

WOMEN'S ARTISTIC GYMNASTICS

GEMS GRADES HANDBOOK

NATIONAL PATHWAY 2027

INTRODUCTION:

Welcome to the new Women'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: events@igauk.com

National Safeguarding Lead: safeguarding@igauk.com

WAG COMITTEE:

Poppy Smith - South
Emily Broadbent - South West
Alana Lowe - North
Joanne Kelly - South
Milly Arcangelo - North

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 & Midlands	Regional Qualifiers	Open to all
January to May:		
Gems Grades	Gems Grades [Emerald+]	Arthur Falle Invitational
Floor and Vault		IGA Scottish Open
September to December:		
IGA Levels	IGA Levels [Level 8+]	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:

- County Durham
- Northumberland
- Tyne and Wear
- Teesside
- East Riding of Yorkshire
- North Yorkshire
- South Yorkshire
- Scotland
- Cumbria
- Greater Manchester
- Lancashire
- Merseyside
- West Yorkshire
- Hull

MIDLANDS REGION:

- Derbyshire
- Leicestershire
- Lincolnshire
- Northamptonshire
- Nottinghamshire
- Rutland
- Norfolk
- Cheshire
- Herefordshire
- Shropshire
- Staffordshire
- Warwickshire
- West Midlands
- Worcestershire
- Wales
- Cambridgeshire
- Suffolk

SOUTH REGIONS:

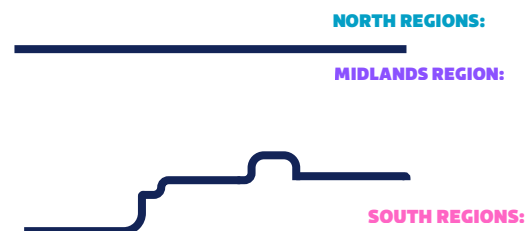
- Bedfordshire
- Cambridgeshire
- Essex
- Hertfordshire
- Berkshire
- Buckinghamshire
- East Sussex
- Hampshire
- Isle of Wight
- Kent
- Oxfordshire
- Surrey
- West Sussex
- Bristol
- Cornwall
- Devon
- Dorset
- Gloucestershire
- Somerset
- Wiltshire
- Isles of Scilly
- Channel Islands

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:

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



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:

£55.00

All 5 pieces must be performed at this event.

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.

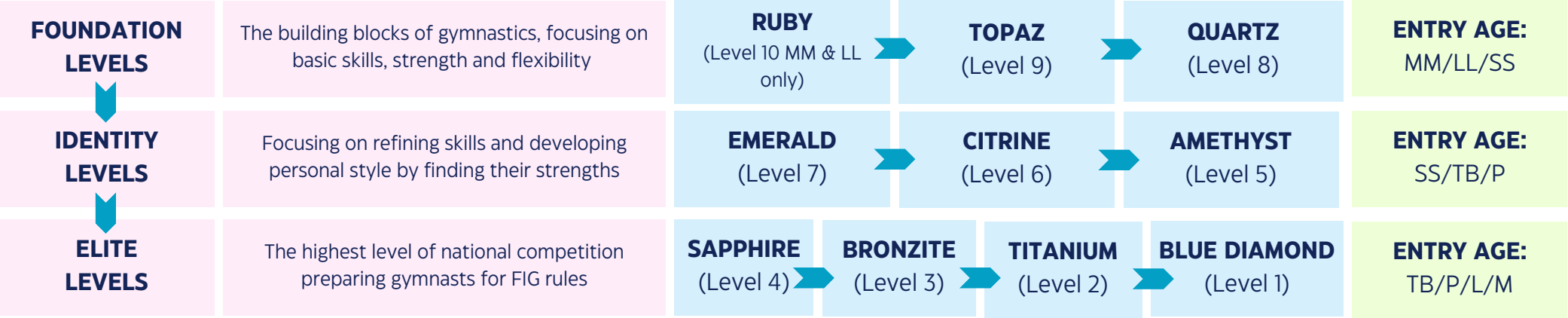
However, the submission of a judge is a mandatory requirement for entry. Competition entries submitted without a nominated judge will not be accepted.

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



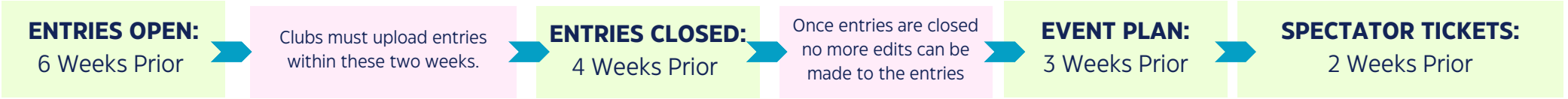
IGA AGE GROUPS **NEW**



*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:



LEVELING UP THROUGH THE IGA GEMS **NEW**

National Pathway Progression

Within the National Pathway, progression to the next GEM and Level is based on a combined score.

The 2026 competition season will operate as a **pilot year for this process**. Once the National Championships for both GEMS and Levels have been completed, IGA will review the results and formally release the combined score required for progression to the next GEM and Level.

SAFE PARTICIPATION:

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

2026 NATIONAL SQUAD CRITERIA BASED OFF CHANGES COMING IN FOR 2027

Level	10 RUBY	9 TOPAZ	8 QUARTZ	7 EMERALD	6 CITRINE	5 AMETHYST	4 SAPPHIRE	3 BRONZITE	2 TITANIUM	1 BLUE DIAMOND
NATIONAL PATHWAY	2020 2019	2020 2019 2018	2018 2017 2016	2017 2016 2015	2016 2015 2014	2015 2014 2013	2014 2013 2012	2013 2012 2011	2012 2011 2010	2011 2010 2009
NATIONAL SQUAD SELECTION 2027 (COMBINED GEM & LEVEL SCORE) TOP 3 OF EACH BIRTH YEAR	X	X	X	X	2016 2015 2014	2015 2014 2013	2014 2013 2012	2013 2012 2011	2012 2011 2010 2009	2011 2010 2009 2008

NEW COMPETITION AGE GROUPS 2027

Level	PRE 10 (LEVELS ONLY - NO GEM)	10 RUBY	9 TOPAZ	8 QUARTZ	7 EMERALD	6 CITRINE	5 AMETHYST	4 SAPPHIRE	3 BONZITE	2 TITANIUM	1 BLUE DIAMOND
NATIONAL PATHWAY	2022	2021 2020	2020 2019	2019 2018	2018 2017	2017 2016 2015	2016 2015 2014	2015 2014 2013	2014 2013 2012 2011	2013 2012 2011 2010	2012 2011 2010 2009
NATIONAL SQUAD SELECTION 2028 (COMBINED GEM & LEVEL SCORE) TOP 3 OF EACH BIRTH YEAR						2017 2016 2015	2016 2015 2014	2015 2014 2013	2014 2013 2012 2011	2013 2012 2011 2010	2012 2011 2010 2009

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.	Well done medals will be awarded for all gymnasts who have participated in the competition	Regional Events Only: Ruby Topaz & Quartz
NATIONAL FINALS	Medals will be placed for 1 st to 3 rd on all apparatus. Overall 2 nd to 3 rd medals. Overall trophy for the overall winner	Well done medals will be awarded for all gymnasts who have participated in the competition	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 well done medal.

From 2027 – 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.

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 WAG, 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.

WOMEN'S ARTISTIC GYMNASTICS

GEMS GRADES



FOUNDATION GRADES

RUBY

VAULT

BARS

BEAM

FLOOR

EQUIPMENT:	2 x 30cm stacked safety mats	Wooden Single Bar FIG Height - FIG Landing mat base - 30cm Safety Mat	FIG Height Beam - FIG Landing mat base - 30cm Safety Mat underneath - No choreo choice of pose only	FIG Floor - Performed on a line - No music - No choreo choice of pose only
ROUTINE:	Dynamic run Correct arm swing on the board Straight jump onto the mats. Landing with a straight body (AAH)	Starting from hang in reverse grip 1 x Pull up (in dish shape - Show) Half turn (in dish shape - Show) 2 x Leg Lifts Dish hang to land	Jump to front support Leg lift over - Swing to Squat Rise to toes straight body (AAH) <i>[Choice of pose]</i> 2 x Steps on toes Straight jump preparation Spin preparation Arabesque (hold for 2 seconds) Straight jump dismount	<i>[Starting pose of choice]</i> Spin preparation Straight jump connected Straight jump <i>[Choice of pose]</i> Cartwheel Leap preparation Catleap
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	Failure to show straight shape - 0.3	Failure to lift knee's to chest in catleap - 0.3
	Incorrect arm swing on board - 0.3		Failure to show pose of choice - 0.3	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	Lack of correct body form throughout - 0.1/0.3/0.5	Failure to step through after spin - 0.5
	Lack of correct body form in jump - 0.1/0.3/0.5	Failure to complete Leg Lift - 0.5	Failure to land on toes after spin - 0.5	Leg not lifting to horizontal in the leap preparation - 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	
	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	
	Deep squat on landing - 0.3/0.5			

KEY: Arms Above Head (AAH) Show means 'Show the skill' **NOT** hold



FOUNDATION GRADES

TOPAZ

VAULT

EQUIPMENT:

2 x 30cm stacked safety mats

ROUTINE:

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]

EXECUTION:

Lack of dynamic run - 0.1/0.3/0.5
Incorrect arm swing on board- 0.3
Failure to perform arm swing - 0.5
Lack of correct body form in jump - 0.1/0.3/0.5
Lack of height in jump - 0.1/0.3/0.5
Steps on landing - 0.1/0.3/0.5
Deep squat on landing - 0.3/0.5

BARS

Wooden Single Bar FIG Height - FIG
Landing mat base - 30cm Safety Mat

Starting from hang in reverse grip
1 x Pull up (Dish shape - **Show**)
Half turn (Dish shape - **Show**)
2 x Leg Lifts
Lift to pike hold - (**2 seconds**)
Open to straddle hold - (**2 seconds**)
2 x Dish/Arch taps to land

Lack of correct body form throughout - 0.1/0.3/0.5
Failure to complete pull up - 0.5
Failure to complete Leg Lift - 0.5
Steps on landing - 0.1/0.3/0.5
Deep squat on landing - 0.3/0.5

BEAM

FIG Height Beam - FIG Landing mat
base - 30cm Safety Mat underneath
- No choreo choice of pose only

Jump to front support
Leg lift over - Swing to Squat
Rise to toes straight body (AAH)
[Choice of pose]
Spin preparation
Straight jump **connected** straight jump
step Split Jump 140°
Handstand (**Hold** for 2 seconds)
Round off dismount

Failure to hold handstand - 0.3
Failure to show pose of choice - 0.3
Lack of correct body form throughout - 0.1/0.3/0.5
Failure to land on toes after spin - 0.5
Missed connections - 0.5 each time

FLOOR

FIG Floor - Performed on a line - No
music - No choreo choice of pose
only

[Starting pose of choice]
Spin preparation on 1 leg step through
Spin preparation on the **other** leg step
through
Straight jump **connected** Straight jump
Split Jump 140°
[Choice of pose]
Round off dish jump
Handstand Hop [focus on technique]
Split leap 140° **connected** Catleap

Failure to lift knee's to chest in catleap - 0.3
Lack of correct body form throughout - 0.1/0.3/0.5
Lack of split in leaps/jumps - 0.3
Missed connections - 0.5 each time
Landing Faults - 0.1/0.3/0.5
Failure to step through after spin - 0.5

KEY: Arms Above Head (AAH) Show means 'Show the skill' **NOT** hold



FOUNDATION GRADES

QUARTZ

VAULT

BARS

BEAM

FLOOR

EQUIPMENT:

1m stacked safety mats

Wooden Single Bar FIG Height – FIG
Landing mat base – 30cm Safety Mat

FIG Height Beam – FIG Landing mat
base – 30cm Safety Mat underneath
– No choreo choice of pose only

FIG Floor – Performed on a line – No
music – No choreo choice of pose
only

ROUTINE:

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]

1 x Pull up (Dish shape – **Show**)
Half Turn
1 x Chin up Circle Over (Dish shape)
Show Front Support Shape
Circle Down to Long Hang
Lift to pike hold (**2 seconds**)
Open to straddle hold (**2 seconds**)
2 x Arch Taps to land

Jump to Japan mount
[optional hands]
Leg lift over, swing to squat on
Rise to toes stright body
[Choice of Pose]
Split Jump 140° **connected** tuck jump
½ spin
Cartwheel
Catleap
Round off dismount

[Starting pose of choice]
Straight jump **connected** Split Jump
140°
[Choice of pose]
Split leap 140° **connected** Catleap
Round off dish jump
Handstand Hop bridge to stand
½ spin

EXECUTION:

Lack of dynamic run – 0.1/0.3/0.5

Incorrect arm swing on board– 0.3

Lack of body form in
straight jump– 0.1/0.3/0.5

Lack of push off hands in
handstand – 0.1/0.3/0.5

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

Failure to complete pull up – 0.5

Failure to show front support – 0.3

Legs below horizontal in straddle & pike
– 0.3

Landing faults – 0.1/0.3/0.5

Routine exceeds 1 min – 0.5

Missed connections – 0.5 each time

Failure to show pose of choice – 0.3

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

Failure to land on toes
after spin – 0.5

Steps on landing – 0.1/0.3/0.5

Deep squat on landing – 0.3/0.5

Failure to lift knee's to chest in catleap –
0.3

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

Lack of split in leaps/jumps – 0.3

Missed connections – 0.5 each time

Landing Faults – 0.1/0.3/0.5



IDENTITY GRADES EMERALD

VAULT

BARS

BEAM

FLOOR

EQUIPMENT:	1m stacked safety mats	Metal Bar – FIG Landing mat base – 30cm Safety Mat	FIG Height Beam – FIG Landing mat base – 30cm Safety Mat underneath	FIG Floor – 1min 30 max Full Choreograph to music
ROUTINE:	Dynamic run Correct entry on the board Handspring flat lie <i>(emphasis on correct technique)</i>	Dish shape – Show Arch shape – Show 3 x Dish Arch Taps 3 x Swings (Focus on shape and correct timing for the tap under the bar)	Jump to straddle lever [hold for 2 seconds] Split Jump 140° connected Tuck Jump ½ spin connected ½ turn on toes Backward Walkover Cartwheel Straight Jump Dismount OR Front somersault *FULL CHOREOGRAPHY*	Straight jump connected Split Jump 140° Chasse Split leap 140° chasse Catleap Round off flick Handspring ½ spin connected ½ turn Catleap connected Cartwheel
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	Failure to lift knee's to chest in catleap – 0.3
	Failure to show correct arm swing- 0.3	Incorrect timing on kick – 0.1/0.3/0.5	Lack of correct body form – 0.1/0.3/0.5	Lack of correct body form throughout – 0.1/0.3/0.5
	Lack of body form in entry phase to handstand – 0.1/0.3/0.5	Swings below horizontal – 0.1/0.3/0.5	Lack of split in jump – 0.3	Lack of split in leaps/jumps – 0.3
	Incorrect head position – 0.3	Routine exceeds 1 min – 0.5	Landing Faults – 0.1/0.3/0.5	Missed connections – 0.5 each time
	lack of push off hands in handstand – 0.1/0.3/0.5		Missed holds – 0.3	Landing Faults – 0.1/0.3/0.5
			Failure to land on toes after spin- 0.5	
			Routine exceeds 1 min 30 – 0.5	



IDENTITY GRADES

CITRINE

VAULT

BARS

BEAM

FLOOR

EQUIPMENT:	2 x 30cm stacked safety mats	Metal Bar – FIG Landing mat base – 30cm Safety Mat	FIG Height Beam – FIG Landing mat base – 30cm Safety Mat underneath	FIG Floor – 1min 30 max floor music
ROUTINE:	Dynamic run Correct entry on the board Straight front land onto front OR R/off tuck back (AAH) land fall onto back	Dish shape – Show Arch shape – Show 3 x Dish Arch Taps 3 x Swings On 4 th swing baby giant connected to backward hip circle (Focus on shape and correct timing for the tap under the bar)	Jump to straddle lever or Tuck through to pike lever [hold for 2 seconds] Split Jump 180° connected Tuck Jump Full Spin Flick to one Straight Jump [Sideways] Cartwheel Tuck Back Dismount *FULL CHOREOGRAPHY*	Straddle Jump or Split Jump 180° Chasse Split leap 180° chasse side leap Round off x 3 flicks Handspring straight jump Front somersault Full spin Catleap connected Cartwheel connected <i>sissonne</i>
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	Failure to lift knee's to chest in catleap – 0.3
	Failure to show correct arm swing- 0.3	Failure to show shapes – 0.3 each	Lack of correct body form – 0.1/0.3/0.5	Lack of correct body form throughout – 0.1/0.3/0.5
	Lack of height in salto- 0.1/0.3/0.5	Incorrect timing on kick – 0.3 each	Lack of split in jump – 0.3	Lack of split in leaps/jumps – 0.3
	Incorrect shape in salto – 0.1/0.3/0.5	Swings below horizontal – 0.3	Landing Faults – 0.1/0.3/0.5	Missed connections – 0.5 each time
	Incorrect head position – 0.3	Pause between baby giant and backward hip circle – 0.3	Missed holds – 0.3	Landing Faults – 0.1/0.3/0.5
	Failure to hold correct body form in the fall landing- 0.1/0.3/0.5		Failure to land on toes after spin – 0.5	Failure to bring arms down between flicks – 0.3 each time
	Deep squat on landing – 0.3/0.5		Routine exceeds 1 min 30 – 0.5	



IDENTITY GRADES

AMETHYST

VAULT

BAR

BEAM

FLOOR

EQUIPMENT:

2 x 30cm stacked safety mats

Metal Bar – FIG Landing mat base –
30cm Safety Mat

FIG Height Beam – FIG Landing mat
base – 30cm Safety Mat underneath

FIG Floor – 1min 30 max floor music

ROUTINE:

Dynamic run
Correct entry on the board
Straight front land onto front
OR R/off straight back (AAH) land
fall onto back

Dish shape – **Show**
Arch shape – **Show**
2 x Dish Arch Taps
Trolley Swing into Upstart
Cast to horizontal
2 x Swings On 3rd swing baby giant
connected to backward hip circle
(Focus on shape and correct timing
for the tap under the bar)

[Coded Optional Mount]
Split Jump 180° **connected** Tuck Jump
or W-Jump
Full Spin
Split Handstand **connected** Flick to one
Straight Jump ½ [Sideways]
Cartwheel Tuck Back Dismount **OR**
Round off straight jump dismount

FULL CHOREOGRAPHY

Straddle Jump or Split Jump 180°
Chasse Split leap 180° chasse side leap
Round off flick tuck back
Handspring to 1 **connected** handspring to
2
Front somersault straight jump
Full spin **connected** back ½ spin
Catleap **connected** Free Cartwheel

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

Failure to hold correct body form in
the fall 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 – 1.0

Cast below horizontal – 0.5

Swings below horizontal – 0.3

Pause between baby giant and
backward hip circle – 0.5

Pauses or extra swings
between skills – 0.5

Missed connections – 0.5 each time

Lack of correct body form –
0.1/0.3/0.5

Lack of split in jump – 0.3

Landing Faults – 0.1/0.3/0.5

Failure to land on toes
after spin – 0.5

Routine exceeds 1 min 30 – 0.5

Failure to lift knee's to chest in catleap –
0.3

Failure to set with correct technique in
tuck back – 0.1/0.3/0.5

Lack of split in leaps/jumps – 0.3

Missed connections – 0.5 each time

Landing Faults – 0.1/0.3/0.5

Failure to keep arms on ears in
connection of handsprings – 0.3

Failure to keep arms on ears out of
the tuck front – 0.3



ELITE GRADES SAPPHIRE

VAULT

BARS

BEAM

FLOOR

EQUIPMENT:	1:15m Vault Table – Stacked Mats	Metal Bar – FIG Landing mat base – 30cm Safety Mat	FIG Height Beam – FIG Landing mat base – 30cm Safety Mat underneath	FIG Floor – 1min 30 max floor music
ROUTINE:	Dynamic run Correct entry on the board Handspring flat lie OR Half on to knee's OR Yurchenko to knee's	Dish shape – Show Arch shape – Show 2 x Dish Arch Taps Trolley Swing into Upstart Cast to horizontal 2 x Swings into 1 x Giant (Focus on shape and correct timing for the tap under the bar)	[Coded Optional Mount] Split Jump 180° connected W-Jump Full Spin [any position or direction] Backward Walkover connected Flick to one Optional C Coded Jump [Sideways] Round off tuck back dismount OR pike front dismount *FULL CHOREOGRAPHY*	Straddle Jump or Split Jump 180° ½ Chasse Change leg 180° chasse split leap Round off flick tuck back Front somersault straight jump connected to Handspring to 1 connected handspring to 2 Full spin connected back full spin Catleap connected Free Cartwheel
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	Failure to lift knee's to chest in catleap – 0.3
	Incorrect arm swing on board- 0.3	Failure to complete upstart – 1.0	Lack of correct body form – 0.1/0.3/0.5	Failure to set with the correct technique in tuck back – 0.1/0.3/0.5
	Lack of body form in entry phase to the vault- 0.1/0.3/0.5	Pause or extra swing between skills – 0.5	Lack of split in jump – 0.3	Lack of split in leaps/jumps – 0.3
	Incorrect head position – 0.3	Cast below horizontal – 0.5	Landing Faults – 0.1/0.3/0.5	Missed connections – 0.5 each time
	Lack of dynamics – 0.1/0.3/0.5	Failure to complete giant on first attempt – 1.0	Failure to land on toes after spin – 0.5	Landing Faults – 0.1/0.3/0.5
		Incorrect timing on kick – 0.3 each	Routine exceeds 1 min 30 – 0.5	Failure to keep arms on ears out of the tuck front – 0.3
				Failure to keep arms on ears in connection of handspring – 0.3



ELITE GRADES

BRONZITE

VAULT

BARS

BEAM

FLOOR

EQUIPMENT:

1.20m Vault Table – Stacked Mats

Metal Bar – FIG Landing mat base –
30cm Safety Mat

FIG Height Beam – FIG Landing mat –
30cm Safety Mat underneath

FIG Floor – 1min 30 max floor music

ROUTINE:

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

2 x Dish Arch Taps
Trolley Swing into Upstart
Cast to handstand
Circling Element to Handstand
2 x Giants
(Focus on shape and correct timing
for the tap under the bar)

[Coded Optional Mount]
Split Jump 180° **connected** W-Jump
Full Spin [any position or direction]
Flick to one **connected** Flick to one
Cartwheel **connected** sissonne
Round off straight back dismount **OR**
Straight front
FULL CHOREOGRAPHY

Straddle Jump or Split Jump 180° ½ or
W-Jump ½
Chasse Change leg 180° into any **D**
coded leap
Round off flick straight back
Straight front somersault
Round off 2 x flicks tuck back
Double spin
W-hop **connected** Free Cartwheel

EXECUTION:

Lack of dynamic run – 0.1/0.3/0.5

Incorrect arm swing on board – 0.3

Lack of body form in entry phase to
the vault- 0.1/0.3/0.5

Lack of press off the
vault – 0.1/0.3/0.5

Incorrect head position – 0.3

Lack of dynamics – 0.1/0.3/0.5

Failure to hold correct body form in
the fall landing- 0.1/0.3/0.5

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

Failure to complete handstands
between handstand and 10° – 0.5

Failure to complete circling element
or giants – 1.0 each

Pause or extra swings
between skills 0.5

Missed connections – 0.5 each time

Lack of correct body form –
0.1/0.3/0.5

Lack of split in jump – 0.3

Landing Faults – 0.1/0.3/0.5

Failure to land on toes after
the spin – 0.5

Routine exceeds 1 min 30 – 0.5

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

Lack of split in leaps/jumps – 0.3

Missed connections – 0.5 each time

Landing Faults – 0.1/0.3/0.5

Failure to set with correct technique
in somersaults 0.1/0.3/0.5

Failure to bring down arms between
flicks – 0.3 each time

NOTES: Optional Entry for Cast to Handstand on Bars



ELITE GRADES TITANIUM

VAULT

BAR

BEAM

FLOOR

EQUIPMENT:	1.25m Vault Table – Stacked Mats with 10cm extra mat on landing	Metal Bar – FIG Landing mat base – 30cm Safety Mat	FIG Height Beam – FIG Landing mat base – 30cm Safety Mat underneath 2x30cm safety mats dismount end	FIG Floor – 1min 30 max floor music
ROUTINE:	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	2 x Dish Arch Taps Trolley Swing into Upstart Cast to handstand Circling Element to Handstand 2 x Giants Heel Drive into 2 x Forward Giants (Focus on shape and correct timing)	[Coded Optional Mount] Split Jump 180° connected W-Jump or Straddle Jump Full Spin [any position or direction] Flick to one connected Flick to two Free Cartwheel or Tuck Back Round off straight back dismount OR Straight front. Both onto 2 x 30cm safety mats *FULL CHOREOGRAPHY*	Straddle Jump or Split Jump 180° ½ or W-Jump ½ Chasse Change leg 180° into any D coded leap Round off flick straight back ½ Straight front somersault Round off flick straight back Double spin W-hop connected Free Walkover or Cartwheel
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 arm swing on board – 0.3	Failure to complete handstands between handstand and 10° – 0.5	Lack of correct body form – 0.1/0.3/0.5	Lack of split in leaps/jumps – 0.3
	Lack of form in entry phase to the vault – 0.1/0.3/0.5	Failure to complete circling element or giants – 1.0 each	Lack of split in jump – 0.3	Missed connections – 0.5 each time
	lack of press off the vault- 0.1/0.3/0.5	Pauses or extra swings between skills – 0.5	Landing Faults – 0.1/0.3/0.5	Landing Faults – 0.1/0.3/0.5
	Incorrect head position – 0.3	Failure to show heel drive phase – 0.5	Failure to land on toes after spin – 0.5	Failure to set with correct technique in somersaults – 0.1/0.3/0.5
	Lack of dynamics – 0.1/0.3/0.5		Routine exceeds 1 min 30 – 0.5	
	Failure to hold correct body form in the fall landing- 0.1/0.3/0.5			

NOTES: Optional Entry for Cast to Handstand on Bars



ELITE GRADES

BLUE DIAMOND

VAULT

BAR

BEAM

FLOOR

EQUIPMENT:

1.25m Vault Table – Stacked Mats

Metal Bar – FIG Landing mat base –
30cm Safety Mat

FIG Height Beam – FIG Landing mat
base – 30cm Safety Mat underneath

FIG Floor – 1min 30 max floor music

ROUTINE:

Dynamic run
Correct entry on the board
Half on through to shoulder stand
OR
Yurchenko through to shoulder
stand

2 x Dish Arch Taps
Trolley Swing into Upstart
Cast to handstand
2 x **Different** Circling Elements
2 x Giants
Heel Drive into 2 x Forward Giants
(Focus on shape and correct timing)

[Coded Optional Mount]
Split Jump 180° **connected** W-Jump **or**
Straddle Jump
Full Spin [any position or direction]
Flick to one **connected** layout
2 x Aerials or somersaults of choice
Round off straight back with 1/1 twist **OR**
Straight front 1/1 twist
FULL CHOREOGRAPHY

Any coded **D** turning jump
Chasse Change leg 180° into any **E** coded
leap
Round off flick straight back 1/1 twist
Straight front somersault **connected**
tuck front somersault
Round off flick straight back ½ twist
Double spin
W-hop **connected** Free Walkover or
Cartwheel

EXECUTION:

Lack of dynamic run – 0.1/0.3/0.5

Incorrect arm swing on board – 0.3

Lack of body form in the entry
phase to the vault– 0.1/0.3/0.5

Lack of press off the vault–
0.1/0.3/0.5

Incorrect head position – 0.3

Lack of dynamics – 0.1/0.3/0.5

Pike through to
shoulder stand– 0.1/0.3/0.5

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

Pauses or extra swings between
skills – 0.5

Failure to show heel drive phase–
0.3

Failure to complete handstands
between handstand and 10° – 0.5

Failure to complete circling element
or giants – 1.0 each

Failure to compete two different
circling elements – 1.0

Missed connections – 0.5 each time

Lack of correct body form –
0.1/0.3/0.5

Lack of split in jump – 0.3

Landing Faults – 0.1/0.3/0.5

Failure to land on toes
after spin/0.5

Routine exceeds 1 min 30 – 0.5

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

Lack of split in leaps/jumps – 0.3

Missed connections – 0.5 each time

Landing Faults – 0.1/0.3/0.5

Failure to set with correct technique
in somersaults – 0.1/0.3/0.5

NOTES: Optional Entry for Cast to Handstand on Bars

WOMEN'S ARTISTIC GYMNASTICS

FLEXIBILITY & BALANCE



FOUNDATION GRADE

RUBY - TOPAZ - QUARTZ

EQUIPMENT:

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

ROUTINE:

STARTING POSITION: Standing straight body arms by ears *[Showing good posture]*
Forward roll into straddle sit and show. Sitting in straddle hands reach forward and gymnast performs 2 x leg lifts
Hold straddle lever for 2 seconds – **Hold** Japan for 2 seconds
Swim through box splits to front support position
Swing left round to show splits then turn to show other splits *[Can use hands in transition]*
Bring leg round to **hold** lumber fold then lay flat on the floor
Push to **hold** a bridge *[focus on shoulders over hands]*
Rock and roll to stand.

EXECUTION:

Poor posture in starting position including arching of back – 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 straddle lever hold and leg lifts – 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 knee's 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.



IDENTITY GRADE

EMERALD - CITRINE - AMETHYST - SAPPHIRE

EQUIPMENT:

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

ROUTINE:

STARTING POSITION: Standing straight body arms by ears *[Showing good posture]*
Forward roll into straddle lever and **hold** for 2 seconds lift to half lever and return to **hold** for 2 seconds then lower to straddle sit.
Hold Japan for 2 seconds
Swim through box splits to front support position
Swing left leg round to show splits then turn to show other splits *[Can use hands in transition]*
Bring leg round to **hold** pike fold then lay flat on the floor
Push to **hold** a bridge *[focus on shoulders over hands]*
Show best leg bridge split - kick over to stand.
Split jump **connected** split jump showing split jumps on both legs.

EXECUTION:

Poor posture in starting position including arching of back - 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 straddle lever hold and half lever - 0.3

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

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

Leg is below the vertical in the bridge split - 0.5

General execution faults throughout routine including knee's feet and arms - 0.1/0.3/0.5

Arms on legs in straddle lever or half lever - 0.3

lack of splits in jumps - 0.1/0.3/0.5

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



IDENTITY GRADE

BRONZITE - TITANIUM - BLUE DIAMOND

EQUIPMENT:

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

ROUTINE:

STARTING POSITION: Standing straight body arms by ears *[Showing good posture]*
Forward roll into straddle lever and **hold** for 2 seconds lift to handstand and **hold** for 2 seconds pike down.
Hold Standing pike fold for 2 seconds
Backward roll to front support
Swing left leg round to show splits then turn to show other splits *[Can use hands in transition]*
Bring leg round to **hold** pike fold then lay flat on the floor
Push to **hold** a bridge *[focus on shoulders over hands]*
Show best leg bridge split - kick over to stand.
Split jump **connected** split jump **connected** straddle jump showing split jumps on both legs.

EXECUTION:

Poor posture in starting position including arching of back - 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 straddle lever - 0.1/0.3/0.5

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

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

Leg is below the vertical in the bridge split - 0.5

General execution faults throughout routine including knee's feet and arms - 0.1/0.3/0.5

Missed handstand between 10 degrees - 0.5

Arms on legs in straddle lever or half lever - 0.5

Lack of splits in jumps - 0.1/0.3/0.5

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

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