

MEN'S ARTISTIC GYMNASTICS

COMPETITION HANDBOOK

NATIONAL PATHWAY 2027

INTRODUCTION:

Welcome to the new Men's Artistic Gymnastics Handbook!

Our focus for 2025/2026 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: events@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 are expected from everyone involved. Any breaches of the Code of Conduct may result in disciplinary action, including removal from the event or exclusion from 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 Competition
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	

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



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

SOUTHERN IRELAND:

Cavan	Clare	Carlow
Donegal	Cork	Dublin
Monaghan	Kerry	Kildare
	Limerick	Kilkenny
	Tipperary	Laois
	Waterford	Longford
	Galway	Louth
	Leitrim	Meath
	Mayo	Offaly
Roscommon	Westmeath	
	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 of apparatus to be competed.	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 no longer be accepted.
Once the entries have closed, no more gymnasts can be entered.

FIRST TIME ENTRIES:

At IGA we have allowed for entry level flexibility which allows gymnasts in their first year of competing to enter any level within the guidelines provided. Please ensure that you enter your gymnasts into the correct level for their ability and age group.

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:

IGA Clubs must hold IGA Affiliation to enter this competition.

IGA Clubs must be **FULLY** Compliant under IGA Policies.

COACH REQUIREMENTS:

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

Please note – all coaches must have a valid DBS and safeguarding certificate to attend

Please note coaches who do not have the correct credentials on the entry form will not be accepted. JustGo will automatically not allow coaches with missing credentials to book, this is not a JustGo error, so please check your coaches credentials before booking. All coaches must be registered on the portal, to be able to attend an IGA Competition.

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 COMPETITION PATHWAY **NEW**

FOUNDATION LEVELS	The building blocks of gymnastics, focusing on basic skills, strength and flexibility	LEVEL 10 [Set Routines]	LEVEL 9 [Set Routines]	LEVEL 8 [Set on UB & VT]	ENTRY AGE: MM,LL,SS
IDENTITY LEVELS	Focusing on refining skills and developing personal style by finding their strengths	LEVELS 7 - 5			ENTRY AGE: LL/SS/TB/P
ELITE LEVELS	The highest level of national competition preparing gymnasts for FIG rules	LEVELS 4 - 1			ENTRY AGE: SS/TB/P/L/M
FIG	Governed by FIG rules, where gymnasts can compete at IGA international standard	NOVICE [2 Years]	PREMIER [2 years]	MASTERS	ENTRY AGE: TB/P/L/M

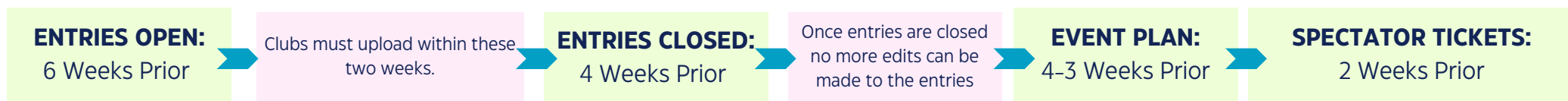
IGA AGE GROUPS **NEW**

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	Troopers (T) Ages 15-16	Masters (M) Ages 16+
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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:



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 he will receive 0.5 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 a recommended ages section?	This has been added to help coaches understand the development age recommended for each level.	We want to ensure that gymnasts are moving through the levels through correct talent identification.

EXECUTION TABLE:

GENERAL	EXPLANATION	EXAMPLE
Lack of tension throughout the routine - 0.1/0.3/0.5	Can be taken each time but not for each limb	Flexed feet in handstand - 0.1
Lack of correct body shapes in skills - 0.1/0.3/0.5	Can be taken each time during the routine	Clear lack of dish shape in swings - 0.3
Lack of Balance - 0.1/0.3/0.5	Can be taken each time during the routine	Small wobble on Balance - 0.1
Lack of Dynamics - 0.1/0.3/0.5	Can only be taken once on Vault and once on Floor	Clear Slow run to Vault - 0.3
Deviation in Skills - 0.1/0.3	Can only be taken once where clear deviation applies	Tumble not in a straight line on Floor
Deep landings - 0.3/0.5	Can only be taken once on a landing	Gymnast landed in deep squat - 0.5
Knee or Leg Separation - 0.1/0.3/0.5	Can only be taken once based on distance	Legs apart wider than shoulders - 0.5
Insufficient Shape in Saltos - 0.1/0.3/0.5	Can only be taken once based on lack of shape	Clear Lack of tuck shape in salto - 0.3
Insufficient Height in Saltos - 0.1/0.3/0.5	Can only be taken once based on lack of height	Clear Lack of height in salto - 0.3
Brushing/Touching apparatus with hands but no fall - 0.1/0.3/0.5	Can be taken each time	Held onto beam to avoid fall - 0.5
All Falls including failure to land feet first - 1.0	Can be taken each time	Gymnast landed on knee's in salto - 1.0

MEN'S ARTISTIC GYMNASTICS

VAULT

VAULT TABLE

MEN'S ARTISTIC ONLY: All tables vaults have the option to increase height by 10cm for safety of the gymnasts competing the skills. Mini Marvels and Little Leapers will Vault on 80cm at Level 10 only. Best score of two attempts to count.

Vault Heights	1.00m Stacked Mats		1m	1.10m	1.20m	1.25m - 1.35m				
Level	10	9	8	7	6	5	4	3	2	1
Squat on Step to handstand flat lie	1.00									
Handspring flat back	1.50	1.50								
Handspring			2.00	2.00						
Yamashita			2.40	2.40						
Half On			3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00
Yurechenko & Yurechenko ½ turn Entry (No salto)				3.20	3.20	3.20	3.20	3.20	3.20	3.20
Half On Half Off or Yamashita ½ or Yurechenko ½ turn Entry ½ off				3.20	3.20	3.20	3.20	3.20	3.20	3.20
Half On Full Off or Yamashita 1/1 or Yurechenko ½ turn Entry 1/1 off					3.60	3.60	3.60	3.60	3.60	3.60
Tucked Tsukahara/Handspring						3.80	3.80	3.80	3.80	3.80
Piked Tsukahara/Handspring						4.00	4.00	4.00	4.00	4.00
Yurechenko Tucked						4.20	4.20	4.20	4.20	4.20
Yurechenko Piked						4.40	4.40	4.40	4.40	4.40
Yurechenko/Tsukahara Straight						4.80	4.80	4.80	4.80	4.80

CONTINUED VAULT TABLE

MEN'S ARTISTIC ONLY: All tables vaults have the option to increase height by 10cm for safety of the gymnasts competing the skills. Mini Marvels and Little Leapers will Vault on 80cm at Level 10 only. Best score of two attempts to count.

Vault Heights	1.25m – 1.35m					
Level	5	4	3	2	1	FIG
Tsukahara Tucked 1/2			4.00	4.00	4.00	4.00
Handspring Front Tucked 1/2			4.20	4.20	4.20	4.20
Tsukahara Piked 1/2				4.20	4.20	4.20
Handspring Front Piked 1/2				4.40	4.40	4.40
Tsukahara tucked 1/1 Twist					4.60	4.60
Yurechenko Straight 1/1 Twist					5.00	5.00
Yurechenko Straight 1 ½ Twist					5.20	5.20
Yurechenko Straight 2/1 Twist					5.40	5.40

***Gymnast can compete all FIG Coded Vaults once gymnast has completed IGA Level 1**

IMPORTANT NOTICE: All Vaults can be used on the FIG Code of Points – If using an unlisted IGA Code of Points Vault – Please use the FIG Vault Value and ensure your Intention Sheets are correct.

MEN'S ARTISTIC GYMNASTICS

HIGH BAR

HIGH BAR - SET ROUTINE - LEVEL 10

EQUIPMENT: High Bar – 2 x Safety Mats

START VALUE: 10.00

ROUTINE

Assisted Jump to hand on the Bar
Chin up
Leg Lift
Dish Shape (Show)
Arch Shape (Show)
3 x Swings
Release to land on 4th Swing showing Dish
on the back swing

EXECUTION

Failure to show dish/arch shape
Failure to show chin over the bar
Lack of body form
Lack of shapes in swing
Lack of control

PENALTY

0.3
0.3/0.5
0.1/0.3/0.5 each time
0.1/0.3/0.5 each time
0.1/0.3/0.5 each time



**FAILURE TO
COMPLETE A
SKILL:**

0.5 deduction
for each
incomplete skill

ROUTINE TIMINGS:

Routines must not exceed 1min – Routines
that exceed 1min will be deducted 0.3

PICTURES FOR REFERENCE:

HIGH BAR - SET ROUTINE - LEVEL 9

EQUIPMENT: High Bar – 1 x Safety Mat

START VALUE: 10.00

ROUTINE

Assisted jump to hang in reverse grip
180 turn in hang
Chin up
Chin up circle over
Controlled circle down
3 x Swings
Release to land on 4th Swing showing Dish
on the back swing

EXECUTION

Failure to show control in 180 turn
Failure to show chin over the bar
Lack of body form
Lack of shapes
Lack of control

PENALTY

0.3
0.3/0.5
0.1/0.3/0.5 each time
0.1/0.3/0.5 each time
0.1/0.3/0.5 each time



**FAILURE TO
COMPLETE A
SKILL:**

0.5 deduction
for each
incomplete skill

ROUTINE TIMINGS:

Routines must not exceed 1min – Routines
that exceed 1min will be deducted 0.3

PICTURES FOR REFERENCE:

HIGH BAR - SET ROUTINE - LEVEL 8

EQUIPMENT: High Bar – Optional Safety Mat

START VALUE: 10.00

ROUTINE

Assisted jump to hang
Chin up
Chin up circle up
Cast above horizontal, return to bar (or bonus)
Circle down into and complete 3 swings
Release on 4th swing
0.5 bonus for pushing away from cast into swings

EXECUTION

Failure to show dish shape
Failure to show chin over the bar
Lack of body form
Lack of shapes including in dismount
Lack of control

PENALTY

0.3
0.3/0.5
0.1/0.3/0.5 each time
0.1/0.3/0.5 each time
0.1/0.3/0.5 each time



**FAILURE TO
COMPLETE A
SKILL:**

0.5 deduction
for each
incomplete skill

ROUTINE TIMINGS:

Routines must not exceed 1min – Routines that exceed 1min will be deducted 0.3

PICTURES FOR REFERENCE:

HIGH BAR - IDENTITY LEVELS

EQUIPMENT: FIG Metal High Bars

START VALUE: 10.00

On High Bar, a routine with less than the required skills will be deducted 1.0 for each missing skill.

LEVEL 7

SKILLS: Best 7 skills to count [A/B/C]

REQUIREMENTS: Value 4.0

Circling Element
Leg lift
Cast to horizontal
B dismount only

NOTES:

Maximum of 2 C's only

LEVEL 6

SKILLS: Best 7 skills to count [A/B/C]

REQUIREMENTS: Value 4.0

Upstart / Uprise
Clear circling element to come out at horizontal
Cast above horizontal
Min B dismounts only

NOTES:

No A Dismounts allowed - A Dismounts will not be credited.

LEVEL 5

SKILLS: Best 8 skills to count [A-D]

REQUIREMENTS: Value 4.0

Upstart / Uprise
Cast 45' above horizontal
Circling element above horizontal
Minimum C Dismount

NOTES:

Maximum of 2 D's only
No A or B Dismounts allowed -Barred Dismounts will not be credited.

LEVEL 4

SKILLS: Best 8 skills to count [A-D]

REQUIREMENTS: Value 4.0

Cast to handstand (straddle or legs together)
1 x Giant
Circling Element Above Horizontal
Minimum C Dismount

NOTES:

No A or B Dismounts allowed - Barred Dismounts will not be credited.

HIGH BAR - ELITE LEVELS

EQUIPMENT: FIG Metal High Bars

START VALUE: 10.00

On High Bar a routine with less than the required skills will be deducted 1.0 for each missing skill.

LEVEL 3

SKILLS: Best 8 skills to count [A/B/C/D/E]

REQUIREMENTS: Value 4.0

Cast to handstand (leg's together),
Circling element to or through handstand,
1 x Giant
Any C or D dismount

NOTES:

Maximum of 2 x E's
No A or B Dismounts allowed -Barred Dismounts will not be credited.

LEVEL 2

SKILLS: Best 8 skills to count [A/B/C/D/E]

REQUIREMENTS: Value 4.0

Cast to handstand, legs together
Minimum of 2 giants forward and backward
Close bar element to handstand
Any salto dismount

NOTES:

Maximum of 2 x E's

LEVEL 1

SKILLS: Best 8 skills to count [A-F]

REQUIREMENTS: Value 4.0

Min 2 x giants bwd, fwd or mixed
180° turn or 360° in handstand (blind half or blind full)
Close bar element to handstand
Min E dismount

NOTES:

No Dismounts below E allowed - Barred Dismounts will not be credited.

MEN'S ARTISTIC GYMNASTICS

P.BARS

P.BARS - SET ROUTINE - LEVEL 10

EQUIPMENT: P.Bars - 1 x Safety Mat

START VALUE: 10.00

P.Bar height must be between shoulder and elbow when the gymnast is about to prepare for front support.

ROUTINE

Press to front support mount
4 hand walks RLRL
1 x Dip
Tuck shape hold (2 seconds max)
2 swings above bar
Swing above bar to backward dismount
between bars

EXECUTION

Failure to show dish/arch shape
Failure to show chin over the bar
Lack of body form
Lack of shapes in swing
Lack of control

PENALTY

0.3
0.3/0.5
0.1/0.3/0.5 each time
0.1/0.3/0.5 each time
0.1/0.3/0.5 each time



**FAILURE TO
COMPLETE A
SKILL:**

0.5 deduction
for each
incomplete skill

ROUTINE TIMINGS:

Routines must not exceed 1min 30 - Routines
that exceed 1min will be deducted 0.3

PICTURES FOR REFERENCE:

P.BARS - SET ROUTINE - LEVEL 9

EQUIPMENT: P.Bars - Optional Safety Mat

START VALUE: 10.00

Levels 9-1 : P.Bar height must be above the gymnast's shoulders when the gymnast is standing on the springboard below the bar.

ROUTINE

Jump to front support mount
180° turn in support
2 x Dip
Pike shape hold (2 seconds max)
Swing to 90°(horizontal)
Swing to 90° (horizontal)
Swing to 90° (horizontal) backward
dismount (FACE) over bars

EXECUTION

Failure to show dish/arch shape
Failure to show chin over the bar
Lack of body form
Lack of shapes in swing
Lack of control

PENALTY

0.3
0.3/0.5
0.1/0.3/0.5 each time
0.1/0.3/0.5 each time
0.1/0.3/0.5 each time



**FAILURE TO
COMPLETE A
SKILL:**

0.5 deduction
for each
incomplete skill

ROUTINE TIMINGS:

Routines must not exceed 1min 30 - Routines that exceed 1min will be deducted 0.3

PICTURES FOR REFERENCE:

P.BARS - SET ROUTINE - LEVEL 8

EQUIPMENT: P.Bars - 10cm dismount safety mat only.

START VALUE: 10.00

Levels 9-1 : P.Bar height must be above the gymnast's shoulders when the gymnast is standing on the springboard below the bar.

ROUTINE

Jump ½ turn to front support mount
2 x Dip to 90°
Pike shape hold
1 swing to 90°
2 Swings to 135°
Swing to 135° into either backward
dismount (FACE) over bars or into
forwards dismount (FLANK) over bars

EXECUTION

Failure to show dish/arch shape
Failure to show chin over the bar
Lack of body form
Lack of shapes in swing
Lack of control

PENALTY

0.3
0.3/0.5
0.1/0.3/0.5 each time
0.1/0.3/0.5 each time
0.1/0.3/0.5 each time



**FAILURE TO
COMPLETE A
SKILL:**

0.5 deduction
for each
incomplete skill

ROUTINE TIMINGS:

Routines must not exceed 1min 30 - Routines
that exceed 1min will be deducted 0.3

PICTURES FOR REFERENCE:

P.BARS - IDENTITY LEVELS

EQUIPMENT: P.Bars

START VALUE: 10.00

On P.Bar, a routine with less than the required skills will be deducted 1.0 for each missing skill.

Levels 9-1 : P.Bar height must be above the gymnast's shoulders when the gymnast is standing on the springboard below the bar.

LEVEL 7

SKILLS: Best 7 skills to count [A/B/C]

REQUIREMENTS: Value 4.0

360° turn in support
Statics/strength element (min B)
Swing to 135°
Dismount (min B)

NOTES:

Maximum of 4 C's only
No salto dismounts allowed - Barred
Dismounts will not be credited.

LEVEL 6

SKILLS: Best 8 skills to count [A-D]

REQUIREMENTS: Value 4.0

Upstart
Statics/strength element (min B)
Swing to handstand
Dismount (B/C)- no saltos

NOTES:

Maximum of 4 D's only
No salto dismounts allowed - Barred
Dismounts will not be credited.

LEVEL 5

SKILLS: Best 8 skills to count [A-D]

REQUIREMENTS: Value 4.0

Swinging element above bar (min C)
Upper arm or below bar element (min B)
Statics/strength element (min B)
Dismount (min C)

NOTES:

Maximum of 4 D's only
No A or B Dismounts allowed -Barred
Dismounts will not be credited.

LEVEL 4

SKILLS: Best 8 skills to count [A-D]

REQUIREMENTS: Value 4.0

Swinging element above bar (min C)
Upper arm or below bar element (min C)
Statics/strength element (min C)
Dismount (min C)

NOTES:

No A or B Dismounts allowed -
Barred Dismounts will not be credited.

P.BARS - ELITE LEVELS

EQUIPMENT: P.Bars

START VALUE: 10.00

On P.Bars, a routine with less than the required skills will be deducted 1.0 for each missing skill.

Levels 9-1 : P.Bar height must be above the gymnast's shoulders when the gymnast is standing on the springboard below the bar.

LEVEL 3

SKILLS: Best 8 skills to count [A/B/C/D/E]

REQUIREMENTS: Value 4.0

Swinging element above bar (min C)
Upper arm or below bar element (min C)
Statics/strength element (min C)
Salto dismount

NOTES:

Maximum of 2 x E's
No A or B Dismounts allowed – Barred Dismounts will not be credited.

LEVEL 2

SKILLS: Best 8 skills to count [A/B/C/D/E/F]

REQUIREMENTS: Value 4.0

Turning element in handstand
Upper arm or below bar element (min D)
Statics/strength element (min C)
Salto dismount (Min D)

NOTES:

Maximum of 2 x F's
No Dismounts below D allowed – Barred Dismounts will not be credited.

LEVEL 1

SKILLS: Best 8 skills to count [A-F]

REQUIREMENTS: Value 4.0

Swinging element above bar (min E)
Turning element in handstand
Upper arm or below bar element (min D)
Salto dismount (Min E)

NOTES:

No Dismounts below E allowed – Barred Dismounts will not be credited.

MEN'S ARTISTIC GYMNASTICS

FLOOR

FLOOR - FOUNDATION LEVELS

EQUIPMENT: Floor [Level 10/9 on a Line] Level 8 Full Floor – Music Optional

START VALUE: 10.00

On Floor, a routine with less than the required skills will be deducted 1.0 for each missing skill.

LEVEL 10

SKILLS: Best 8 skills to count [A Skills Only]

REQUIREMENTS: Value 4.0

Acro move
Jump
Balance
Strength move

NOTES:

Maximum of 2 x E's
No A or B Dismounts allowed – Barred Dismounts will not be credited.

LEVEL 9

SKILLS: Best 8 skills to count [A/B]

REQUIREMENTS: Value 4.0

Acro move
Jump 360' turn
Mix series *[mixed series consists of an acro skill connected to a jump.]*
Strength move

NOTES:

Maximum of 6 x B's
No Salto's allowed

LEVEL 8

SKILLS: Best 8 skills to count [A-C]

REQUIREMENTS: Value 4.0

Connected 2 acro elements
Controlled handstand roll out straight arms
Arabesque
Jump 360' turn

NOTES:

Maximum of 2 x C's

Only small deductions up to 0.3 can occur for deviation in a skill. There is no deduction for a gymnast who hasn't performed the entire Floor Routine on a line that is marked on the Floor. Only Deviation is applied to elements.

FLOOR - IDENTITY LEVELS

EQUIPMENT: Full Floor Routine – Music Optional

START VALUE: 10.00

On Floor, a routine with less than the required skills will be deducted 1.0 for each missing skill.

LEVEL 7

SKILLS: Best 10 skills to count [A-C]

REQUIREMENTS: Value 4.0

Bwd acro series of two elements with one flighted acro skill
Fwd acro series of 2 elements
C Jump with turn
Bwd roll straight arms to front support position

NOTES:

Maximum of 6 C's only

LEVEL 6

SKILLS: Best 10 skills to count [A-C]

REQUIREMENTS: Value 4.0

Min 3 elements acro series with Bwd salto
FWD acro series of 2 elements one flighted acro skill in direct connection
Strength element (minimum C).
Non-flighted acro skill (minimum C)

NOTES:

A, B and C skills only.

LEVEL 5

SKILLS: Best 10 skills to count [A-D]

REQUIREMENTS: Value 4.0

Min 3 elements acro series with Bwd salto (salto min C)
Fwd acro series of two directly connected elements
Isolated Straight Front
Non acrobatic element (min C)

NOTES:

Maximum of 2 D's only

LEVEL 4

SKILLS: Best 10 skills to count [A-E]

REQUIREMENTS: Value 4.0

Min 3 elements acro series with min 180° twist
Pike to handstand ½ turn to bwd roll to handstand straight arms Fwd acro series of two salto's connected
Non acrobatic element (min D)

NOTES:

Maximum of 2 E's only.

0.3 deduction for not hitting all corners in the Floor Routine.

FLOOR - FOUNDATION LEVELS

EQUIPMENT: Floor [Level 10/9 on a Line] Level 8 Full Floor – Music Optional

START VALUE: 10.00

On Floor, a routine with less than the required skills will be deducted 1.0 for each missing skill.

LEVEL 3

SKILLS: Best 10 skills to count [A-E]

REQUIREMENTS: Value 4.0

Min 3 elements acro series, incl. same or different salto direction
Fwd acro series or 2 elements, one must be salto
One tumble series with min 360° twist
Non acrobatic element (min D)

NOTES:

LEVEL 2

SKILLS: Best 10 skills to count [A-F]

REQUIREMENTS: Value 4.0

Acro series with back salto with a minimum 1/1 twist
Forward flighted acro element (minimum E)
Acro series with two connected saltos
Non-acrobatic element (min E)

NOTES:

Maximum of 2 x F's.

LEVEL 1

SKILLS: Best 10 skills to count [A-F]

REQUIREMENTS: Value 4.0

Acro series with back salto with a minimum 1 1/2 twist
Double somersault
Two connected forward saltos, one salto minimum E
Non-acrobatic element (min E)

NOTES:

0.3 deduction for not hitting all corners in the Floor Routine.