

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:

LEVEL 10 & 9	Minimum Level 1 – Assisted by Level 2
LEVEL 8 – 6	Minimum Level 2
LEVEL 5 – 1	Minimum Level 3 – Assisted by Level 4 Lead Coach
FIG	Minimum Level 4

Please note: All coaches must have a valid DBS and safeguarding certificate linked to their profile in order to be permitted on the competition floor. Failure to have these credentials in place will result in access being denied.

Additionally, 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.

JUDGING REQUIREMENTS:

All clubs entering the competition, regardless of the number of gymnasts entered, must nominate at least one judge as part of their entry.

The nominated judge must be available for the entire competition weekend and not for selected rounds only. Please note that the nomination of a judge does not guarantee that your judge will be selected to officiate. IGA will appoint judges at its discretion and may utilise independent judges where appropriate to ensure fairness and consistency across all competitions.

However, the submission of a judge is a mandatory requirement for entry. Competition entries submitted without a nominated judge will not be accepted.

COACH TO GYMNAST RATIO REQUIREMENTS:

Clubs are required to provide a sufficient enough coaching team for the different levels they have entered. Gymnasts will be grouped in clubs and age groups. Age groups will all be judged on the same panel which means gymnasts from the same club may not always be placed together, however efforts to place teams together will be made where possible. IGA will not move any gymnasts into different groups once the Event Plan has been created. It is the clubs responsibility to ensure gymnasts have the adequate support at an IGA competition.

IGA GEMS PATHWAY

NEW

FOUNDATION LEVELS	The building blocks of gymnastics, focusing on basic skills, strength and flexibility	RUBY (Level 10)	TOPAZ (Level 9)	QUARTZ (Level 8)	ENTRY AGE: MM,LL,SS	
IDENTITY LEVELS	Focusing on refining skills and developing personal style by finding their strengths	EMERALD (Level 7)	CITRINE (Level 6)	AMETHYST (Level 5)	SAPPHIRE (Level 4)	ENTRY AGE: SS/TB/P
ELITE LEVELS	The highest level of national competition preparing gymnasts for FIG rules	BRONZITE (Level 3)	TITANIUM (Level 2)	BLUE DIAMOND (Level 1)	ENTRY AGE: TB/P/L/M	

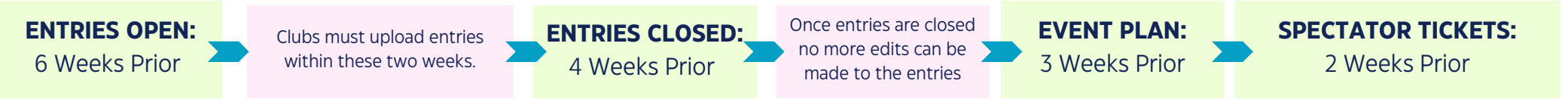
IGA AGE GROUPS **NEW**

Mini Marvels (MM) Ages 5-6	Little Leapers (LL) Ages 7-8	Skill Seekers (SS) Ages 9-10	Trailblazers (TB) Ages 11-12	Pioneers (P) Ages 13-14	Legends (L) Ages 15-16	Masters (M) Ages 17+
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*Please note the age group is determined by the age the gymnast is turning within the current year *i.e* Gymnast aged 8 turning 9 this year is a Skill Seeker*

IGA Competition Organiser reserves the right to combine age groups when there are gymnasts competing alone or in small groups to generate healthy competition

COMPETITION ORGANISING TIMELINE:



IGA AWARDS & NATIONAL FINALS **NEW**

REGIONAL EVENTS	Medals will be placed for 1 st to 3 rd on all apparatus. Overall 1 st to 3 rd medals.	Participation certificates will be provided for all gymnasts who have participated in the competition	Gymnasts must place in the top 6 with an AA score to qualify for National Finals.	NEW Regional Events Only: Ruby Topaz & Quartz
NATIONAL FINALS	Medals will be placed for 1 st to 3 rd on all apparatus. Overall 2nd to 3 rd medal Overall trophy for the overall winner	Participation certificates will be provided for all gymnasts who have participated in the competition	Gymnasts must place in the top 3 at IGA National Final Competitions for the opportunity to be eligible for National Squad.	National Events Only: Emerald & Above

THINGS TO BE AWARE OF: **NEW**

- Gymnasts who participate alone in a category will **only** receive the gold medal for the overall, overall trophy and participation certificate,
- To qualify for National Finals gymnasts **must** achieve the level up score in both Gems and Levels and **must** place 1st to 6th in their entry category to compete.
- Gymnasts who are **not** eligible for National Squad selection will **not** compete at any National Final Competitions, they will only compete at a Regional Event.

Q&A

GENERAL	EXPLANATION	WHY?
Can you replace a skill on the set routines with something else?	No, all set routines must be performed as written on the handbook	We believe these skills are fundamental to the growth of MAG; if the gymnast is not able to complete all skills they are not ready.
What happens if my gymnast misses a skill?	If the gymnast misses a skill she will receive 1.0 deduction from her score for each skill.	It is important that we remain fair to those gymnasts who have completed all skills successfully at competition.
Do we still have flexibility on which Level we enter for the first competition?	Yes, we recommend coaches being mindful that they are putting the gymnast in the correct level for their ability level.	We want coaches to be able to exercise the right to decide what is best for the gymnast.
Why is there an entry requirement ages section?	This has been added to help coaches understand the development age recommended for each level.	The "Entry Requirement" section has been introduced to help coaches align gymnast development with appropriate competitive levels. It serves as a guide to ensure gymnasts are physically, technically, and emotionally ready for the demands of each level. This not only supports long-term athlete development but also promotes confidence, enjoyment, and safety in the sport.
How many Vault Warm ups will gymnasts receive?	Vault warm ups must be fair and consistent across the board to encourage fair competition.	Ruby to Quartz - 1 Warm Up Emerald and above - 2 Warm Ups All levels compete 2 vaults with best score to count.

MEN'S ARTISTIC GYMNASTICS

GEMS GRADES



FOUNDATION GRADES RUBY

	VAULT	BARS	P.BARS	FLOOR
EQUIPMENT:	2 x 30cm stacked safety mats	Men's chalk bar – FIG Height Landing mat base – 30cm Safety Mat	FIG P.bars Landing mat base – 30cm Safety Mat	FIG floor – performed on a line
ROUTINE:	<ul style="list-style-type: none"> Dynamic run Correct arm swing on the board Straight jump onto the mats. Landing with a straight body (AAH) 	<ul style="list-style-type: none"> Straight hang, reverse grip 1x pull up (in dish shape – Show) Half turn (in dish shape – Show) 2x leg lifts Dish hang to land 	<ul style="list-style-type: none"> Assisted jump to support Tuck hold in support Dip to 45° Dish shape hold Arch shape hold Drop between the bars 	<ul style="list-style-type: none"> Cartwheel 1/4 turn Backward roll to front support Half star balance hold Straight jump connected straight jump Stretched forward roll Star jump
EXECUTION: [Not including general faults]	Lack of dynamic run – 0.1/0.3/0.5	Lack of correct body form throughout – 0.1/0.3/0.5	Lack of correct body form throughout – 0.1/0.3/0.5	Lack of correct body form throughout – 0.1/0.3/0.5
	Failure to perform arm swing – 0.5	Failure to complete pull up – 0.5	Failure to hold the hold for 3 seconds – 0.3 each hold	Failure to hold the hold for 3 seconds – 0.3 each hold
	Lack of correct body form in jump – 0.1/0.3/0.5	Failure to complete Leg Lift – 0.5	Failure to dip to 45° – 0.3	Bent arms in the backward roll – 0.3
	Lack of height in jump – 0.1/0.3/0.5	Steps on landing – 0.1/0.3/0.5	Steps on landing – 0.1/0.3/0.5	Bent arms in the forward roll – 0.3
	Steps on landing – 0.1/0.3/0.5	Deep squat on landing – 0.3/0.5	Deep squat on landing – 0.3/0.5	Straight jump straight jump not connected – 0.5
	Deep squat on landing – 0.3/0.5	Routine exceeds 1 min – 0.5	Routine exceeds 1 min – 0.5	Routine exceeds 1 min – 0.5

NOTES: 1. Arms Above Head (AAH) 2. Correct arm swing on the board – arms behind body 3. Show means 'show the skill' **NOT** hold 4. Floor – gymnasts will not be deducted if routine is performed out of order



FOUNDATION GRADES TOPAZ

VAULT

BARS

P.BARS

FLOOR

EQUIPMENT:	2 x 30cm stacked safety mats	Men's chalk bar – FIG height Landing mat base – 30cm safety mat	FIG P.bars Landing mat base – 30cm Safety Mat	FIG floor – performed on a line
ROUTINE:	<ul style="list-style-type: none"> Dynamic run Correct arm swing on the board Straight jump to land (AAH) Arm swing (from behind) Kick to handstand flat lie [No dish shape in the flat lie] 	<ul style="list-style-type: none"> Straight hang, reverse grip 1 x Pull up (dish shape – Show) Half turn (dish shape – Show) 2x leg lifts Lift to pike hold – (2 seconds) 3x dish arch taps to land (release on 4th dish) 	<ul style="list-style-type: none"> Jump to support from springboard/block Half lever hold Dip to 90° 2x straight leg swings (below bar) 3rd swing towards horizontal Backward dismount between bars 	<ul style="list-style-type: none"> Double cartwheel 1/4 Backward roll to front support Arabesque hold Straight jump connected Straight jump Double stretched forward roll Star jump
EXECUTION:	Lack of dynamic run – 0.1/0.3/0.5	Lack of correct body form throughout – 0.1/0.3/0.5	Failure to hold the holds for 3 seconds – 0.3 each hold	Lack of correct body form throughout – 0.1/0.3/0.5
	Failure to show correct take off– 0.3	Failure to complete pull up – 0.5	Lack of correct body form throughout – 0.1/0.3/0.5	Missed connections – 0.5 each time
	Failure to perform arm swing – 0.5	Failure to complete Leg Lift – 0.5	Failure to dip to 90° – 0.3	Arabesque below horizontal – 0.3
	Lack of correct body form in jump – 0.1/0.3/0.5	Steps on landing – 0.1/0.3/0.5	Steps on landing – 0.1/0.3/0.5	Failure to hold the hold for 3 seconds – 0.3
	Lack of height in jump – 0.1/0.3/0.5	Deep squat on landing – 0.3/0.5	Deep squat on landing – 0.3/0.5	Bent arms in the forward roll – 0.3
	Steps on landing – 0.1/0.3/0.5	Routine exceeds 1 min – 0.5	Routine exceeds 1 min – 0.5	Routine exceeds 1 min – 0.5
	Deep squat on landing – 0.3/0.5			

NOTES: 1. Arms Above Head (AAH) 2. Correct arm swing on the board – arms behind body 3. Show means 'show the skill' **NOT** hold 4. Floor – gymnasts will not be deducted if routine is performed out of order



FOUNDATION GRADES QUARTZ

VAULT

BARS

P.BARS

FLOOR

EQUIPMENT:	1m stacked safety mats	Men's chalk bar – FIG height Landing mat base – 30cm Safety Mat	FIG P.bars Landing mat base – 30cm Safety Mat	FIG floor – performed on a line
ROUTINE:	<ul style="list-style-type: none"> Dynamic run Correct arm swing on the board Straight jump to land (AAH) Arm swing (from behind) Kick to handstand flat lie [No Dish shape in the flat lie] 	<ul style="list-style-type: none"> Straight hang, reverse grip 1x pull up (dish shape) Half turn 1x chin up circle over (dish shape) Show front support shape Circle down to long hang Lift to pike hold (2 seconds) 3x dish arch taps to land (release on 4th dish) 	<ul style="list-style-type: none"> Jump to support from springboard Dip to 90° Half lever hold 3x swings to horizontal 4th swing – face vault dismount (backward dismount over bars) 	<ul style="list-style-type: none"> Round off, dish jump Backward roll to front support Straight leg headstand Push to front support Straight jump connected tuck jump Arabesque hold Handstand hop forward roll Dive roll
EXECUTION:	Lack of dynamic run – 0.1/0.3/0.5	Lack of correct body form throughout – 0.1/0.3/0.5	Failure to hold the holds for 3 seconds – 0.3 each hold	Lack of correct body form throughout – 0.1/0.3/0.5
	Failure to show correct take off- 0.3	Failure to complete pull up – 0.5	Lack of correct body form throughout – 0.1/0.3/0.5	Arabesque below horizontal – 0.3
	Steps on landing – 0.1/0.3/0.5	Failure to show front support – 0.3	Failure to dip to 90° – 0.3	Missed connections – 0.5 each time
	Deep squat on landing – 0.3/0.5	Legs below horizontal in pike – 0.3	Landing faults – 0.1/0.3/0.5	Landing faults – 0.1/0.3/0.5
	Lack of flight off hands in second phase – 0.1/0.3/0.5	Landing faults – 0.1/0.3/0.5	Deep squat on landing – 0.3/0.5	Failure to hold the hold for 3 seconds – 0.3
	Incorrect body shape during second phase – 0.1/0.3/0.5	Routine exceeds 1 min – 0.5	Routine exceeds 1 min – 0.5	Bent arms in the forward roll – 0.3
				Routine exceeds 1 min – 0.5

NOTES: 1. Arms Above Head (AAH) 2. Correct arm swing on the board – arms behind body 3. Show means 'Show the skill' **NOT** hold 4. Floor – gymnasts will not be deducted if routine is performed out of order



IDENTITY GRADES EMERALD

	VAULT	BARS	P.BARS	FLOOR
EQUIPMENT:	1m stacked safety mats	Polished bar (G&L) – FIG height Landing mat base – 30cm safety mat	Minimum height: 140cm from top of mat, 160cm from floor.	FIG floor – 1 min 30s max – Floor music optional
ROUTINE:	<ul style="list-style-type: none"> Dynamic run Correct entry on the board Handspring flat lie (emphasis on correct technique) 	<ul style="list-style-type: none"> Dish shape – Show Arch shape – Show 3x dish arch taps Trolley swing 3x swings 	<ul style="list-style-type: none"> Float swing from static – return to board Static jump to support 180 turn in support Dip to 90° Half lever hold 1x swing to 90° 2x swings to 135° Face vault OR flank vault dismount 	<ul style="list-style-type: none"> Round off, flick Backwards roll to front support Straight jump 1/1 Handstand hop forward roll connected stretched forward roll Kick step, arabesque hold Dive roll Handspring
EXECUTION:	Lack of dynamic run – 0.1/0.3/0.5	Lack of correct body form throughout – 0.1/0.3/0.5	Failure to hold the holds for 3 seconds – 0.3 each hold	Lack of correct body form throughout – 0.1/0.3/0.5
	Failure to show correct arm swing – 0.3	Failure to show shapes – 0.3 each	Lack of correct body form throughout – 0.1/0.3/0.5	Arabesque below horizontal – 0.3
	Lack of flight off hands in second phase – 0.1/0.3/0.5	Incorrect timing on kick – 0.3 each	Failure to dip to 90° – 0.3	Missed connections – 0.5 each time
	Incorrect body shape in second phase – 0.1/0.3/0.5	Swings below horizontal – 0.5 each	Steps on landing – 0.1/0.3/0.5	Landing faults – 0.1/0.3/0.5
	Incorrect head position – 0.3	Routine exceeds 1 min – 0.5	Deep squat on landing – 0.3/0.5	Failure to hold the hold for 3 seconds – 0.3
			Routine exceeds 1 min – 0.5	Bent arms in the forward roll – 0.3
				Routine exceeds 1 min 30 secs – 0.5

NOTES: 1. Show means 'Show the skill' **NOT** hold 3. Floor – gymnasts will not be deducted if routine is performed out of order



IDENTITY GRADES CITRINE

VAULT

BARS

P.BARS

FLOOR

EQUIPMENT:	2 x 30cm stacked safety mats	Polished bar (G&L) – FIG height Landing mat base – 30cm safety mat	Minimum height: 140 cm from top of mat, 160 cm from floor.	FIG floor – 1 min 30s max Floor music optional
ROUTINE:	<ul style="list-style-type: none"> Dynamic run Correct entry on the board Straight front salto to feet, fall flat onto front OR R/off tuck back salto (AAH) to feet, fall onto back 	<ul style="list-style-type: none"> Dish shape – show Arch shape – show 1x chin up circle over to front support Cast to horizontal, push away 2x swings On 3rd swing, back uprise connected to backwards hip circle 	<ul style="list-style-type: none"> Float swing extension into inverted pike 2x swings in inverted pike – return to board. Jump to support Half lever hold Lift to tucked planche hold Show half lever into russian lever 2x swings to 135° Swing to handstand into either face vault OR flank vault dismount 	<ul style="list-style-type: none"> Round off, flick, flick Backwards roll to handstand Straight jump connected straight jump 1/1 Handstand hop forward roll connected stretched forward roll to pike stand Kick step, arabesque hold Hect dive roll Handspring
EXECUTION:	Lack of dynamic run – 0.1/0.3/0.5	Lack of correct body form throughout – 0.1/0.3/0.5	Failure to hold the holds for 3 seconds – 0.3 each hold	Lack of correct body form throughout – 0.1/0.3/0.5
	Failure to show correct arm swing– 0.3	Stops between skills – 0.3	Lack of correct body form throughout – 0.1/0.3/0.5	Missed connections – 0.5 each time
	Lack of height in salto– 0.1/0.3/0.5	Failure to complete chin up – 0.5	Swing height – 0.1/0.3/0.5	Failure to hold the hold for 3 seconds – 0.3
	Incorrect shape in salto – 0.1/0.3/0.5	Failure to show front support – 0.3	Steps on landing – 0.1/0.3/0.5	Landing faults – 0.1/0.3/0.5
	Incorrect head position – 0.3	Cast below horizontal – 0.5	Deep squat on landing – 0.3/0.5	Bent arms in the forward roll – 0.3
	Steps on landing – 0.1/0.3/0.5	Incorrect timing on kick – 0.3 each	Routine exceeds 1 min – 0.5	Routine exceeds 1 min 30s – 0.5
	Deep squat on landing – 0.3/0.5	Swings below horizontal – 0.5 each		

NOTES: 1. Arms Above Head (AAH) 2. Show means 'Show the skill' **NOT** hold



IDENTITY GRADES

AMETHYST

VAULT

BAR

P.BARS

FLOOR

EQUIPMENT:

2 x 30cm stacked safety mats

Polished bar (G&L) - FIG height
Landing mat base - 30cm safety mat

Minimum height: 140 cm from top of
mat, 160 cm from floor.

FIG floor - 1 min 30s max
Floor music optional

ROUTINE:

- Dynamic run
- Correct entry on the board
- Straight front salto to feet, fall flat onto front
- **OR** R/off tuck back salto (AAH) to feet, fall onto back

- 2x dish arch taps
- Trolley swing into upstart
- Cast above horizontal
- Clear hip to horizontal
- 2x swings
- 1x backward giant

- Upstart
- 1x blank swing
- Half lever **hold**
- Dip drop to upper arm
- 2 x upper arm swings
- Back uprise
- 2x swings to 135°
- Swing to handstand into either face vault **OR** flank vault dismount

- Round off, flick, tuck back
- Backwards roll to handstand
- Swedish fall
- Straight leg headstand, push to handstand
- Tuck front salto
- Tuck jump 1/1
- Handspring **connected** to dive roll

EXECUTION:

Lack of dynamic run - 0.1/0.3/0.5

Failure to show correct arm swing- 0.3

Lack of height in salto- 0.1/0.3/0.5

Incorrect shape in salto - 0.1/0.3/0.5

Incorrect head position - 0.3

Steps on landing - 0.1/0.3/0.5

Deep squat on landing - 0.3/0.5

Lack of correct body form throughout - 0.1/0.3/0.5

Failure to complete upstart - 0.5

Cast below horizontal - 0.5

Swings below horizontal - 0.3

No cast between baby giant and backward hip circle - 0.3

Stops between skills - 0.3 each time

Failure to hold the holds for 3 seconds - 0.3 each hold

Lack of correct body form throughout - 0.1/0.3/0.5

Swing height - 0.1/0.3/0.5

Steps on landing - 0.1/0.3/0.5

Deep squat on landing - 0.3/0.5

Routine exceeds 1 min - 0.5

Lack of correct body form throughout - 0.1/0.3/0.5

Missed connections - 0.5 each time

Landing faults - 0.1/0.3/0.5

Failure to hit handstand - 0.5

Routine exceeds 1 min 30s - 0.5

NOTES: 1. Arms Above Head (AAH)



IDENTITY GRADES SAPPHIRE

	VAULT	BARS	P.BARS	FLOOR
EQUIPMENT:	1.30m vault table – stacked mats	Polished bar (G&L) – FIG height Landing mat base – 30cm safety mat	Minimum height: 160 cm from top of mat, 180 cm from floor.	FIG floor – 1 min 30s max Floor music optional
ROUTINE:	<ul style="list-style-type: none"> Dynamic run Correct entry on the board Handspring to stand OR half on to feet OR yurchenko to feet 	<ul style="list-style-type: none"> 2x dish arch taps Trolley swing into upstart Cast above horizontal Clear hip to above horizontal 1x swing 2x backward giants 	<ul style="list-style-type: none"> Upstart to half lever hold Drop shoot to upper arm 2x upper arm swings Back uprise Swing to 135° 2x swing to handstand into either tuck front OR tuck back salto dismount 	<ul style="list-style-type: none"> Round off, flick, straight back Handstand 1/1 pirouette Tuck front salto connected tuck front salto Tuck jump 1/1 Arabesque hold Handspring to 1, handspring to 2
EXECUTION:	Lack of dynamic run – 0.1/0.3/0.5	Lack of correct body form throughout – 0.1/0.3/0.5	Missed connections – 0.5 each time	Lack of correct body form throughout – 0.1/0.3/0.5
	Lack of flight off hand in second phase – 0.1/0.3/0.5	Failure to complete upstart – 0.5	Lack of correct body form – 0.1/0.3/0.5	Missed connections – 0.5 each time
	Incorrect body shape in second phase – 0.1/0.3/0.5	Stops between skills – 0.3	Swing height – 0.1/0.3/0.5	Landing faults – 0.1/0.3/0.5
	Steps on landing – (0.1/0.3/0.5)	Cast below horizontal – 0.5	Landing faults – 0.1/0.3/0.5	Failure to hit handstand – 0.5
	Incorrect head position – 0.3	Failure to complete giant on first attempt – 1.0	Deep squat on landing – 0.3/0.5	Failure to hold the hold for 3 seconds – 0.3
	Lack of dynamics – 0.1/0.3/0.5	Incorrect timing on kick – 0.3 each	Routine exceeds 1 min 30 – 0.5	Routine exceeds 1 min 30s – 0.5

NOTES:



VAULT

BARs

P.BARS

FLOOR

EQUIPMENT:	1.35m vault table – stacked mats	Polished bar (G&L) – FIG height Landing mat base – 30cm safety mat	Minimum height: 160 cm from top of mat, 180 cm from floor.	FIG floor – 1 min 30s max Floor music optional
ROUTINE:	<ul style="list-style-type: none"> Dynamic run Correct entry on the board Handspring to stand fall onto front OR Half on to stand fall onto back OR yurchenko to stand fall onto back 	<ul style="list-style-type: none"> 2x dish arch taps Trolley swing into upstart Cast to handstand Close bar element to handstand 2x backwards giants 	<ul style="list-style-type: none"> Upstart to half lever Drop upstart Drop shoot to upper arm Swing forwards in upper arm Back uprise (blank swing) 1x swings to handstand 1/2 pirouette 1x swing to handstand Tuck front ½ / pike front / pike back salto dismount 	<ul style="list-style-type: none"> Round off, flick, straight back 1/1 Cartwheel, backward roll to handstand, blind turn forwards roll out to pike stand Tuck jump 1/1 Straight front salto connected dive roll Arabesque hold Handspring 1, handspring 2
EXECUTION:	Lack of dynamic run – 0.1/0.3/0.5	Lack of correct body form throughout – 0.1/0.3/0.5	Missed connections – 0.5 each time	Lack of correct body form throughout – 0.1/0.3/0.5
	Lack of rotation in second phase – 0.1/0.3/0.5	Failure to complete handstands between handstand and 10° – 0.5	Lack of correct body form – 0.1/0.3/0.5	Missed connections – 0.5 each time
	Lack of flight off hands in second phase – 0.1/0.3/0.5	Stops between skills – 0.3	Landing Faults – 0.1/0.3/0.5	Landing faults – 0.1/0.3/0.5
	Incorrect body shape in second phase – 0.1/0.3/0.5	Failure to complete circling element between handstand and 10° – 0.5	Routine exceeds 1 min 30s – 0.5	Failure to hit handstand – 0.5
	Incorrect head position – 0.3			Failure to hold the hold for 3 seconds – 0.3
	Lack of dynamics – 0.1/0.3/0.5			Routine exceeds 1 min 30s – 0.5

NOTES: Optional Entry for Cast to Handstand on Bars



ELITE GRADES TITANIUM

	VAULT	BARS	P.BARS	FLOOR
EQUIPMENT:	1.35m vault table – stacked mats with 10cm extra mat on landing	Polished bar (G&L) – FIG height Landing mat base – 30cm safety mat	Height: 180 cm from top of mat, 200 cm from floor.	FIG Floor – 1min 30 max floor music optional
ROUTINE:	<ul style="list-style-type: none"> Dynamic run Correct entry on the board Handspring to stand fall onto front (additional 5cm mat) OR half on through to shoulder stand OR yurchenko through to shoulder stand 	<ul style="list-style-type: none"> 2x dish arch taps Trolley swing into upstart Cast to handstand Close bar element to handstand 2x backwards giants Heel drive into 2x forward giants 	<ul style="list-style-type: none"> Upstart immediate swing to 135 Drop shoot to upper arm Swing forwards in upper arm Back uprise to handstand 1x swing to handstand 1/2 pirouette 1x swing to handstand Pike front ½ / straight front / straight back salto dismount 	<ul style="list-style-type: none"> Round off, flick, straight back 1/1 Cartwheel, backward roll to handstand, blind turn forwards roll out to pike stand, pike lift to handstand forward roll out Straight front salto connected tuck front salto Arabesque hold Front salto walkout, round off, flic (optional), straight back
EXECUTION:	Lack of dynamic run – 0.1/0.3/0.5	Lack of correct body form throughout – 0.1/0.3/0.5	Missed connections – 0.5 each time	Lack of correct body form throughout – 0.1/0.3/0.5
	Incorrect body shape in second phase – 0.1/0.3/0.5	Stops between skills – 0.3	Lack of correct body form – 0.1/0.3/0.5	Missed connections – 0.5 each time
	Lack of flight off hands in second phase – 0.1/0.3/0.5	Failure to complete handstands between handstand and 10° – 0.5	Lack of split in jump – 0.3	Landing faults – 0.1/0.3/0.5
	Lack of rotation in second phase – 0.1/0.3/0.5	Failure to complete circling element between handstand and 10° – 0.5	Landing Faults – 0.1/0.3/0.5	Failure to hit handstand – 0.5
	Incorrect head position – 0.3		Routine exceeds 1 min 30 – 0.5	Failure to hold the hold for 3 seconds – 0.3
	Lack of dynamics – 0.1/0.3/0.5			Routine exceeds 1 min 30s – 0.5

NOTES: 1. Optional Entry for Cast to Handstand on Bars



ELITE GRADES

BLUE DIAMOND

	VAULT	BARS	P.BARS	FLOOR
EQUIPMENT:	1.35m vault table – stacked mats with 10cm extra mat on landing	Polished bar – FIG height Landing mat base – 30cm safety mat	Height: 180 cm from top of mat, 200 cm from floor.	FIG floor – 1 min 30s max Floor music optional
ROUTINE:	<ul style="list-style-type: none"> Dynamic run Correct entry on the board Half on through to shoulder stand OR yurchenko through to shoulder stand 	<ul style="list-style-type: none"> 2x dish arch taps Trolley swing into upstart Cast to handstand 2x close bar elements to handstand 2x backwards giants Heel drive into 2x forward giants 	<ul style="list-style-type: none"> Upstart immediate swing to handstand Moy (to support) (optional blank swing) <i>(0.5 bonus for connecting without blank swing)</i> 1x swing to handstand ½ pirouette Stutz (to horizontal) 1x swing to handstand Pike front ½ / straight front / straight back salto dismount 	<ul style="list-style-type: none"> Round off, flick (optional), straight back 2/1 Cartwheel, backward roll to handstand, blind turn, forwards roll out to pike stand, pike lift to handstand 1/1 pirouette forward roll out Straight front salto with 1/1 or 2/3 twist Arabesque hold Front salto walkout, round off, flick, straight back 1/1
EXECUTION:	Lack of dynamic run – 0.1/0.3/0.5	Lack of correct body form throughout – 0.1/0.3/0.5	Lack of correct body form throughout – 0.1/0.3/0.5	Lack of correct body form throughout – 0.1/0.3/0.5
	Incorrect body shape in second phase – 0.1/0.3/0.5	Stops between skills – 0.3	Missed connections – 0.5 each time	Missed connections – 0.5 each time
	Lack of flight off hands in second phase – 0.1/0.3/0.5	Failure to complete handstand between handstand and 10° – 0.5	Failure to complete skills to horizontal – 0.5	Landing faults – 0.1/0.3/0.5
	Lack of rotation in second phase – 0.1/0.3/0.5	Failure to complete circling element between handstand and 10° – 0.5	Landing Faults – 0.1/0.3/0.5	Failure to hit handstand – 0.5
	Incorrect head position – 0.3		Routine exceeds 1 min 30s – 0.5	Failure to hold the hold for 3 seconds – 0.3
	Lack of dynamics – 0.1/0.3/0.5			Routine exceeds 1 min 30s – 0.5

NOTES: 1. Optional Entry for Cast to Handstand on Bars

MEN'S ARTISTIC GYMNASTICS

FLEXIBILITY & BALANCE



FOUNDATION GRADE

RUBY - TOPAZ - QUARTZ

EQUIPMENT:

Floor area only with parallettes *[Preferably a hard surface with firm matting]*

ROUTINE:

- On parallettes – perch **hold** (2 seconds)
- Forward roll to pike sit
- Pike fold **hold** (2seconds)
- Straddle sit
- Straddle fold **hold** (2seconds)
- Splits (either leg) **hold** (2seconds)
- Bring legs round together to pike sit
- Bridge **hold** (2seconds)
- Dish **hold** (2seconds) roll to arch **hold** (2seconds) and lower to flat
- Push up to front support
- Press-up
- Jump to crouch

EXECUTION:

Lack of good body shape throughout the routine – 0.1/0.3/0.5

Lack of control or smoothness in the roll including lack of control throughout the routine – 0.1/0.3/0.5

Insufficient lift from the floor in perch lift – 0.1/0.3/0.5

Failure to hold elements marked as **hold** throughout the routine – 0.5

Lack of flexibility throughout the routine including all stretch elements – 0.1/0.3/0.5

General execution faults throughout routine including knees feet and arms including bent arms in the forward roll – 0.1/0.3/0.5

Feet touching floor from dish to arch – 0.5

NOTES: Elements marked as ‘show’ do **NOT** need to be held – They must be clearly shown.



IDENTITY GRADE

EMERALD - CITRINE - AMETHYST - SAPPHIRE

EQUIPMENT:

Floor area only with parrallettes *[Preferably a hard surface with firm matting]*

ROUTINE:

- **On parrallettes** from stand pike **or** straddle lift to handstand **hold** (2 seconds)
- Lower to pike or straddle lever **hold** (2 seconds)
- Rock and roll to stand
- Handstand forward roll to straddle sit (straight arms)
- Straddle fold **hold** (2 seconds)
- Split (either leg) **hold** (2 seconds)
- Bridge **hold** (2 seconds)
- Knees to chest roll onto knees
- D **hold** (2 seconds)
- Chest roll out towards handstand push to front support
- Turn to back support
- Pike fold, arms reaching past ankles **hold** (2 seconds)
- Backward roll to handstand (straight arms) drop to front support.

EXECUTION:

Poor body shape throughout the routine - 0.1/0.3/0.5

Lack of control or smoothness in the roll including lack of control throughout the routine - 0.1/0.3/0.5

Insufficient lift from the floor in lift to handstand - 0.5

Failure to hold elements marked as **hold** throughout the routine - 0.5

Lack of flexibility throughout the routine - 0.1/0.3/0.5

General execution faults throughout routine including knees feet and arms including bent arms in the forward roll - 0.1/0.3/0.5

NOTES: Elements marked as 'show' do **NOT** need to be held - They must be clearly shown.



ELITE GRADE

BRONZITE - TITANIUM - BLUE DIAMOND

EQUIPMENT:

Floor area only with parrallettes *[Preferably a hard surface with firm matting]*

ROUTINE:

- **On parrallettes** from pike stand pike lift to handstand **hold** (2 seconds)
- Lower to pike or straddle lever **hold** (2 seconds)
- Rock and roll to stand
- Handstand, 1/1 pirouette into forward roll to straddle sit
- Straddle fold **hold** (2 seconds)
- Split (either leg) **hold** (2 seconds)
- Bridge **hold** (2 seconds)
- Knees to chest rock to pike sit
- Pike fold, arms reaching past ankles **hold** (2 seconds)
- Backward roll to handstand (straight arm) from pike sit
- Controlled chest roll down
- Chest roll to handstand, step or pike down to stand
- Standing tuck back

EXECUTION:

Poor body shape throughout the routine - 0.1/0.3/0.5

Lack of control or smoothness in the roll including lack of control throughout the routine - 0.1/0.3/0.5

Insufficient lift from the floor in lift to handstand - 0.5

Failure to hold elements marked as **hold** throughout the routine - 0.5

Lack of flexibility throughout the routine - 0.1/0.3/0.5

Lack of height or chest down in landing of tuck back - 0.1/0.3/0.5

General execution faults throughout routine including knees feet and arms - 0.1/0.3/0.5

NOTES: Elements marked as 'show' do **NOT** need to be held - They must be clearly shown.