

WOMEN'S ARTISTIC GYMNASTICS

COMPETITION HANDBOOK

NATIONAL PATHWAY 2027

INTRODUCTION:

Welcome to the new National Pathway!

Our National Pathway is designed for gymnasts who aim to progress beyond the standard Levels structure and work towards FIG-level competition. It is also suited for athletes wishing to compete in both the Gems programme and Levels, providing them with the eligibility to qualify for National Squad and be considered for international selection. This pathway follows a more structured and disciplined approach, ensuring that gymnasts receive the appropriate developmental support required to meet the technical and physical standards of FIG competition.

CONTACT DETAILS:

National Competition Organiser: robyn.adams@igauk.com

National Safeguarding Lead: safeguarding@igauk.com

WAG COMMITTEE:

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 [Level8+]	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:

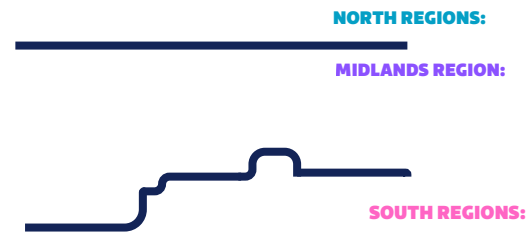
- Bedfordshire
- Cambridgeshire
- Essex
- Hertfordshire
- Berkshire
- Buckinghamshire
- East Sussex
- Hampshire
- Isle of Wight
- Kent
- Oxfordshire
- Surrey
- West Sussex
- Bristol
- Cornwall
- Devon
- Dorset
- Gloucestershire
- Somerset
- Wiltshire
- Isles of Scilly
- Channel Islands

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:	All Levels:	Invitational Events:
£55.00 Gymnasts must compete all five pieces.	£50.00 Gymnasts must compete all four pieces. <i>[Except Specialist at FIG]</i>	Prices can vary dependent on the event set up.

COMPETITION ENTRY LIMIT: 30 gymnasts per day per event.

Please note - Competitions have set entry numbers due to venue capacity

LATE ENTRIES:

Late entries **will not** be accepted under any circumstances. Once the entry deadline has passed, no further entries will be permitted.

FIRST TIME ENTRIES:

At IGA, we offer entry level flexibility to support gymnasts in their first year of competition, allowing them to enter any level within the provided guidelines. However, it is essential that coaches carefully check the required entry level criteria to ensure gymnasts are entered into the appropriate level for their age and ability.

HOW TO ENTER:

Gymnast Entry:

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

Coach & Judge:

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

IMPORTANT!

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

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

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

Please ensure all gymnast information is correct upon registration.

ENTRY REQUIREMENTS:

Entry requirements for our IGA competitions are essential and play a crucial role in maintaining the safety and well-being of all participants. It is vital that clubs adhere to these requirements to ensure they align with our safeguarding standards. By following these guidelines, we can create a secure and supportive environment for everyone involved, from gymnasts and coaches to spectators and officials. Your commitment to these standards helps us protect our entire gymnastics community and uphold the highest levels of safety and care.

IMPORTANT: Gymnasts can **ONLY** enter an IGA Competition if they are injury free. Gymnasts will **not** be permitted to compete on an injury at any time.

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 - New clubs will have a waiver for their first 6 months of competing.

COACH REQUIREMENTS:

WAG Qualifications Only

LEVEL 10 & 9	Minimum WAG Level 1 - Assisted by WAG Level 2
LEVEL 8 - 7	Minimum WAG Level 2
LEVEL 6 - 2	Minimum WAG Level 3 - Assisted by WAG Level 4 Lead Coach
LEVEL 1 & FIG	Minimum WAG Level 4 - Assisted by WAG Level 5 Lead Coach (R&C)

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.

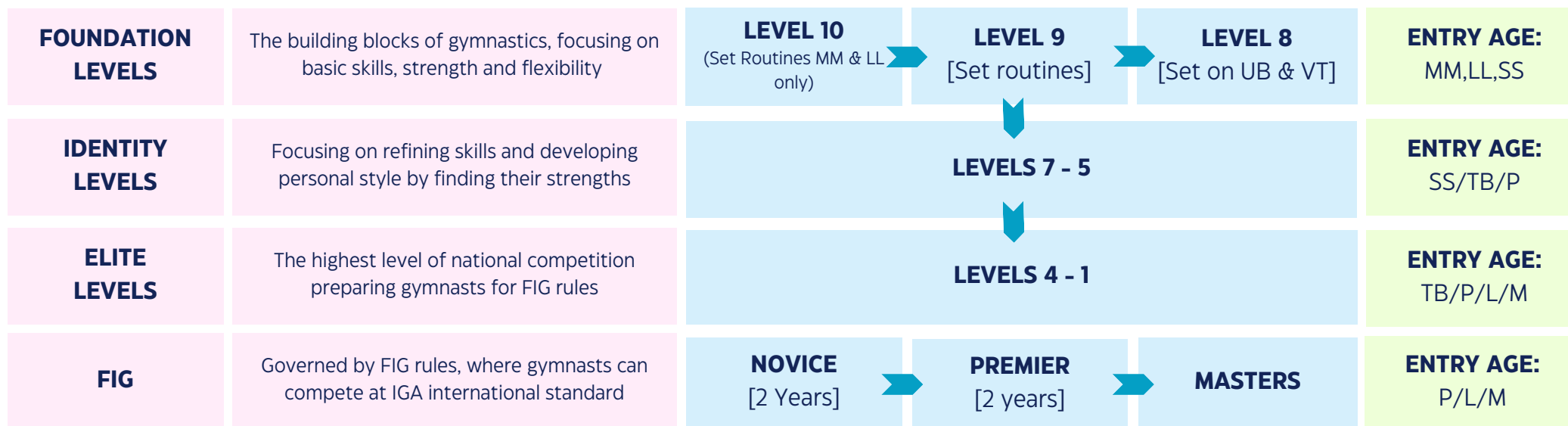
The nominated judge must be available for the entire competition weekend and not for selected rounds only. Please note that the nomination of a judge does not guarantee that your judge will be selected to officiate. IGA will appoint judges at its discretion and may utilise independent judges where appropriate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



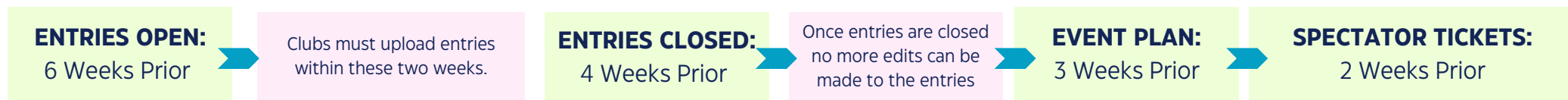
IGA AGE GROUPS **NEW**

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:



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.	A well done medal will be awarded for all gymnasts who have participated in the competition	Gymnasts must place in the top 6 with an AA score to qualify for National Finals.
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		Gymnasts must place in the top 3 at IGA National Final Competitions for the opportunity to be eligible for National Squad.
FIG INTERNATIONAL EVENTS	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		

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 a well done medal.

To qualify for National Finals gymnasts **must** obtain the level up score **and** place 1st to 6th in their AA score within their age category's to compete

CODE OF POINTS FOR ALL PATHWAYS **NEW**

In the regional pathway, gymnasts can use **any** skills from the Code of Points, giving them more options to show different skills. However, national pathway gymnasts can **only** use the highest-level skills in the top box on the COP and are **not** allowed to include the extra skills that are allowed in the regional pathway. This keeps the two pathways separate and clear for competitions.

HANDBOOK KEY: **NEW**

GYMNASTICS TERM:	MEANING
Acro Line	An Acro Line is a tumble, usually performed corner to corner but can be performed on a line. Must contain 1 or more skills. the only single skills that can be used in an Acro Line is a R/off, handspring or front somersault.
Dance Series	Floor: A connection of leaps and hops, that flows consistently including chasse's and direction changes Beam: A connection of leaps and jumps showing continuous movement.
Mixed Series	A mixed series is a combination of acrobatic and dance elements performed in direct connection, typically on the floor or beam. Example: On beam: Flick to one (acro) directly into a split jump (dance) - Skills must be connected to count without pauses.
Non-Flighted Skill	A non-flighted skill is a movement where at least one part of the body (like a hand or foot) stays in contact with the floor or apparatus during the skill. These skills focus more on control, balance, and flexibility rather than power or lift. Example: Cartwheel
Flighted Skill	A flighted skill is one where all limbs are off the ground or apparatus at the same time, meaning the gymnast is completely airborne during the movement. This creates a moment of true "flight." Example: Flick to one
Circling Element	A circling element (or close bar skill) is a type of movement where the gymnast rotates around the bar in close proximity to the Bar. Example: Clear hip to handstand - Please note a circling element is does NOT include a Giant.

WHAT COUNTS:

Spins on Floor & Beam	Floor: Spin must be on a toe and foot must step in front or over Beam: Spin must be on a toe finish on toes foot in front and then finish.
Split Leaps and Jumps	Splits or Straddle: Must be above 140 to count Catleaps: ½ finish behind 1/1 foot must finish in front, first knee must reach chest.

NATIONAL SQUAD SELECTIONS **NEW**

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	✗	✗	✗	✗	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 BRONZITE	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

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.

WOMEN'S ARTISTIC GYMNASTICS

VAULT

SET VAULTS FOR LEVEL 10, 9 AND 8

LEVEL 10	Mini Marvels/Little Leapers			
Vault Heights	2 x 30 cm safety mats			*Stacked mats are measured from the Floor*
Run Straight Jump – Kick to Handstand Flat Lie (Arms from behind in the Kick to Handstand)				*Emphasis on second flight in handstand flat lie*
LEVEL 9	Mini Marvels	Little Leapers	Skill Seekers	
Vault Heights	60cm safety mats	3 x 30cm safety mats		*Stacked mats are measured from the Floor*
Handspring Flat Lie				*Emphasis on second flight in handstand flat lie*
LEVEL 8	Mini Marvels	Little Leapers	Skill Seekers	
Vault Heights	80cm safety mats	1m stacked safety mats		*Stacked mats are measured from the Floor*
Handspring Flat Lie				*Emphasis on second flight in handstand flat lie*

Vault Table	Identity Levels				Elite Levels & FIG					
Vault Heights	1.10m	1.15m	1.20m	1.25m						
Level	7	6	5	4	3	2	1	Novice	Premier	Masters
Handspring	2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00
Half On	2.40	2.40	2.40	2.40	2.40	2.40	2.40	2.40	2.40	2.40
Yamashita	2.40	2.40	2.40	2.40	2.40	2.40	2.40	2.40	2.40	2.40
Yamashita ½		2.80	2.80	2.80	2.80	2.80	2.80	2.80	2.80	2.80
Half On Half Off (Must turn opposite way)		2.80	2.80	2.80	2.80	2.80	2.80	2.80	2.80	2.80
Half On Full Off		3.20	3.20	3.20	3.20	3.20	3.20	3.20	3.20	3.20
Yamashita 1/1		3.40	3.40	3.40	3.40	3.40	3.40	3.40	3.40	3.40
Yurchenko (No salto)			3.60	3.60	3.60	3.60	3.60	3.60	3.60	3.60
Yurchenko 1/2 turn entry (No salto)			3.60	3.60	3.60	3.60	3.60	3.60	3.60	3.60
Yurchenko ½ turn Entry 1/2 off			3.70	3.70	3.70	3.70	3.70	3.70	3.70	3.70
Yurchenko ½ turn Entry 1/1 off			3.80	3.80	3.80	3.80	3.80	3.80	3.80	3.80
Tucked Tsukahara/Handspring				4.00	4.00	4.00	4.00	4.00	4.00	4.00
Piked Tsukahara/Handspring				x	x	4.20	4.20	4.20	4.20	4.20
Yurchenko Tucked				4.40	4.40	4.40	4.40	4.40	4.40	4.40
Yurchenko Piked						4.80	4.80	4.80	4.80	4.80
Yurchenko/Tsukahara Straight								5.00	5.00	5.00

CONTINUED VAULT TABLE

Vault Heights	1.25m					1.25m/1.35
Level	5	4	3	2	1	FIG
Tsukahara Tucked 1/2				4.20	4.20	4.20
Handspring Front Tucked 1/2				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
Yurchenko Straight 1/1 Twist					5.20	5.20
Yurchenko Straight 1 ½ Twist					5.40	5.40
Yurchenko Straight 2/1 Twist					5.60	5.60

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.

WOMEN'S ARTISTIC GYMNASTICS

UNEVEN BARS

UNEVEN BARS - SET ROUTINE - LEVEL 10

EQUIPMENT: Low Bar Only – Must use springboard for mount

START VALUE: 10.00 (execution only)

ROUTINE

EXECUTION FAULTS

TECHNIQUE TOOLBOX REF:

1.	Standing on springboard holding onto low bar – Show dish shape (<i>focus on understanding the shape</i>)	Failure to show correct body form throughout the routine including lack of dish shape when required	0.3	x
2.	Chin up circle over	Failure to show chin over the bar	0.3	Click here to view skill
3.	Show high support on the Bar (<i>focus on understanding the shape</i>)			Click here to view skill
4.	Dish cast below horizontal	Lack of correct body form in the cast	0.1/0.3/0.5	Click here to view skill
5.	Circle down dismount.	Lack of control in the circle down	0.1/0.3/0.5	x

IMPORTANT NOTES:

1.	The skills marked as show are NOT holds. This means the gymnast must show the Judge the correct shape, but will not get penalised for non holds.
2.	Bar routines must NOT exceed 1 minute 30 seconds. Routines that exceed this time will be deducted 0.3 from the final score.
3.	Gymnasts who are shorter in height may use a small block instead of a springboard to mount the apparatus. However, to ensure fairness, their shoulders MUST be positioned below the bar at the start.
4.	All skills MUST be performed in order. There will be a 0.5 deduction for the incorrect order, it's important the gymnast does not miss a skill. Failure to attempt a skill will be deducted 1.0 from the final score. IGA recommends that clubs do not enter gymnasts unless they can compete all skills safely.
5.	Please remember that these routines are scored out of 10 based solely on execution. The emphasis is on clean performances with a strong focus on good technique.

UNEVEN BARS - SET ROUTINE - LEVEL 9

EQUIPMENT: Low Bar Only – Must use springboard for mount

START VALUE: 10.00 (execution only)

ROUTINE

EXECUTION FAULTS

TECHNIQUE TOOLBOX REF:

1.	Standing on springboard holding onto low bar – Show dish shape (<i>focus on understanding the shape</i>)	Failure to show correct body form throughout the routine including lack of dish shape when required	0.3	x
2.	Chin up circle over	Failure to show chin over the bar	0.3	Click here to view skill
3.	Show high support on the Bar (<i>focus on understanding the shape</i>)			Click here to view skill
4.	Dish cast above horizontal	Lack of correct body form in the cast	0.1/0.3/0.5	Click here to view skill
5.	Straddle or Pike shoot dismount	Lack of clean execution in dismount	0.1/0.3/0.5	Click here to view skill

IMPORTANT NOTES:

1.	The skills marked as show are NOT holds. This means the gymnast must show the Judge the correct shape, but will not get penalised for non holds.
2.	Bar routines must NOT exceed 1 minute 30 seconds. Routines that exceed this time will be deducted 0.3 from the final score.
3.	Gymnasts who are shorter in height may use a small block instead of a springboard to mount the apparatus. However, to ensure fairness, their shoulders MUST be positioned below the bar at the start.
4.	All skills MUST be performed in order. Whilst there is no deduction for the incorrect order, it's important the gymnast does not miss a skill. Failure to attempt a skill will be deducted 1.0 from the final score. IGA recommends that clubs do not enter gymnasts unless they can compete all skills safely.
5.	Please remember that these routines are scored out of 10 based solely on execution. The emphasis is on clean performances with a strong focus on good technique.
6.	There is 0.5 deduction for skills not connected.

UNEVEN BARS - SET ROUTINE - LEVEL 8

EQUIPMENT: Low Bar Only – Must use springboard for mount

START VALUE: 10.00 (execution only)

ROUTINE

EXECUTION FAULTS

TECHNIQUE TOOLBOX REF:

1.	Standing on springboard float swing to return to the springboard (<i>focus on understanding the shape and keep hold of the bar</i>)	Failure to show correct body form throughout the routine including lack of dish shape when required	0.3	x
2.	Chin up circle over	Failure to show chin over the bar	0.3	Click here to view skill
3.	Dish cast above horizontal	Lack of correct body form in the cast	0.1/0.3/0.5	Click here to view skill
4.	Backward hip circle (<i>focus on shape</i>)	Lack of correct shape	0.1/0.3/0.5	Click here to view skill
5.	Squat on – dish jump to land.	Lack of dish shape in dish jump	0.1/0.3/0.5	x

IMPORTANT NOTES:

1.	The skills marked as show are NOT holds. This means the gymnast must show the Judge the correct shape, but will not get penalised for non holds.
2.	Bar routines must NOT exceed 1 minute 30 seconds. Routines that exceed this time will be deducted 0.3 from the final score.
3.	Gymnasts who are shorter in height may use a small block instead of a springboard to mount the apparatus. However, to ensure fairness, their shoulders MUST be positioned below the bar at the start.
4.	All skills MUST be performed in order. There will be a 0.5 deduction for the incorrect order, it's important the gymnast does not miss a skill. Failure to attempt a skill will be deducted 1.0 from the final score. IGA recommends that clubs do not enter gymnasts unless they can compete all skills safely.
5.	Please remember that these routines are scored out of 10 based solely on execution. The emphasis is on clean performances with a strong focus on good technique.
6.	There is 0.5 deduction each time for skills that are NOT connected. This is called an 'empty swing'.

UNEVEN BARS - IDENTITY LEVELS

EQUIPMENT: FIG Uneven Bars

START VALUE: 10.00 + DV + Requirements

LEVEL 7

SKILLS: Best 6 skills to count [A/B/C]

REQUIREMENTS: Value 5.0

Must perform 5 out of 5:

Upstart [LB only]
LB to HB transition max A
Cast to horizontal
Maximum A circling element
B dismount only

NOTES:

No C Dismounts allowed.
No B/C LB to HB transition skills.
0.5 penalty for not using both bars

LEVEL 6

SKILLS: Best 6 skills to count [A/B/C]

REQUIREMENTS: Value 5.0

Must Perform 5 out of 5:

Upstart [Both Bars]
LB to HB transition min B
Cast to horizontal
Circling element to horizontal
B or C dismounts only

NOTES:

0.5 penalty for not using both bars

LEVEL 5

SKILLS: Best 7 skills to count [A-D]

REQUIREMENTS: Value 4.50

Must perform 5 out of 5:

Minimum C mount
LB to HB Transition min C
Cast to handstand
Circling element to horizontal
C or D dismount only

NOTES:

0.5 penalty for not using both bars

LEVEL 4

SKILLS: Best 7 skills to count [A-D]

REQUIREMENTS: Value 5.0

Must perform 5 out of 5:

Upstart Handstand
LB to HB Transition min C
Circling element to handstand
Giant Circle
C or D dismount only

NOTES:

0.5 penalty for not using both bars
Optional handstand technique

IMPORTANT NOTES:

- Skills on Uneven Bars may be repeated, but **only twice**, and **only** for the purpose of meeting the required number of skills..
- Missing requirements or non-attempt of skills are deducted at 1.0 for each missing skill/requirement.
- Optional handstand technique.

UNEVEN BARS - ELITE LEVELS

EQUIPMENT: FIG Uneven Bars

START VALUE: 10.00 + DV + Requirements

LEVEL 3

SKILLS: Best 7 skills to count [A-D]

REQUIREMENTS: Value 5.0

Must perform 5 out of 5:

Giant Circle
LB to HB transition min D
Two different circling elements
Cast to handstand
C or D dismount only

NOTES:

0.5 penalty for not using both bars
Optional handstand technique

LEVEL 2

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

REQUIREMENTS: Value 5.0

Must perform 5 out of 5:

Two different circling elements
LB to HB transition min D
1 x Giant Circle with a 180 degree turn
1 x Giant Circle
Min D dismounts only

NOTES:

0.5 penalty for not using both bars
Optional handstand technique

LEVEL 1

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

REQUIREMENTS: Value 5.0

Must perform 5 out of 5:

Two different circling elements
LB to HB Transition min D
2 x Different Grips
1 x Giant circle with a 180 degree turn
Min D dismount only

NOTES:

0.5 penalty for not using both bars
Optional handstand technique

IMPORTANT NOTES:

1. Skills on Uneven Bars may be repeated, but **only twice**, and **only** for the purpose of meeting the required number of skills..
2. Missing requirements or non-attempt of skills are deducted at 1.0 for each missing skill/requirement.

UNEVEN BARS - FIG

EQUIPMENT: FIG Uneven Bars

START VALUE: 10.00 + DV + Requirements

NOVICE

SKILLS: 8 highest skills including dismount

REQUIREMENTS: Value 5.0

Must perform 5 out of 5:

Flight from HB to LB
Different grips (not cast, MT or DMT)
Circling element with minimum 180 turn (not MT)
Two different circling elements
Minimum D dismount

NOTES:

0.3 penalty if coach is not present.
0.5 penalty for dismount without a salto.

PREMIER

SKILLS: 8 highest skills including dismount

REQUIREMENTS: Value 5.0

Must perform 5 out of 5:

Flight from HB to LB or HB to LB
Different grips (not cast, MT or DMT)
Circling element with minimum 360 turn (not MT)
Two different circling elements
Minimum E dismount

NOTES:

0.3 penalty if coach is not present.
0.5 penalty for dismount without a salto.

MASTERS

SKILLS: 8 highest skills including dismount

REQUIREMENTS: Value 5.0

Must perform 5 out of 5:

Flight from HB to LB or HB to LB
Different grips (not cast, MT or DMT)
Circling element with minimum 360 turn (not MT)
Flight element on same bar
Minimum E dismount

NOTES:

0.3 penalty if coach is not present.
0.5 penalty for dismount without a salto

IMPORTANT NOTES:

1. Skills on Uneven Bars may be repeated, but **only twice**, and **only** for the purpose of meeting the required number of skills..
2. Missing requirements or non-attempt of skills are deducted at 1.0 for each missing skill/requirement.
3. Mat can be added in the flight element on same bar. Touch or Grasp in the flighted skill.

WOMEN'S ARTISTIC GYMNASTICS

BEAM

BEAM - SET ROUTINE - LEVEL 10

EQUIPMENT: FIG beam height with **one** safety mat underneath the beam and **one** safety mat at the dismount area.

START VALUE: 10.00 (execution only)

ROUTINE

EXECUTION FAULTS

TECHNIQUE TOOLBOX REF:

1.	Standing on springboard jump to front support (<i>high support shape</i>) and lift one leg over to sit facing down the beam.	Failure to show correct front support position when mounting onto the Beam.	0.3	
2.	Spin Preparation (<i>showing start releve and ending</i>)	Execution faults (<i>incl spin progression not on toes</i>)	0.1/0.3/0.5	
3.	Needle Stand (Hold for 2 seconds)	Failure to hold Needle stand.	0.3	Click here to view skill
4.	Straight Jump connected Straight Jump	Failure to connect the straight jumps	0.3	
5.	Catleap	Both knee's must make contact with the torso during flight	0.3	
6.	Straight jump dismount	Execution (including shape, height etc)	0.1/0.3/0.5	

IMPORTANT NOTES:

1.	Beam routines must NOT exceed 1 minute 30 seconds. Routines that exceed this time will be deducted 0.3 from the final score.
2.	Gymnasts who are shorter in height may use a small block instead of a springboard to mount the apparatus.
3.	All skills MUST be performed in order. There will be a 0.5 deduction for the incorrect order, it's important the gymnast does not miss a skill. Failure to attempt a skill will be deducted 1.0 from the final score. IGA recommends that clubs do not enter gymnasts unless they can compete all skills safely.
4.	Please remember that these routines are scored out of 10 based solely on execution. The emphasis is on clean performances with a strong focus on good technique.
5.	Choreography must be added to all routines - However , Level 10 and 9 will not get deducted on artistry.

BEAM - SET ROUTINE - LEVEL 9

EQUIPMENT: FIG beam height with **one** safety mat underneath the beam and **one** safety mat at the dismount area.

START VALUE: 10.00 (execution only)

ROUTINE

EXECUTION FAULTS

TECHNIQUE TOOLBOX REF:

1.	Jump to box splits (<i>hands optional</i>)	Lack of box split on mount	0.3	
2.	1/2 Spin (<i>focus on technique</i>)	Failure to spin on toes	0.3	
3.	Straight Jump connected Split Jump 140°	Failure to connect jumps	0.3	
4.	Cartwheel	Failure to get both feet on the beam in landing	0.5	
5.	Split leap preparation	Failure to show aspects of the leap preparation	0.3 each	
6.	Round off dismount	Execution faults on landing	0.1/0.3/0.5	

IMPORTANT NOTES:

1.	Beam routines must NOT exceed 1 minute 30 seconds. Routines that exceed this time will be deducted 0.3 from the final score.
2.	Gymnasts who are shorter in height may use a small block instead of a springboard to mount the apparatus.
3.	All skills MUST be performed in order. There will be a 0.5 deduction for the incorrect order, it's important the gymnast does not miss a skill. Failure to attempt a skill will be deducted 1.0 from the final score. IGA recommends that clubs do not enter gymnasts unless they can compete all skills safely.
4.	Please remember that these routines are scored from a start value of 10.0
5.	Choreography must be added to all routines - However , Level 10 and 9 will not get deducted on artistry.

BEAM - IDENTITY LEVELS

EQUIPMENT: FIG Beam height with standard FIG matting underneath

START VALUE: 10.00 + DV + Requirements

LEVEL 8

SKILLS: Best 6 skills to count [A/B only]

REQUIREMENTS: Value 5.0

Must perform 5 out of 5:

B Mount Only
Dance Series of two elements (one must include 140° split)
Min B Non-flighted Acro skill
A or B Spin
A or B dismount only

NOTES:

LEVEL 7

SKILLS: Best 6 skills to count [A/B/C]

REQUIREMENTS: Value 5.0

Must perform 5 out of 5:

Minimum B Mount
Dance Series of two elements (one must include 140° split)
Min C Flighted Acro Skill
Min B Spin
B or C dismounts only

NOTES:

LEVEL 6

SKILLS: Best 7 skills to count [A-D]

REQUIREMENTS: Value 5.0

Must perform 5 out of 5:

Minimum C mount
Dance Series of two elements (one must include 180° split)
Handstand flick (*optional handstand shape*)
Min B Spin
Min B Dismount

NOTES:

LEVEL 5

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

REQUIREMENTS: Value 5.0

Must perform 5 out of 5:

Minimum C mount
Dance Series of two elements (one must include 180° split)
Acro connection (1 x non flighted B skill and 1 x flighted C skill)
Min B Spin
Min C Dismount

NOTES:

IMPORTANT NOTES:

1. A dance series consists of leaps and jumps only; it does not include turns, balances, or other elements.
2. Missing requirements or non-attempt of skills are deducted at 1.0 for each missing skill/requirement.

Artistry deductions from level 7+ :

Lack of Relevè.
Lack of rhythm + tempo.
Lack of side dance (at least 3 steps sideways).
Lack of change in heights. 0.1/0.3/0.5

BEAM - ELITE LEVELS

EQUIPMENT: FIG Beam height with standard FIG matting underneath

START VALUE: 10.00 + DV + Requirements

LEVEL 4

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

REQUIREMENTS: Value 5.0

Must perform 5 out of 5:

Mixed series (1 x A/B Dance connected 1 x A/B Acro non flighted skill)
Dance Series of two elements (one must include 180° split)
Acro connection (1 x non flighted B skill and 1 x flighted C skill)
Min B Spin
Min C Dismount

NOTES:

LEVEL 3

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

REQUIREMENTS: Value 5.0

Must perform 5 out of 5:

Mixed series (1 x B/C Dance connected 1 x B/C Acro non flighted or flighted skill)
Dance Series of two elements (one must include 180° split)
Acro connection (2 x Flighted C Acro Skills)
Min B Spin
Min D Dismount

NOTES:

LEVEL 2

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

REQUIREMENTS: Value 5.0

Must perform 5 out of 5:

Dance Series of two elements (one must include 180° split)
Acro connection (1 x flighted C skill into 1 x D Acro skill)
1 x D valued Aerial
Min B Spin
Min D Dismount

NOTES:

LEVEL 1

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

REQUIREMENTS: Value 5.0

Must Perform 5 out of 5:

Dance Series of two elements (one must include 180° split)
Acro connection (1 x flighted C skill into 1 x D Acro skill)
1 x D/E valued Aerial
Min B Spin
Min E Dismount

NOTES:

IMPORTANT NOTES:

1. Missing requirements or non-attempt of skills are deducted at 1.0 for each missing skill/requirement.

Artistry deductions from level 7+ :
Lack of Relevè.
Lack of rhythm + tempo.
Lack of side dance (at least 3 steps sideways).
Lack of change in heights. 0.1/0.3/0.5

BEAM - FIG

EQUIPMENT: FIG Beam height with standard FIG matting underneath

START VALUE: 10.00 + DV + Requirements

NOVICE

SKILLS: 8 highest skills including dismount

REQUIREMENTS: Value 5.0

Must perform 5 out of 5:

Dance Series minimum of two elements (one must include 180° split)
Acro connection (minimum 1 x flighted C skill into 1 x D Acro skill)
Minimum C Spin
1 x D/E valued Aerial
Min E Dismount

NOTES:

0.3 penalty if coach is not present at dismount.
0.5 penalty for dismount without a salto.

PREMIER

SKILLS: 8 highest skills including dismount

REQUIREMENTS: Value 5.0

Must perform 5 out of 5:

Dance Series minimum of two elements (one must include 180° split)
Acro connection (minimum 1 x flighted C skill 1 x D Acro skill)
Minimum C Spin
2 x D/E valued Aerial
Min E Dismount

NOTES:

0.3 penalty if coach is not present at dismount.
0.5 penalty for dismount without a salto.

MASTERS

SKILLS: 8 highest skills including dismount

REQUIREMENTS: Value 5.0

Must select **4** out of 5:

Dance Series minimum of two elements (one must include 180° split)
Acro connection (minimum 1 x flighted C skill into 1 x D Acro skill)
Minimum C Spin
1 x D/E valued Aerial
F valued Dismount

NOTES:

0.3 penalty if coach is not present.
0.5 penalty for dismount without a salto.

Artistry deductions from level 7+ :

Lack of rhythm.
Lack of expression/engagement. + tempo.
Lack of use of all 4 corners.
Lack of performance. 0.1/0.3/0.5

WOMEN'S ARTISTIC GYMNASTICS

FLOOR

FLOOR - SET ROUTINE - LEVEL 10

EQUIPMENT: Floor Area – on a designated line. [No Music]

START VALUE: 10.00 (execution only)

ROUTINE		EXECUTION FAULTS		TECHNIQUE TOOLBOX REF:
1.	Spin Preparation (<i>showing start releve and ending</i>)	Execution faults (incl spin progression not on toes)	0.1/0.3/0.5	
2.	Catleap	Both knee's must make contact with the torso during flight	0.3	
3.	Straight Jump (<i>showing good technique</i>)	Incorrect body alignment in straight jump	0.1/0.3/0.5	
4.	Leap preparation	Failure to show aspects of the leap preparation	0.1/0.3/0.5	
5.	Cartwheel	Standard execution faults	0.1/0.3/0.5	
6.	Left or right leg splits (show)	Lack of split	0.1/0.3/0.5	
7.	Bridge (show)	Lack of flexibility (shoulders not over hands)	0.1/0.3/0.5	

IMPORTANT NOTES:

- The skills marked as show are **NOT** holds. This means the gymnast must show the Judge the correct skill, but will not get penalised for non holds.
- Floor routines must **NOT** exceed 1 minute 30 seconds. Routines that exceed this time will be deducted 0.3 from the final score.
- All skills **MUST** be performed in order. There will be a 0.5 **deduction** for the incorrect order, it's important the gymnast does not miss a skill. Failure to attempt a skill will be deducted 1.0 from the final score. IGA recommends that clubs do not enter gymnasts unless they can compete all skills safely.
- Please remember that these routines are scored out of 10 based solely on execution. The emphasis is on clean performances with a strong focus on good technique.
- Choreography must be added to all routines – **However**, Level 10 and 9 will not get deducted on artistry.

FLOOR - SET ROUTINE - LEVEL 9

EQUIPMENT: Floor Area - on a designated line. [No Music]

START VALUE: 10.00 (execution only)

ROUTINE		EXECUTION FAULTS		TECHNIQUE TOOLBOX REF:
1.	½ spin (focus on good technique)	Execution faults (incl spin progression not on toes)	0.1/0.3/0.5	
2.	Split leap minimum 140° split connected catleap (<i>showing good technique</i>)	Both knee's must meet the torso in the catleap/Lack of split in split leap	0.1/0.3/0.5	
3.	Tuck Jump	Both knee's must meet the torso in the tuck shape	0.1/0.3/0.5	
4.	Left and right leg splits (show)	Lack of split	0.1/0.3/0.5	
5.	Bridge (show) - into bridge kickover	Lack of flexibility (shoulders not over hands)	0.1/0.3/0.5	
6.	Round off	Execution faults (incl landing round off on bent knees)	0.1/0.3/0.5	

IMPORTANT NOTES:

- The skills marked as show are **NOT** holds. This means the gymnast must show the Judge the correct skill, but will not get penalised for non holds.
- Floor routines must **NOT** exceed 1 minute 30 seconds. Routines that exceed this time will be deducted 0.3 from the final score.
- All skills **MUST** be performed in order. There will be a 0.5 **deduction** for the incorrect order, it's important the gymnast does not miss a skill. Failure to attempt a skill will be deducted 1.0 from the final score. IGA recommends that clubs do not enter gymnasts unless they can compete all skills safely.
- Please remember that these routines are scored out of 10 based solely on execution. The emphasis is on clean performances with a strong focus on good technique.
- There is 0.5 deduction each time for skills that are **NOT** connected.
- Choreography must be added to all routines - **However**, Level 10 and 9 will not get deducted on artistry.

FLOOR - IDENTITY LEVELS

EQUIPMENT: FIG Floor Area – Artistry and Floor Music Required

START VALUE: 10.00 + DV + Requirements

LEVEL 8

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

REQUIREMENTS: Value 5.0

Must perform 5 out of 5:

Minimum B Spin
Round off flick
One forward acro line with max B flighted skill
Dance series of 2 **different** leaps / hops – one with 140° split (split or side)
Mixed series maximum 2 directly **connected** elements (Non-flighted and flighted B only)

NOTES:

No saltos allowed.
1.0 deduction if salto is performed.

LEVEL 7

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

REQUIREMENTS: Value 5.0

Must perform 5 out of 5:

Minimum B Spin
Round off flick salto (max C salto)
One forward acro line with max C flighted skill
Dance series of 2 **different** leaps / hops – one with 140° split (split or side)
Mixed series maximum 2 directly **connected** elements (Non-flighted and flighted B/C only)

NOTES:

LEVEL 6

SKILLS: Best 7 skills to count [A-D]

REQUIREMENTS: Value 5.0

Must perform 5 out of 5:

Minimum C Spin
Round off flick salto (max C salto)
One forward acro line with max C flighted skill
Dance series of 2 **different** leaps / hops – one with 140° split (split or side)
Mixed series maximum 2 directly **connected** elements (Non-flighted and flighted B/C/D only)

NOTES:

LEVEL 5

SKILLS: Best 7 skills to count [A-D]

REQUIREMENTS: Value 5.0

Must perform 5 out of 5:

Minimum C Spin
Round off flick salto (min D salto)
One forward acro line with min C flighted skill
Dance series of 2 **different** leaps / hops – one with 140° split (split or side)
Third acro line with a minimum c salto dismount only

NOTES:

IMPORTANT NOTES:

1. Aerials cannot be used in a acro line as a salto.
2. Missing requirements or non-attempt of skills are deducted at 1.0 for each missing skill/requirement.

Artistry deductions from level 7+ :

Lack of rhythm.
Lack of expression/engagement. + tempo.
Lack of use of all 4 corners.
Lack of performance. 0.1/0.3/0.5

FLOOR - ELITE LEVELS

EQUIPMENT: FIG Floor Area – Artistry and Floor Music Required

START VALUE: 10.00 + DV + Requirements

LEVEL 4

SKILLS: Best 8 skills to count [A–E]

REQUIREMENTS: Value 5.0

Must perform 5 out of 5:

Minimum C Spin
Round off flick salto (min D salto)
One forward acro line with min 2 flighted acro skills min B
Dance series of 2 **different** leaps/hops – one with 180° split (split or side)
Third acro line with a min C salto dismount

NOTES:

0.5 penalty for dismount without a salto.

LEVEL 3

SKILLS: Best 8 skills to count [A–E]

REQUIREMENTS: Value 5.0

Must perform 5 out of 5:

Minimum D Spin
Round off flick salto (min E salto)
One forward acro line with min 2 flighted acro skills min B
Dance series of 2 **different** leaps/hops – one with 180° split (split or side)
Third acro line with a min C salto dismount

NOTES:

0.5 penalty for dismount without a salto.

LEVEL 2

SKILLS: Best 8 skills to count [A–F]

REQUIREMENTS: Value 5.0

Must perform 5 out of 5:

Minimum D Spin
Round off flick salto (min E salto)
Acro line with min 2 **different** saltos
Dance series of 2 **different** leaps/hops – one with 180° split (split or side)
Third acro line with a min D salto dismount

NOTES:

0.5 penalty for dismount without a salto.

LEVEL 1

SKILLS: Best 8 skills to count [A–F]

REQUIREMENTS: Value 5.0

Must perform 5 out of 5:

Minimum D Spin
Round off flick salto (min F salto)
Acro line with min 2 **different** saltos
Dance series of 2 **different** leaps/hops – one with 180° split (split or side)
Third acro line with a min E salto dismount

NOTES:

0.5 penalty for dismount without a salto.

IMPORTANT NOTES:

1. Aerials cannot be used in a acro line as a salto.
2. Missing requirements or non-attempt of skills are deducted at 1.0 for each missing skill/requirement.

Artistry deductions from level 7+ :

Lack of rhythm.
Lack of expression/engagement. + tempo.
Lack of use of all 4 corners.
Lack of performance. 0.1/0.3/0.5

FLOOR - FIG

EQUIPMENT: FIG Floor Area – Artistry and Floor Music Required

START VALUE: 10.00 + DV + Requirements

NOVICE

SKILLS: 8 highest skills including dismount

REQUIREMENTS: Value 5.0

Must perform 5 out of 5:

Min D Spin

Dance Series **minimum** of two elements (one must include 180° split)

Double twist

Must perform a Salto backward & a salto forward (no aerials) in the routine. (can be in same acro line)

Third acro line with a min E salto dismount

NOTES:

0.5 penalty for dismount without a salto.

PREMIER

SKILLS: 8 highest skills including dismount

REQUIREMENTS: Value 5.0

Must perform 5 out of 5:

Min D Spin

Dance Series **minimum** of two elements (one must include 180° split)

Double somersault

Must perform a Salto backward & a salto forward (no aerials) in the routine. (can be in same acro line)

Third acro line with a min E salto dismount

NOTES:

0.5 penalty for dismount without a salto.

No deduction for gymnasts requiring 10cm mat for double somersault.

MASTERS

SKILLS: 8 highest skills including dismount

REQUIREMENTS: Value 5.0

Must perform 5 out of 5:

Min D Spin

Dance Series **minimum** of two elements (one must include 180° split)

Piked double somersault

Must perform a Salto backward & a salto forward (no aerials) in the routine. (can be in same acro line)

Third acro line with a min F salto dismount

NOTES:

0.5 penalty for dismount without a salto.

Artistry deductions from level 7+ :

Lack of rhythm.

Lack of expression/engagement. + tempo.

Lack of use of all 4 corners.

Lack of performance. 0.1/0.3/0.5