WOMEN'S ARTISTIC GYMNASTICS

LEVEL UP INFORMATION

REGIONAL & NATIONAL PATHWAY

LEVELLING UP EXPLAINED

The IGA Women's Artistic Gymnastics pathway has been designed to support gymnasts in progressing at a pace that is safe, appropriate and technically suitable for their development.

We understand that levelling up can sometimes feel confusing, particularly when a gymnast competes in both GEMS and Levels, achieves a qualifying score in one competition but not another, or chooses to compete in only one part of the pathway. This guidance has therefore been created to make the process as clear and straightforward as possible.

Throughout this document, we will explain how levelling up works, how GEMS and Levels work alongside each other, when a gymnast can and cannot move up, what happens when a gymnast competes in one competition but not the other, how levelling-up scores are applied, and how this links to National Squad eligibility. It is important to remember that levelling up is not simply about achieving a score. The pathway is designed to ensure gymnasts have the technical foundations, strength, body tension, shaping and confidence required for the next stage of their development.

Our aim is not to move gymnasts through the pathway as quickly as possible, but to ensure that when they do progress, they are ready for what comes next. This document should be used alongside the current IGA WAG and GEMS Handbooks and is intended to provide clubs, coaches and gymnasts with practical guidance and examples to help everyone understand the pathway consistently.

COMPETITION STRUCTURE:

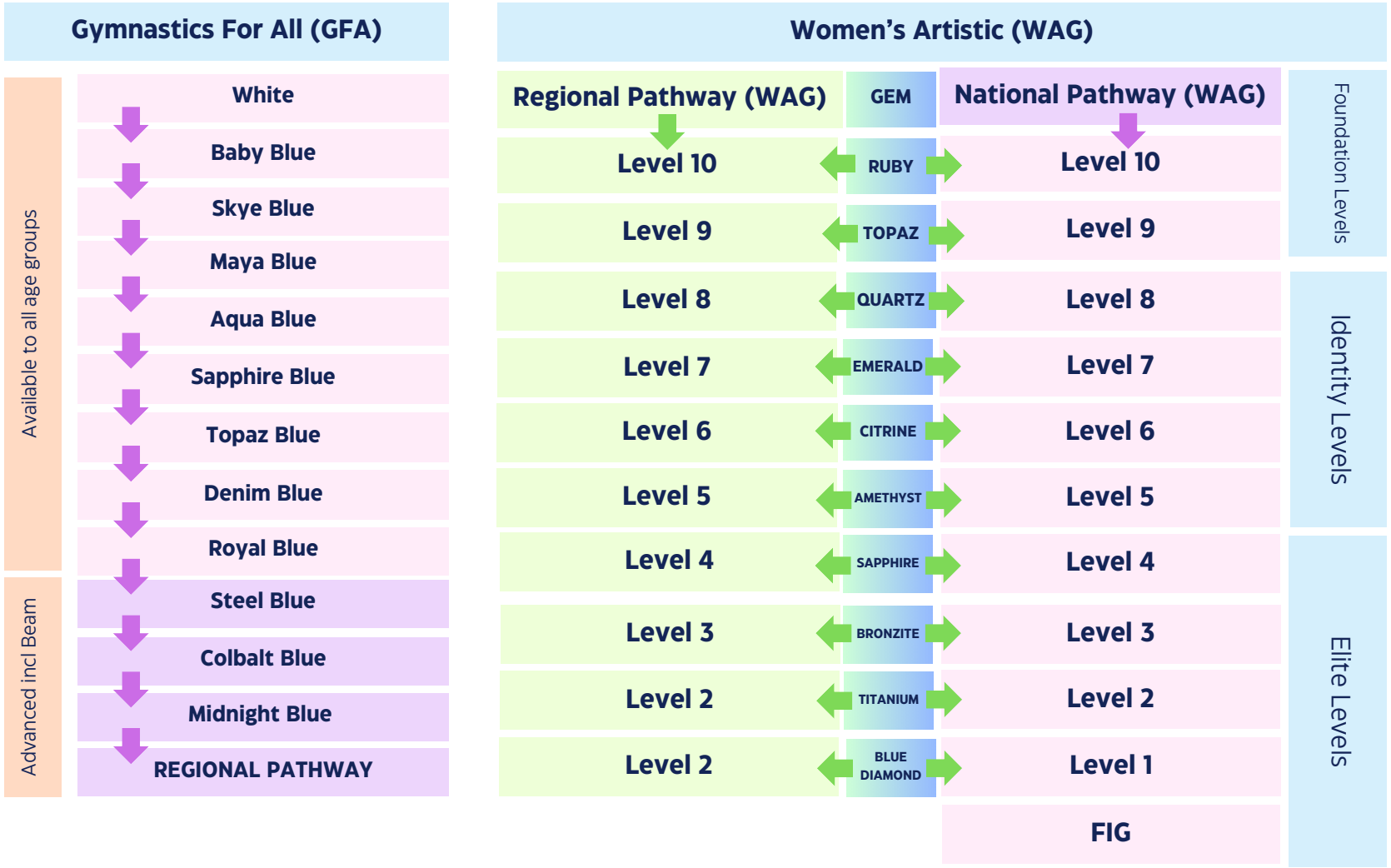
The GEMS grade a gymnast competes at the beginning of the competition year **must** correspond with the Level they compete at later in that same year.The GEMS competition is designed as the progression stage towards the gymnast's Level at the end of the year. The two competitions are therefore linked and should not be treated as separate opportunities to select different levels of difficulty.

For example, if a gymnast competes at Ruby GEMS, they must follow the corresponding pathway through to Level 10 later in that competition year.

Gymnasts **cannot** select one GEMS grade at the beginning of the year and then compete at a different, non-corresponding Level at the end of the year.

Equally, a gymnast **cannot** compete across two different GEMS grades or Levels within the same competition year in an attempt to move between pathways. Once the appropriate pathway has been selected, the gymnast should remain within that pathway for the competition year.
This is important because GEMS is intended to prepare the gymnast progressively for the skills, difficulty and technical expectations they will encounter at their corresponding Level. In simple terms: the GEMS grade starts the journey, and the corresponding Level completes it.

EASY TO READ CHART:



LEVELLING UP EXPLAINED

COACH RESPONSIBILITY & SAFE PROGRESSION

Selecting the correct level and pathway is one of the most important responsibilities a coach has. Competition entry should always reflect the gymnast's current ability, technical development, physical preparation and readiness — not simply the level a gymnast, parent or coach would like them to achieve.

The purpose of the IGA pathway is to develop gymnasts safely and progressively. Every level builds upon the foundations established at the level before it. Good basics, strength, flexibility, body tension, shaping, confidence and technically correct skill execution are essential before greater difficulty is introduced.

A Levelling-Up Score Does Not Replace Coaching Judgement.

Coaches should consider the gymnast as a whole. Can they perform the required skills consistently rather than occasionally? Are the skills technically secure? Do they have the necessary strength and conditioning? Can they maintain good shaping and body tension? Are they confident and safe performing the skills independently? Are their basic skills strong enough to support the increased difficulty at the next level?

Choosing the Wrong Level Can Affect Development

Entering a gymnast at a level that is too advanced can result in poor technique becoming established, unnecessary fear or mental blocks, increased reliance on support, loss of confidence and potentially an increased risk of injury. Equally, keeping a gymnast at an inappropriate level purely to achieve higher scores or placings does not support the purpose of a progressive development pathway.

The correct level should challenge the gymnast without overwhelming them.

Progression should never be a race. A gymnast who spends additional time developing excellent basics and strong technique is often far better prepared for future progression than a gymnast who is moved through levels before those foundations are secure.

The Coach Sets the Pathway
Coaches are expected to use their professional judgement when selecting a gymnast's GEMS grade and corresponding Level. This decision should be based on what is appropriate for that individual gymnast's development. Once selected, the pathway should provide a clear progression through the competition year, with GEMS preparing the gymnast for their corresponding Level later in the year. The responsibility sits with the coach to ensure that the gymnast is entered appropriately, prepared correctly and progressed safely. Scores tell us when progression may be available. Good coaching tells us when the gymnast is ready.

WAG NATIONAL PATHWAY LEVEL UP SCORES

LEVEL	LEVEL PASS SCORE	GEM GRADE	GEM PASS SCORE	COMBINED PASS SCORE
10	32.00	RUBY	40.00	72.00
9	32.00	TOPAZ	40.00	72.00
8	40.60	QUARTZ	40.00	80.60
7	47.20	EMERALD	37.50	84.70
6	46.00	CITRINE	37.50	83.50
5	47.00	AMETHYST	37.50	84.50
4	48.40	SAPPHIRE	37.50	85.90
3	49.80	BRONZITE	37.50	87.30
2	50.20	TITANIUM	37.50	87.70
1	50.90	BLUE DIAMOND	37.50	88.40

WAG REGIONAL PATHWAY LEVEL UP SCORES

LEVEL	LEVEL PASS SCORE	GEM GRADE	GEM PASS SCORE	COMBINED PASS SCORE
10	39.80	RUBY	37.50	77.30
9	43.50	TOPAZ	37.50	81.00
8	45.00	QUARTZ	37.50	82.50
7	44.50	EMERALD	37.50	82.00
6	45.75	CITRINE	37.50	83.25
5	47.00	AMETHYST	37.50	84.50
4	48.20	SAPPHIRE	37.50	85.70
3	48.65	BRONZITE	37.50	86.15
2	49.20	TITANIUM	37.50	86.70
1	50.35	BLUE DIAMOND	37.50	87.85

HOW IT WORKS?

LEVELS	GEMS GRADES	COMBINED SCORE
Gymnasts must compete at the Levels grade that matches the Gem they competed previously.	Gymnasts must select their pathway with their Gem grade, this includes the pathway and gem section.	We recommend gymnasts work towards our combined scores by performing in both events.
Gymnast's that meet the level up score **must** move up the following year.	Gymnast's that meet the level up score **must** move up the following year.	Gymnast's that meet the level up score **must** move up the following year.
The gymnasts must also ensure they are entering the level that they are eligible for their age on all pathways.	The gymnasts must also ensure they are entering the level that they are eligible for their age on all pathways.	If gymnasts **do not** meet the Level up score they can move to a different pathway the following year or try again.
Gymnasts only competing the Level's do not get selected for Regional/National Squads.	Gymnasts only competing the Gems Grade do not get selected for Regional/National Squads.	Gymnasts **must** pass both the Gems Grade **and** the matching Level to be eligible for both National and Regional squad selection.

IMPORTANT: Squad places will be announced via an official letter from IGA to the Head coach/Club for those selected each year - this will occur after all events have been completed. To protect the well being of those selected, these will not be publicly announced.

REGIONAL SQUAD CRITERIA (WAG)

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.

NATIONAL SQUAD CRITERIA (WAG)

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

In addition, gymnasts **must** achieve the required pass mark in **both** the National GEMS Grades and the National Levels competitions to be eligible for National Squad selection. Gymnasts must also be within the age categories that will be up for selection to be selected.

Once all scores have been combined, the top **3** gymnasts from each matching Level/Grade combination will be selected for the National Squad. Please check the National Pathway handbook for eligible age groups.

IGA may make guest invitations to the programme where talent has been identified by an IGA official - this cannot be requested.

FAQ'S

We understand that every gymnast's journey is different, and there will naturally be situations where coaches are unsure how the GEMS and Levels pathway should be applied. The following Frequently Asked Questions have been created to provide clear and consistent guidance on some of the most common scenarios, including levelling up, competing in only one part of the pathway, achieving different results across GEMS and Levels, pathway selection and National Squad eligibility.

When considering any of the scenarios below, the same principle should always remain at the centre of the decision: what is technically appropriate, safe and beneficial for the gymnast's long-term development?

Where a situation is not covered within these FAQs, clubs should contact IGA for clarification before entering the gymnast into a competition or changing their pathway.

What if they only compete in Levels or Gems?

Gymnasts who only compete in one out of the two events will be able to compete on their selected pathway, however they are not eligible for National or Regional squad selection. If they meet the pass score, they must progress to the next level.

What if they pass one but not the other?

*Gymnasts who do both events, **must** achieve the combined score to move up to the next level.*

What happens if they do not meet the combined score?

Gymnasts who participate in both events and do not meet the combined score must repeat the year. If they are on the WAG National Pathway, they can also move to the Regional Pathway the following year.

FAQ'S

Does a gymnast have to move up if they achieve the levelling-up score?

*Yes, all gymnasts who achieve the pass score **must** move up the following year. Gymnasts must not repeat a year unless they have not met the required score. This applies to single events or if participating in both.*

Can a gymnast move up because their coach believes they are capable of the next level even if they have not achieved the required score?

Unfortunately not, a coach cannot override or move a gymnast up that hasn't achieved the pass score.

They didn't achieve the pass score for the first competition, so can I just enter the second one to move up?

If the gymnast doesn't achieve the Gems score and competes in the Level's competition this cannot be used as a replacement, as they have entered two events they will be required to obtain the combined score.

What if they were injured during Competition 2, but passed competition 1, can they still be selected for squads?

No, gymnasts mut perform in both event's and get the combined score to be eligible for squad selection.

My gymnast is talented but had an unlucky competition, can I put in a request for her to be selected for a squad?

No, we do not accept requests for squad selection.

What competitions must they compete to Level up?

*Gymnasts **must** compete at the **official IGA Levels Regional Competition**. This is the only competition at which gymnasts can achieve the required qualifying score to progress to the next level. Scores achieved at any other competition will not be recognised for level progression.*