

WOMEN'S ARTISTIC GYMNASTICS

GEMS GRADES HANDBOOK

REGIONAL PATHWAY 2027

INTRODUCTION:

Welcome to the new Women's Artistic Gymnastics Handbook!

Our focus 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 COMMITTEE:

Poppy Smith - South
Emily Broadbent - South West
Alana Lowe - North
Joanne Kelly - Midlands
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 7+]	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:

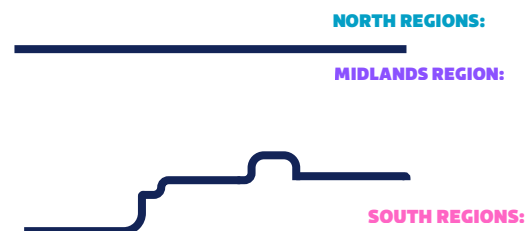
- Bedfordshire
- Essex
- Hertfordshire
- Berkshire
- Buckinghamshire
- East Sussex
- Hampshire
- Isle of Wight
- Kent
- Oxfordshire
- Surrey
- West Sussex
- Bristol
- Cornwall
- Devon
- Dorset
- Gloucestershire
- Somerset
- Wiltshire
- Isles of Scilly
- Channel Islands

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:

To ensure the smooth and efficient running of our competitions, all clubs are required to carefully review and verify the accuracy of their entries before submission. Despite the guidance provided in previous handbooks, a significant number of entry errors were received last season. As a result, a stricter approach will be taken to competition administration this year. Clubs are responsible for checking that all information submitted is complete and accurate, including gymnast details, competition levels, music submissions, and any other required documentation. Your attention to detail is essential in helping us maintain a high standard of organisation and ensuring that competitions run efficiently for all participants.

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 may be considered where possible, however, if accepted, the entry fee will be double the cost at £110. Late entries are not guaranteed to be accepted.

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 Gems Grades.

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. 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

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:

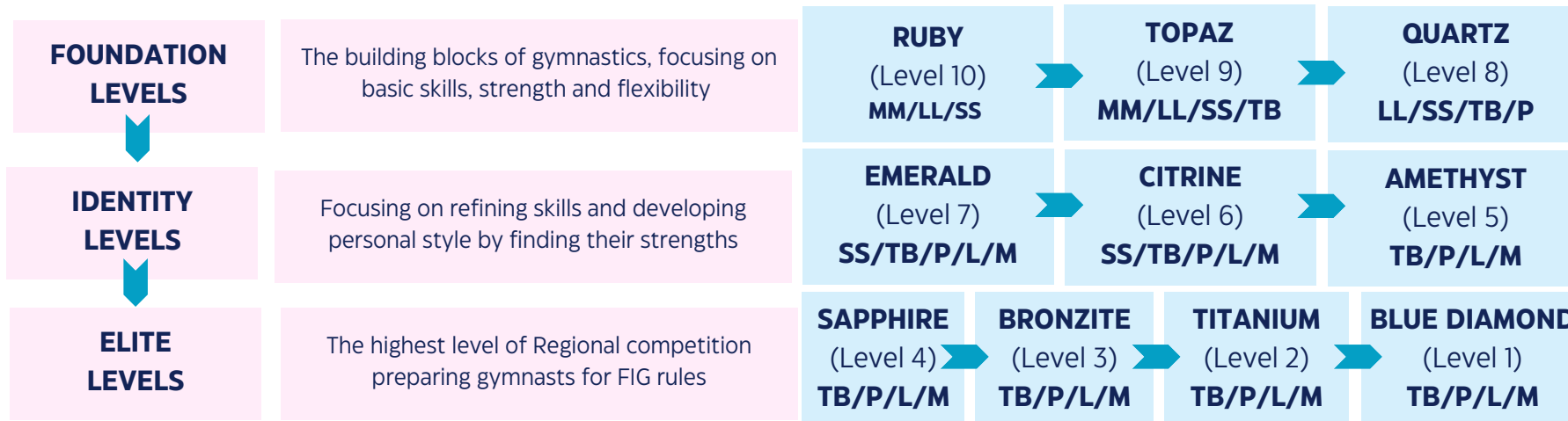
All clubs entering the competition, regardless of the number of gymnasts entered, must nominate at least one judge as part of their entry. The nominated judge must be available for the entire competition weekend and not for selected rounds only. Please note that the nomination of a judge does not guarantee 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 responsible for ensuring they provide a sufficient number of qualified coaches to support the levels and number of gymnasts entered into the competition. Gymnasts will be grouped by club and age category wherever possible. However, as all age groups within a level are judged on the same panel, gymnasts from the same club may not always be placed in the same competition group. Every effort will be made to keep club teams together where practical, but once the Event Plan has been finalised, IGA will not make any amendments to competition groupings. It is the responsibility of each club to ensure that all gymnasts have appropriate coaching support throughout the competition.

IGA GEMS PATHWAY

NEW



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:



LEVELING UP THROUGH THE IGA GEMS **NEW**

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 levels. 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.

REGIONAL SQUAD CRITERIA

Selection for the Regional Squad is based on a gymnast's combined score from both the Regional GEMS Grades Competition and the Regional Levels Competition.

To be eligible for selection, a gymnast must compete in both competitions, and their GEMS Grade and WAG Level must correspond (e.g. Ruby with Level 10, Topaz with Level 9, etc.). Gymnasts who compete in mismatched grades and levels will not be eligible for Regional Squad selection. In addition, gymnasts must achieve the required pass mark in both the Regional GEMS Grades and the Regional Levels competitions to be eligible for Regional Squad selection.

Once all scores have been combined, the top 10 gymnasts from each matching Level/Grade combination will be selected for the Regional Squad. Selection is not based on age groups; instead, all eligible gymnasts within each Level/Grade combination will be ranked together, with the top 10 combined scores securing selection.

Please note that Level 10/Ruby and Level 9/Topaz gymnasts are not eligible for Regional Squad selection.

IGA AWARDS & NATIONAL FINALS **NEW**

REGIONAL EVENTS - RUBY TOPAZ AND QUARTZ

Medals will be placed for 1st to 3rd on all apparatus.
Overall 1st to 3rd medals.

Well done medals will be awarded for all gymnasts who
have participated at regional events only.

NATIONAL FINALS - EMERALD & ABOVE

Medals will be placed for 1st to 3rd on all apparatus.
Overall 2nd to 3rd medals.

A trophy will be awarded to the overall winner from each
category at national events only.

THINGS TO BE AWARE OF: **NEW**

Gymnasts who are the sole entrant in their category will only receive a Gold medal for the overall result, along with either an Overall Trophy or a Well Done medal, depending on the specific 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 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:	1M vault table with stacked safety mats	Wooden single bar FIG height - FIG landing mat base - 30cm	FIG height beam 125CM- FIG landing mat base - 1x 30cm safety mat one for underneath the beam. No choreography	FIG floor - performed on a line - no music - no choreography
ROUTINE:	Correct arm swing on the board Squat on Arm swing, kick to handstand Flat back [No dish shape in the flat back]	Starting from hang in reverse grip 1 x Pull up (in dish shape - Show) Half turn (in dish shape - Show) Chin up (in dish shape - Show) Pike hold Dish hang to land	Jump to front support Leg lift over - swing to squat on Rise to stand straight body (AAH) 2 x Steps on toes straight legs Straight jump preparation Releve hold on one foot into releve hold on the other foot Arabesque (Hold) Straight jump dismount	2x Bunny hops Straight arm forward roll to stand Straight jump connected Star jump Releve (Hold) on one foot Cartwheel Squat ½ turn (AAH) Step 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 complete pull up - 0.5	Lack of correct body form in the releve holds - 0.1/0.3/0.5	Incorrect body form in forward roll - 0.1
	Failure to perform arm swing - 0.5	Failure to complete chin up - 0.5	Arabesque not held for 2 seconds- 0.3	Releve not held for 2 seconds- 0.3
	Failure to squat both feet onto the vault - 0.3	Steps on landing - 0.1/0.3/0.5	Failure to show correct knee position in releve holds- 0.5	Missed connection in jumps- 0.5
	Closed shoulders in handstand- 0.3	Deep squat on landing - 0.3/0.5	Steps on landing - 0.1/0.3/0.5	Failure to show bottom above head in bunny hops - 0.3
	Lack of correct body form in handstand to flat back phase - 0.1/0.3/0.5		Deep squat on landing - 0.3/0.5	Lack of body form in Jumps - 0.1/0.3

KEY: **Show** - 'Show the skill' **NOT** hold **AAH** - Straight arms above head **HOLD** - Hold for 2 seconds



FOUNDATION GRADES

TOPAZ

VAULT

BARS

BEAM

FLOOR

EQUIPMENT:	1M vault table with stacked safety mats	Wooden single bar FIG height - FIG landing mat base - 30cm	FIG height beam 125CM- FIG landing mat base - 1x 30cm safety mat one for underneath the beam. No choreography	FIG floor - performed on a line - no music - no choreography
ROUTINE:	Dynamic run Correct arm swing on the board Handspring flat back [No Dish shape in the flat back]	Starting from hang in reverse grip 1 x Pull up (Dish shape - Show) Half turn (Dish shape - Show) Chin up (Dish shape - Show) 2 x Full leg lifts 2 x Dish/Arch taps to land (Release on dish shape)	Jump to front support Leg lift over - swing to squat on Rise to stand straight body (AAH) 2 x Bend extend steps Straight jump Releve (Hold) on one foot into releve (Hold) on the other foot 2x Bunny hops Arabesque (Hold) Straight jump dismount	2x Bunny hops Straight arm forward roll to stand Straight jump connected Tuck Jump Connected star jump Step releve (Hold) on one foot connected step releve (Hold) on other foot Cartwheel connected cartwheel ¼ turn Chasse 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 and tuck jump - 0.3
	Incorrect arm swing on board- 0.3	Failure to complete pull up - 0.5	Lack of correct body form in the releve holds - 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 leg lift - 0.5	Arabesque not held for 2 seconds- 0.3	Incorrect body form in forward roll - 0.1
	Lack of correct body form in handspring flat back phase - 0.1/0.3/0.5	Steps on landing - 0.1/0.3/0.5	Failure to show correct knee position in releve holds- 0.5	Missed connections - 0.5 each time
	Closed shoulders in handstand- 0.3	Deep squat on landing - 0.3/0.5	Steps on landing - 0.1/0.3/0.5	Releve not held for 2 seconds- 0.3
	Lack of second flight in handspring to flat back phase- 0.1/0.3/0.5	Failure to complete chin up - 0.5	Deep squat on landing - 0.3/0.5	Failure to show correct knee position in releve holds- 0.5
		Incorrect body position during Dish/Arch taps- 0.1/0.3/0.5		

KEY: **Show** - 'Show the skill' **NOT** hold **AAH** - Straight arms above head **HOLD** - Hold for 2 seconds



FOUNDATION GRADES

QUARTZ

VAULT

BARS

BEAM

FLOOR

EQUIPMENT:	1.05M Vault table with stacked safety mats	Wooden single bar FIG height – FIG landing mat base – 30cm	FIG height beam – FIG landing mat base – 30cm With choreography	FIG floor – 1min 30 max Full choreography to music
ROUTINE:	Dynamic run Correct arm swing on the board Handspring flat back OR Half on to knees [No dish shape in the flat back] [AAH for the half on landing]	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 2 x Dish/Arch taps to land (Release on dish shape)	Jump to front support Leg lift over – swing to squat on Rise to stand straight body (AAH) 2 x Bend extend to releve steps Tuck jump Releve (Hold) into ½ Spin Squat ½ turn Small split handstand to knee landing drill Straight jump ½ turn dismount	Straight arm handstand forward roll Straight jump connected split jump Releve (Hold) step ½ Spin Cartwheel connected cartwheel ¼ turn Backward roll to front support with straight arms Chasse split leap Handstand to bridge
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	Bent arms in handstand forward roll and backward roll- 0.1/0.3/0.5
	Incorrect arm swing on board- 0.3	Failure to complete pull up – 0.5	Failure to lift knee's to chest in tuck jump – 0.3	Lack of correct body form throughout – 0.1/0.3/0.5
	Lack of correct body form in handspring flat back phase – 0.1/0.3/0.5	Failure to complete chin up before the circle over- 0.5	Failure to land on toes after ½ spin – 0.5	Lack of split in leap/jump – 0.3
	Lack of push off hands – 0.1/0.3/0.5	Incorrect body position during Dish/Arch taps- 0.1/0.3/0.5	Failure to show straight shape – 0.3	Missed connections – 0.5 each time
	Failure to finish the half on to knees with arms above head	Steps on landing – 0.1/0.3/0.5	Steps on landing – 0.1/0.3/0.5	Releve not held for 2 seconds- 0.3
	Closed shoulders in handspring phase- 0.3	Deep squat on landing – 0.3/0.5	Deep squat on landing – 0.3/0.5	Failure to show correct knee position in releve hold and Spin- 0.5
KEY: Show - 'Show the skill' NOT hold AAH - Straight arms above head HOLD - Hold for 2 seconds				
				Failure to show handstand before bridge- 0.3



IDENTITY GRADES EMERALD

VAULT

BARS

BEAM

FLOOR

EQUIPMENT:

1.10m Table vault with stacked safety mats

Wooden single bar FIG height – FIG landing mat base – 30cm

FIG height Beam – FIG landing mat base – 30cm
With choreography

FIG floor – 1min 30 max
Full choreography to music

ROUTINE:

Dynamic run
Correct arm swing on the board
Handspring flat back **OR** Half on to knees
[No dish shape in the flat back]
[**AAH** for the half on landing]

1 x Pull up (Dish shape – **Show**)
Half turn
1 x Chin up circle over (Dish shape)
Show Front support shape
Cast to horizontal
Backward hip circle
Circle down to long hang
2 x Dish/Arch taps to land
(Release on dish shape)

Jump to jana **OR** Circle up mount
Leg lift over – swing to squat on
Rise to stand straight body (**AAH**)
Bend extend step to kick back leg
Split jump on both legs
Releve (**Hold**) step into ½ Spin
Squat ½ turn
Split handstand to knee landing Drill
Straight Jump ½ turn dismount

Straight arm handstand forward roll
Straight jump ½ turn connected Split jump
Releve (**Hold**) step 1/1 spin
Round off jump into backward roll to front support with straight arms
Chasse split leap chasse catleap
Handstand to bridge to stand

EXECUTION:

[Not including general faults]

Lack of dynamic run – 0.1/0.3/0.5

Incorrect arm swing on board- 0.3

Lack of correct body form in handspring flat back phase – 0.1/0.3/0.5

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

Failure to finish the half on to knees with arms above head

Closed shoulders in handspring/half on phase- 0.3

Failure to complete pull up – 0.5

Failure to complete chin up before the circle over- 0.5

Piked hips in backward hip circle- 0.3/

Cast below horizontal – 0.3

Incorrect body position during Dish/Arch taps- 0.1/0.3/0.5

Steps or deep squat on landing – 0.1/0.3/0.5

Lack of correct body form – 0.1/0.3/0.5

Failure to show straight shape – 0.3

Failure to land on toes after ½ spin- 0.5

Lack of split in handstand – 0.1/0.3/0.5

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

Bent arms in handstand forward roll and backward roll- 0.1/0.3/0.5

Failure to keep arms on ears in bridge to stand- 0.3

Failure to show correct knee position in releve hold and Spin- 0.5

KEY: Show – 'Show the skill' **NOT** hold

AAH – Straight arms above head

HOLD – Hold for 2 seconds



IDENTITY GRADES CITRINE

VAULT

BAR

BEAM

FLOOR

EQUIPMENT:

1.15m Table vault with stacked safety mats

Metal high Bar

FIG height beam – FIG landing mat
base – 30cm
With choreography

FIG floor – 1min 30 max
Full choreography to music

ROUTINE:

Dynamic run
Correct arm swing on the board
Half on to feet tension fall
backwards
OR
Handspring to stand into tension fall
forwards

Dish shape (**Hold**)
Arch shape (**Hold**)
3 x Dish/Arch taps
Trolley swing
3 x Swings

Jump to japana **OR** circle up mount
Leg lift over – swing to squat
Rise to stand straight body (**AAH**)
Bend extend step to kick back leg
Split jump on both legs
Releve (**Hold**) step into 1/1 spin
Cartwheel to knee landing drill
Round off dismount

Round off flick
Rebound jump into handspring to 2
Chasse split leap connected chasse
hop (leg at horizontal)
1/1 Spin
Backward walkover split jump
Forward walkover
Split jump on both legs

EXECUTION:

[Not including genral faults]

Lack of dynamic run – 0.1/0.3/0.5
Failure to show correct arm swing-
0.3
Lack of push off hands – 0.1/0.3/0.5
Closed shoulders in handspring/half
on phase- 0.3
Failure to hold correct body form
in the fall landing- 0.1/0.3/0.5
Incorrect arm swing on board- 0.3

Lack of correct body form
throughout – 0.1/0.3/0.5
Failure to hold shapes – 0.3 each
Incorrect timing on kick – 0.3 each
Swings below horizontal – 0.3
Head out in trolley swing- 0.3

Failure to show straight shape – 0.3
Lack of correct body form –
0.1/0.3/0.5
Lack of split in jump – 0.3
Failure to land on toes
after 1/1 spin – 0.5
Lack of flight in round off dismount-
0.1/0.3
Steps or deep squat on landing –
0.1/0.3/0.5

Lack of correct body form
throughout – 0.1/0.3/0.5
Lack of flight in handspring- 0.1/0.3
Lack of split in leaps/jumps – 0.3
Missed connections – 0.5 each time
Failure to show leg at horizontal in
Chasse Hop
Bent knees between round off flick
0.1/0.3/0.5
Incorrect head and arms position in
forward walkover 0.1/0.3/0.5

KEY: **Show** – ‘Show the skill’ **NOT** hold **AAH** – Straight arms above head **HOLD** – Hold for 2 seconds



IDENTITY GRADES

AMETHYST

VAULT

BARS

BEAM

FLOOR

EQUIPMENT:

Springboard – 2 x 30cm stacked safety mats

Metal high bar

FIG height beam – FIG landing mat base – 30cm
With choreography

FIG floor – 1min 30 max
Full choreography to music

ROUTINE:

Dynamic run
Yurchenko tuck back to tension fall backwards
OR
Tuck front to tension fall forwards

Dish shape (**Hold**)
Arch shape (**Hold**)
3 x Dish/Arch taps
Trolley swing
Upstart
Cast to horizontal
3 x Swings

[Any coded **B** mount]
Straight jump connected split jump
1/1 Spin connected to releve on one foot on other leg
Backward walkover **OR**
Forward walkover
Cartwheel straight jump dismount
OR
Tuck front somersault dismount

Round off flick flick flick
Handspring to 1 connected to handspring to 2
Chasse split leap connected chasse hop (Leg at Horizontal) swing rear leg into fouette hop to scale (**Hold**)
1/1 Spin
Backward walkover split jump
Split jump connected split jump (on alternate legs)
Split, straddle, or W jump ½ turn

EXECUTION:

[Not including general faults]

Lack of dynamic run – 0.1/0.3/0.5

Yurchenko – bent knees on springboard– 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

Lack of rotation– 0.1/0.3/0.5

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

Failure to hold shapes – 0.3 each

Head out in trolley swing– 0.3

Incorrect timing on kick – 0.3 each

Failure to complete upstart – 1.0

Cast below horizontal – 0.5

Swings below horizontal – 0.3

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

Failure to land on toes after spin – 0.5

Steps or deep squat on landing – 0.1/0.3/0.5

Incorrect head position in front somersault dismount– 0.5

Incorrect head and arms position in forward walkover 0.1/0.3/0.5

Lack of split in leaps/jumps – 0.3

Missed connections – 0.5 each time

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

Bent knees between round off and each flick 0.1/0.3/0.5

Failure to show leg at horizontal in chasse Hop

Lack of flight in handsprings– 0.1/0.3

Lack of height in leaps/jumps – 0.3

KEY: HOLD – Hold for 2 seconds



ELITE GRADES

SAPPHIRE

VAULT

BAR

BEAM

FLOOR

EQUIPMENT:

Springboard - 2 x 30cm stacked safety mats

Metal high bar

FIG height beam - FIG landing mat base - 30cm
With choreography

FIG floor - 1min 30 max
Full choreography to music

ROUTINE:

Dynamic run
Yurchenko straight Back to tension fall backwards
OR
Straight front to tension fall forwards

Dish shape (**Hold**)
Arch shape (**Hold**)
3 x Dish/Arch Taps
Trolley Swing
Upstart
Cast to horizontal
Clear hip to horizontal
3 x Swings

[Any coded **B** Mount]
Split jump connected W-jump 1/1 Spin
Flick to 1 **OR** Flick to 2
Tuck back dismount
OR
Pike front somersault dismount

Round off flick flick tuck back
Handspring tuck front
Chasse split change connected - chasse any **C** coded leap 2/1 Spin
Split, straddle, or W-jump ½ turn connected straight jump ½ Turn
Standing free cartwheel
OR
Standing tuck back

EXECUTION:

[Not including general faults]

Lack of dynamic run - 0.1/0.3/0.5

Yurchenko - bent knees on springboard- 0.3

Lack of height in salto- 0.1/0.3/0.5

Incorrect head position - 0.3

Lack of rotation- 0.1/0.3/0.5

Incorrect shape in salto - 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 hold shapes - 0.3 each

Head out in trolley swing- 0.3

Failure to complete upstart - 1.0

Cast below horizontal - 0.5

Swings below horizontal - 0.3

Incorrect timing on kick - 0.3 each

Pauses or extra swings between skills - 0.5

Missed connection - 0.5 each time

Lack of correct body form - 0.1/0.3/0.5

Lack of split in jump - 0.3

Failure to land on toes after spin - 0.5

Incorrect head position in dismount- 0.5

Steps or deep squat on landing - 0.1/0.3/0.5

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

Bent knees between round off and each flick 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

Extra steps/Chasse/Run into free cartwheel - 0.5

Landing handspring with bent knees/squat/feet in front of body/head forward- 0.1/0.3/0.5

Lack of height in leaps/jumps - 0.3

KEY: **HOLD** - Hold for 2 seconds



ELITE GRADES

BRONZITE

VAULT

BARS

BEAM

FLOOR

EQUIPMENT:

1.25m Table vault with stacked safety mats

Metal high bar

FIG height beam – FIG landing mat
base – 30cm
With choreography

FIG floor – 1min 30 max
Full choreography to music

ROUTINE:

Dynamic run
Half On to stand – Tension fall
backwards
OR
Handspring to stand – Tension fall
forwards
OR
Yurchenko to stand – Tension fall
backwards

Dish shape (**Hold**)
Arch shape (**Hold**)
3 x Dish/Arch taps
Trolley swing
Upstart
Cast to handstand (feet together or
straddled)
Clear hip above horizontal
Swing forwards swing backwards
2 x Giants

Any coded mount (min **B**)
Split change into any **B** coded jump
1/1 Spin
Backward walkover connected-
Straight jump land into Flick to 1
Round off straight jump dismount
OR
Pike front somersault dismount

Round off flick straight back
Tuck front walkout into round off
flick tuck back
Straight front rebound
2/1 Spin
Chasse split change Chasse
connected into any coded **D** leap
Split, straddle, or W-jump ½ turn
Standing free cartwheel
OR
Standing tuck back

EXECUTION:

[Not including general faults]

Lack of dynamic run – 0.1/0.3/0.5
Incorrect arm swing on board – 0.3
Lack of 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
Yurchenko – bent knees on springboard-
0.3
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 handstand- 0.5
Failure to complete circling element
or giants – 1.0 each
Pause or extra swings
between skills 0.5
Clear Hip not above horizontal- 0.5
Failure to complete upstart – 1.0
Incorrect timing on kick – 0.3 each

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
Steps or deep squat on landing –
0.1/0.3/0.5

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
Failure to set with correct technique
in somersaults 0.1/0.3/0.5
Extra steps/Chasse/Run into free
cartwheel – 0.5
Lack of height in leaps/jumps – 0.3
Landing faults – 0.1/0.3/0.5
Piked hips in straight somersaults –
0.5

KEY: HOLD – Hold for 2 seconds



ELITE GRADES

TITANIUM

VAULT

BARS

BEAM

FLOOR

EQUIPMENT:

1.25m Table vault with stacked safety mats
Extra 20cm mat for handspring

Metal high bar

FIG height beam – FIG landing mat base – 30cm
With choreography

FIG floor – 1min 30 max
Full choreography to music

ROUTINE:

Dynamic run
Correct entry on the board
Half on scoop through to flat lie
OR
Yurchenko scoop through to flat lie
OR
Handspring to stand tension fall forward (Extra 20cm raised mats)

3 x Dish/Arch taps
Trolley swing
Upstart
Cast to handstand (feet together or straddled)
1 x Circling element to handstand
2 x Giants

Any coded mount (min **B**)
Split change into any **B** coded jump
1/1 Spin
Flick to 1 connected straight jump – into flick to 1 **OR** 2
Any **C** coded dismount

Round off flick straight back ½ twist
Forwards acro connection with **D** somersault
2/1 spin **OR** wolf Spin 1 ½
Tuck front walkout into Round off flick– straight back
chasse split change chasse connected into any coded **D** leap
Split, Straddle, or W-jump 1/1 Turn
Flick to 1 into tuck back
OR
Flick to 1 into layout

EXECUTION:

[Not including general faults]

Lack of dynamic run – 0.1/0.3/0.5

Incorrect arm swing on board – 0.3

Lack of 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

Lack of dynamics – 0.1/0.3/0.5

Yurchenko – bent knees on springboard– 0.3

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

Failure to complete handstands – 0.5

Failure to complete circling element or giants – 1.0 each

Pauses or extra swings between skills – 0.5

Incorrect timing on kick – 0.3 each

Failure to connect the upstart and cast to handstand – 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

Steps or deep squat on landing – 0.1/0.3/0.5

Failure to land on toes after spin – 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

Lack of height in leaps/jumps – 0.3

Piked hips in straight somersaults – 0.5



ELITE GRADES

BLUE DIAMOND

VAULT

BARS

BEAM

FLOOR

EQUIPMENT:

1.25m Table vault with stacked safety mats
Extra 2 x 20cm mat for handspring

Metal high bar

FIG height beam - FIG landing mat base - 30cm with choreography

FIG floor - 1min 30 max
Full choreography to music

ROUTINE:

Dynamic run
Correct entry on the board
Half on scoop through to S shoulder stand
OR
Yurchenko scoop through to shoulder stand
OR
Handspring to stand tension fall forward (2 x extra 20cm raised mats)

3 x Dish/Arch Taps
Trolley swing
Upstart
Cast to handstand (feet together or straddled)
2 x different circling element to handstand
1 x Giants
1 x Empty swing into 1 x forward giant

Any coded mount (min **B**)
Split change into any **B** coded Jump
1/1 spin
Flick to 1 connected to any **D** coded flighted skill
Any **C** coded dismount

Round off flick straight back 1/1 twist
Forwards acro connection with **D** somersault
2/1 spin **OR** wolf spin 1 ½
Tuck front walkout into round off
Flick- straight back ½ twist
Chasse split change chasse connected into any coded **D** leap
Split, straddle, or W-jump 1/1 Turn

EXECUTION:

Lack of dynamic run - 0.1/0.3/0.5

Incorrect arm swing on board - 0.3

Lack of 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

Lack of dynamics - 0.1/0.3/0.5

Yurchenko - bent knees on springboard- 0.3

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 0.5

Failure to complete circling element or giants - 1.0 each

Failure to compete two different circling elements - 1.0

Failure to connect the upstart and cast to handstand - 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

Steps or deep squat on landing - 0.1/0.3/0.5

Failure to land on toes after spin - 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

Lack of height in leaps/jumps - 0.3

Piked hips in straight somersaults - 0.5

WOMEN'S ARTISTIC GYMNASTICS

FLEXIBILITY & BALANCE



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 with straight arms into straddle sit and **show**. Sitting in straddle hands reach forward - **Hold** Japan for 2 seconds
Swim through box splits and push to **Hold** front support position (arms must cover ears)
1 x Press up
Lift one arm and turn backwards to back support (**hold**)
Lower to pike sit (**AAH**) - pike fold (**hold**)
Push to **hold** a bridge *[focus on shoulders over hands]*
Show best leg bridge split
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

Lack of box split in the swim through - 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

Failure to hold the bridge with shoulders over hands - 0.5

Failure to cover ears in front support - 0.3

NOTES: **SHOW** - Show the skill' NOT hold

AAH - Straight arms above head

HOLD - Hold for 2 seconds



EMERALD - CITRINE - AMETHYST - SAPPHIRE - BRONZITE - TITANIUM - BLUE DIAMOND

EQUIPMENT:	Floor area only <i>[preferably a hard surface with firm matting]</i>
ROUTINE:	<p>STARTING POSITION: Standing straight body AAH <i>[showing good posture]</i> Backward roll with straight arms to front support (Hold)(arms must cover ears) 1 x Press up Swing back leg round to show splits then turn to show other splits <i>[can use hands in transition]</i> Swing back leg round to pike sit (AAH) – pike fold (Hold) Straddle fold (Hold) – swim through box splits to handstand shape Lift to arch (Hold) – roll with AAH to dish (Hold) Push to bridge (Hold) – Show bridge split both legs Kickover to finish</p>
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
	Lack of box split in the swim through – 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
	Failure to hold the bridge with shoulders over hands – 0.5
	Failure to cover ears in front Support – 0.3

NOTES: SHOW - Show the skill' NOT hold

AAH - Straight arms above head

HOLD - hold for 2 seconds